

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

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

*The complete text of this bulletin is also available on the parish's website at*  
[www.cansoparishes.org](http://www.cansoparishes.org)

**FEAST OF THE EXALTATION OF THE HOLY CROSS - SEPTEMBER 14, 2025**

**WEEKEND MASS INTENTIONS -**

**Saturday, Sept 20** - 4:30 p.m. St. Vincent de Paul, Queensport - † *For the Faithful*  
**Saturday, Sept 20** - 6:00 p.m. St. Joseph's Church, Port Felix - † *Rita David*  
**Sunday, Sept 21** - 9:30 a.m. St. Agnes Church Hall, Little Dover - † *Ronnie & Winnie Boudreau*  
**Sunday, Sept 21** - 11:00 a.m. Star of the Sea Church, Canso - † *John Cecil Armsworthy*

**WEEKDAY MASS TIME**

**Thursday, September 18** - 6:00 p.m. - St. Anthony's Chapel, Canso

**REFLECTION ON TODAY'S READINGS – *The Cross of Christ!***

*Today, we celebrate the Feast of the Exaltation of the Cross, originating in the 4th century and commemorated annually in the Catholic Church. The cross symbolises the triumph of love over hate, faith over despair, and Jesus Christ's sacrifice. His faith triumphed over despair, and his struggle is still present in our lives today. The Cross helps us see our lives united with Christ's cross, and we should look to it with hope. Late Pope Francis explained that the Cross represents the infinite love of God for each of us and the source of our salvation. The Church exalts the Holy Cross, and Christians bless themselves with the sign of the cross, which is the sign of God's immense love for us, the sign of our salvation and path toward the Resurrection. This is our hope as we honour and praise the Holy Cross.*

**SUNDAY COLLECTIONS – 6<sup>th</sup>/7<sup>th</sup> September 2025**

**Star of the Sea**

Envelopes (30)	780.00
Loose	25.00
Needs of Canadian Church	30.00

**St. Agnes**

Envelopes (24)	410.00
----------------	--------

**St. Joseph**

Envelopes ( )	N/A
---------------	-----

**St. Vincent de Paul**

Envelopes (5)	130.00
Loose	5.00



**STAR OF THE SEA NEWS**

**New Office Hours** – Starting **Tuesday, September 02 2025**, the Parish Office will be open from **9:00 am – 4:00 pm**. The office will be open only on **Tuesdays** for any business that needs to be conducted with the Parish Secretary. However, you can still reach the Parish Priest at any time or on any day by calling the Parish Phone at **+1 902 366 2927** or on my cell phone at **+1 613 929 7089**.

**Parish Council Meeting -**

The meeting will be held on Tuesday, **September 16, 2025**, at **6:30 p.m.** The venue is **St. Agnes Hall, Little Dover**. If you have any issues that you want discussed, please feel free to contact any member of the Parish Council.

**Ministries Schedule – September 14**

Lector – **Paul Smith**

Cleaners – Sept. 14 - 20 – **“Baker Girls”**

**ST. AGNES NEWS**

**Family Fun Day** – Saturday, October 11 2025. We are looking for Prizes and Cake.

**Chocolate Bar Bingo** – Saturday, October 18 2025, at 1:00 pm.

**Chase the Ace** – continues Thursdays at 7:00 pm in St. Agnes Hall.

**Mass for Shut-Ins will return for Season 63 in October 2025. Thank you for your continued support! Recorded Masses are available for viewing on our diocesan website and YouTube channel.**

**WEEKLY NEWS UPDATE**

**Ways & Means Committee:**

**Club 200 Tickets** - are now available. The draw takes place on **September 30<sup>th</sup> 2025**. Please contact any Ways & Means Committee member for your tickets.

**Prize Bingo** – This takes place on **Sunday, October 12<sup>th</sup> 2025**, at Canso Fire Hall by **2:00 pm**. Prizes are needed!

**Jubilee Pilgrim’s Way: March 19 – December 28, 2025**

Our Diocesan Pilgrim’s Way for the Jubilee Year includes parishes, shrines, and sacred celebrations honouring namesake saints, cultures, and traditions woven into the rich tapestry of our diocese. The Way begins with the Feast of St. Joseph, Patron of Canada, and ends with the Jubilee closing Mass at St. Ninian Cathedral, Antigonish.

**Pilgrim's Way Map available online:**

<https://www.antigonishdiocese.com/pilgrims-way/>

We are invited to visit any of our diocesan sites on or around their special dates, or at any time throughout the year.

-----

### **The Fourth Commandment**

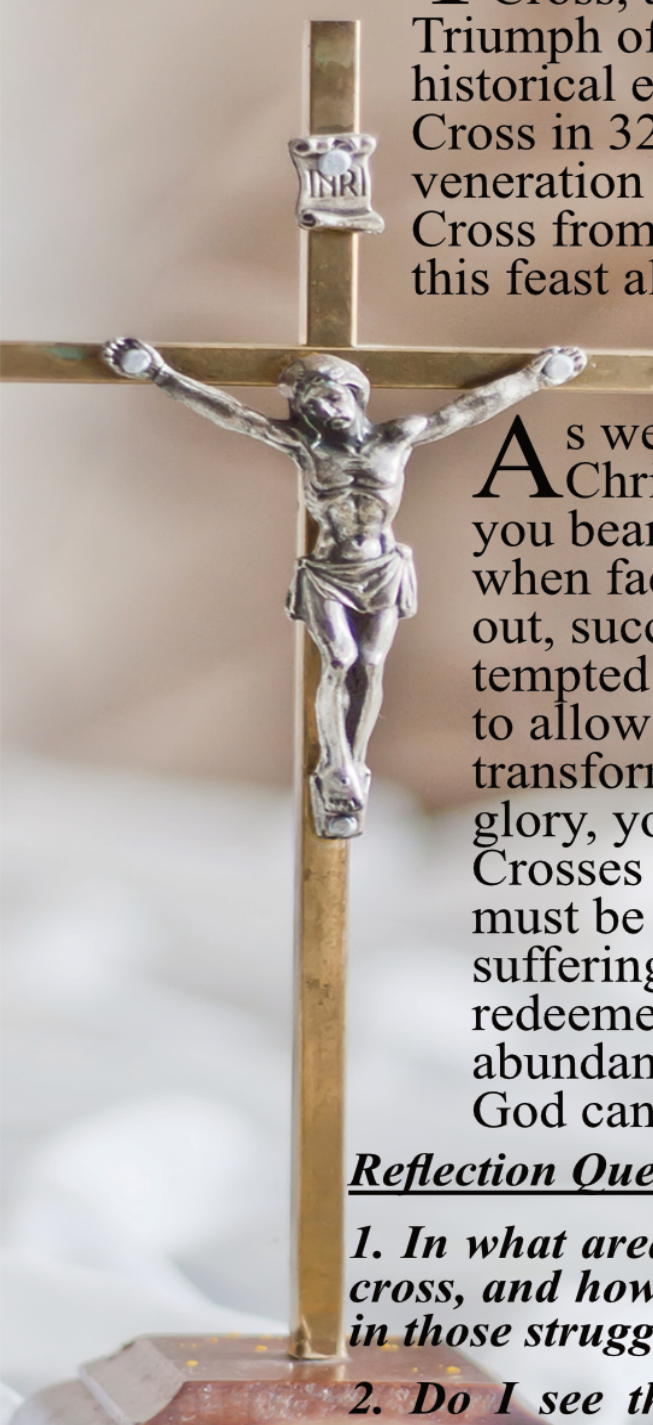
The fourth commandment reads: “*Honour your father and your mother*” (Ex 20:12). In this commandment and the six that follow it, God reveals how He loves us and others. He invites us to love ourselves and others the way He loves us and others. The fourth commandment shows that God loves those who give life to new persons and/or who care for them. Through the fourth commandment, God invites us to love those who gave us life as He loves them.

Since love is always a mutual relationship between at least two persons and “honour” implies love, the fourth commandment, “Honour your father and your mother” (Ex 20:12), presumes that parents love their children. In other words, this commandment invites parents to care for their children by providing the physical, educational, and spiritual necessities of life. If parents love their children, they will never ask their children to do something that is not God-like or that is harmful to them. Further, as their children grow and become adults, loving parents will rejoice that their children are able to make decisions on their own and no longer expect the parents to tell them what to do. With adult children, loving parents will allow their children to make their own choices and to take responsibility for these decisions. Thus, for example, loving Catholics should not feel guilty if one or more of their adult children do not practice the Catholic faith. Parents of adult children have a role similar to the parent par excellence, God Himself. God is our loving parent who reveals the truth to us and yet allows us to think and to choose for ourselves. Even when we sin, He does not interfere. He is a true parent, a parent who allows His mature children to act on their own and to take responsibility for their actions even when He realizes the actions are harmful in some way.

***(To be Continued)***

## Feast of the Exaltation of the Holy Cross - 14<sup>th</sup> Sept. 2025

*But I may never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. - Galatians 6:14*



The Feast of the Exaltation of the Holy Cross, also known as the Feast of the Triumph of the Cross, commemorates three historical events: the discovery of the True Cross in 326, its initial exaltation for public veneration in 335, and the recovery of the Cross from the Persians in 628. Nowadays, this feast also celebrates the boundless impact of Christ's Cross upon all of creation.

As we commemorate the triumph of Christ's Cross, call to mind the crosses you bear each day. More often than not, when faced with crosses, we seek a way out, succumb to self-pity, and are often tempted by anger and despair. Instead, try to allow Jesus to enter those crosses, transform them, and use them for His glory, your good, and the good of others. Crosses in life should not be avoided; they must be transformed. Although the suffering may remain, it must become redeemed suffering, thus bearing an abundance of good fruit in ways that only God can accomplish.

### **Reflection Questions:**

- 1. In what areas of my life do I resist carrying my cross, and how can I invite Christ to walk with me in those struggles?*
- 2. Do I see the Cross as a source of hope and victory, or only as a reminder of suffering? How can I learn to embrace both?*