

**Intentions:**  
**October 26** - In loving memory of **Roger St. Martin**, requested by Avelina Bercades.  
Mass Intentions: \$15.00

**Offertory Collection**  
October 19 - T.B.A. Thank You

**October 28**

**Saint Simon and Saint Jude:** The names of Simon and Jude appear in New Testament lists of the apostles but little else is known about either. Since there are two apostles named Simon and two named Judas (Luke 6.14-16 and Acts 1.13) these are distinguished as Simon the Zealot and Judas the son (or the brother) of James, the others being Simon Peter and Judas Iscariot. Simon is surnamed the Cananaean or the Zealot, names which refer to his zeal for the Law. Jude (Judas) is also called Thaddeus (Matthew 10.4 and Mark 3.18) where he is referred to as "Judas (not Iscariot)." Traditionally, both those apostles suffered martyrdom. In a later tradition, Jude became a patron saint of so-called hopeless causes.



Come and See — The Way of St. Francis  
Do you find the example of Saint Francis inspiring? Are you searching for a deeper commitment — a way to truly live the Gospel in simplicity, joy, charity, and service, right in the midst of your everyday life? The Saint Francis of the Immaculate Heart of Mary Secular Franciscan Fraternity invites you to a "Come and See" gathering on Saturday, November 1st at 9:30 a.m - Immaculate Heart of Mary Parish, 1758 Alta Vista Drive. Come and discover how the Franciscan way of life can enrich your spiritual journey. For more information and/or to confirm your attendance, please contact Carol at [caroldavid1565@gmail.com](mailto:caroldavid1565@gmail.com).

Mass during the week  
Please note: all weekday masses will be in the chapel except on days we have school masses

**Pope's Intentions for the Month of October**  
**For collaboration between different religious traditions.**  
Let us pray that believers in different religious traditions might work together to defend and promote peace, justice and human fraternity.



**Gospel Reflection:** The Pharisee was righteous and his boast before God was true: he does exemplary things (fasting and paying tithes), even more than is expected. His prayer, however, while addressed to God in thankfulness, is actually filled with himself and his own pride. He "took up his position," presumably one where he will be seen and recognized. He praises himself rather than God. He does not acknowledge who God is but, rather, he simply exalts himself. Tax collectors, on the other hand, were hated and known for their unscrupulous practices. But the tax collector's prayer allows God to be God and to show mercy. The tax collector stands afar off, but his prayer draws him near to God. Justification is addressing God as God and letting God be God. It is acknowledging humbly who we are before God: sinners in need of mercy. Good works alone don't justify us—but only humility in the face of our all-holy and merciful God brings exaltation. (Living Liturgy, p.232)



**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.*

**Administrator's Corner**  
**Pride vs Humility: A Spiritual Perspective**  
A story was once told of a king who visited a prison and interviewed inmates to understand why they were incarcerated. One after another, they claimed innocence. "God is my witness," one said. "I'm a victim of prejudice," another claimed. "I was framed," a third one alleged. But one convict remained silent. "You're probably innocent too?" the king asked. "No, sir," the convict replied. "I'm guilty and I deserve this punishment." The king was taken aback by the convict's honesty. "Release this rascal from prison right now," he ordered, "before he begins to corrupt these innocent people here." The man walked out of prison not because he was innocent, but because he took responsibility for his actions. This story highlights the importance of humbly acknowledging our mistakes and taking ownership of our actions, a key theme in the gospel's message.

The parable of the Pharisee and the tax collector (Luke 18:9-14) highlights the contrast between pride and humility. The Pharisee, confident in his own righteousness, prayed boastfully, while the tax collector humbly asked for mercy. Jesus teaches us that humility, not self-righteousness, is the key to (Salvation) being justified before God. As Sirach 35:21 says, "The prayer of the humble pierces the clouds."

Another story that illustrates the dangers of pride is that of a newly commissioned colonel who had just moved into his office when a private entered with a toolbox. To impress the private, the colonel said, "Be with you in a moment, soldier! I just got a call." Picking up the phone, the colonel said, "General, it's you! How can I help you?" A dramatic pause followed. Then the colonel said, "No problem. I'll phone Washington and speak to the President about it." Putting down the phone, the colonel said to the private, "Now, what can I do for you?" The private shuffled his feet and said sheepishly, "Oh, just a little thing, sir. They sent me to hook up your phone."

Pride is the devil's most effective and destructive tool, affecting all of us to some degree. C.S. Lewis described pride as a "spiritual cancer: it eats up the very possibility of love, or contentment, or even common sense." Pride can be difficult to recognize, especially in ourselves. As Lewis noted, "there is no fault which makes a man more unpopular and no fault which we are more unconscious of in ourselves. And the more we have it in ourselves, the more we dislike it in others."

To overcome pride, we need to seek God in prayer and ask Him to reveal any sinful pride in our lives. Developing humility takes time and effort, but it's worth it. As Fenelon said, "Humility is not a grace that can be acquired in a few months: it is the work of a lifetime." By forsaking pride and seeking to humble ourselves, we can grow in humility and become more like Christ.

Humility is a virtue that recognizes our true nature before God. It's about acknowledging our sinfulness and need for mercy. As Pope Francis defines it, humility is "the virtue of the saints and those who let themselves be filled with God."

The Bible emphasizes the importance of humility in several verses. For example, "God opposes the proud, but gives grace to the humble" (James 4:6; Proverbs 3:34). Another verse says, "I dwell in the high and holy place, and also with him who is of a contrite and humble spirit" (Isaiah 57:15). These verses remind us that humility is essential for a genuine relationship with God.

In conclusion, humility is the key to a genuine relationship with God. By recognizing our sinfulness and need for mercy, we can cultivate humility and live a life of virtue. May we always in humility seek God's mercy and forgiveness. As He pours his abundance favors on us. 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](mailto: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](mailto: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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## St. Gabriel's Roman Catholic Church

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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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