



Sacred Heart Parish Bulletin

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

February 01, 2026

Fourth Sunday in Ordinary Time

The **First Reading** is taken from the *Book of the Prophet Zephaniah (one of the twelve minor prophets) 2: 3; 3: 12-13*. It introduces the poor as those who are repressed by the inequities of the powerful and by injustice, those who never loose hope, who seek the Lord with trust and rely only on Him.

The **Second Reading** taken from the *First Letter of St. Paul to the Corinthians 1:26-31*. St. Paul highlights that God’s choices don’t follow human reckoning. God does not single out the strong but chooses the small ones, the poor. God chooses the weakest and those who have no value or power in the eyes of the world. St Paul says ‘that no human being might boast before God’ (1 Cor 1:29) and it seems clear, therefore, that ones material goods and talents do not come from power or human virtues but only and exclusively from the Lord. The world is permanently scandalized, and yet called to conversion, by the apparent illogicality of Divine logic. The mystery and drama of the Word made flesh, is the scandal that is the stumbling block that some Christians have not yet fully comprehended.

The **Gospel** reading is taken from the *Gospel of St. Matthew 5:1-12a*. At the end of the Gospel of the Beatitudes, the poor appear as the privileged ones in the discourse, the definitive, true protagonists in the story.

The first recipients of the Beatitudes are, in fact, the ‘poor in spirit’, an expression that indicates those who have their hearts and consciences directed intimately to Our Lord. They are the expression of the just who are tried by moments of suffering and difficulties. However, they are called ‘blessed’ and ‘happy’ because God’s merciful and compassionate gaze rests on them. These are the poor that the Bible text really refers to. The poor in the Bible are the humbled, the ‘anawîm’, who bear a burden on their shoulders. They are given God’s favor and because of this the Word identifies them as just, meek and humble. All kinds of attitudes are included in the eight beatitudes. This way the true significance of the ‘just poor’ is revealed; the ones who don’t confide mainly in themselves but in God. The poor are those who detach themselves concretely and interiorly from the possession of persons and things and above all of themselves. The poor don’t find security in the gods of this world like success, power or pride but the true Lord God in Heaven.

Thus, the poor, meek and humble become a scandal before the world because they witness that one can found our lives on God, with the same certainty of His constant presence and so they confirm the existence and works of God. Each one of us is invited to verify where our certainty rests and if our daily life and actions proclaim God’s efficacious presence in the world.
—From the Dicastery for the Clergy

Collection

January 25, 2026

Envelopes	\$145.00
Loose	\$10.00
	\$155.00

Notices:

1: Statement: The 2025 financial statement is available this weekend. There is a error in the statement: Church Fuel should be: \$3805.41, Church Power should be - \$1358.18. This change does not affect the total expenses for the church, just those two items.

2: Mass Intention: Sunday, February 1 - Elaine MacNeil

3: Johnstown Sewing/Handicraft Group This group will meet on Thursdays, 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.

4: Our weekly Wednesday Morning Coffee get togethers will be on Wednesdays, 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.

5: Come to the Ceilidh On Sunday, February 8, 2 - 4 pm East Bay Firehall
Come to the Ceilidh And we'll all have tea!
with Bradley Reid, Brad Murphy, and Keith MacDonald

6: Trafficking & Exploitation St. Mary's CWL, East Bay, invites you to an information session on Human Trafficking & Exploitation
Presentation by: Elizabeth Fry Society
East Bay Firehall Sunday, February 1, 2 - 4 pm

7: Sweet Serenade with the Cape Breton Chorale - a fundraiser
Tea/Coffee/Sweets and Song
Sat. Feb 14th - two shows 1:00 P.M - 2:30 P.M. and 3:30 P.M. - 5:00 P.M. \$30 per person - Storm date is Saturday, February 21st.
United Heritage Church Hall. 500 Charlotte St., Sydney. Seating is limited and pre-purchase is recommended. Call 902-270-2591 or buy online at capebretonchorale.com

8: Challenge/Cursillo

Cape Breton Challenge Executive are trying to renew the Challenge movement in our area again. We are reaching out to our Challenge/Cursillo family to see if there is anyone among you who would be interested in working a Challenge weekend or be a member of the Challenge Executive.

If this is of interest to you please reach out to us - Eastern region Rose Henry roseh5029@gmail.com or 902-577-1517, Mabou region Ashley Roach roachashley1988@gmail.com or 902-224-5035.

We ask you to keep us in your prayers as we move forward and for the success of reviving this beautiful movement.

Thank You from Lay Directors Rose and Ashley

9: World Day of Prayer for Consecrated Life - February 2

The Feast of the Presentation of the Lord commemorates the presentation of Jesus in the Temple forty days after His birth. The Feast is also the occasion of the World Day of Consecrated Life, an opportunity for gratitude and renewal for all consecrated men and women.

10: February 2, 2026

In 1997, Pope Saint John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candlemas Day, the day on which candles are blessed, symbolizing Christ, the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples. The celebration of World Day for Consecrated Life highlights the gift of consecrated persons for the whole Church.

11: All parishes: Please note the item in last week's bulletin that presented the Decree of the Apostolic Penitentiary on the occasion of the Eighth Centenary of the death of Saint Francis of Assisi, by which a special Jubilee Year is proclaimed with associated Plenary Indulgences. The year extends from January 10, 2026 to January 10, 2027.