



Sacred Heart Parish Bulletin

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

March 29, 2026

Palm Sunday of the Lord's Passion

Today is **Palm Sunday of the Lord's Passion** during which we commemorate Christ's entry into Jerusalem for the completion of the Paschal Mystery. In Liturgical Calendar preceding Vatican II, the Church celebrated Passion Sunday two Sundays before Easter, and then Palm Sunday was the beginning of Holy Week. The Church has combined the two to reinforce the solemnity of Holy Week.

The Palm Sunday procession is formed of Christians who, in the "fullness of faith," make their own the gesture of the Jews and endow it with its full significance. Following the Jews' example we proclaim Christ as a Victor... Hosanna to the Son of David! Blessed is He who comes in the Name of the Lord. But by our faith we know, as they did not, all that His triumph stands for. He is the Messiah, the Son of David and the Son of God. He is the sign of contradiction, acclaimed by some and reviled by others. Sent into this world to wrest us from sin and the power of Satan, He underwent His Passion, the punishment for our sins, but issues forth triumphant from the tomb, the victor over death, making our peace with God and taking us with Him into the kingdom of His Father in heaven.

Liturgy for Palm Sunday

The priests and deacons wear red vestments for Mass. There is a special entrance at the beginning of each Mass, either simple or solemn. This includes a blessing of the palms and the gospel reading of the entrance into Jerusalem (Matt 21:1-11; Mark 11:1-10; John 12:12-16; Luke 19:28-40). The introduction by the priest explains the solemnity of Holy Week, and invites the faithful to take full part in the celebration:

Dear friends in Christ, for five weeks of Lent we have been preparing, by works of charity and self-sacrifice, for the celebration of our Lord's paschal mystery. Today we come together to begin this solemn celebration in union with the whole Church throughout the world. Christ entered in triumph into his own city, to complete his work as our Messiah: to suffer, to die, and to rise again. Let us remember with devotion this entry which began his saving work and follow him with a lively faith. United with him in his suffering on the cross, may we share his resurrection and new life.

The palms are blessed with the following prayer:

Almighty God, we pray you bless these branches and make them holy. Today we joyfully acclaim Jesus our Messiah and King. May we reach one day the happiness of the new and everlasting Jerusalem by faithfully following him who lives and reigns for ever and ever. Amen.

As the faithful, we remember and dramatize Christ's triumphal entrance into Jerusalem on a donkey. In Jesus' time, a huge crowd assembled, put their cloaks or branches on the ground, and waved palm branches, acclaiming Christ as the King of Israel, the Son of David. We now wave our palm branches and sing as the priest enters the church:

Hosanna to the Son of David, the King of Israel.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

These words of praise are echoed every day at the Holy Sacrifice of the Mass at the Sanctus (Holy, Holy).

Our joy is quickly subdued. We are jolted to reality and see the purpose of Christ coming to Jerusalem by the reading of the Passion at the Gospel. (Written by Jennifer Gregory Miller)

Collection

March 22, 2026

Envelopes	\$390.00
Loose	\$200.00
Heat	\$70.00
	\$660.00

Notices:

1: Thank You – Thank you to all who stayed after mass last week to help our move back into the main church.

2: 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.

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: Nursing Foot Care Clinic: Heidi Davis BScN, RN License #33671

Thursday April 9th and Tuesday April 21st Red Islands Fire Hall

By appointment only, from 9:00 am to 5:00pm, please call Heidi at 902-202-2346. 1-hour appointments \$55 (receipts provided, direct billing for Veterans)

Lower limb assessments, toenail trim and file, skin assessment, management of ingrown nails, management of fungal nails, corn and callus care, diabetic assessment, foot care education and referral as needed. Also available in-home appointments \$65.00/hour

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 Wednesdays, 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 8 1:30 pm - 2:45 pm, Fee: \$30

9: You are warmly invited to the next Fr. Greg MacLeod Lecture Series at Cape Breton University 1250 Grand Lake Road, Sydney N.S. (Yvonne LeVert Hospitality Suite, Campus Centre, near the cafeteria) on Tuesday April 7th, 2026 at 6:30 pm.

Historian Fraser Dunn will be answering the question: What was Rev. Dr. Moses Coady's definition of democracy and how did he fight for Social Justice for all people?

Refreshments provided and all are welcome.

10: Dying with Christ – Living with Hope

Join CMDA Canada for a three-week online program exploring Christian hope in the face of suffering, grief, and end-of-life experiences. Led by theologians and healthcare professionals, this series equips participants personally and for ministry. Winter 2026 sessions are available in April, May, and June.

Register at: cmdacanada.org/event/dying-with-christ-living-with-hope-spring-series