

2nd Sunday of Lent, March 16, 2025

Intentions:

March 16 - For the **Holy souls in purgatory**, and for those who have no one to pray for them. Requested by Janne Campbell.

Mass Intentions: \$15.00

Offertory Collection

March 02 - \$654.05

March 09 - \$770.00

Diocesan and Missionary Works \$182.25 Thank You



March 16

Saint Patrick: Although legends abound concerning the life and work of Patrick, Apostle of Ireland, he tells us about himself in his Confession. At 16, Patrick was carried off from Wales in a pirate raid and sold as a slave in Ireland. He was made a swineherd, living in solitude on a mountain, where a life of prayer and asceticism marked him forever.

After serving his master for six years, Patrick heard an inner voice tell him that he would return to his homeland, and he escaped. Landing in Gaul (Western Europe), Patrick had many adventures before reaching his parents in Britain. Later, he returned to Gaul to study for the priesthood, eventually becoming a bishop.

When the missionary to Ireland, Saint Palladius, died, Patrick took his place. By the time of his death in 492, he could see the fruits of his work; a native clergy was in place, Christianity had reached nearly all of Ireland, and churches and monasteries had been established.

He is a patron of Ireland and Nigeria, of engineers, of several Canadian dioceses, and of those who fear snakes.

“The Lord is greater than all: I have said enough.”

~ Saint Patrick



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.*



Stations of the Cross & Mass

You are invited to join us in the Stations of the Cross and Mass every Friday in Lent (except Good Friday) starting at 2:00 p.m.



Gospel Reflection: The only way for us to “remain” in Jesus’ glory is to accept the baptismal challenge to recognize Jesus as the beloved Son and to “*Listen to him.*” This means that we take to heart gospel living. This Sunday we are given a glimpse of glory to help us on our journey of a lifetime of self-emptying. This tells us something about how we might keep Sundays. If each Sunday is a day of rest, a time to be good to ourselves, to do something special that is uplifting, to enter into a moment of glory by praying, we would be better fortified to continue our journey. (Living Liturgy, p.74)

Vincentian Meditation: Though God is utterly transcendent, do we not *experience* the self-communication of God at times? Looking back at times, do we not perceive that we have been transformed by events that were beyond our control, often by our contact with the poor, by their faith, their gratitude, their persistent trust in God’s presence and providence? Are there not “angels” who enter our lives and touch us deeply because of their authentic witness to the gospels, because of their persevering hope in the face of sickness, suffering and death? Are there not occasions when we are deeply touched by the loyalty of friends, by their faithful love? Are these not ways in which we glimpse God’s freely-bestowed presence in our own human experience? I suggest this Lent that we focus on growing in awareness of God’s self-gift, in its many expressions, and raise our hearts and voices to the Lord in gratitude. (Maloney, Go! On the Missionary Spirituality of St. Vincent de Paul, p. 99)



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.

Mid Lent Reflection

Prayer knocks, fasting obtains, mercy receives

I was reading an excerpt from Saint Peter Chrysologus, a saint of the Early Church. He was reflecting upon three things that faith stands firm upon, how devotion remains constant and how virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy receives. I thought they would be good to reflect upon as we hit the middle of Lent.

S. Peter Chrysologus notes, fasting is the soul of prayer; mercy is the lifeblood of fasting; they cannot be separated. If you have only one of them or if they are not all together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God’s ear to yourself.

When you fast, see the fasting of others, that is, if you want God to know that you are hungry, know that another is hungry; if you hope for mercy, show mercy; if you look for kindness, show kindness; if you want to receive, give. If you ask for yourself what you deny to others, your asking is simply an gong making noise. (I should note that fasting is a form of suffering/sacrifice but a suffering that is freely chosen for a purpose).

Let this be the pattern for all when they practice mercy: show mercy to others in the same way, with the same generosity, with the same promptness, as you want other to show mercy to you. Therefore, let prayer, mercy and fasting be one single plea to God on your behalf, one speech in your defense, a threefold united prayer in your favour.

Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. If we give of ourselves to God this way, then we will always have something to give Him (as long as I exist I will always have me to give Him) and there is nothing more pleasing that we can offer to God, as the psalmist writes: *A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.*

Offer your soul to God and make it the offering of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and at the same time one with Jesus’ offering of Himself. This is how we unite ourselves to Christ on the Cross and are offered up with Him when the priest says at mass, “Through Him, With Him, In Him” as he raises the Host to God, we become one with Jesus’ sacrifice to the Father. We are one with Jesus upon the Cross!

Finally, to make this acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up. Mercy is to fasting as rain is to the earth. However much you may cultivate your heart, clear the soul of your nature, root out vices, sow virtues, if you do not release the spring of mercy, you fasting will bear no fruit and your barn which holds Divine Love will be forever empty. When you fast, if your mercy is thin your harvest will be thin; when you fast, what you pour out in mercy overflows into your barn filling it with the very essence of God. Remember you will not be allowed to keep what you have refused to give to others. But what you give to others you receive in return, this is the nature of Love and the purpose of our lives.


Fr. Michael Ruddick

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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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All Welcome



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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