

**Intentions:**  
**August 31** - in loving memory of **Roger St. Martin**, requested by Avelina Bercades.  
Mass Intentions: \$15.00

**Offertory Collection**  
August 24 - T.B.A. Thank You



**September 03**

**Saint Gregory the Great:** Saint Gregory was born about the year 540 into a wealthy Roman family. After brief but distinguished service as Chief Magistrate of Rome, Gregory resigned to become a Benedictine monk and used his great wealth to establish several monasteries. In 578 he was ordained deacon and sent to Constantinople as papal ambassador. In 586 Gregory was recalled to Rome and became abbot. Four years later he was elected pope. His charity in feeding starving Romans, his protection of Jewish rights and his political diplomacy helped him earn the title "Great". Several centuries after his death, Gregory was credited with developing Gregorian chant, although this remains disputed. He is known as the Apostle of England for sending missionaries there, including Augustine of Canterbury. Gregory, who died in 604, is a Doctor of the Church.



You are invited to consider Our 2 week Catholic Shrines Pilgrimage April, 2026 with Msgr. Joseph Muldoon, Holy Cross Parish, to Ireland, Northern Ireland, and Scotland. Coordinator: JBCtravel.ca [Dennis@jbctravel.ca](mailto:Dennis@jbctravel.ca) 613 581-5566, Limited number. Book early.  
12<sup>th</sup> September at 6pm we will be having a cemetery mass venue St Michael cemetery. Please spread the news and we are all encouraged to attend.  
The annual outdoor mass "Celebrating the Season of Creation" at the Naatagama Camp will be held Sept. 20<sup>th</sup> at 11:00 am (see poster at entrance).

**Pope's Intentions for the Month of September**  
**For mutual coexistence:** Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons.



**Gospel Reflection:** Humility is recognizing that by God's choosing us we are raised up to share in divine riches and bestowed with the great dignity of sharing in God's life. If this is how God relates to us, then this is how the disciple relates to others. As God has bestowed dignity on us, so do we shower others with dignity. If we wish God to invite us to the divine banquet, then we also extend ourselves to all others regardless of social, economic, religious, or cultural status. Before disciples can be hosts to the poor and disadvantaged they must humbly recognize themselves as those who have received a place of honor at God's banquet table. Humility is recognizing that we are gifted, enriched, and nourished by God so that we can then reach out to others in the same way. (*Living Liturgy, p.200*)



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

**"The universe is not rich enough to buy the vote of an honest man."**  
~ Saint Gregory the Great ~

**Bulletin Bloopers**  
Please place your donation in the envelope along with the deceased person you want remembered.  
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*The church will host an evening of fine dining, super entertainment and gracious hostility.*  
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*Potluck supper Sunday at 5:00 PM - prayer and medication to follow.*

**Humility: Greatness That Lasts**  
Humility is a powerful virtue that is often misunderstood in today's culture. Let's explore what it means to be humble and how it can bring greatness that lasts.  
Humility is about strength under control, a concept related to meekness, which comes from the Greek word "Praus." It's about mastering ourselves and submitting to God. Humility is not about being weak or timid, but about exercising strength with grace and calmness. The word humility comes from the Latin word "Humus," meaning fertile soil. To be humble is to be ready to accept who we are, with our strengths and weaknesses.  
Jesus said, "Blessed are the meek, for they will inherit the earth" (Matthew 5:5). This means that those who trust in God's sovereignty and rely on His strength will radiate calm confidence and peace. C.S. Lewis said, "Humility does not mean thinking less of ourselves, but thinking of ourselves less." It's about living for others, not just ourselves.  
St. John Chrysostom said, "Humility is the root, mother, nurse, foundation, and bond of all virtue." St. Augustine said, "Humility is so necessary for Christian perfection that among all the ways to reach perfection, humility is first, humility is second, and humility is third." Thomas Merton said, "Pride makes us artificial, and humility makes us real." St. Bernard declared, "Pride sends man from the highest elevation to the lowest abyss, but humility raises him from the lowest abyss to the highest elevation."  
Mother Teresa's life is a powerful example of humility. She accepted others as God's children and offered them loving service. Her humility allowed her to see the poor and needy as opportunities to serve Christ. She never took pride in her achievements, but instead saw herself as a tool being used to help others.  
One remarkable story that showcases Mother Teresa's humility and kindness is her encounter with a rich man who hated her and her work. Despite his initial anger, Mother Teresa politely asked him for assistance, at the peak of anger, the rich man spit on Mother Theresa's face and started scolding her. The divine Mother patiently cleared it and with unimaginable patience asked him, "Thanks for what you gave me, but what will you give to help my poor people". The rich man got stunned by her response and he eventually began to support her work regularly.  
The greater you are, the more you must humble yourself. This powerful statement challenges our natural inclinations toward pride and ambition. When we approach life with a humble heart, we invite grace into our lives and create a space for God to work through us. Let's strive to cultivate humility in our lives, just like Mother Teresa and the saints. May we radiate calm confidence and peace, and live for others, not just ourselves.

### 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**  
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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
	Wednesday 8:00 am adoration/confession, 9am mass
	Thursday 8:30 confession, 9am mass
	Friday 8:30 confession, 9am 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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