

8th Sunday in Ordinary Time, March 02, 2025

Intentions:

March 02 - In loving memory of **Leon Adriaenssens**, requested by Suzanne and Ludo.

Mass Intentions: \$15.00

Offertory Collection

Feb - 16 \$639.25

Feb - 23 \$866.00 Thank You



March 04

St. Casimir was born in Poland in 1458, the son of Casimir IV, king of Poland. Involved in government affairs, he was renowned for his sense of Justice and his care for the poor. He died of tuberculosis when he was 26 and was buried in Vilnius, Lithuania. Casimir is the patron saint of Lithuania and one of the patrons of Poland.

March 07

Saint Perpetua and Saint Felicity: Perpetua, a noble-woman, and Felicity, a slave, were killed for their faith on March 7, 203, in Carthage. Perpetua's diary and accounts by eyewitnesses provide a vivid picture of the martyrs' experiences.

During the persecution of Christians, by Emperor Severus, several catechumens were arrested, among them Perpetua with her infant son and the pregnant Felicity. They were baptized while under arrest.

After being flogged, the Christians were led to the amphitheatre, exposed to the wild beasts and beheaded.

Don't Forget

This Tuesday, March 4th, is the St. Thomas'/St. Gabriel's Pancake Supper. 4:30 – 7:00pm at our Legion Hall - (377 Allbirch Road, Constance Bay). Enjoy a delicious meal of Pancakes, with real Maple Syrup, Sausages, Baked Beans, Buns, Coffee/Tea/Juice. Gluten-Free pancakes available.

Adults & Youth \$9.00

Children (4 to 10) \$5.00

Children (3 & under) Free

Cash Only Please. **Hope to see you there!**

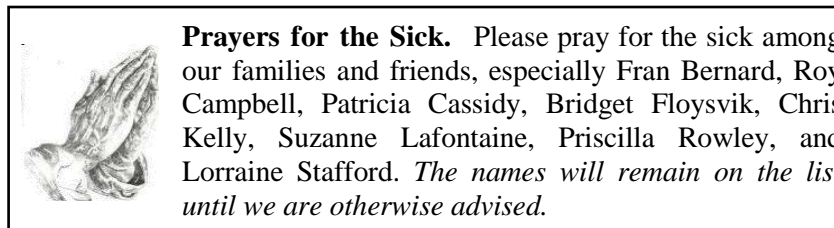
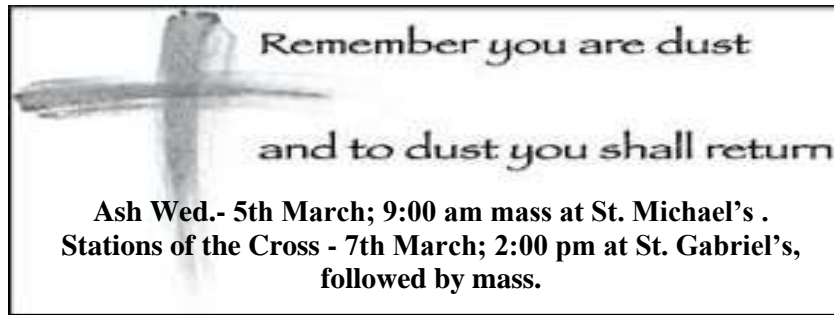


Pope's Intentions for the Month of March

For families in crisis: Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.



Gospel Reflection: Most of us think that we have more forgiveness to give than to receive. We like to think that more people are unfair or unjust to us than we are to them. Because we think in that way, we find it hard to offer forgiveness, real forgiveness, to others. We think much more of how hard it is for us to forgive than we do about the difficulty that others have in forgiving us. We measure out our forgiveness like money, very carefully and with much calculation. I doubt if we use the same care when we come to measuring the cost of that forgiveness which we expect and receive from others. If we spent more time thinking about what it costs others to forgive us, rather than about what it costs us to forgive others, we would be more successful in taking resentment out of our hearts. (McCullen, Deep Down Things, p.566)



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

Administrator's Corner

The Three Pillars of Lent—The Power of Prayer

The liturgical season of Lent can often become crowded and confused as we wrestle with what to give up and how to stay on track, but when we get down to the heart of it, Lent is about only one thing—growing deeper in our relationship with the Lord.

To help keep us on track, the church offers us three pillars to focus our efforts during the 40 days of Lent: prayer, fasting and almsgiving. While the practice of fasting during this season is widely known and observed, many are not aware of how to properly incorporate prayer during Lent.

God calls us to begin or strengthen our daily prayer regimen so that we may come to know him on a personal level. If we are truly going to grow in a relationship with Jesus Christ, increasing our time in prayer is exactly where we need to start.

Prayer is our communication with the triune God—the Father, Son, and Holy Spirit. It is a two-way relationship of both listening and speaking. The Catechism of the Catholic Church says, "This mystery [of faith], then, requires that the faithful believe in it, that they celebrate it, and that they live from it in a vital and personal relationship with the living and true God. This relationship is prayer" (CCC 2558).

During Lent, we are called to pray as a way to connect with God and reflect on Jesus' sacrifice. Prayer helps us become attuned to God's voice, seek forgiveness and grow closer to him. It's a time for self-reflection and renewal, inviting us to align our lives with God's will. Through prayer, we find comfort, hope and strength in knowing that God is with us during our 40-day journey through Lent and beyond.

Prayer is an essential component of growth in our relationship with the living God. If we have not already been incorporating prayer into our daily lives, Lent is an excellent time to start.

As we set our relationship right with God, we can simultaneously add a manageable habit of prayer into our daily routine. Some examples could include:

- A daily decade of the Rosary
- A daily examination of conscience
- Reading and reflecting on the daily Mass readings
- Spending five minutes in silence every day, asking the Lord to speak to us.

If prayer is already a consistent habit in our daily lives, we can try adding something of greater intensity for the season of Lent such as attending daily Mass, praying a whole Rosary or chaplet every day or spending an extended period of time in silent contemplation.

Leading up to and throughout Lent, keep in mind that above all, this season is a time for deepening your relationship with the Lord. The three pillars of Lent—prayer, fasting and almsgiving—serve as guideposts on this 40-day journey. Prayer, in particular, holds a special place in this season of repentance and renewal.


Whether you are new to praying or seeking a deeper prayer life, Lent offers a perfect invitation to begin wherever you are .

Pastoral Directory

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EMERGENCY: 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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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.

Pastoral Directory on inside flap