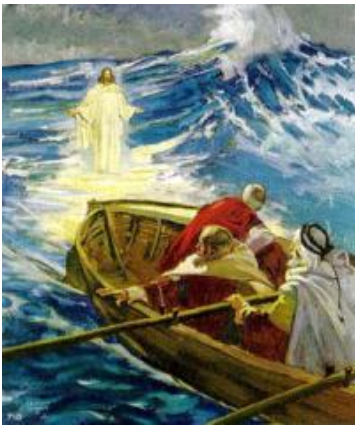




Sacred Heart Parish Bulletin

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

August 09, 2026

Nineteenth Sunday in Ordinary Time

The **First Reading** is taken from the *First Book of Kings 19:9a, 11-13a* and relates the story of Elijah in the cave and the Lord coming to him in a "still small voice."

The **Second Reading** is from the *Letter of St. Paul to the Romans 9:1-5* in which St. Paul speaks of the sorrow of heart that he has because the Jews, as a nation, had refused to see Christ as the Messiah who was promised to them by God through their patriarchs and prophets.

The **Gospel** is from *St. Matthew 14:22-33*. Our Lord sent His disciples to row across the lake, knowing that they would meet strong, gale-force head-winds and be in danger. He did this because He wanted to strengthen their faith and trust in Himself. He intended to come to them at the right moment, working two miracles — walking on the water and calming the storm. This He did and the result was as He had intended — their faith in Him was strengthened, they declared He was the Messiah, the Chosen of God. Peter, already the recognized leader, and always the most daring among them, showed himself ready to risk drowning in order to prove his trust and confidence in Christ. While he trusted in Christ, all went well, but when his faith weakened he would have been lost were it not for the outstretched helping hand of his master. This was also a very necessary lesson in the education of Peter and his companions.

For us, too, there is a necessary lesson in this incident. It is that we must continue to trust in Christ and his loving Father, even when God seems to have deserted us. Most of the troubles and trials of our lives are caused by the injustice and lack of charity of our fellowmen. The remainder can be attributed to our own defects and sins or to some weakness in our mental and bodily make-up. But God foresees all these misfortunes, and can prevent them. Instead he lets them take their course, because they can and should be the means of educating us in our knowledge of life's true meaning and they should draw us closer to him.

Christ foresaw the storm and the grave risk His Apostles would run when He sent them off across the lake. But that trial and the grave danger they ran was for their own good, because they learned to realize that He was from God and they could always trust Him. Our trials and our earthly ailments are also foreseen by God and permitted by him (even if inflicted on us by a sinful fellowman) so that they will draw us closer to Him and help us on the road to heaven.

This they will do, if we accept them and bear with them until He comes to our aid. Our troubles in life are like the growing pains of our youth — they are necessary if we are to arrive at our full stature as sons of God. They form, mold and shape our religious character and bring us closer to God — if we allow them to do so. For the lukewarm Christian who rebels against God because of his earthly sufferings, they can do the opposite. He cannot see the purpose and value of suffering because he has never seriously pondered or grasped the real meaning of this life and God's loving plans for him.

As in the first reading today, God may not be in the tornadoes or earthquakes or roaring fires, nor does He cause them perhaps, but He is ever near to His true children when such calamities occur. He has a purpose in every trial or tribulation which crosses the path of our lives, a purpose always to our eternal advantage if only we will see and accept his will in these trials.
—Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M.

Collection

Aug 02, 2026

Envelopes	\$515.00
Loose	\$81.50
Cemetery Fund	\$20.00
Donation	\$35.00
	\$651.50

Notices:

- 1: Johnstown Landing Outdoor Farmer's Market:** Another summer on the way. Looking forward to Sundays at the Johnstown Landing Artisan & Farmers Market. The markets run from June 28 - September 6, 2026. Every Sunday 10 am - 1 pm. We welcome new vendors. Send us a message or call 902-631-0209.
- 2: New Reader:** If anyone is interested in becoming a Lector on Sunday's please let us know.

3: Sacred Heart Parish Cemetery Mass: Sunday August 9th, 9:00 am The Mass will be held in the Old (Lower Graveyard). Please bring your own chair. If there is rain then the mass will be held in the church.

4: Pancake Lunch; Sunday August 9th: 10:00 am at the Johnstown Parish Hall
Pancakes, Sausage, eggs, tea and coffee. \$12.00

5: Thank You: Thank you to all who came to help us celebrate our brother (Hughie's) life. Your kind words and support were very appreciated. Thank you to Fr. Yake for a beautiful service, and to Mick for leading us in the singing of the Parting Cup song. Thank you to Sacred Heart Ladies Group for the beautiful lunch, and to all who contributed to the lunch. The Campbell Family

6: Milling Frolic: The Milling Frolic is only a two weeks away, Friday August 21st. We are once again asking for donations for the Bake Sale, Fancy Booth and Lunch. We will also be looking for people to help, so if you would like to be involved, please let me know. Music for the Milling Frolic Square Dance will be Bradley Murphy and Leanne Aucoin.

7: New hospital rules for Priests visiting their parishioners "Changes to Hospital Pastoral Care: As of March 2nd, 2026, Nova Scotia Health Authority has changed the process of requesting pastoral care in the hospital. Patients who wish to receive a visit from a priest or receive the sacraments must now ask their assigned nurse to make the request. Priests can only visit after a referral has been made through hospital staff. If you or a loved one would like pastoral care during a hospital stay, please let your nurse know."

8: FROM THE CATHOLIC REGISTER, AUGUST 4, 2026 VANCOUVER

A new Canadian Armed Forces policy that bars military chaplains from offering faith specific prayers at official events with mandatory personnel attendance is drawing a response from military faith advisers as well as calls in Ottawa for its reversal. The Canadian Armed Forces Military Personnel Instruction 03/26 – Spiritual Reflections in Military Settings, issued July 29, says chaplains "must instead offer a spiritual reflection" when prayers or religious observances are requested at official government events where CAF members are expected or required to attend.

The policy includes events such as graduation parades and change-of-command ceremonies, ship commissionings, honours ceremonies, mess dinners, and Remembrance Day commemorations.

In an initial response to CCN, the Department of National Defence (DND) said the instruction was issued "to support and elaborate on responsibilities" for commanders, chaplains and all CAF members "to better respond to the moral and spiritual needs of all members." It said the policy also was issued to adhere to Canadian Charter of Rights and Freedoms and the Supreme Court of Canada's 2015 ruling in *Mouvement laïque québécois v. Saguenay*. The Saguenay case concerned a municipal council's practice of opening public meetings with prayer and the state's duty of religious neutrality.

DND said the instruction "does not limit a chaplain's personal beliefs or ability to provide spiritual care, but "defines the appropriate language" during military ceremonies where attendance is expected or required and chaplains act as representatives of the Armed Forces rather than as representatives of their own faith traditions.

"The aim is for ceremonial moments to bring people together, regardless of belief," DND said. The Royal Canadian Chaplain Service continues to "offer prayer, support religious expression and care" in settings where participation is "voluntary, meaningful, and relevant to the individuals present," the department said.

The new instruction broadens the 2023 policy beyond chaplains to all CAF members, who also must take steps to ensure the policy is respected by DND employees and others, including volunteers, who provide spiritual or religious services.

Bishop Scott McCaig of the Roman Catholic Military Ordinariate of Canada is working with members of the Interfaith Committee on Canadian Military Chaplaincy on a joint response, the ordinariate's chancellor, Father Stéphane Sarazin, told Canadian Catholic News. The committee represents Canadian faith traditions on matters involving military chaplaincy. McCaig was travelling in the United States and unavailable for an interview before publication deadline. Sarazin said statements the bishop has issued concerning earlier restrictions "are still applicable" to the new policy.

The new instruction appears to be the first official update since a 2023 directive required chaplains to deliver inclusive spiritual reflections at public military functions where attendance is mandatory.

The directive said reflections have to be respectful of the religious and spiritual diversity of those attending and warns that non-compliance could result in administrative or disciplinary consequences.