

3rd Sunday of Lent, March 23, 2025

Intentions:
March 23 - For the repose of the soul of **Reynaldo Rebalbos**, requested by Jill Blyth.
Mass Intentions: \$15.00

Offertory Collection
March 16 - \$590.00
Diocesan and Missionary Works \$30.00 Thank You

March 25

The Annunciation of the Lord: This ancient feast, celebrating the Incarnation of the Word, is a joint celebration of Christ and the Blessed Virgin of the Word who becomes the Son of Mary and of the virgin who becomes the Mother of God. In the universal Church, this liturgy celebrates the beginning of redemption. It also honours Mary as the “new Eve,” the obedient and faithful woman who generously agrees to be the Mother of God.



Diocesan Wedding Anniversary Mass 2025: For those celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2025! At Notre Dame Cathedral on **Sunday, May 4, 2:30 pm**. The registration form is now available at <https://forms.office.com/r/jpBDLwDOKg>. Please register before Easter to ensure your place! For questions, please contact Annmarie at annmarie.brown@ottawacornwall.ca.

Holy Family Playgroup
Are you looking to connect with other Catholic families in the west end of Ottawa? Moms, parents, grandparents, caregivers, kids of any age, all are welcome to join us for two Thursday's a month, from 9:30am to 11:30am at *St. Isidore Parish Hall*, 1135 March Road, Kanata. Contact Jessie to learn more & join our email list at: JessieYanchus@gmail.com


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.

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 parable of the non-fruit-bearing fig tree describes the fate of those who do not repent. Even though God gives us everything we need for our journey toward salvation, we ourselves need to “cultivate and fertilize” our spiritual lives. We “grumble” our way through life—we judge others, fail to live up to our baptismal commitments, do not heed all the warnings given us. Jesus is quite clear in his message: “bear fruit or be “cut down.” The “fertilizer” is the charity, fasting, and prayer of our Christian penance. Repentance is “cultivating” the soil so we can bear fruit. Repentance is changing one’s mind, letting go of the narrowness of our own perception of how life should be and embracing the expansiveness of God’s plan for salvation. Repentance is really conversion. And God waits everyday of our lives for us to bear fruit. (Living Liturgy, p.78)



**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

Lent: A Time of Transformation and Growth
How do you make sense of life? Could it be through common sense e.g. dressing warm in the cold weather? Or family sense like, children born to this family or spouses married to this family are expected to learn the family ways of making sense. Also could it be ethnic or cultural background as source of making sense example Irish wake or Italian wedding etc. secularity: Do we make sense of life from what is in there for me, personal profit and loss stand point. Making faith sense: Do you make sense of life from the prism of faith values, believes and ideas that have been handed on from previous generations? For we at St Michael and Gabriel we life sense making is faith based. As the Greek philosopher Socrates once said, "The unexamined life is not worth living" (cf. Plato's Apology, 38a).


Making Faith Sense: The forty days of lent reminds us of the forty days of Jesus fasting and praying in preparation for his mission of human redemption. As Catholics, we believe that making sense of life comes from the prism of faith values, beliefs, and ideas handed down from previous generations. For us at St Michael and Gabriel, our life sense making is faith based. During Lent, we re-examine our lifestyle and ask ourselves: "Am I living a life that shows I know, love, and serve God?" As Jesus teaches us, "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength" (Mark 12:30).
Transformation and Growth: Transformation is a central concept in Christian theology, bringing about outstanding change in a believer's life through the power of the Holy Spirit. As St. Paul writes, "I have been crucified with Christ; it is no longer I who live, but Christ who lives in me" (Galatians 2:20). This process is both immediate and ongoing, rooted in the hope of becoming more like Christ. As Jesus says, "I came that they may have life, and have it abundantly" (John 10:10).
Embracing Uncertainty and Finding Guidance: This weekend we are presented with the experience of Moses and the burning bush that was not consumed. This strange event triggered off the desire to make sense of it and thus he got his mission to lead the Israelites out of slavery in Egypt. We all face challenges and uncertainties in life. Our "burning bush" may be financial struggles, health issues, or relationship problems. But we can find guidance in Scripture, the teachings of Catholic theologians, and lived experiences of saints. As Moses did, we can ask God, "What shall I do?" and trust that He will provide guidance (Exodus 3:11-12). We can develop the habit of being comfortable with uncertainty, trusting that God's plan is for our good. As St. Paul writes, "We know that all things work together for good for those who love God," (Romans 8:28).
Faith Community and Spiritual Growth: As social beings, we need companions on our spiritual journey. We grow in community, supporting one another, sharing our successes and failures, and praying for each other. As the Psalmist writes, "Behold, how good and pleasant it is for brothers to dwell together in unity!" (Psalm 133:1). Belonging to a small group and also having a spiritual director goes a long way to enrich our spiritual growth. As Jesus says, "Where two or three are gathered in my name, there am I among them" (Matthew 18:20).
Bearing spiritual fruits: As we strive for spiritual growth, we must remember that bearing spiritual fruits like love joy peace patience kindness goodness faithfulness gentleness and self-control does not happen overnight but requires the right conditions. Just like a garden we need fertile ground, nourishment and good tending. Through constant meditation on God’s word we can change and grow, for example someone who is hot tempered can develop outstanding patience.
Dear Friends, spiritual growth is a lifetime journey which requires intentional effort, discipline and a hunger for God’s ways. May we strive to bear these spiritual fruits to be like Christ and by so doing we bring glory to God.
Fr. 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
Pastoral Care:	Suzanne Lee	832-8063
Advertising Ministry:	Lorraine Brisson	832-3351
Deacon James Kubina		
Cover Photo:	Mark Brisson	

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.**




RE/MAX
Hallmark Realty Group
John Roberts
Real Estate Broker
Direct: 613.832.0902
Office: 613.596.5353
www.johnroberts.com
johnroberts@real.net

This space could be yours.
Call Lorraine Brisson (613) 832-3351

Oil • Natural Gas • Propane
Charlie's
Heating Services
613 265 1428



INNOVATION REALTY LTD.
"Living & Selling in your neighborhood"
Tom .. (613)850-0690 (sales Rep.)
tom@thebfteam.ca
Tillie .. (613)612-2480 (sales Rep.)
tillie@thebfteam.ca

Life Insurance • Long-Term Care
Disability Income • Retirement

David Gallagher
613-422-3117

Knights of Columbus
INSURANCE
YOUR SHIELD FOR LIFE
David.gallagher@kcof.org
www.kcofinsurance.com

Please Support our local businesses

CONSTANCE BAY PHARMACY
PharmaChoice *Advice for Life*
179 Constance Bay Rd.
Woodlawn, ON, K0A 3M0
T. 613-832-7707
F. 613-832-7767
Tamara Awada
Pharmacist / Owner
Hours: Mon-Fri: 10am - 7pm
Sat: 10am - 3pm
Closed Sundays
• Everyday Senior's Discounts
• Free RX Delivery
• Compliance/Blister Packaging
• Prescriptions

Bayview Bait & Tackle
For all your fishing needs including
bait, tackle and ice hut rentals
Please call Lex at
(613) 299-3573

LAWNCARE
(T.K. GILLESPIE)
Residential and Commercial
R.R. #1, Woodlawn K0A 3M0
(613) 832-1168

Headaches Or Pain? Get Relief The Natural Way!

DUNROBIN FAMILY
Chiropractic & Wellness
Dr. Kelly Graham
(613) 832-3335 3162 Dunrobin Rd. dunrobinfamilychiro.ca

The Point *Big Fish Small Pond*
613-832-3013
Restaurant and Bar
Weekly Specials - Live Music - Breakfast Sat & Sun
thepointlounge.ca
info@thepointlounge.ca

This space could be yours.
Call Lorraine Brisson (613) 832-3351

HAPPY TIMES *Now Offering Chinese & Thai*
Pizza Free Delivery (minimum order \$12.00)
Canadian/Italian
Pick-Up - Delivery - 613-832-1888

Constance Bay General Store
115 Constance Bay Road
L.C.B.O.
Groceries & Video
(613) 832-0003

JENNA SUDDS
Member of Parliament for Kanata - Carleton
Parliament Hill Office
House of Commons
Ottawa, Ontario, K1A 0A6
Phone (613) 992-1119
Email: jenna.sudds@parl.gc.ca
Constituency Office
555 Legget Drive, Suite 121
Kanata, Ontario, K2K 2X3
Phone (613) 592-3469
Email: jenna.sudds@parl.gc.ca

Please Support our local businesses

St. Gabriel's
Roman Catholic Church
205 Bayview Drive, RR3, Box 9, Woodlawn,
ON, K0A 3M0

All Welcome



Father Anthony Nwaohiri anwaohiri@gmail.com
phone (613) 623-3419, fax (613) 623-7282
Web: <http://www.stgabrielparish.ca>

Deacon James Kubina 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.

Pastoral Directory on inside flap