



Sacred Heart Parish Bulletin

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

March 08, 2026

Third Sunday of Lent

The **First Reading** is taken from the *Book of Exodus 17:3-7*. The Israelites, the Chosen People of God, were suffering slavery and the threat of total extermination in Egypt; God miraculously set them free and, with Moses as their leader, he led them towards the promised land of Canaan. But they soon forgot what God had done for them and began to murmur and rebel because of the difficulties of the long desert journey. One of these rebellious murmurings is put before us today.

The **Second Reading** is from the *St. Paul's Letter to the Romans 5:1-2; 5-8*. This brief section is an encouragement to all who have been given the gift of the Christian faith to persevere in spite of adversity.

The **Gospel** is from *St. Matthew 17:1-9*. is from *St. John 4:5-42*. This gospel, about the Samaritan woman, is exceptionally rich. Every time we read it we are passionately moved by that intense conversation between Jesus and the Samaritan woman. The Holy Father, Pope Benedict XVI, recalling the great teaching of Saint Augustine, with regard to Christ's request to the woman, "give me something to drink", said: "Yes, God thirsts for our faith and our love. As a good and merciful father, he wants our total, possible good, and this good is he himself. The However, everything changes for her that day, thanks to the conversation with the Lord Jesus....." (Benedict XVI, Angelus 24 February 2008). Samaritan woman, on the other hand, represents the existential dissatisfaction of one who does not find what he seeks.

She had "five husbands" and now she lives with another man; her going to and from the well to draw water expresses a repetitive and resigned life.

To recognize that if we entrust ourselves to God, we receive every "possible good" which, as the Pope reminds us, is God himself, means living the dynamic of conversion to God: renouncing a self-centered mentality, which deceives self-sufficient man, in order to receive the gift of God. Man without God is inevitably destined to dissatisfaction, limited in everything by his own limits as a creature, even in "giving himself" or "obtaining for himself" joy, love, happiness... Man without God cannot think to reach boundless joy, unlimited and eternal love, the living water of which, precisely, Jesus speaks with the Samaritan woman.

Happiness, another word for the living water, can only be given by the One who possesses it, and man does not possess it. God alone can share it with those who place their trust in Him and follow Him.

The living water, the gift of the Holy Spirit, can only be given by the Lord Jesus whom the Father sent into the world to give to all men and women eternal life, that is, never ending happiness. As the Pope reminds us "only the water that Jesus offers, the living water of the Spirit, can quench" man's "thirst for the infinite" (Benedict XVI, homily 24 February 2008). Man is able to give his fellow humans, affection, money, power, human glory, honor, career ... but not endless happiness which, since it is an unlimited good, belongs to the divine, infinite sphere!

The living water flows only from the divine source. The Samaritan woman went to a well which was deep, but limited, whereas unlimited was her thirst for happiness and love.

The woman, the Holy Father tells us, "represents the existential dissatisfaction of one who does not find what he seeks". How often man seeks the infinite, the eternal, well-being...but sadly continues to seek it in a well, in a reality, the earthly reality, which is unable to contain it. How many wells, deep but empty, how many wells of stagnant water, we have met on our way! We carry within us immense desires and easily deceive ourselves that we can meet them.

On our path of conversion, what a great grace it is to find the Lord Jesus waiting patiently for us beside our senseless wells. When, like the Samaritan woman, we are tired of the things of this world, of almost empty wells, then the Divine Master is especially close to us. He asks us to give him something to drink, he asks us to trust Him to satiate our heart and if we trust in Him we discover the joy of finding the true well, the source of crystal clear water.

Mother Teresa of Calcutta, with wisdom typical of saints, explained why we should give ourselves to God: "Why should we give ourselves completely to God? Because God has given Himself to us. If God who owes us nothing is ready to give us nothing less than Himself, can we respond with only a small part of ourselves? Giving ourselves totally to God is a way of receiving God. I am for God and God is for me. I live for God and renounce myself, in this way I allow God to live for me. To possess God we must allow Him to possess our souls. (Blessed Teresa di Calcutta).

—Mgr Luciano Alimandi, *Ave Maria*, Agenzia Fides 27/2/2008

Collection

March 01, 2026

Envelopes	\$215.00
Heat	\$105.00
	\$320.00

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: The Annual General Meeting Of the Bras d'Or Lakers Seniors Club will take place on Saturday, March 7, 2026 at 3:00 PM.

We will meet at the District 10 Fire Hall in Red Islands.

We look forward to a good turn-out for this meeting.

New members are welcome.

4. "Come to the Ceilidh"

Sunday, March 8, 2-4:00pm

@ the East Bay Firehall

Admission \$10.00 (under 12 FREE)

with Leanne AuCoin - fiddle

Ryan MacNeil - piano

Keith MacDonald- pipes

5: St. Patrick's Day Supper: St Patrick's Day is on its way. We are planning our Irish Stew dinner for 5:00pm on Tuesday, March 17th. The menu will include Irish stew, dinner rolls and dessert, with tea and coffee. The cost will be 13.00 per person. We look forward to seeing as many of you as can join us at District 10 Fire Hall, Red Islands. If you are planning to attend, please email howarddmacintyre@gmail.com, or call 902-631-5643 to let us how many will be in your party, for food planning purposes

6: Fish Cake Supper - Friday April 3rd, 4:00 pm Eat In or Take Out - Fish Cakes, Homemade Beans, Biscuits, and homemade chow. Cost \$12.00, Johnstown Parish Hall. If you would like to donate a package of salted cod bits, or would like to order a meal please contact the following: Louise: 902-535-3107 Barbara: 902-828-2079 Rita: 902-631 0209 Edie: 902-322-6543 or email louisecampbel@gmail.com

7: Holy Week Celebrations

Note: Parishioners of all parishes are welcome to join all Holy Week celebrations. The Sacred Triduum is one liturgy and should be celebrated in one parish church. This year the Sacred Triduum will be held at St. Peter's Church, St. Peter's.

Chrism Mass Monday, March 30, 2026, at 2:00 pm Celebrated at St. Ninian Cathedral

Thursday of the Lord's Supper (Holy Thursday) April 2, 2026 - SP - 4:00 PM

Friday of the Passion of the Lord (Good Friday) Friday, April 3, 2026 - SP - 3:00 PM

Note: Holy Mass is not permitted on Good Friday or Holy Saturday. The Good Friday service consists of three parts: The Liturgy of the Word with Intercessions, the Veneration of the Cross, and Holy Communion. There should be no physical contact with the Cross, but veneration may be expressed by a reverent bow or a genuflection.

The Resurrection of the Lord At the Easter Vigil in the Holy Night Saturday, April 4, 2026 - SP 8:00 PM

Easter Sunday

Sunday, April 5, 2026

SH 9:00 AM

HGA 11:00 AM