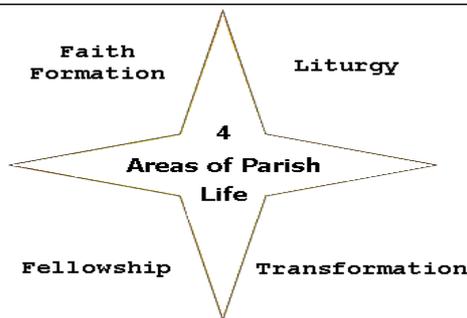




**Our Lady of Victory**  
490 Charles Street  
Gatineau, Québec  
J8L 2K5



**St. Malachy**  
3889 Route 315  
Mayo, Québec  
J8L 3Z8

**14<sup>th</sup> SUNDAY OF ORDINARY TIME**  
**JULY 4-5, 2020**

**Sunday 9:00 AM**

**Celebration of the Eucharist**

**Saturday 7:00 PM**

**Pastor** Father Albanus Ogowuihe  
**Rectory** 490 Charles Street, Gatineau, Québec, J8L 2K5  
**Office Admin.** Monique Simpson  
**Email** [olv@videotron.ca](mailto:olv@videotron.ca)  
**Office Hours** **Monday** - 9:00 am - 12:00 pm  
**Wednesday** - 9:00 am - 11:00 am  
**Thursday** - 1:00 pm - 4:00 pm  
**Telephone** (819) 986-3763  
**Website** [www.stmalachyolv.com](http://www.stmalachyolv.com)



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**MASSES**

Saturday	July 11 <sup>th</sup>	St. Malachy @ 7:00 p.m.	Agathe Somers by Wilbert Somers & Family
Sunday	July 12 <sup>th</sup>	OLV @ 10:00 a.m.	The Raymond, Roy & Rowe Families by Val, Lewis & Family Tom Laframboise by The Estate
Thursday			<b>CANCELLED UNTIL FURTHER NOTICE</b>

**Fr. Albanus' Reflections on the Sunday Liturgy**

**BEARING OUR BURDENS AS CHRISTIANS**

This Sunday's readings offer us an opportunity to reflect on our burdens. They also show us who to listen to in bearing them. Our life today is overwhelmed by thousands that clamor for our attention. We have the TV, radio and other media. We also have the 'great' internet with all its information. There is need for us to be discerning in what we hear, read and make our choices and decisions. Today's readings assist by offering us excellent criteria on how to make good judgement. In the **first reading**, the prophet Zechariah consoles the Jews living in Palestine under Greek rule. He promises them of the coming of one who will be victorious, yet humble; a Messianic King of peace who is so humble that He will be riding on a donkey. He will give them rest and liberty. Jesus is the fulfillment of this prophecy. Though humble and lowly He gained the greatest of victories: victory over evil. The Psalm praises and thanks a kind and compassionate God who 'rises up those who are bowed down' under heavy yokes.

In the **second reading**, St. Paul speaks about two yokes, namely the "flesh" and the "spirit". He admonishes us to reject the heavy and fatal yoke of the flesh and embrace the light yoke of the Spirit of Jesus. It is the Spirit who gives us life. Christian spirituality means living in the realm of the 'Spirit' as opposed to the 'flesh.' The **gospel** is even more to the point. Jesus blesses His Father for hiding His wisdom from the wise and the intelligent and revealing it to infants. The gospel message is in the realm of the Spirit; only the humble are good listeners. Those who are 'learned' and 'proud' are a voice unto themselves. St. Ambrose says, '*God does not deign to save His people by means of dialectics: the kingdom of God is in the simplicity of faith, not in contentious words.*' Perhaps one would have expected that those who have been educated in the word of God (rabbis) would be the first to recognize that word when it bumped into them. But it was not so and Jesus is frankly disappointed. That disappointment teaches us: when it comes to revealing

who He is, the Father looks to those who exercise no power and enjoy no prestige in the community. He looks to people like the disciples. It is the ordinary people with large, sensitive hearts that can accept the Good News that Jesus preaches, while the proud intellectuals cannot. The scriptures show that ordinary people practiced great love and compassion. Jesus says that such people will inherit Heaven, rather than the 'learned' and 'wise' who pride themselves on their intellectual achievements but do not love.

Jesus makes it clear that He alone can reveal God to humans. This is at the heart of Christian Faith. It means that 'if you want to see what God is like, if you want to see the mind of God, the heart of God, the nature of God, if you want to see God's whole attitude to humans – look at me (Jesus). Towards the end of the gospel, Jesus promises a worldwide dominion of peace, not as the world gives but as the Spirit gives. It is only in God that our hearts find rest as St. Augustine declared. That is why Jesus concludes with these words: *come to me all you that are weary and carrying heaven burdens, and I will give you rest*. He addresses people who are desperately trying to find God, who are exhausted by the search for truth, who are desperately trying to do good, and who find the task impossible (Fr Kadavil). We are aware of the efforts of the Pharisees to make God's Law inaccessible and impossible to follow. There were 613 Mosaic laws and thousands of oral interpretation which burdened the people. Jesus has no intention of doing away with the Law; but He refuses to support the lawyers who spend their time manufacturing new burdens for the broken and toiling people. He invites the burdened Israel and us to take his yoke upon our shoulders. Jesus is the Wisdom of God, and fidelity to him will be the mark of the true disciple. He has been chosen by God to be the one who enshrines the fullness of revelation and who embodies the new Law of God. To take the yoke of Christ therefore is to live out the sum of our Christian responsibilities and duties; it is to enter into a relationship with Christ as His loving servants and subjects and to conduct ourselves accordingly. The yoke of Christ is not just a yoke from Christ but also a yoke with Him. We are yoked together with Christ to work with Him using His strength (Kadavil).

**His yoke is easy.** By this Jesus means that whatever God sends us is made to fit our needs and our abilities exactly. **My Burden is light.** By this He does not mean that the burden is easy to carry, but that it is laid on us in love. It is meant to be carried in love and love makes even the heaviest burden light. When we remember the love of God, when we know that our burden is to love, both directly and through loving humans, the God who loves us, the burden becomes easy. Today we are burdened by many things: business, concerns about job, marriage, money, health, children, security, old age, Covid-19., etc. The concern of Jesus for our burden is as real as His concern for the law-burdened Jews of His own time. He says to us "**come to me....**" and He shall give us rest. He is asking us to cast away our burdens and take on His yoke. This is because unlike the burdens we bear, His yoke is easy and His burden is light. His yoke is the love of God. **'Take my yoke ... and you will find rest'** means **do things the Christian way**. When we center our life in God, when we follow his commandments, we have no heavy burdens. And this is what we do in this Eucharist! The words of God as taught by the Church are the ultimate criteria of truth and should be the basic direction of our life. All other words we hear or read must be in accord with the thought of Jesus.

Happy Sunday!

### Access to Parish Office

- Appointments with the Parish Secretary must be arranged by telephone
- Entry to the Rectory will only be available through the front door
- Visitors will be required to wear masks and wash their hands prior to entering the Rectory
- At the front door, disposable masks and sanitizing solutions will be available
- Given the limited space in the Secretary's office, all contact will occur in Father Albanus' office where physical distancing is possible
- Gloves will be made available for the Secretary when handling cash transactions
- Visitors will be required to dispose masks and wash hands upon leaving
- Once individuals leave, affected areas will be disinfected

## **Our Lady of Victory & St. Malachy News**

**Our Lady of Knock Pilgrimage:** Will **NOT** be held this year.

**Parish Activities:** No parish activities until further notice.

### **Reopening of Our Churches**

It has been quite a journey since we last celebrated mass. This weekend once again we will be coming together as Faith Communities to celebrate mass. However, much has changed and we must remain vigilant in order that we can continue to celebrate. There are some common guidelines that we all need to follow:

- Remember to maintain physical distancing of 1.5 metres
- Sanitize your hands upon entering and exiting the church
- If at all possible wear a mask
- Continue to follow the guidelines that the Parish planners have put together to ensure compliance with Federal, Provincial and Diocesan guidelines on reopening
- Protocols for St. Malachy will be distributed at the church.

### **Information on the Celebration of Mass (OLV)**

In today's bulletin, you will find as an insert, a document that further explains the procedures to follow as we celebrate mass.

### **Mass Attendance (OLV)**

As a result of limited seating, Parishioners must telephone the Parish Secretary no later than 10 am on Wednesday July 8<sup>th</sup> to confirm their attendance at mass on July 12<sup>th</sup>.

**NOTE:** This step will follow for all OLV Sunday masses where Wednesday at 10:00 a.m. is the cut-off time for the coming Sunday's mass.

### **Mass Intentions:**

Office secretary will contact parishioner to confirm attendance for their paid mass at OLV. (This includes number of family and friends)