



## Sacred Heart Parish Bulletin

Mass: 9:30 am – Sunday  
Fr. John Yake, I. V. Dei  
(902) 535-2053

February 04, 2024

### Fifth Sunday of Ordinary Time

No Mass this  
Sunday, due to  
the weather

The **First Reading** is taken from the *Book of Job 7:1-4, 6-7*. The author cries out in his misery, speaks of life and death, cites his restlessness and life's struggle and notes that he will not see happiness again.

The **Second Reading** is from the *First Letter of St. Paul to the Corinthians 9:16-19, 22-23*. In this section of his letter St. Paul is encouraging his Corinthian converts to be always ready to forgo their own rights when the edification or spiritual welfare of a neighbor is at stake.

The **Gospel** is from *St. Mark 1:29-39*. Surely the people of Capernaum saw enough that first day of Christ's public ministry among them to make them realize that this man from Nazareth who had come amongst them was no ordinary preacher, no ordinary rabbi, no ordinary man. They saw that he preached as one having authority; they saw that by a simple command he cast out demons and removed all bodily ailments. Yet though they were astonished and amazed at his power, their worldly outlook did not let them rise above their own small interests. Our Lord did not blame them or criticize them, he knew and fully understood their slowness of mind in regard to things spiritual, and he knew also that they would eventually give themselves wholeheartedly to his kingdom. While he was prepared to wait for the desired effects which his miracles and preaching would eventually have on them, he hastened the arrival of that day by praying to his heavenly Father to send the graces necessary for their conversion into their hearts.

When the four Apostles found him praying in a lonely place, they told him that all Capernaum was searching for him, but he knew why they were searching for him. They wanted to see more miracles and very likely they were hoping that he would stay on in Capernaum and the sick and the maimed from the whole of Galilee would be brought there for healing. This would increase their earthly business and prosperity. His answer to the Apostles, while not directly condemning this worldly outlook, shows that his mission had an entirely different objective. He had come on earth not to bring earthly prosperity to any town or country but to bring spiritual salvation and blessing on all people. That very morning he began to carry out his mission and for the remaining two years or more he went from town to town preaching the kingdom of God.

We Christians of today have many advantages over the people of Capernaum of that day. They saw Christ with their bodily eyes as a man of power amongst them; we see him with the eyes of faith as he really was and is — the Son of God who came on earth as man in order to make us sons of God. We know who he really was and we know the full meaning of his mission. We have seen that mission completed amongst us by his death on the cross and his resurrection. By his death he conquered death for us; by his resurrection he opened the gates of heaven for us and led the way there for all who will follow him.

This is the good news Christ brought to our world. This is the meaning of Christianity; this is why we are Christians. We are members of Christ's kingdom on earth, so that when our life here ends we shall be members of his everlasting heavenly kingdom.

Yet, with all of this knowledge and with the example of the thousands and millions of saints who have lived according to this knowledge over the past nineteen hundred years and more, and who are now enjoying the reward Christianity promised them, how active and how effective is our Christian faith in our daily thoughts and deeds? In my daily dealings with my fellowmen would I be picked out as a Christian? Do I, by my words and deeds, prove to those with whom I live and work that I am convinced there is a future life after death, that reaching that life is the most important thing in this world for me, and that it is through living my short earthly life as a true Christian that I can earn that eternal life?

If I can say yes to these questions I am, thank God, on the right road. But if my answer is "no" then it is time I had another good look to see where I went off the road, and to find out that I can return to that right road once more. God is merciful; Christ is patient with followers who straggle and wander, but it could be fatal to postpone for too long our call to the God of mercy. It will be too late if we delay turning to our patient Christ until we are about to die. Stop straggling and wandering off the highway today and the patient Christ will welcome you and help you back. There may be no tomorrow for you, you have no guarantee of it.

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

**Support:** If you want to support Sacred Heart Parish, through your envelopes or just a donation, we are now set up for e-transfer: Please e-transfer to [sacredheartjohnstown@gmail.com](mailto:sacredheartjohnstown@gmail.com). Please include your envelope number. If you do not currently have a church envelope, please include your civic address. Receipts will be issued.

**Bulletin:** If you want to add a notice to the bulletin, please send an email to [louisecampbel@gmail.com](mailto:louisecampbel@gmail.com)

## Collection

**January 28, 2024**

Envelopes	\$170.00
Loose	\$20.00
Initial	\$5.00
Jan 1st	\$20.00
	\$215.00

## Notices:

**1: Community Drop-in** All are welcome on Wednesday mornings 9:00 am - 11:30 am at the District 10 Volunteer Fire Department for a social gathering. The coffee pots will be hot and the conversation will be flowing. Sponsored by the Bras d'Or Lakers Club.

**2: COMFORT TEA ... Come For Tea:** We all experience many types of losses throughout our lives. You are invited to stop in for a beverage and sweets. You may bring a friend, photo, memento, memory, or experience to share or just be with others who understand. 1:30 pm – 3:30 pm on Wednesday, February 7th, 2023 at the Louisdale Lions Hall, 3128 Whiteside, Louisdale, N.S. Sponsored by the Strait Richmond Palliative Care Society as part of our 30th anniversary and Richmond County Winter Festival. All are welcome. Weather cancellation will be posted on [www.1015thehawk.com](http://www.1015thehawk.com)

**3: Outdoor Skating Party:** Behind the Fire Hall, 14799 Highway 4, Red Islands Saturday, February 10, 2:00 pm - 4:00 pm Sponsored by: District 10 Volunteer Fire Dept. Contact: Debbie Johnston, 902-304-0558 [grammiedebbie1998@hotmail.com](mailto:grammiedebbie1998@hotmail.com)

**6: Lenten session:** You are invited to join us for a Lenten session on prayer and exploring spiritual conversation as a way to deepen our relationship with God, and with each other. You may choose any of the following:  
Saturday, February 17, 2024 from 10:00 am until 1:00 pm at **St. Leonard Pastoral Centre**  
Saturday, March 2, 2024 from 10:00 am until 1:00 pm at **Our Lady Of Fatima Church Hall**  
Saturday, March 16 from 10:00am until 1:00pm at Bethel Presbyterian Church Hall, Brookland St, Sydney.  
Sessions are facilitated by members of the Cape Breton Local of the Atlantic Association of Spiritual Directors. There is no fee, but registration is required. To register, please contact: Winnie Odo ([twinnieodo@seaside.ns.ca](mailto:twinnieodo@seaside.ns.ca)) (902-862-2330) or 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)

## 4: Note from Bishop Wayne Joseph Kirkpatrick

February 2 was the Feast of the Presentation of the Lord and World Day for Consecrated Life

“Forty days after Christmas we celebrate the feast of the Presentation of the Lord, traditionally, we call the feast, Candlemas Day. For all our Religious friends, we celebrate it as a World Day for Consecrated Life. Our celebration predates Christian times. It was called the “Feast of Lights” because as I am sure you will be happy to hear, it was at the midpoint of winter, halfway between the shortest winter day and the spring equinox. Light was growing. Indeed, this is most evident each night with the later sunset.

Did you ever wonder why we use candles in our churches? Candles are one of our most important symbols and are part of virtually all liturgical celebrations. Whether it's the sanctuary lamp that burns continuously to symbolize the abiding presence of Christ in the tabernacle or the Paschal Candle symbolizing Christ our Light, or the candles that burn around the altar, a candle gives itself completely to the task of enlightening. It is consumed in service. No wonder the candle is a symbol of willingness to give oneself over completely to God. What a great symbol for all our Religious. Thanks to the initiative of St. John Paul II, we celebrate World Day for Consecrated Life as we honour and pray for all those who live their Christian baptism through vows of poverty, chastity and obedience as religious sisters, brothers, and priests. The purpose of the day is “to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels” as well as “to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervor which should inspire their offering of themselves to the Lord” (John Paul II 1997). We remember their sacrifice and we pray for them, may their perseverance in seeking first the Kingdom of God above all else inspire all of us to seek to live holy lives in fidelity to the promises of our baptism.”