

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

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CONGREGATION OF NOTRE DAME 358-2346

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

14TH SUNDAY ORDINARY TIME YEAR A – JULY 05, 2026

WEEKEND MASS INTENTIONS –

Saturday, July 11, 2026 - 4:30 p.m. St. Vincent de Paul's Church, Queensport - ♥*For the Faithful*
Saturday, July 11, 2026 - 6:00 p.m. St. Joseph's Church, Port Felix - †*Francis & †Velda Cashin*
Sunday, July 12, 2026 - 9:30 a.m. St. Agnes Church Hall, Little Dover - ♥*For the Faithful*
Sunday, July 12, 2026 - 11:00 a.m. Star of the Sea, Canso - †*Paul Smith*

WEEKDAY MASS TIMES –

Thursday, July 09, 2026 - 6:00 p.m. - St. Anthony's Chapel, Canso - ♥*For the Faithful*

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 to the meek 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.

SUNDAY COLLECTIONS – 27th/28th June 2026

Star of the Sea

Envelopes (25)	450.00
Loose	55.00
Cemetery Fund (2)	150.00

St. Agnes

Envelopes (12)	200.00
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St. Joseph's

Envelopes (14)	June 14/26	152.00
Envelopes (14)	June 21/26	130.00
Loose		10.00
Cemetery		55.00
Building Fund		220.00

St. Vincent de Paul

Envelopes (2)	60.00
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Confirmation Class Sign-up: We are calling on all parents who have kids between Grades 8 – 12 who have not received the Sacrament of Confirmation and are willing to do so to register by calling the Parish Office or sending an email to frjonathan@cansoparishes.org. You can also sign up by clicking/copying this link - <https://forms.gle/R5TtfpdfBxr2wxxG9>

Cemetery Notice – All Parishes: This is a reminder that the Cemetery maintenance fee of **\$50.00** is now due. It can be paid in a lump sum or in installments. All support is very much appreciated.

STAR OF THE SEA NEWS

Fund-Raising Events:

Club 200 – Tickets are now available at **\$10.00** each. The draw date will be **June 30th 2026**.

Trivia Night – is scheduled for **July 11th 2026**, at **7:00 pm** at *Canso Hazel Hill Volunteer Fire Department*. Pizza donations are highly welcome.

Prize Bingo (Regatta) – This event is scheduled for **August 9th 2026**. Prizes are needed. Thanks in advance for your usual generosity.

Ministries Schedule – July 12, 2026

Lector – **Buzz Lumsden**

Cleaners – July 05 – 11 – **“Baker Girls”**

Property & Finance Committee Meeting -

The meeting will be held on **Tuesday, 7th July 2026** at **4:00 pm**. If you have any issues that you want discussed, please feel free to contact any member of the committee.

Club 200 Winners:

Angila Wallace
Alden MacKenzie
Michael Feltmate
Margie & Eric Armsworthy
Allen MacFarlane
Connie Rhynold (Whitehead)
Melissa O’Leary
Denise Rhynold
Ann Marie O’Handley
Rosina Jenkins

ST. AGNES NEWS

Money Bingo: The Money Bingo is finished for the Summer. Special thanks to those who supported.

Chase the Ace: This takes place every **Thursday @ 7:00-8:00 pm.**

ST. JOSEPH’S NEWS

Bingo Game – Every **Saturday**, starting at **7:30 pm**.

Parish Picnic – The date is scheduled for **27th June 2026**. Prizes are needed.

WEEKLY NEWS UPDATE

Challenge/Cursillo

Cape Breton Challenge Executive are trying to renew the Challenge movement in our area again. We are reaching out to our Challenge/Cursillo family to see if there is anyone among you who would be interested in working a Challenge weekend or be a member of the Challenge Executive. If this is of interest to you please reach out to us:

Eastern region, Rose Henry roseh5029@gmail.com or 902-577-1517

Mabou region, Ashley Roach roachashley1988@gmail.com or 902-224-5035.

We ask you to keep us in your prayers as we move forward and for the success of reviving this beautiful movement.

Thank You from Lay Directors, Rose and Ashley

Mass for Shut-Ins has concluded its 63rd Season

Masses are available to watch on demand on our diocesan website and YouTube channel

If you would like to make a donation to Mass for Shut-Ins, please contact Nick Vince at nick@dioceseofantigonish.ca or by phone at (902) 539-6188 ext. 222

New *Our Life As Mission* is Now Available

17th edition, from the Leadership Team of the Sisters of St. Martha of Antigonish. **Read it here:**

https://www.themarthas.com/cmsb/uploads/olam-17_2026-06-issue.pdf

July 5, 2026 • 14th Sunday in Ordinary Time • Year A

A Lighter Burden

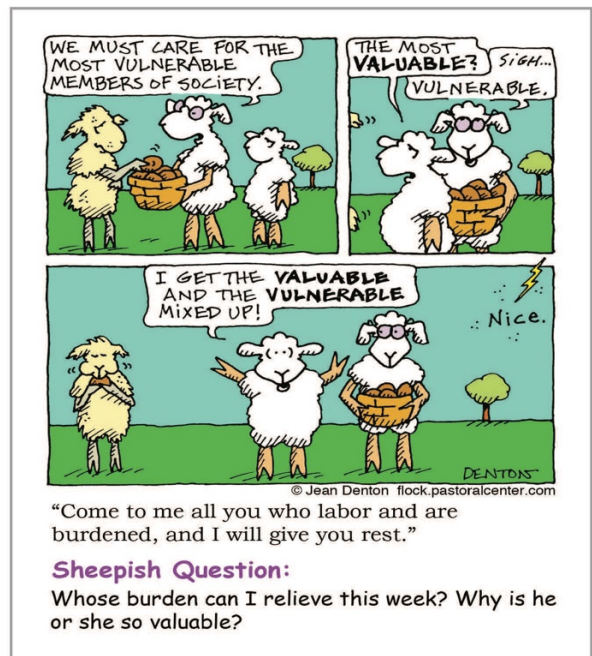
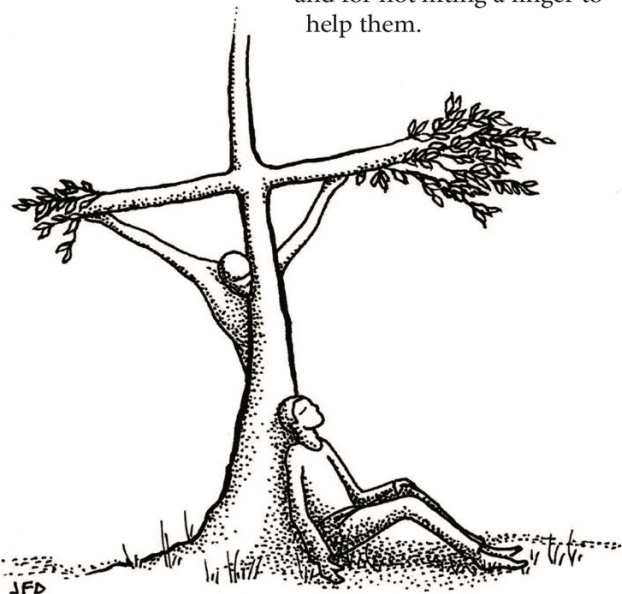
This Week's Readings at Mass

► 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.



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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