

**1st Sunday of Advent, December 01, 2024**

**Intentions:**  
**Dec 01** - In loving memory of **Gaitan Brisson**, requested by Paulette Brisson and family.

**Offertory Collection**  
 Nov 24 - \$499.00      **Thank You**

- **Sandhill Seniors Christmas Dinner:** Saturday, December 14th: Dinner 6pm, music 7-10pm "The Low Mileage Band". Tickets available at the legion (613) 832-2082 or thru Jim Wilson (613) 832-3222. Royal Canadian Legion Branch 616 - 377 Allbirch Road.
- **The Galilee centre in Arnprior** invites one and all to be part of lighting of advent candle each Sunday in advent (December 1, 8, 15, 22) time 2pm - 4pm. This program among other things include; special music, reading of scripture and reflection. Note there is no cost for this program however donations are welcomed. Also registration is required. To register please call the office at (613) 623-4242.
- **2024-2025 Living with Christ Missals** are available at the rear of the church. Cost is \$7.00.
- **From now until December 15<sup>th</sup>** we encourage parishioners to make donations towards purchasing flowers for the decoration of alter at Christmas time

**WEST CARLETON FOOD ACCESS CENTRE:** (Food Bank) Did you Know? \*That over 58 families access the West Carleton Food Access Centre each month as of the end of September. Numbers have risen over the last 2 months so we expect that number to rise by the end of 2024. By the end of September, we had 512 orders. We served a total of 706 orders in 2023 which represents 124 families. So far this year we have served 125 families. We will have more families in 2024 over last year's numbers. \*Is 100% run by volunteers. \*That the Access Centre provides support in the form of canned goods, fresh milk, cheese, eggs, fruit and vegetables, bread, frozen meat (chicken, ground beef, hot dogs) and prepared food to individuals and families in the entire West Carleton area who require assistance. \*The West Carleton Food Access Centre is independent from all other Food Banks and does not receive extra food supplies or funding from other Food Banks. \*We provide gift cards at Christmas for clients to purchase Christmas Dinner and gifts for their children (this replaces the Angel Tree). As well we provide gift cards at Thanksgiving and Easter to purchase turkeys or hams. \*Donations can be made by cheque WCFAC 5670 Carp Road Kinburn, ON K0A 2H0 Or e-transfer: [wcfodaccesscentre@gmail.com](mailto:wcfodaccesscentre@gmail.com). Thank You for any support you can provide.

**Gospel Reflection:** This time of year is filled with anticipation and waiting! The important questions for us are, "What do we anticipate?" and "How do we await?" Stores are filled with Christmas things. Lights and decorations have sprung up. Christmas music on the radio is another harbinger of the day for which we wait. Our work of preparation is busied with card-sending, party-planning and attending, and gift-shopping. The First Sunday of Advent, the Church's New Year, ushers in a different way of waiting, of heightened anticipation. We Christians don't wait for a what, but for a Whom. And that changes the character of our waiting! If the followers of Christ are vigilant and have lives "blameless in holiness," then when Christ comes they can "stand erect" without fear but with joyful anticipation of their redemption. This is the Whom and what of our waiting! (Living Liturgy, p. 2)



**Prayers for the Sick.** Please pray for the sick among our families and friends, especially Fran Bernard, Roy Campbell, Patricia Cassidy, Chris Kelly, Suzanne Lafontaine, Priscilla Rowley, and Lorraine Stafford. *The names will remain on the list until we are otherwise advised.*

**Pope's Intentions for the Month of December:**  
**For Pilgrims Of Hope:** Let us pray that the coming Church Jubilee Year 2025 strengthens us in our faith; helping us to recognize the Risen Christ in the midst of our lives, transforming us into pilgrims of Christian hope.

**Christmas to New Year program**

	<b>St. Michael</b>	<b>St. Gabriel</b>
Advent Confessions 18 <sup>th</sup> December	6:00 pm	-
24 <sup>th</sup> December Christmas eve masses	8:00 pm	6:00 pm
25 <sup>th</sup> December Christmas day masses	9:00 am	11:00 am
28 <sup>th</sup> December	4:00 pm	-
29 <sup>th</sup> December	9:00 am	11:00 am
1 <sup>st</sup> January Mass	9:00 am	11:00 am

**"If you have two shirts in your closet, one belongs to you and the other to the man with no shirt".**  
 ~ Saint Ambrose ~

**Administrator's Corner**

**Advent: A Grace-Filled Period of Preparation**

As we begin the season of Advent, we are reminded that this is a time of preparation for the coming of Jesus Christ. The word "Advent" comes from the Latin word "adventus," meaning "coming" or "arrival." Traditionally, Advent is a period of prayer, penance, and fasting, as we prepare to celebrate the feast of Christmas.

While Advent is often regarded as a joyful season, it is also a time for self-reflection and preparation. The purple color associated with Advent is a reminder of the need for penance and reconciliation. As Pope Francis reminds us, Advent invites us to a commitment to vigilance, looking beyond ourselves, and expanding our minds and hearts to open ourselves up to the needs of others.

There are three senses of Advent that we can reflect on during this season. The first is the historical coming of Jesus Christ, which we celebrate at Christmas. The second is the final coming of Jesus as judge at the end of time. The third is the ongoing coming of Jesus in our daily lives, through the Eucharist, the word of God, and our encounters with others.

So, how can we prepare for Jesus' coming in these three areas of our lives? As you prepare to give your friends and family gifts think of what you can offer to Jesus.

A writer proposed these few ideas.

One way is to set aside time for prayer and adoration. Here in our parish, we do adoration of Jesus in the Blessed Sacrament every Wednesday from 8am to 9am. The psalmist gives us the awesome blessing received as adorers of Jesus when he said, "In his presence there is fullness of Joy." Psalm 16:11.

We can also look for opportunities to serve others, particularly those in need. Like the elderly and the homeless. Additionally, we can take time to reflect on our relationships with God and our neighbors. Take your time to discern where you have offended God or your family and friends. Seek for forgiveness through the sacrament of reconciliation.

As you prepare for Jesus' coming, remember that it's not just about what you do, but also about what He wants to do for you. He wants to give you peace as you adore Him, encounter you in the poor as you serve them, enrich your life with mercy and joy as you confess your sins, and heal your relationships as you forgive others.

Slow down and let Jesus give you the gift of a willing heart to follow Him always.


Blessings: Father Anthony

### Pastoral Directory

Baptisms: Father Anthony Nwaohiri 623-3419  
 Financial Council Chair: Janne Campbell 832-4290  
 Pastoral Council Chair: Martine Messier 808-4573  
 Mass Intentions & Bulletin: Marilyn Deslauriers 222-3762  
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EMERGENCY: [anwaohiri@gmail.com](mailto:anwaohiri@gmail.com) For emergencies, email this address with EMERGENCY in the subject or call the church office at 613-623-3419.

**West Carleton Food Access Centre: (WCFAC)** Please remember our local Food Bank each week by donating items to St. Gabriel's grocery cart. Cash donations of \$20.00 and over will receive a tax receipt. Please include your name and address on the envelope. See Suzanne Lee if you have any questions. Thank you for your support.




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**St. Gabriel's Roman Catholic Church**  
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All Welcome



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 Web: <http://www.stgabrielparish.ca>

Deacon James Kubina [jgkubina@gmail.com](mailto:jgkubina@gmail.com)

### Weekly Eucharist

**St. Gabriel's** (Constance Bay) **St. Michael's** (Fitzroy Harbour)

Sunday 11:00 am Mass	Saturday 4:00 pm Mass
	Sunday 9:00 am Mass

live streaming link on YouTube St. Michael's Mass at 9 am Sunday

**StMStG-Live**

Confessions and Sacrament Of the Sick are also available by request.  
 Please contact Fr. Anthony directly to book an appointment.

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