



## Sacred Heart Parish Bulletin

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

**May 31, 2026**

### Solemnity of the Most Holy Trinity

The **First Reading** is from *Exodus 34:4-6; 8-9*. Exodus, the second book in the Old Testament, describes the exit of the Israelites from the slavery of Egypt under the leadership of Moses whom God appointed as their deliverer. The verses read today describe Moses's second meeting with the LORD on Mount Sinai. The LORD had told him to come there again so that he would rewrite the ten commandments on two new tables of stone. The mystery of the Blessed Trinity—was not revealed to the Jews of the Old Testament. They were not yet fit to accept this truth. Surrounded as they were by nations that practiced polytheism (many gods) there would be danger that the Jews would see three Gods in the Trinity—it would look like polytheism to them. Hence it was not revealed to them and therefore we have no Trinitarian text in the Old Testament which could be read on this feast of the Blessed Trinity.

The text chosen gives the basis for its eventual revelation. The LORD made a covenant with the Israelites. He made them his Chosen People, through whom he would eventually send his divine Son and the Holy Spirit to give man—the whole chosen human race—the possibility and the means of reaching the destination that he had planned for them from all eternity. The covenant made by God with Moses on Mount Sinai was the preparation for the revelation of the dogma of the Blessed Trinity and its relationship with our salvation.

The **Second Reading** is from *2 Cor. 13:11-13*. These three verses are the conclusion of St. Paul's second letter to the Corinthians. The letter was written during his third missionary journey, 53-58, and probably from Ephesus where he was from 54-57. Paul had much advice and correction to give them and he also praises them. In these last verses he repeats his appeal for unity and fraternal charity and wishes the blessings of the Holy Trinity upon them.

By celebrating the feast of the three divine Persons today, we too are invoking on ourselves the blessings St. Paul invoked on the Corinthians. We need the grace of Our Lord Jesus Christ if we are to reach heaven. He has already put us on the right road by baptism, and has made us receptacles of grace, but that is only the first step although a supernatural one. Every human act we perform in the state of grace—even our eating and drinking, and our daily tasks—is moving us along the road to heaven. But if we lose the divine grace through mortal sin, all our actions, even holy actions, are useless as regards our heavenward journey.

The **Gospel** is from *John 3:16-18*. We have in these verses a part of the conversation that Jesus had with Nicodemus. Nicodemus was a rich Pharisee and a member of the Sanhedrin, the supreme ecclesiastical court of the Jews. He came to Jesus at night for fear of his fellow Pharisees. Although the Holy Spirit is not mentioned in this text from St. John's gospel, the text is included in the readings for the feast of the Blessed Trinity because two of the Persons are mentioned. They are clearly distinguished one from the other, yet both are the one God. God the Father sent God the Son into the world (in human nature) in order to bring eternal life within the reach of all men.

While we must admit from the evidence so clearly given in the story of our redemption and elevation to adopted divine sonship, that the three Persons of the Trinity cooperated in that work, we cannot claim we understand the mystery of three Persons in one God. We can and must admit the fact on the evidence presented to us, but we must also admit that our human intellects are too finite to grasp the essence, the nature of that fact.

How could it be otherwise? If our limited minds could grasp the divine nature and all its qualities it would no longer be divine—it would be limited like ourselves. There are many finite created things in our world which we cannot fully understand. How then could we claim that we should be able to understand the infinite? Of infinity itself we have only a negative description—something that has no beginning or an end. When we get to heaven our minds will be illuminated with greater grace but even then there will always be something new in God for us to see and admire. In the meantime our attitude toward the Trinity should be one of sincere gratitude for having placed us on the road to heaven.

## Collection

May 24, 2026

Envelopes	\$356.00
Loose	\$260.00
Latin America	\$45.00
	\$661.00

## Notices:

**1: Johnstown Landing Outdoor Farmer's Market:** Another summer on the way. Looking forward to Sundays at the Johnstown Landing Artisan & Farmers Market. The markets run from June 28 - September 6, 2026. Every Sunday 10 am - 1 pm. We welcome new vendors. Send us a message or call 902-631-0209.

**2: Food Vendor: Johnstown Landing Outdoor Farmer's Market** We have space for and welcome new vendors. Our soup guy is retiring this year (sigh, it was always so delicious). We would love to hear of someone interested in doing soup or take out lunches for the market. We are spoiled and no one wants to go home and cook after enjoying the morning at the market. Contact 902-631-0209

**3: Irish Cove Trail Official Opening:** June 5, 1 pm. We hope you will join us at the official opening of the Irish Cove Trail, on Friday, June 5, 1 pm. The trail is a community walking trail that weaves through the reclaimed Irish Cove limestone quarry. The launch will take place on the trail. To reach the trail entrance take Lakeshore Drive (east) from Highway 4 in Irish Cove and drive toward the end – please drive carefully and be considerate of the quiet neighbourhood. For the opening, park along Lakeshore Drive as there is limited parking at the entrance. We appreciate the support we received from community members and look forward to sharing the day with you. Rita Campbell, Chair, Trail Committee, JCDC [camprita@gmail.com](mailto:camprita@gmail.com) or 902-631-0209.

**4: Lakeside Community Association** lumberjack brunch Sunday, May 31, 2026, from 8:30 AM to 12:00 PM. \$15.00 eat in or take out. Children under 5 free. 8598 West Bay Hwy. Sampsonville.

### 5: Cursillo weekend

Camp MacLeod, Albert Bridge, Women's Cursillo, June 4-7.

For more info please call Arlene Edwards 902-577-4214 or Karen MacSween 902-317-5425

**6: September Pilgrimage 2026:** Join Fr. Andrew Gillies & Group Leader, Rhonda-Lynn Cormier for one of these options, both departing Sept. 15, 2026.

**Choose Your Journey:** — *Option #1:* **Medjugorje** only, Sept. 15-23, 2026, Climb Apparition Hill and Cross Mountain, tour UNESCO city, Mostar's Basilica. *Estimated Cost:* \$3,299.(Halifax-return.) Single supplement: \$350. — OR —

— *Option #1 & #2:* Full European Pilgrimage, Sept. 15-30, 2026 -15th: Medjugorje -21st: Fly to Lisbon, visit the Eucharistic Miracle Sanctuary in Santarem, **Fatima** (candlelight procession) -24th: **Avila**, Spain, shrines & relics of St. Teresa of Jesus & St. John of the Cross. -25th: **Lourdes**, joining **Pope Leo** for his Papal Visit to France at Grotto of Massabielle, the baths & places associated with St. Bernadette. -28th: Fly to **Rome**: Private Mass at Vatican & Papal Audience. *Estimated Cost:* \$6,999.00 (Based on a 10-person minimum; Halifax-return). Single supplement: \$1,075.

*Included:* Local guides at each location. All flights listed in the itinerary (including Split-Lisbon and Toulouse-Rome for Opt. 2), accommodations, 2 meals daily. Departures from other airports can be arranged. **Contact: 902-448-3660**

**7: Schedule of Events** that will take place at the Johnstown Parish Hall this summer: More information will be provided as the event get closer

Sunday July 12<sup>th</sup>, Our Lady of Guadalupe Outdoor Mass – 2:00 pm -Please bring your own chair

Sunday July 12<sup>th</sup> – Strawberry Festival – 2:00 pm – 5:00 pm

Saturday July 26<sup>th</sup> – Cold Plate Supper

Sunday August 9<sup>th</sup> – Cemetery Mass – 9:00 am

Sunday August 9<sup>th</sup> – Pancake Breakfast – 9:45 am

Friday August 21<sup>st</sup> – 94<sup>th</sup> Annual Milling Frolic and Square Dance