

**STAR OF THE SEA, CANSO
ST. AGNES, LITTLE DOVER
ST. JOSEPH, PORT FELIX
ST. VINCENT DE PAUL**

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CONGREGATION OF NOTRE DAME 902-358-2346**

FOURTEENTH SUNDAY IN ORDINARY, JULY 9, 2023

PARISH PASTORAL COUNCIL MEMBERS Donna Jackson,, Janet Delorey, Cynthia Creamer, Calvin Harnish, Agnes Casey, Corrine Munroe, Gerry Parker, Gelly Parker, Paul Horne, Sr. Alma, Marie Parker, Fr. Jonathan

The complete text of this bulletin is also available on the parish's website at www.cansoparishes.org

WEEKEND MASS TIMES

Saturday, July 15 - 4:30 p.m. - St. Vincent de Paul - ♥*For the Faithful*
- 6:00 p.m. - St. Joseph - ♥*For the Faithful*

Sunday, July 16 - 9:30 a.m. - St. Agnes Hall - †*Isabel Munroe*
- 11:00 a.m. - Star of the Sea - †*Jim Kavanagh*

WEEKDAY MASS TIMES

Thursday, July 13- 6:00 p.m. - St. Anthony's Chapel - ♥*For the Faithful*

COMMUNION CALLS - If you know of someone who is unable to get out to Mass and would like to receive Holy Communion, please call the parish office to have their name added to the list.

REFLECTION ON TODAY'S READINGS -

Come to Me and I will Give You Rest! *In a unique oracle, the prophet Zechariah projects the outstanding qualities of Jesus, the Messiah who will come as a just, humble and victorious king. He will do away with conflict and usher in a new era of peace, justice and reconciliation among his people. According to St. Paul, life in Christ and in the spirit raises every believer above the trappings of the flesh and the allurements of the world. In Christ, therefore, there is new life, new hope and new freedom in the spirit. This explains why in the gospel, Jesus gives thanks to God the Father for revealing the mysteries of the kingdom of the heart. He, therefore, invites all to come to him with a gentle disposition so that all can benefit from the intimate union which he enjoys with the Father. He has come to share and lighten our burdens for us.*

ST. AGNES NEWS

Bingo - will resume in September.

Club 100 Draw - August 6 is the draw date, tickets will be available soon.

ST JOSEPH NEWS

Weekly Bingo - Saturdays at 7:30 p.m.

Annual Parish Picnic - Proceeds will be published next week. Thank you for your support! And a special thank you to the organizers and donors, much

appreciated

ST. VINCENT DE PAUL NEWS

Prize Bingo - A very special thank you to those who donated and to those who helped out in any way. It is much appreciated. **Profit was \$1042.00!!**

STAR OF THE SEA NEWS

Property/Finance Committee - We desperately need new members!! Next meeting is Tuesday, September 12 at 6:15 p.m.

Ministries Schedule, July 16

Lector - Donna Lewis

Cleaners - July 9 - 15 - Harry Delorey

We are inviting parishioners to serve as Sacristans, Ushers and Altar Servers for Funeral. Please contact Fr. Jonathan for more information.

Summer Fun Ticket Draw - There will be three draws for a Patio set, a Barbecue package and an Outdoor pizza oven. Anyone wishing to buy or sell tickets should contact Flo Flemming or a committee member. Draw date: July 18.

SUNDAY COLLECTIONS

Star of the Sea (32)	830.00
Winter Fuel (1)	20.00
Loose	5.00
St. Agnes (22)	345.00
Loose	10.00
St. Vincent de Paul (7)	105.00
Loose	15.00
Cemetery Letter Campaign	1,700.00
St. Joseph (16)	250.00
Loose	5.00

CONGRATULATIONS - we wish to extend congratulations to graduates of Canso and Guysborough Academies. We are proud of your accomplishments and wish you success. Congratulations to all youth finishing school for another year. Thank you to all staff for doing your job so well. May you enjoy summer freedom, stay very safe and take good care of yourselves.

NOTES

The Mother of Sorrows Pioneer Shrine - The gift shop is open for the season, 10:00 am until 4:00 pm, everyday including Sundays and Holidays. The Shrine is always open.

Mass For Shut-Ins - Masses from our 60th season may be viewed on our Diocese of Antigonish YouTube channel:

<https://www.youtube.com/channel/UCPYevnyrNU6zIWHDh8KJ71w> and on our website:

<https://www.antigonishdiocese.com/mass-for-shut-ins/>

Annual Our Lady of Guadalupe Outdoor Mass - July 9, 2pm, Our Lady of Guadalupe Shrine, Johnstown. The Mass will start at 2 pm.

The Shrine is located behind Sacred Heart Church, 15338 Highway 4, Johnstown. Please bring your own chair.

Annual Strawberry Festival - July 9, 2-5 pm
Johnstown Parish Hall.

A Lighter Burden

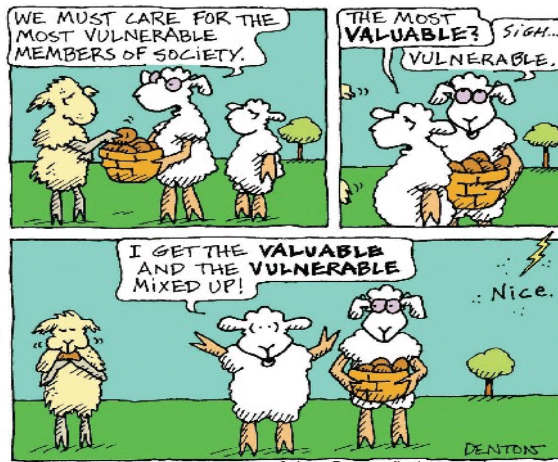
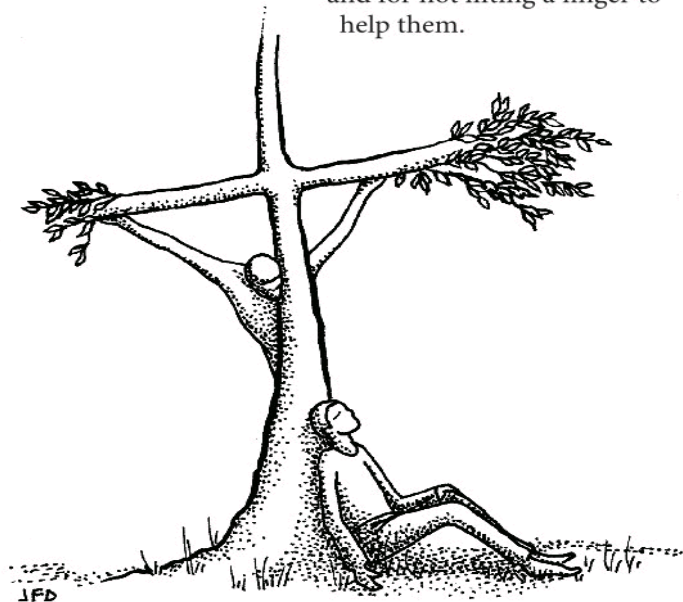
This Week's Readings at Mass

► Zechariah 9:9-10 - Restoration under the Messiah ► Romans 8:9, 11-13 - Indwelling of the Spirit ► Matthew 11:25-30 - Jesus and his Father

For the past several weeks, Jesus gave instructions and warnings about how challenging it is to follow him. Yet today's reading gives the opposite impression: "come to me, all you who labor and are burdened, and I will give you rest ... for my yoke is easy, and my burden is light."

Jesus' listeners were familiar with the image of a yoke because they were used to harnessing animals to do work in the field or to pull humans in carriages or cargo on wagons. In Judaism, the yoke was also a metaphor for the religious laws spelled out in the Old Testament.

Over time, religious leaders (mostly the Pharisees) added to the 613 official written laws, creating an oppressive burden for an ordinary Jewish citizen. Several times in Matthew's Gospel Jesus, lashed out at the Pharisees for making it almost impossible (especially for poor people, who were the majority of the population) to live by all the rules, and for not lifting a finger to help them.



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"Come to me all you who labor and are burdened, and I will give you rest."

Sheepish Question:

Whose burden can I relieve this week? Why is he or she so valuable?

In contrast, Jesus simplifies all of his religion's laws into two: love God and love your neighbor as yourself. For people struggling to keep track of hundreds of rules about how to wash your cups and utensils perfectly, what foods can and can't be on a plate together, what kinds of clothing fiber you could or couldn't wear, or what you could and couldn't do on the Sabbath, having only those two laws to follow was easy and light in comparison. Instead of having to worry about whether they were breaking any rules, Jesus' disciples could judge any decision with the measure of whether an action expressed love for God, self, and neighbor. *That* was the yoke Jesus was inviting them to carry—not the yoke of the Pharisees who cared more about the letter of the law than the spirit of the law.

Questions of the Week

- 1 What religious rules or laws feel unnecessarily burdensome to you? Why?
- 2 Does the idea of judging all of your actions and decisions by the yoke of Jesus bring you relief? Please explain.

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