

Exaltation of the Holy Cross, September 14th, 2025

Intentions:

September 14 - for all 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

September 07 T.B.A. Thank You

September 14

Exaltation of the Holy Cross: This liturgical feast has been celebrated since early times. In the 4th century, two churches in Jerusalem were dedicated to the cross on this day and the occasion was commemorated Annually. Adopted by the Church in Rome during the 7th century, the feast commemorates both the dedication of the original Church of the Holy Sepulchre in 335 and Christ's victory over death.

September 20

Saint Andrew Kim Tae-gon, Saint Paul Chong Ha-sang and companions: In the early 1600's, Christian communities began to flourish in Korea under the leadership of lay people. In 1836, missionaries from France, members of the Paris Foreign Mission Society, secretly entered the country. The Christian communities began to encounter hostility and, during the persecutions of the mid-19th century, over 10,000 Christians were killed. Andrew Kim, the first Korean priest, was one of these. Paul Chong, a seminarian and catechist, was one of the many lay people who suffered. These and 101 other Korean martyrs, clergy and lay, young and old, were canonized in 1984.

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.



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.*

Gospel Reflection: Jesus is the One raised up and by whom we are saved, we only must gaze on him and believe in him. The light of Christ enables us to see; seeing is believing. But we can only come to the light and believe if we "live in the truth" which is expressed in good works. Light and faith are gifts, and we demonstrate that we accept these gifts when we do good works. God demonstrates great love for us by sending the Son to be lifted up on the Cross and then raising him to eternal life. We demonstrate our great love for God by doing good works. Our good works: reaching out to others, doing our daily tasks for our family with love and care, working professionally and honestly, acting justly and charitably, then our way of being is "lifted up." This is how we live in the truth, so that our works may be clearly seen as done in God. (Living Liturgy, p.90)



NOTE:

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 613 581-5566, Limited number. Book early.

The annual outdoor mass "Celebrating the Season of Creation" at the Naatagama Camp will be held Sept. 20th at 11:00 am (see poster at entrance).

Roster for baptism is now out. It is on the notice board. Please look at it and let others know.

St. Isidore Catholic Parish (1135 March Road) is seeking to hire a permanent, part-time Property Employee. The Employee will be responsible for the maintenance of the Parish buildings and grounds including the Parish Cemetery. For a job description, please visit the parish web site – stisidorekanata.com.

Administrator's Corner

The Cross: A Symbol of Pain and Triumph

The Cross is a symbol of pain and triumph, a powerful reminder of God's love and mercy. Originally a symbol of shame and execution, the Cross was transformed by Jesus into an emblem of triumph, salvation, and victory over sin and death. Through the Cross, Jesus accomplished the atonement for sin, paying the price of humanity's transgression and satisfying the justice of God. Believers are reconciled to God, and the power of sin is broken, liberating humanity from its bondage (1 Cor 15:55-57).

The Cross is also a symbol of reconciliation and peace, pulling down the dividing wall that separates ethnic and cultural groups, making room for peace and unity among believers (Eph 2:14-16). Furthermore, the Cross is a symbol of sacrifice and humility, calling Christians to imitate Christ's obedience and self-sacrifice.

As we reflect on the Cross, we are reminded that suffering can have meaning when united with Christ's sacrifice. By offering our pain to Jesus and embracing the Cross, we allow our suffering to become a prayer for the salvation of souls and a pathway to holiness.

A good religious complained one day to Our Lord that he was persecuted. He said, "O Lord, what have I done to be treated thus?" Our Lord answered him, "And I, what had I done when I was led to Calvary?" Then the religious understood; he wept, he asked pardon, and dared not complain any more. Worldly people are miserable when they have crosses, and good Christians are miserable when they have none.

St John Vienney admonished you and me to love our crosses and make use of them to take us to Heaven? But, on the contrary, many Christians turn their backs upon crosses, and fly before them. The more they run, the more the cross pursues them, the more it strikes and crushes them with burdens. . . . If you were wise, you would go to meet it like St. Andrew, who said, when he saw the cross prepared for him and raised up into the air, "Hail O good cross! O admirable cross! O desirable cross! Receive me into your arms, withdraw me from among men, and restore me to my Master, who redeemed me through thee." By offering up our suffering in union with Christ's Passion, we can find meaning and purpose in our difficulties.

As St. Teresa of Avila reminds us, "Let nothing trouble you, let nothing frighten you, all things are passing away, God never changes, patience obtains all things, whoever has God lacks nothing, God alone suffices."

St. John Vianney shares an encouraging insight thus; suffering is a natural thing that all humans experience at some point in life. However, we can choose to suffer like the good thief, accepting our crosses in the spirit of reparation and turning towards Jesus crucified, who promises, "This day you will be with me in Paradise."

May the Cross be our guiding light, reminding us of God's boundless love and mercy. 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

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 at the church entrance for articles you may have left behind.

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 stmichaelshelpinghands@gmail.com or (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
	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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