

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

PASTOR: FR. JONATHAN NNAJIOFOR, 366-2927
CONGREGATION OF NOTRE DAME 358-2346

PARISH PASTORAL COUNCIL MEMBERS

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Munroe,
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*

NINETEENTH SUNDAY IN ORDINARY TIME ~ AUGUST 11, 2024

WEEKEND MASS TIMES

Saturday, August 17 - 4:30 p.m. - St. Vincent de Paul - ♥*For the Faithful*

Saturday, August 17 - 6:00 p.m. - St. Joseph - ♥*For the Faithful*

Sunday, August 18 - 9:30 a.m. - St. Agnes Hall - †*William Junior Peitzsche*

Sunday, August 18 - 11:00 a.m. - Star of the Sea, Canso - †*Vincent Cohoon*

WEEKDAY SCHEDULE

Thursday, August 15 - 6:00 p.m. - St. Anthony's Chapel - ♥*For the Faithful*

COMMUNION CALLS - If you know of anyone 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

Bread of Life: Strength for the journey - *On this Nineteenth Sunday in Ordinary Time Year B, the Church invites us to focus on Jesus who continues to draw us to Himself so that we can be nourished and strengthened like Elijah in the desert. The First Reading is a sort of encouragement for us because many of us are in the same boat right now with Elijah. So, we can all identify with the prophet and his predicament. Unfortunately, the same Elijah who was courageous enough to face Ahab suddenly became fearful and discouraged. However, when he thought that all hope was lost, God divinely intervened by*

feeding and strengthening him for his journey. In our Second Reading, Paul reminds us that as children of God, each one of us bears a mark of the Holy Spirit. Jesus draws us to Himself every day through the Eucharistic table in order to nourish and strengthen us for our journey.

SUNDAY COLLECTIONS - THANK YOU!

Star of the Sea (35)	825.00
Winter Fuel	20.00
Loose	61.00
St. Agnes (13)	175.00
Loose	25.00
St. Joseph (20)	350.00
Loose	11.00
St. Vincent de Paul (4)	55.00

STAR OF THE SEA NEWS

Property/Finance Committee - Tuesday, September 3 at 6:15 p.m.

Ministries Schedule, August 18

Lector -Edmund LeBlanc

Cleaners - August 18 -24 - Irene & Juanita

Regatta Prize Bingo - Sunday, August 11 at 7:00 p.m. at the Canso Hazel Hill Fire Hall.

Chowder Luncheon - Saturday, August 17 after the parade, Shamrock Club.

Cake Booth - August 17, Midway Grounds

ST. AGNES NEWS

Thank you - a very special thank you to Agnes Casey for providing the seafood chowder for the recent concert. A profit of \$725.35 was realized! Thank you so very much to all organizers and supporters!!

He Wanted to Die

This Week's Readings at Mass

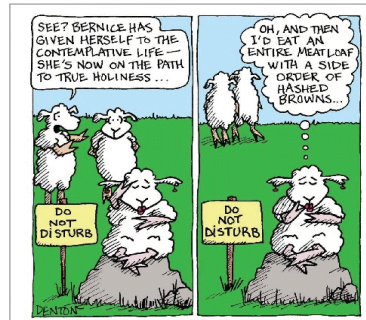
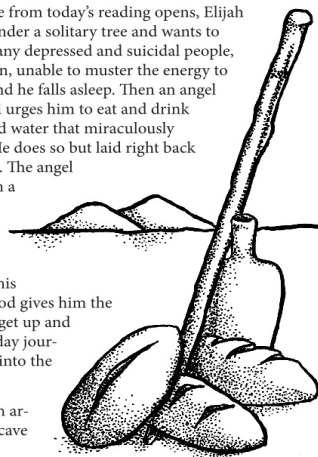
- ▶ 1 Kings 19:4-8 - Elijah's flight to Horeb
- ▶ Ephesians 4:30-5:2 - Vices to be avoided
- ▶ John 6:41-51 - Discourse on the bread of life, continued

The first reading today is a lesser-known story of the prophet Elijah, but it is one to which many of us may be able to relate. The story picks up with Elijah fleeing from Queen Jezebel who has vowed to kill him within the next 24 hours. Jezebel was married to Ahab, the king of the Israelites, but she worshipped other gods (the Baals) than the one God, Yahweh. Elijah denounced her because, through her, the Israelites had begun to turn away from Yahweh as well.

After she threatened him, Elijah fled for his life into the wilderness. He has been through an intense few years, enduring drought and famine in the land, working a miracle for a widow but then being accused of killing her son, experiencing the murders of fellow prophets, and now being hunted down by the king and queen of the land.

As the scene from today's reading opens, Elijah sits down under a solitary tree and wants to die. Like many depressed and suicidal people, he lays down, unable to muster the energy to continue, and he falls asleep. Then an angel appears and urges him to eat and drink the food and water that miraculously appeared. He does so but laid right back down again. The angel touches him a second time and urges him to eat more. This time, the food gives him the strength to get up and make a 40-day journey deeper into the wilderness.

When Elijah arrives at the cave



"I am the bread of life."

Sheepish Question:

What if I approach the bread of life more like a wine or cheese tasting than a 3-times-a-day requirement?

on the mountain of God, he is not suicidal anymore, but he is still in despair, feeling left alone because all the other prophets have been killed, and knowing he is still targeted by the violent queen. The reading for today ends here, but the following verses tell us how Elijah then experienced God in the sound of sheer silence (or a still, small voice, or a gentle whisper, depending on the translation). God didn't arrive in the rock-splitting wind, or the earthquake, or the great fire, but in the unexpected silence. After experiencing God this way, Elijah finds a new lease on life and goes on to continue his prophetic work.

Questions of the Week

- 1 What is your reaction to reading about a biblical person who was handpicked by God to be a prophet, led a faithful life trying to do what he thought God was asking of him, and yet experienced suicidal thoughts?
- 2 Who are the angels that have come to you during a difficult time and helped you to get up and continue your journey?

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