

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

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*

FIFTEENTH SUNDAY IN ORDINARY TIME ~ JULY 21, 2024

WEEKEND MASS TIMES

Saturday, July 27 - 4:30 p.m. - St. Vincent de Paul - ♥*For the Faithful*

Saturday, July 27 - 6:00 p.m. - St. Joseph - †*Velda & †Francis Cashin*

Sunday, July 28 - 9:30 a.m. - St. Agnes Hall - †*Martin Bouchie*

Sunday, July 28 - 11:00 a.m. - Star of the Sea, Canso - †*Vincent Cohoon*

WEEKDAY SCHEDULE

Thursday, July 25 - 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:

Jesus, our True and Loving Shepherd.....Jesus is the Messiah who came into the world to give his life as a ransom for many. He did not come to be served but to serve, giving his life daily for the welfare of his flock. Hence, Scripture teaches that Jesus is the good shepherd who gives his life for his sheep. In the First Reading, the prophet Jeremiah proclaims doom upon the shepherds of Israel who fail to care for the sheep entrusted to them, allowing them to be scattered and destroyed. This is contrary to the action of Jesus Christ and his disciples in the gospel of today. In the course of their ministry to people, Jesus and his disciples were stressed, and so Jesus asked that they go and rest. However, when he saw the crowd coming upon them like sheep without a shepherd, Jesus stepped out again to teach them. By this act, Jesus has shown that the major characteristics of a shepherd include availability and commitment to the flock. He is the Good Shepherd who is concerned with the welfare of his apostles and is equally concerned with the welfare of his flock. One thing is to accept the pastoral leadership position and another is to be ready to make the necessary sacrifices for the flock following the example of Christ. Are you in the position of a shepherd as a leader or an administrator? Learn then from the good Shepherd who cares both for the apostles and the apostolate.

SUNDAY COLLECTIONS - THANK YOU!

Star of the Sea (30)	770.00
St. Agnes (17)	210.00
Loose	25.00
St. Joseph (18)	222.00
Loose	16.00
St. Vincent de Paul (6)	125.00
Cemetery (1)	50.00

STAR OF THE SEA NEWS

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

Ministries Schedule, July 28

Lector - Mary LeBlanc

Cleaners - July 21 - 27- Baker Girls

Ways & Means - Camping package Winner was Jude Baker, congratulations! Profit was \$945.00/ Thank you for the support.

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

Chowder Luncheon - Saturday, August 17 after the parade, Shamrock Club. Please contact a committee member or Flo to contribute.

Cake Booth - Saturday, August 17, Midway Grounds

ST. AGNES NEWS

Road Show Concert - St. Agnes Parish Center

Wednesday July 24 @ 7pm. Open Bar - Dave Gunning , Steve MacIntyre, Shiretown , Eldon Munroe & Carl Bond. Church ladies will be selling Chowder, Chilli & dessert. Tickets on sale now \$25.

ST JOSEPH NEWS

Regular Weekly Bingo - continues Saturdays, at 7:30 p.m. in St. Joseph Parish Hall.

NOTES

In Nova Scotia, the College of Physicians and Surgeons has drafted a Professional Standard Regarding Conscientious Objection policy, - proposing an effective referral policy for all physicians who have patients seeking Medical Assistance in Dying (MAiD.) Nova Scotia's draft policy is the most restrictive in Canada, and creates unnecessary challenges in retaining and recruiting more physicians. There is already a system in place allowing patients to access euthanasia without a formal referral. Some physicians have said they cannot recommend a procedure that they feel will harm their patient. If changes are not made to the College's policy, physicians across the province – in rural and urban areas – may be forced to move or retire early. To learn more:

<https://www.antigonishdiocese.com/providing-hope-for-end-of-life/>

World Day for Grandparents and the Elderly - July 28 - 'Do not cast me off in my old age' (cf. Ps71.9) is the theme for this 4th annual observance. "Dear grandchildren, your grandparents are the memory of a world without memory, and when a community loses its memory, it's over. We must not lose our memory. Listen to your grandparents, especially when they teach you, with their love and with their witness, to cultivate the most important affections, which are not obtained by force, which do not appear through success, but which fill life." - *Pope Francis*

Come and Rest

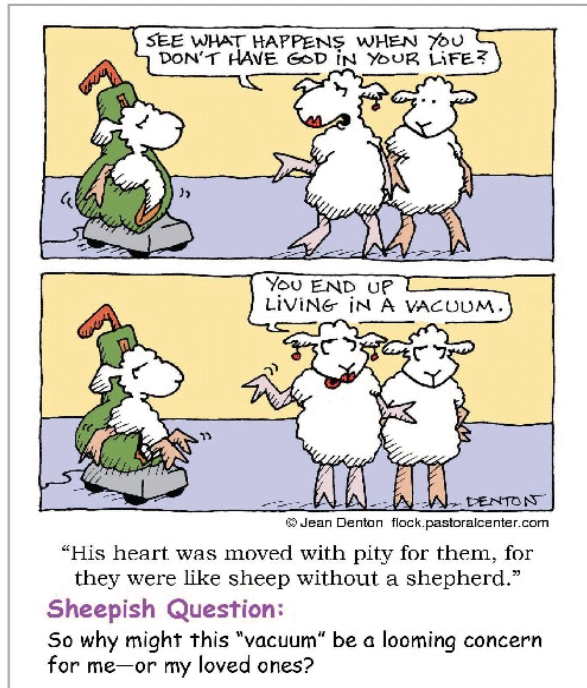
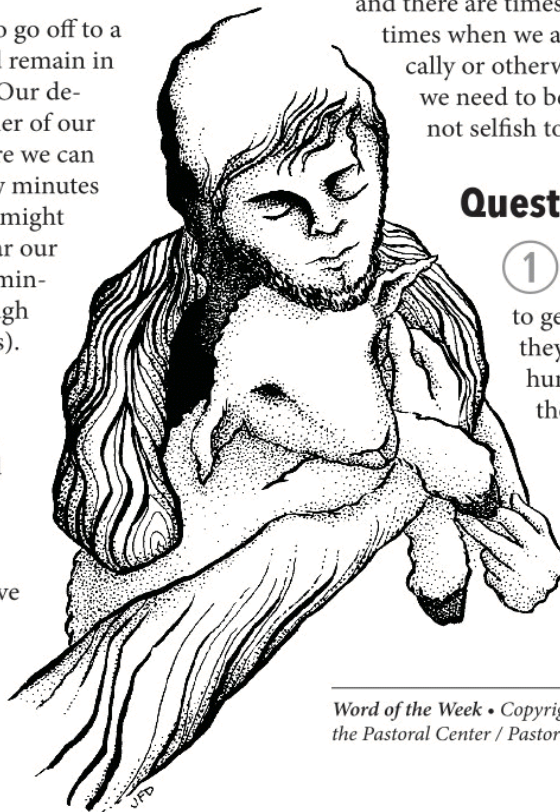
This Week's Readings at Mass

- ▶ Jeremiah 23:1-6 - Messianic reign
- ▶ Ephesians 2:13-18 - All united in Christ
- ▶ Mark 6:30-34 - Return of the disciples

This Gospel reading is a fantastic antidote to burnout in the life of Christian discipleship. It challenges any of us who have adopted an ethic of busyness, productivity, and efficiency, whether we have meant to or not. It is a reminder that Jesus wants us to remain human beings and not “human doings” when it comes to following him. Yes, we are called to feed the hungry, care for the sick, visit the lonely, etc., but we MUST stop working sometimes and go away “to a deserted place and rest a while.” Dental hygienists are invited to do this. So are third-grade teachers, truck drivers, video game developers, and retired folks. Jesus needed to get away sometimes, and he recognized his apostles did too, so why wouldn't we?

This doesn't mean we have to go off to a retreat center in a desert and remain in silence for a week at a time. Our deserted place may be the corner of our bedroom with a candle where we can sit down once a day for a few minutes before the kids are awake. It might mean a stoop downtown near our office where we rest for five minutes at lunchtime (even though the city is bustling around us). It might be a coffee shop we visit on the weekend where we can read a book, write in a journal, or talk to a trusted friend. Wherever we find a place that feeds our soul, that is a place where we can rest, tell Jesus “all that we have done and taught,” and allow God to refresh and restore us so that we can go out and continue our work.

As fully human himself, Jesus respected the rhythms



of the human body. There are times to eat and sleep, and there are times of work and rest. There are times when we are called to feed others (physically or otherwise), and there are times when we need to be fed. Jesus showed us that it is not selfish to take the time for it.

Questions of the Week

- 1 Can you imagine the apostles' reaction to Jesus' invitation to get away and rest awhile while they were in the midst of so much human need? What do you think they thought and felt?
- 2 Do you take regular time to go “away” and rest and talk to Jesus? Where do you go and what do you do? If you don't, what might you like to try to build up this practice?

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