



Sacred Heart Parish Bulletin

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

September 14, 2025

Feast of the Exaltation of the Holy Cross

The **Feast of the Exaltation of the Holy Cross** was observed in Rome before the end of the seventh century. It commemorates the recovery of the Holy Cross, which had been placed on Mount Calvary by St. Helena and preserved in Jerusalem, but then had fallen into the hands of Chosroas, King of the Persians. The precious relic was recovered and returned to Jerusalem by Emperor Heraclius in 629.

The Golden Legend by Jacobus de Voragine describes Emperor Heraclius carrying the Cross back to Jerusalem on his shoulders. He was clothed with costly garments and with ornaments of precious stones. But at the entrance to Mt. Calvary a strange incident occurred. Try as hard as he would, he could not go forward. Zacharias, the Bishop of Jerusalem, then said to the astonished monarch: "Consider, O Emperor, that with these triumphal ornaments you are far from resembling Jesus carrying His Cross." The Emperor then put on a penitential garb and continued the journey.

The Feast of the Exaltation of the Cross supersedes the Fourth Sunday in Ordinary Time. Feasts of the Lord that fall on a Sunday in Ordinary Time and in the Christmas season replace the Sunday liturgy.

Exaltation of the Holy Cross

This day is also called the Triumph of the Cross, Elevation of the Cross, Holy Cross Day, Holy Rood Day, or Roodmas. The liturgy of the Cross is a triumphant liturgy. When Moses lifted up the bronze serpent over the people, it was a foreshadowing of the salvation through Jesus when He was lifted up on the Cross. Our Mother Church sings of the triumph of the Cross, the instrument of our redemption. To follow Christ we must take up His cross, follow Him and become obedient until death, even if it means death on the cross. We identify with Christ on the Cross and become co-redeemers, sharing in His cross.

We made the Sign of the Cross before prayer which helps to fix our minds and hearts to God. After prayer we make the Sign of the Cross to keep close to God. During trials and temptations our strength and protection is the Sign of the Cross. At Baptism we are sealed with the Sign of the Cross, signifying the fullness of redemption and that we belong to Christ. Let us look to the cross frequently, and realize that when we make the Sign of the Cross we give our entire self to God — mind, soul, heart, body, will, thoughts.

Collection
September 07, 2025

Envelopes	\$510.00
Loose	\$45.00
Donation	\$250.00
Cemetery	\$125.00
	\$930.00

Notices:

1: Celebration of Life: We invite you to join us in Celebrating the Life of Daniel (Dannie) MacMillan. All are welcome to join us as we share stories, memories, and a toast to a life well lived.

Saturday, September 20, 2025

1:00 p.m. – 4:00 p.m.

Johnstown Parish Hall

2: "COME to the CEILIDH"with

Howie MacDonald

Beverly MacLean

Keith MacDonald

East Bay Firehall

Sunday, Sept. 14, 2:00-4:00

Admission \$10.00 (12 & under Free)

3: Beginner Gaelic Classes

Mondays, 6:30 – 8:30

Starting September 22

\$ 40 for 8 weeks

Location: **Red Islands Firehall**

Have you always wanted to learn Gaelic to connect with your heritage?

Classes are fun!

Learning to **speak Gaelic** is the focus, no reading or writing!

Contact: **902-217-2088 ceiteagcaimbeul@gmail.com**

Supported by the Office of Gaelic Affairs

4: Johnstown Landing Artisan & Farmers Market: Fall Harvest Market: A fall market will be held at the Johnstown Parish Hall on Sunday October 12th, from 10:00 am – 1:00 pm. Vendors \$20.00/table – Contact Rita Campbell 902-631-0209

5: Big Pond Fire Dept Community Centre Fall Market

We had so much fun at last year's market at the Big Pond Fire Dept Community Centre, we are having another on Saturday October 18th, from 10:00pm – 2:00pm.

This year we have lots of makers, bakers and other creators with so much to offer!

- A variety of delicious baked goods and fudges, and Girl Guide Cookies!
- Jams, jellies, pickles, chow and sauces and Elderberry products
- Locally designed T-shirts and caps
- Knitting, crocheting, sewing designs and fabric bags
- Paintings, pottery, sea glass/driftwood art, suncatchers/prisms
- Beaded jewelry and hairclips, and resin products
- Plants

Admission \$2.00, children 12 and under free.

For more information (or to book table), please call/text Kim at 902-371-4562, or message Tracy MacIsaac on Facebook.

6: COMFORT TEA ... Come For Tea – September 23, 2025: We all experience many types of losses throughout our lives. To promote awareness of the impact of grief, you are invited to join us for a beverage and sweets. You may bring a friend, photo, memento, or memory to share or just be with others who understand. 1:30 pm – 4:00 pm on Tuesday, September 23, 2025, at the Creignish Recreation Centre, 2123 Highway 19, Creignish, N.S. Sponsored by the Strait Richmond Palliative Care Society and Nova Scotia Hospice Palliative Care Association Healing Pathways. All are welcome.

7: The Sacrament of Confirmation Our parishes' celebration of the Sacrament of Confirmation will join with the class of St. Joseph's Church, Port Hawkesbury, on Sunday, November 16 at 10:00AM. Candidates need to be either adults or teens of secondary school age and deemed ready for the sacrament by their parents. Please register the name of the person(s) being confirmed on forms obtained from the parish office. These forms have been distributed to parents but if not received, please notify the office, 902-535-2053. Please return them ASAP. Preparation sessions for the sacrament will be held at the glebe and the date for the first meeting will be announced soon. SJB: Th