

Sacred Heart Roman Catholic Parish
Our Mission
*We are a welcoming community gathered
as disciples of Jesus Christ to worship God, to
serve others and to grow as loving members
of God’s family.*

23RD SUNDAY IN ORDINARY TIME
September 6, 2026

Pastor: **Father Roland: 207-479-6982**
rberngeh85@gmail.com

Parish Assistant: Eileen Bernard
(902) 853-2344
sacredheartparish@eastlink.ca
Parish office hours: Wednesday and
Thursday 9:00 – 3:00

Property and Finance Chair: Jerry Gavin

Cemetery Revival Team:
Wanda Saunders
Arlene Morrison
Bernice Gallant

MASS SCHEDULE & INTENTIONS

Wednesday, September 9 - 9:30 am
Adoration – 8:30 am
Rosary – 9:00 am
Special intention by a parishioner

Friday, September 11 - 9:30 am
Adoration – 8:30 am
Rosary – 9:00 am
+Ray, Doris and Ernestine Foley
By Jacinta Kinch

Saturday, September 12 - 7:00 pm
Rosary – 6:25 pm
+Dale and Betty Whittaker by Sharon Mercier
+John McInnis by Colleen McInnis and Trevor Matthews

Sunday, September 13- 11:00 am
Rosary – 10:25 am
For the people

SACRAMENT OF RECONCILIATION
Confessions are available before Masses on
Saturdays at 6:15 to 6:45 pm and Sundays from
10:25 am to 10:50 am.

BULLETIN ANNOUNCEMENTS will be accepted until
12:00pm on Tuesday. Please call the parish office at
902-853-2344 or email bulletin notices to
sacredheartparish@eastlink.ca.

PRAYERS FOR THOSE WHO ARE ILL
Please remember in your prayers the following:
Quentin Fraser, George Luttrell, Kerry Fraser, Karla
Foley, Anne Skerry, Bonnie MacNeill,
Doug Mallette, Jeanie Collicutt, Floyd McCue, Deanna
McCue, JoAnne MacIsaac, Shirley Gavin, Anne Marie
Corcoran, Pearl Bulger, Allen Adams, Linda
Campbell, Evelyn MacNevin, Evan Crocker, Marcella
Bulger, Wilma Campbell, Francis Smith, Peter Bulger,
Lennie O'Meara, Nathan Perry, Maria Gaudet, Linda
Gavin, Rennie Richard, Grant Butler Jr., Jason Jones.

Please submit names to be added to this list to Fr.
Roland by Tuesday each week to ensure they make
the bulletin.

AUGUST 30 , 2026 COLLECTION SUMMARY:	
SACRED HEART:	
SUNDAY OFFERING	\$ 1430.00
BUILDING	\$ 15.00
DIRECT DEPOSIT	\$ 500.00

THANK YOU: Your continued generous support is
appreciated. Donations can be made by dropping
your collection envelope at Mass or in the mail
slot at the parish office or by e-transfer to
sacredheartparish@eastlink.ca or by direct
deposit. If you change your direct deposit amt
please inform the office of the change. Forms are
available at the parish office.

ST. MARK’S CEILIDH – Lot 7
The music for Thursday, September 10 at 7:00
pm, will be, Victor and Cathy Doucette and family.
A free lunch will be served and the sale of sale of
50/50. Admission – adults \$14.00, kids under 6
are free.

BAPTISM ANNOUNCEMENT
On Sunday, September 9, 2026 after the 9:30 am
Mass we will welcome the baptism of, **Asher John
Smyth-Clements**, son of Kelley Smyth and Tyson
Clements. All are welcome to attend. May this
child grow in faith, surrounded by the love of
family and the prayers of our parish community.

GOD’S WILL, NOT MINE
Trust that every delay, every change, and every
unanswered prayer has a purpose. Let faith lead
the way, even when the road is unclear.

ROSARY BEFORE MASS
Please come to rosary as it is a very important
part of our lives. Do not be afraid to be asked to
lead it as we should never feel forced. If there is
no one, I will lead it.
Father Roland

MASS IN THE GRAVEYARD
Join us for Mass in the graveyard as we gather
together in prayer and remembrance of our loved
ones who have gone before us. It will be held on
Friday, September 11th at 6:00 pm. Please bring
a lawn chair. Everyone is welcome to attend.

KNIGHTS OF COLUMBUS MEETING:
The Knights of Columbus meeting will be held on
Monday, **September 7, 2026** at 7:00 pm. All
members are encouraged to attend. New
members are always welcome!

CATECHISM REGISTRATION – GRADES 1 - 8
Registration is now open for Catechism classes!
Give your child the gift of growing in faith,
learning about Jesus, and building a strong
foundation in our Catholic faith. Please register
by September 20th by calling the parish office at
902-853-2344. If there is no answer please
leave a message and we will get back to you.

*When our hearts are rooted in His
word, even the fiercest storms
become places where faith quietly
blooms.*

**CATHOLIC FACT – 23rd SUNDAY IN ORDINARY
TIME**
The Gospel for the 23rd Sunday in Ordinary Time
reminds us of the importance of fraternal
correction – lovingly helping one another
recognize what is right and turn back toward God.
Jesus teaches that correction should come from a
place of love, humility, and concern, not judgment.

**A PRAYER FOR THE BEGINNING OF THE NEW
SCHOOL YEAR**
As we begin a new school year, bless our
students, teachers, and families. Guide them with
Your wisdom, patience and kindness. Help our
students to learn with open minds, to treat one
another with respect, and to face each new
challenge with courage. Bless our teachers with
strength and understanding, and may our schools
be places of friendship, growth, peace and joy.

PASTOR’S CORNER
**When you come to pray before the Blessed
Sacrament**

Dear Eucharistic Friends. Peace be with you! I
don't remember if I told you this before or not.
When you come to pray before the Blessed
Sacrament, it is not so much words that matter; It
is your loving attention to His presence that
consoles His Eucharistic Heart. Give Him your
attention, and He will work the wonders of His
merciful love in your soul. Hold yourself facing
Him. Abide in His presence gently, without forcing
yourself to produce thoughts, feelings or
sensations. Just be and look at Him, that is His
Eucharistic Face and He looks at you. None of the
above three things is necessary to a prayer that
pleases Him and gives Him the freedom to act in
a soul. All that is necessary is faith, and with faith,
hope, and with hope, the love that binds the soul
to Him and makes union with Him a reality.
If you cannot make a bodily visit just like the
saints did mostly, you can make a Heart to Heart
visit to Jesus from wherever you are or even send
your guardian angel. I know this may sound
strange to some of us. That is an honourable duty
an angel would gladly do for you. Make sure you
visit Jesus or even make a stop in, in a church or
chapel with the Blessed Sacrament. And you will
realize in the end that this was the best spent
time of your life. Amen.
Fr. Roland Berngeh Njoyir.

THE WEIGHT OF THE GLASS
A professor held up a glass of water during a
lecture. She asked the class how heavy the glass
was. The students guessed different weights from
eight to twenty ounces. The professor smiled and
said, “The actual weight does not matter. It
depends on how long I hold it. If I hold it for a
minute, it is light. If I hold it for an hour, my arm
will ache. If I hold it for a day, my arm will feel
numb and paralyzed” The professor continued,
“Your stresses and worries in life are like this
glass of water.” “Think about them for a short
time, nothing happens. Think about them all day,
and you will feel paralyzed and unable to move.”
The lesson is simple: do not carry your worries
through the night and into the next day. Put the
glass down.

HAPPY LABOUR DAY !

