



Sacred Heart Parish Bulletin

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

July 05, 2026

Fourteenth Sunday in Ordinary Time

The **First Reading** is taken from the *Book of the Prophet Zechariah 9:9-10* and indicates that the humility asked for by Jesus is the kind that he himself endured, for he came in meekness and without pageantry, yet his dominion would be to the ends of the earth. The example of the humble servant is the very person of Jesus himself who invites us in the second part of the gospel to come to Him for refreshment and rest. —*A Celebrant's Guide to the New Sacramentary — A Cycle* by Kevin W. Irwin

The **Second Reading** is from the *Letter of St. Paul to the Romans 8:9, 11-13* and contains one of the most important yet often misunderstood themes of St. Paul. The hellenistic dichotomy between the lower and higher nature is not found here, for flesh and spirit mean the whole man and the whole man stands in need of redemption by Christ. The Pauline teaching is not that part of man is redeemed and part of him is damnable. Rather man's whole personality is redeemed by the sacrifice of Christ. The vocation of the Christian, both "body" and "soul," is to conform his already redeemed person to the same Spirit he has already received at baptism. —*A Celebrant's Guide to the New Sacramentary — A Cycle* by Kevin W. Irwin

The **Gospel** is from *St. Matthew 11:25-30*. Pagans and Jews had the same hardships of life to face as we have, and even greater ones. They earned their daily bread with the sweat of brow and body. Their illnesses were more frequent and less bearable than ours, for they had not the medical helps that we have. Death came to young and old then as it does now, but for them it was a final parting from loved ones, and no hope of a future happy meeting served to lighten their sorrow. All their crosses were crushing weights, sent to make life more miserable. Life on earth was passed in gloom and darkness and there was no shining star in the heavens to beckon them on or give them hope.

Surely God is good to us, to put us into this world at this day and age, and give us the light of faith, and the knowledge of God and of His loving plans for us, which make the burdens of this life so relatively light and even so reasonable for us. We still have to earn our bread. We still have sickness and pains. We still have death stalking the earth, but unlike the people before Christ we now see a meaning to all these trials.

The yoke of Christ is not really a yoke but a bond of love, which joins us to Him, and through Him, to our loving Father in heaven. The rule of life which He asks us to keep, if we are loyal followers of His, is not a series of prohibitions and don'ts. It is rather a succession of sign-posts on the straight road to heaven, making our journey easier and safer. He does ask us to carry our cross daily, that is, to bear the burden of each day's duty, but once the cross is grasped firmly and lovingly it ceases to be a burden.

Ours is a world which is in an all-out search for new idols. It is a world which has left the path marked out by Christ, and forgotten or tried to forget, that man's life does not end with death. To be a Christian and to have the light of faith to guide our steps in this neo-pagan darkness, is surely a gift, and a blessing from God, for which we can never thank Him enough. Thank you, God, for this gift. Please give us the grace and the courage to live up to it and to die in the certainty that we shall hear, as we shut our eyes on the light of this world, the consoling words, "come you blessed of my Father, possess the kingdom prepared for you."
—Excerpted from *The Sunday Readings* by Fr. Kevin O'Sullivan, O.F.M.

Collection

June 28, 2026

Envelopes	\$245.00
Loose	\$236.00
Cemetery Fund	\$50.00
	\$531.00

Notices:

1: Mass change for July 12th: There will **not** be a 9:00 am mass on July 12th, the mass will be at 2:00 pm at the Guadalupe Mass.

2: 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.

3: Strawberry Festival. Only 1 week until the Strawberry Festival and Outdoor Mass. We will be looking for donations of Biscuits, Bonnach and Oatcakes. We will be in the hall at 9:00 am, on Sunday July 12th, to hull the berries and to set up for the afternoon. Everyone is invited to come and help..

4: Strawberry Festival Help: Anyone who can help with the hulling of the berries, we will be at the hall at 9:00 am on Sunday July 12th. For people who are also helping will the serving of the berries, please be at the hall by 1:30 pm.

5: Graveyard Flowers: Could people please refrain from putting flowers and solar lights on the graves during the summer, the flowers, flowerpots, flower holders, and solar lights pose a hinderance when the graveyard is being mowed. Flowers on top of the headstones is permitted.

6: BIG POND CONCERT - Sunday July 19th, 2:00 pm
Early Bird tickets are available for just \$20!
Pick yours up in person at East Bay Country Market (while supplies last) or purchase online anytime through Eventbrite by clicking the event link. <https://www.eventbrite.ca/.../big-pond-concert-tickets...>
Don’t wait! Tickets will be \$25 at the gate on concert day, so grab yours early and save.

7: Cold Plate Supper: The cold plate dinner will take place on Saturday July 26th, at 5:00pm. This will be a takeout or eat in. For this event we would like you to preorder your meal so that we will have an idea of the numbers. The meal will consist of ham, salads, rolls and dessert.

8: Schedule of Events that will take place at the Johnstown Parish Hall this summer: More information will be provided as the event get closer

Sunday July 12 th , Our Lady of Guadalupe Outdoor Mass – 2:00 pm -Please bring your own chair
Sunday July 12 th – Strawberry Festival – 2:00 pm – 5:00 pm
Saturday July 25 th – Cold Plate Supper
Sunday August 9 th – Cemetery Mass – 9:00 am
Sunday August 9 th – Pancake Breakfast – 9:45 am
Friday August 21st – 94 th Annual Milling Frolic and Square Dance- Music for the dance will be Bradley Murphy and Leanne Aucoin