

# Sacred Heart Parish Bulletin

## 1st Sunday of Lent

"One does not live on bread alone, but on every word that comes forth from the mouth of God."



**Mass: 9:00 am – Sunday  
Fr. John Yake, I. V. Dei  
(902) 535-2053**

**March 09, 2025**

## First Sunday of Lent

The **First Reading** is from *Deuteronomy 26:4-10*. In these verses we have the ritual prescribed by Moses for the feast of the harvest thanksgiving. The people once settled in the Promised Land are to show their gratitude to the good God who brought them out of the slavery of Egypt and gave them this good land to be their home.

The **Second Reading** is from *St. Paul to the Romans 10:8-13*. He is discussing the sad fact that Israel (as a whole) rejected Christ as the promised Messiah and the Son of God.

The **Gospel** is from *St. Luke 5:1-11*. Christ's voluntary self-mortification of forty days' fast, with its accompanying temptations, was but part of the self-mortification, with its climax on the Cross, which He gladly underwent for our salvation. He did not need to fast in order to keep the inclinations of the body in subjection, He did not need to allow the insult of temptation. He could have said, "begone Satan" at the beginning as easily and as effectively as he said it at the end. But He willingly underwent this humiliation in order to set us an example and to prove to us the infinite love He bears us and the value, the priceless value, He sets on our eternal salvation. He became like us in all things (except sin) in order to make it possible for us to become like Him—the beloved of his Father—and co-heirs with Him in the kingdom of heaven.

With this example given us by Christ no Christian can or should expect to travel the road to heaven without meeting obstacles and temptations. Our weak human nature is of itself, even without any external tempter, a source of many temptations to us, especially of those three illustrated in the case of Christ. Our body desires all the pleasures and comforts that can be got out of life and resents any curtailment of these desires even on the part of our Creator and Benefactor. Our gifts of intelligence and free-will often tempt most of us to look for power, political or economic, over our fellowmen. We want to be better off than others in this world, when our purpose in life is to help ourselves and our fellowmen to the better life. Finally, so fully occupied are many in the mad rush after pleasure and power that they have no time to devote to the one thing that matters, the attainment of eternal life.

Yet, through some foolish logic of our own, we expect God to do for us what we refuse to do for ourselves. We are tempting God by presuming he will save us if we have deliberately chosen the road to perdition.

There are few, if any, amongst us who can honestly say: "I am free from such inclinations or temptations." The vast majority of us can and should beat our breasts and say with the publican: "O God, be merciful to me a sinner." And merciful he will be if we turn to him with true humility. He may not remove all our temptations, all our wrong inclinations, but he will give us the grace to overcome them if we sincerely seek his aid.

—Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M.

If you have a notice for the bulletin, you can email [louisecampbel@gmail.com](mailto:louisecampbel@gmail.com)

If you would like to donate to the parish, but do not have an envelope you can e-transfer to [sacredheartjohnstown@gmail.com](mailto:sacredheartjohnstown@gmail.com). A receipt will be provided.

## Collection March 02, 2025

Envelopes	\$265.00
Heat	\$140.00
	\$405.00

## Notices:

**1: Ashes:** The ashes for Lent will be distributed on Sunday March 9<sup>th</sup>.

**2: Johnstown Sewing/Handicraft Group** This group meets every Thursday, at 1:00 pm. This is an informal group. Bring your own project and create with kindred spirits. A sewing machine is available, plus help, for anyone who wants to sew, quilt or knit. Everyone welcome. Location: District 10 Fire Hall, Red Islands.

**3: Wednesday Morning Coffee** get together Wednesday March 12th, 9:00 – 11:30 am, at the District 10, Red Islands Fire Hall. Drop in and visit with your friends and neighbours. Cards, games and puzzles are available. Everyone is welcome.

**4: St. Patrick's Day Supper:** St Patrick's Day is on its way. We are planning our Irish Stew dinner for 5:00pm on Monday, March 17th. The menu will include Irish stew, dinner rolls and dessert, with tea and coffee. The cost will be 13.00 per person. We look forward to seeing as many of you as can join us at District 10 Fire Hall, Red Islands.

If you are planning to attend, please email [howardmacintyre@gmail.com](mailto:howardmacintyre@gmail.com), or call 902-631-5643 to let us know how many will be in your party, for food planning purposes.

**5: WORLD DAY OF PRAYER** "... a global ecumenical movement... who welcome you to join in prayer and action for peace and justice." 2025 Theme: I made you wonderful. This year's service will be held at St. John the Baptist Church, River Bourgeois, on Sunday, March 9, 2025 at 1:30PM.

**6: Tea and Tunes** Sunday March 9, Bonnie Brae Club 2-4 Wayne Tyrone and Mannie. Admission 5 dollars Half and Half tickets sold Light Lunch will be served.

**7: Cold Plate Fundraiser:** L'Ardoise Community Centre will be hosting a Cold Plate Fundraiser on Sunday, March 23. The meal includes turkey, ham, potato and macaroni salad, coleslaw, roll and dessert. To purchase tickets contact Raymonde @ 902-587-2675, Andree @ 902-587-2201 or Cotie's Convenience. Deadline for tickets is March 16. \$17.00 per person. Advance sales only. Eat in or take out. Fundraiser is to purchase a new upright freezer. Thanks for your support.

**8: The Catholic Women's League** The Catholic Women's League invites you to St. Peter's Journey: A Story of Faith, Repentance, and the Transformative Power of God's Grace, experienced through scripture, art, music, and reflection. This powerful Lenten event offers a meaningful way to prepare our hearts for Easter. There will be two one-hour live performances: Wednesday, March 19, 2025, 7 pm, Holy Redeemer Church, 1135 Victoria Road, Sydney, NS and Sunday, March 23, 2025 2 pm, St Marguerite Bourgeoys Church, 40 Cabot Street, Sydney, NS. All performances are free of charge. Everyone is welcome. Join us for fellowship after each presentation! Bring a friend and be inspired by the story of the man who became the rock of the Church!

**9: TEA and TALK :** Sydney Tuesday, March 18, 2025 1:30 -3:30 pm An invitation to join with other women to share TEA and TALK at Holy Redeemer Convent 24 Neville St. Whitney Pier, just behind the Pier Post Office.

This invitation is open to women of all ages. This is an attempt to provide an opportunity for women to join with others to simply share a cup of tea and to experience the joy of being together. For further information phone 902 270 4840 or 902 539 6331.

## 10: THE MANY FACES OF CHRISTIAN PRAYER

You are invited to join us for two sessions on prayer and the many ways we can come to God in our prayer.

1. Saturday, March 22, 2025 from 10:00 until 12:00
2. Saturday, March 29, 2025 from 10:00 until 12:00
3. (Weather Date if needed) Saturday, April 12, 2025 from 10:00 until 12:00

Sessions will be held at Bethel Presbyterian Church Hall, 9 Brookland St, Sydney.

Sessions are facilitated by members of the Cape Breton Local of the Atlantic Association of Spiritual Directors. There is no fee although a donation is welcomed. Registration is required to reserve your space.

To register, please contact: Gary Fancey ([gafancey@netscape.net](mailto:gafancey@netscape.net)) (902-862-7580) or Julia Townsend ([juliat@eastlink.ca](mailto:juliat@eastlink.ca)) (902-562-8423)