



Sacred Heart Parish Bulletin

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

February 08, 2026

Fifth Sunday in Ordinary Time

The **First Reading** is taken from *Isaiah 58:7-10*. When lowliness unites all men, then God will fill the need of the world with his glorious presence. The final age will have to come.

The **Second Reading** is from *St. Paul's First Letter to the Corinthians 2:1-5*. We continue this week with Paul's 1st letter to the Corinthians as he addresses divisions within the Church. As you will recall, two weeks ago we heard Paul address those who claimed to belong to Apollos, those who claimed Cephas, others who claimed Paul, and even those who followed only Christ. At that time he reminded them all that the Church is the body of Christ and as such cannot be divided. Last week he reminded us that God has chosen what is weak by human reckoning to be His followers. If anyone can boast, they can boast only in that they have been chosen by God. This week he reminds us that we are to pay attention to what is important—we are to hear the clear message of the crucified Christ and pay attention to it and not the messenger.

The **Gospel** is from *St. Matthew 5:13-16*. No less an authority than Christ himself calls his true followers the "salt of the earth" and the "light of the world." These are titles of honor, surely, and of the greatest distinction. Christ is putting his true follower on almost a level with himself. He was the light of the world; he was the salt of the earth. He it was who gave men the knowledge of the true nature of God, as shown by the Incarnation. He it was who gave this life its flavor, who gave this life its meaning, its preservation. By his death and resurrection he took away the sting of death, and removed its eternal corruption, by the guarantee and promise of a resurrection to an eternal life.

This very Christian knows, and this knowledge every Christian helps to bring to those who are ignorant of it, if he lives his life daily and sincerely. The Christian who does this, is really another Christ; he is continuing his work of salvation during his years on earth. He is the salt, of the earth and the light of the world. How many of us, can truly say that these honorable titles, which Christ gives to his followers, are given to us?

In true humility, we can all say that we are far from worthy of any such honorable titles. Yet in all sincerity too, many if not the majority among us, are doing their little bit of Christ's work, in cultivating their own small corner of his vineyard. The parents who teach the Christian way of life to their children by word, and especially by example, are spreading the Christian faith. The workmen, whether in office or factory, who show that they are Christians by their honesty, charity for their fellowmen, their respect for God, and the things of God, in their speech, are spreading their Christian faith. All those who

show moderation in their personal expenditures, and donate some of their savings to help their brothers, their fellowmen who are in need, these are true disciples of Christ and are cooperating with him in bringing God's children back to their Father who is in heaven.

Unlike the salt that has lost its flavor, and the light that is kept under the bushel, the Christian who has thus behaved can change his attitude, provided he is aided by God's grace which is never refused. He can become once more what he ought to be—a life-preserver for his neighbor.

Life on earth is short. The demands of our Christian life may not always be easy, but we know that if we live up to them, we are other Christs. We are continuing his great work by our own good example to our neighbor, and we are giving glory to God, and are earning for ourselves the eternal light of heaven.

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

Collection

February 01, 2026

Envelopes	\$155.00
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Notices:

1: 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.

2: 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.

3: 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

4: 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

5: Sydney Tuesday, Feb. 17, 2026 1:30 -3:30 PM

An invitation to join with other women to share

TEA and TALK at Holy Redeemer Convent 24 Neville St.
Whitney Pier, just behind the Pier Post Office.

This invitation is open to women of all ages. This is an attempt to provide an opportunity for women to join with others to simply share a cup of tea and to experience the joy of being together. For further information phone 902 270 4840 or 902 539 6331.

6: Medjugorje Pilgrimage, April 26 - May 6, 2026 with Fr. Andrew Gillies and Rhonda-Lynn Cormier (group leader).

\$2,899. (return flights from Halifax). Single supplement \$350 (if available).

Included in price: airfare, ground travel in Europe, two meals a day, professional Medjugorje guide, two days of excursions to the UNESCO city of Mostar and a local village Surmanchi — Divine Mercy Chapel.

Contact: rhonda_lynn_c@hotmail.com or (902)448-3660