



Sacred Heart Parish Bulletin

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

March 22, 2026

Fifth Sunday of Lent

This Sunday, March 22nd, will be the last Sunday in the Vestry. We will be back into the main church on Palm Sunday, March 29th.

The **First Reading** from the Old Testament prophet *Ezekiel 37:12-14* is taken from the chapter about pouring forth the Spirit upon the "dry bones" in the valley of his vision. The prophet speaks of restoration through an act of God through the Spirit and that it was through him that the people first were saved from their oppression in Egypt, and by his power they will be saved again and restored as the people of God. The symbolic meaning of the reading is the resurrection of the people to new life, a theme clearly reiterated in succeeding apocalyptic literature and finally present in the death and resurrection of Jesus.

The **Second Reading** from *St. Paul to the Romans 8:8-11* states that through Christ the whole person of the believer is saved, raised up, and redeemed. The realm of the flesh is the realm to be left behind, and the realm of the Spirit is where true life is to be found. But there is no hellenistic dichotomy here between flesh and spirit since the believer lives with the Spirit of God enfleshed in his body so that his whole person will live in conformity with that Spirit. The indwelling of the Spirit refers to the baptism of the person and his consequent moral life.

The **Gospel** reading from *St. John 11:1-45*, opens up in front of us a scene of unprecedented sorrow. The Lord Jesus receives the message from the sisters of Lazarus who, when confronted with the gravity of his condition, tried the only thing possible, they turned to the Lord of who it

was said: *‘Everything He does is good, he makes the deaf hear and the dumb speak’* (Mk 7:37). It is the cry of each one of us who would like their loved ones to live forever without ever leaving us.

The Lord Jesus, inexplicably, waited a further two days before heading for Lazarus’ home. Even then, He only left with His disciples when he divinely knew of His friend’s death. This particular detail from the Gospel tells us that the Word of God was made Man for the love of all of us. Also that His look of love is always upon us waiting for that meeting of immense joy that will happen in eternity.

Upon Jesus’ arrival in Bethany there was a new apparently inexplicable development in the story. First Mary, then her sister Martha and behind them all the Jews who were united with them, converge on Jesus with the certainty that if there was a response to their sorrow it would come from Him. They were not irreligious people who were looking to Jesus for a solution. They profoundly accepted Israel’s faith in the final Resurrection and so even this event was not ultimately inexplicable. In fact Martha said to the Lord, *‘I know that he will rise again at the resurrection on the last day’* (Jn 11:24). However, knowing that in relation to the Lord, nothing that was authentically human in them or their cry of sorrow be would be lost. Prior to that, their only consolation came from the eschatological faith of the time.

In this last sign, worked by the Lord before His triumphant entrance into Jerusalem, everything seems to flow to that ‘new reality’ inaugurated by Emmanuel, God with us. Sharing our existence, Jesus had loved us with a supreme passion, with that virginal love that doesn’t seek to possess the heart of the other, but

to love it in truth with delicate insistence right up to sacrificing Himself for us. In this infinite delicacy and attention to everyone, He was able to be moved by those who were linked to Him by ties of the most profound friendship who understood that it could not be anything but God’s presence amongst them. *‘I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this? She said to him, Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world.’* (Jn 11:25-27)

It was Martha and Mary’s faith, even when confronted with Lazarus’ death that gave rise to the extraordinary miracle worked by Christ. This is not only a consoling story narrated in the letters of the Gospel, but it is also accessible to us today in the Church from the day of our Baptism until when we are incorporated to Him by means of the Spirit that He has given to us. *‘If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you.’* (Rom 8:11)

Most Holy Mary, the mother of the Risen One, give us the grace to look towards and live the light of this extraordinary reality—the promise of Resurrection in Christ. Amen.

—From the Congregation for the Clergy

Collection

March 15, 2026

Envelopes	\$90.00
Heat	\$50.00
GST	\$961.48
Donation	\$25.00
	\$1,126.48

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. The last Thursday get together will be April 2nd. Location: District 10 Fire Hall, Red Islands.

2: Our last weekly Wednesday Morning Coffee get togethers will be on Wednesdays, March 25th. 9:00 – 11:30 am, at the District 10, Red Islands Fire Hall.

3: Fish Cake Supper - Friday April 3rd, 4:30 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

4: Help Needed Fish Cake Supper: If you can come and help peel potatoes and make the fish cakes, we will be at the hall on Friday April 3rd at 11:00 am. All help is welcome.

5: Gaelic Glasses: Classes are language based, no reading or writing for the beginner level. Lots of fun to be had!

Beginner Gaelic (good for those with little or no Gaelic experience)

8 weeks, \$40

Starting Monday, March 23

1 - 3:30

Early Intermediate Gaelic (some Gaelic experience)

8 weeks, \$40

Starting Friday, March 27

1 - 3:30

Place: Red Islands Firehall

Contact: Cathy at 902-217-2088

6: Holy Week Celebrations

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

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

7: Gentle Yoga 55+ For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, doing yoga regularly can result in a host of benefits for older adults, from greater flexibility and improved balance to lower stress and better sleep. Instructor: Lynne Doucette Red Islands Fridays, for 8 weeks, beginning April 8 12:00 pm - 1:15 pm, Fee: \$30.

8: Chair Yoga 55+ Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. It also makes yoga accessible to more people. Staying seated while doing yoga means that even frail seniors or those who aren't flexible can safely do the exercises. The benefits of chair yoga for older adults include loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. It also reduces anxiety, helps lower blood pressure, protects joints, builds strength and balance. Instructor: Lynne Doucette Red Islands Fire Hall, Red Islands Wednesdays, for 8 weeks, beginning April 9 1:30 pm - 2:45 pm, Fee: \$30