

Intentions

July 09 - For the **Holy Soul's in purgatory**, requested by Janne Campbell.

July 16 - For the **Holy Soul's in purgatory**, requested by Janne Campbell.

July 23 - In loving memory of **Stéphane Dupuis**, requested by the Dupuis family.

July 30 - For the **Holy Soul's in purgatory**, requested by Janne Campbell.

Intentions are \$15.00

Offertory Collection

July 02 - \$710.80 Thank You

Summer Bulletin: There will only be one bulletin for August. Submissions must be received no later than 6:00 pm Thursday August 03.

The Constance Bay Community Market has returned to St. Gabriel's lawn and run every second Saturday from 9-2 until August 26 when it will switch to every Saturday during the month of September and close on September 30. St. Gabriel's will have their Heavenly Pies bake table to raise money for the church and the social action fund during these markets.

We are in need of bakers: If you're not a baker, please consider donating money for the bakers to purchase supplies. See Suzanne Lee after mass or call 832-8063 to discuss how you can help with this important fundraiser. If you can commit to all 10 markets, that would be ideal. **We also need help with manning the booth** from 8:00am -11:00am or 11:00am - 2:00pm. Drop by the market July 15th, 29th and August 12th and enjoy "bacon on a bun" prepared by St. Gabriel's parishioners!

Roast Beef Dinner (September 16)

The first meeting for the Roast Beef Dinner will be held on Thursday July 20th at 7:00 pm in the sacristy. We really need your help.

We are looking for donations, volunteers to help prepare veggies, for setup, assistance during the event and cleanup. Please contact Marine Messier (613) 832-4415.

Today's Gospel Reflection:



July 09 - The love Jesus speaks of is a self-sacrificing love that knows no bounds when the good of the other is at stake. No bound, not even ones' life. Jesus' command of love requires of us no less than dying to ourselves. We must let go of all our own pretensions, become meek and humble like Jesus and serve others. In everyday terms this means that we always seek God's will in our lives. This isn't always easy, because our natural human tendency is to seek our own good. Just as Jesus came to do God's will and brought salvation and peace, so when we do God's will we extend salvation and know peace. This is knowing God! (Living Liturgy, p.192)

July 16 - If we see ourselves as the sower, the parable takes us in the direction of learning to know God and having union with God. We ourselves are the ones who spread the word of good news. If we see ourselves as the seed, it reminds us that we sow God's word wherever we are, by word and example. If we see ourselves as the soil, we are directed to examine the cares and distractions of our lives to see if they stand in the way of open eyes, open ears and open hearts. This is our call to discipleship! God is extravagant with the seed, and he is doing everything to prepare the soil so that the word can take root. All we need to do is "see with our eyes, hear with our ears and understand with our hearts. (Living Liturgy, p.196)

July 23 - To be sure, in our daily living there will be times when we fall short of the gospel and we feel that we are only weeds that should be burned. But the paschal mystery reminds us that dying always leads to rising, and invites us to look beyond the immediate moment, see the possibilities for repentance in our lives, trust in God's mercy, and be open to God's loving kindness. The weeds will grow. But God is patient, knowing our love and good deeds, He will mercifully gather us into his kingdom. (Living Liturgy, p.200)

July 30 - The demand of daily Christian living is to spend our life primarily searching for the kingdom of God. In the Gospel, first the person who finds the buried treasure in a field comes upon it by happenstance; the find just happens without effort; it is pure gift. The role of discipleship is to become aware of the treasure when it is found. Second, the merchant knows his or her business and recognizes the prized pearl when it is found. The role of discipleship here is to be diligent in the search, not become discouraged and give up, seek until the "pearl of great price" is found. (Living Liturgy, p. 204)



West Carleton Food Access Centre: When you grocery shop this week, please remember the West Carleton Food Access Centre. They are in need of canned salmon, canned flakes of ham or chicken, canned fruit and canned pasta noodles. Please check the expiry dates, as the Food Bank cannot accept expired cans.



Volunteers Needed for Garden

Volunteers needed with the watering of the church gardens. Please contact Martine if you are available for at least one week this summer.

Pilgrimage to the Shrine of St Ann, Cormac: With Most Rev. Christian Riesbeck, CC and Most Rev. Michael Mulhall. Evangelical Hearts. **Thurs., July 27-Sat., July 29, 7:00 p.m. Sun., July 30, 11:00 a.m.** outdoor Mass & 2:00 p.m. Mass for the sick with anointing. Info: (613-628-2020); (www.cormacpilgrimage.com). **Transportation: Sun. July 30,** a coach bus leaving Ottawa from the Greenboro and Baseline Park & Rides will arrive in time for the 11:00 a.m. Mass and leave after the 2:00 p.m. Mass. Cost: \$40/person. RSVP to Ashley Hillyer by **Fri. July 21** by email (preferred) ahillyer85@gmail.com or 613-733-8962.

The greater and more persistent your confidence in God, the more abundantly you will receive what you ask.
- Saint Albert the Great



Prayers for the Sick. Please pray for the sick among our families and friends, especially Gerry Borris, Raymond Cameron, Colleen Campbell, Patricia Cassidy, Christine Fraser, Mary Jardine, and Richard Vollmer. *The names will remain on the list until we are otherwise advised.*

Televised Daily Mass

The televised Daily Mass from Loretto Abbey Chapel in Toronto may be viewed on Vision TV (Channel 261 on Bell) from **Monday to Friday at 8 am and 12-noon**, and at **8 am on Saturday**. Also on Channel 651 at 3:00 p.m..