

**Intentions:**  
**August 17** - For the Parishioners of St. Michael and St. Gabriel parishes.  
Mass Intentions: \$15.00

**Offertory Collection**  
August 10 - \$585.00      Thank You

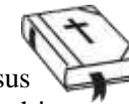
**August 19**



**Saint John Eudes:** Born in Normandy in 1601, Saint John Eudes joined the Paris Oratory and was ordained in 1625. Twice during outbreaks of the plague John tended the sick and dying. He also spent years preaching missions, hearing confessions and opposing Jansenism (a belief that only a predetermined few are saved and everyone else damned). In 1641, he helped found a refuge for women. The Visitandines working at the refuge became the core of the new religious order for women: the Sisters of Our Lady of Charity of the Refuge, which today has many branches, including the Sisters of Our Lady of Charity of the Good Shepherd in Canada. Seeing the urgent need for clerical reform, John left the Oratorians in 1643 to found the Congregation of Jesus and Mary, dedicated to upgrading the religious and intellectual formation of the clergy. John died in 1680. In the decree of his beatification in 1908, Pope Pius X declared John Eudes to be the father, doctor, and apostle of the devotions to the Sacred Heart of Jesus and to the Immaculate Heart of Mary. He was canonized in 1925.

**August 20**

**Saint Bernard:** Saint Bernard was born near Dijon, France, in 1090. In his *Apologia*, he wrote that it was because of his unruly nature that he chose the newly founded Cistercians, thinking their austerity could tame him. At 22, Bernard went to Citeaux, an abbey known for its strict observance of St. Benedict's Rule. His remarkable enthusiasm helped persuade his uncle, his brothers and many friends to join him. A group of about 30 men left for the abbey. Within three years, Bernard was sent with 12 monks to a diocese in Champagne where, in a valley that came to be known as the Valley of Light ("Clairvaux"), Bernard founded the monastery where he ruled as abbot for the rest of his life. From the time he became abbot until his death in 1163, Bernard dominated the religious and political life of Western Europe. His writings have had a lasting influence on Catholic spirituality. When Bernard died, Europe mourned. He was canonized in 1174 and declared a Doctor of the Church in 1830.



**Gospel Reflection:** In this gospel, Jesus is shocking! Jesus has a fire for accomplishing his mission and is single-minded in doing so. His very message is divisive because it calls others to a radical way of living—self-giving for the good of others. We must make a choice to follow him, to choose to speak God's word and preach the values consistent with God's reign. Divisions occur simply by being faithful to God's message. This is the real shock value of the gospel; being a faithful disciple of Jesus will instigate a clash of values, of principles, of priorities. This choice can result in divisions, even within families, because all us do not make the choice to follow Jesus. (Living Liturgy, p.194)



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

**Masses during the Week**  
Wed: 8:00am 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  
New ministry is born, she is "**Sts Michael and Gabriel helpinghand ministry**". Her objective is to serve needy families periodically in a timely and confidential manner. More details will be announced soon. The administrators can be reached at (613) 623-3419 or [stmichaelshepinghands@gmail.com](mailto:stmichaelshepinghands@gmail.com).



**"The road to hell is paved with good intentions."**  
~ Saint Bernard

**Embracing the Refining Fire - Luke 12:49-53**

Fire is a powerful image that offers deep understanding of the Christian life. Biblically, fire reveals God's presence, divine nature, judgment, and guidance. In Exodus 3, the burning bush symbolizes God's presence and call to Moses, revealing His name and plans to deliver the Israelites. The pillar of fire guided and protected the Israelites during their exodus, showcasing God's constant presence. Fire also represents God's holiness and purity, as seen in Isaiah's sanctification (Isaiah 6:6-7). In the New Testament, fire is associated with the Holy Spirit, empowering the apostles on Pentecost day (Acts 2:3-4). During baptism, fire symbolizes the spark of God's love and presence in our lives. It's a seal of God's ownership, marking us as His beloved children. This fire represents passion for God's kingdom, zeal for serving others, and the presence of the Holy Spirit guiding and empowering us. The potential difference fire makes in our lives is immense. Just as fire provides warmth and light in darkness, purifies and refines, removing impurities, and energizes and empowers, transforming our lives. The Holy Spirit's fire in our lives can transform our cold hearts, making us more loving and compassionate. It guides us through life's challenges, providing wisdom and discernment, and empowers us to live productive lives, serving others and spreading God's love. Saint Cyril of Alexandria beautifully captures the essence of this fire, writing, "The fire which Christ brings is for men's salvation and profits... The fire here is, the saving message of the Gospel, and the power of its commandments." This underscores the transformative power of God's Word and the Gospel message. Jesus' desire is to transform our lives into blazing fires, just as He transformed the lives of His disciples. Pope Benedict XVI said, "Our hearts were created for great things in God, but unfortunately, we settle for less." This reveals that there is much potential in each one of our lives, and we can become something totally new if we allow the spark of God's grace to ignite our souls with divine love. To maintain this spiritual favor, we need constant nurturing through prayer, staying connected with God and seeking His guidance. Scriptural reading and meditation feed our souls with God's Word, while community worship gathers us with others to celebrate God's presence. Service to the community allows us to share God's love and serve others. By embracing the refining fire, we can become blazing fires of faith, transformed by God to make a true difference in the world.

## 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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 Tillie .. (613)612-2480 (sales Rep.)  
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 F. 613-832-7767  
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 Pharmacist / Owner  
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 Sat: 10am - 3pm  
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 info@dunrobinfamilychiro.ca dunrobinfamilychiro.ca  
  
 Dr. Kelly Graham

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 info@thepointlounge.ca

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**HAPPY TIMES**  
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**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.

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