

## 14th Sunday in Ordinary Time, July 6th, 2025

### Intentions:

**July 6** - In loving memory of **Robert Dupuis**, requested by  
Linda Cassidy  
Mass Intentions: \$15.00

### Offertory Collection

June 29 - T.B.A. Thank You

### Masses during the Week

Wed: 8am adoration/confession 9am mass at St Michael  
Thurs: 8:30am, confession, 9am mass at St. Michael  
Fri: 8:30am, confession, 9am mass at St. Michael

### Christmas In July Bottle Drive

The St. Gabriel's Bakers are planning the Christmas in July fundraiser coming on July 26th. Money donations can be given to Martine and Suzanne to pay for ingredients. If you want to bake some of your favourites, please see Suzanne.

We request the name and address of our gracious donor using envelope #41. Please reach me at [anwaohiri@gmail.com](mailto:anwaohiri@gmail.com) Blessings.

### July 11

**Saint Benedict:** Benedict, Father of Western monasticism, lived circa 480 to 547. He was born in Nursia in central Italy. The little we know of his personal life comes from two documents: the second Dialogue of Gregory the Great, and the Rule written by Benedict himself.

Benedict was educated in Rome, a decadent city. After a few years, convinced that God was calling him to be a monk or hermit. Benedict fled to a local village. After a brief stay with some holy men, he decided on a life of solitude. He received the monastic habit at Subiaco, and retired to a cave, where he lived alone in the tradition of the Desert Fathers. Soon, he began to attract followers and he built 12 small monasteries.

Between 520 and 530, he and a few companions founded the great monastery of Monte Cassino, where Benedict spent the rest of his life and wrote his Rule. This work became the primary influence of Western religious life for the next 600 years and is still followed by the "daughters and sons" of Saint Benedict. This remarkable guide reflects the fatherly concern and charity of Benedict as he adapted the austere rule of the Desert Fathers to community life. He emphasized moderation, humility, obedience, prayer and manual labour as the way to holiness. Saint Benedict is considered the Patriarch of Western Monasticism, and was proclaimed a patron of Europe in 1964 by Pope Paul VI.

NOTE:



**Gospel Reflection:** In the gospel the disciples are "sent ahead" of Jesus, not so much with a mission to do as to be ambassadors for Jesus. The respect and honor that are due Jesus are extended also to Jesus' disciples and this is how God's kingdom is "at hand." When God's kingdom is present there is peace and healing. We do everything because we are disciples of Jesus and act in his name. It is in Christ's presence through us that peace and joy are spread. Mission is being sent to be Christ for others. (*Living Liturgy, p.168*)



**"The first degree of humility is prompt obedience."**

*Saint Benedict*

### Pope's Intentions for the Month of July

**For formation in discernment:** Let us pray that we might again learn how to discern, to know how to choose paths of life and reject everything that leads us away from Christ and the Gospel.



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

## Administrator's Corner

### The Transformative Power of Confession or Penance

The sacrament of confession is the most reliable way for sinners to receive God's forgiveness through the hands of a priest. Jesus entrusted this power to the Church, saying, "Whose sins you forgive are forgiven them, and whose sins you retain are retained" (Jn 20:23).

Sin is a fundamental concept in Christianity, referring to actions or thoughts that separate us from God and others. The sacrament of confession acknowledges our sinfulness and provides a path to forgiveness and reconciliation. In this sacrament, the priest acts in persona Christi, representing Christ Himself.

A remarkable aspect of confession is the priest's obligation to maintain confidentiality. It is called Sacramental Seal. After confession, the priest forgets what was confessed and can never disclose confessional matters outside the confessional. Any priest who betrays this trust faces excommunication from the Catholic Church.

The Catechism of the Catholic Church emphasizes that "those who approach the sacrament of penance obtain pardon from God's mercy for the offenses committed against Him and are reconciled with the Church, which they have wounded by their sins." St. John Vianney beautifully highlights God's eagerness to forgive, saying, "The Lord is more anxious to forgive our sins than a woman is to carry her baby out of a burning building." He passionately desires to grant us His peace and heal our wounds weather caused by ourselves or by others.

A good confession begins with acknowledging our sins. This involves humbly accusing ourselves of falling short of God's goodness, naming mortal sins, and their frequency. A genuine act of contrition is also essential, where we express true sorrow for our sins and make a firm promise to avoid occasions of sin. St. Augustine advises, "We are all beggars before the Lord...humbly beg for the grace of true contrition of heart."

Restitution is another crucial aspect of confession, where we make amends for our sins. The priest, as spiritual doctor, provides guidance and remedies, and assigns penance as a sign of reparation. The penance given is a simple sign of the reparation we wholeheartedly embrace going forward.

Regular confession is essential for spiritual growth. As St. Augustine aptly puts it, "Whoever confesses his sins...is already working with God." This connection with God fosters a deeper relationship and promotes spiritual development.

The benefits of frequent confession are multifaceted. Pope Pius XII highlights its importance, saying, "For a constant and speedy advancement in the path of virtue, we highly recommend the pious practice of frequent confession... We grow in true knowledge of ourselves and in Christian humility, bad habits are uprooted, spiritual negligence and apathy are prevented, the conscience is purified, and they will be strengthened."

Pope John Paul II also emphasizes the significance of regular confession, stating, "It would be an illusion to seek after holiness...without partaking frequently of this sacrament of conversion and reconciliation. Those who go to confession frequently, and do so with the desire to make progress, will notice the strides that they make in their spiritual lives." By embracing regular confession, we can experience spiritual growth, healing, and a deeper connection with God.

To incorporate regular confession into your life, consider scheduling regular confession sessions and preparing for confession by examining your conscience. Seeking spiritual guidance from a spiritual director or priest can also be beneficial. By making confession a habit, you can experience the transformative power of this sacrament. Regular confession can help you grow in self-awareness, humility, and spiritual maturity.

By embracing confession, we can experience God's mercy, healing, forgiveness and peace. May these thoughts strengthen our resolve to follow him closely daily. Amen.

## 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:              | Father Anthony Nwaohiri | 623-3419 |
| Advertising Ministry:       | Lorraine Brisson        | 832-3351 |
| Deacon James Kubina         |                         |          |

**EMERGENCY: anwaohiri@gmail.com** For emergencies, email this address with EMERGENCY in the subject or call the church office at 613-623-3419.

**Lost and Found:** Periodically, please check the lost and found basket

**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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**JENNA SUDDS**  
Member of Parliament for Kanata - Carleton

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



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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.

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