

## Fourth Sunday of Ordinary Time, February 01, 2026

### Intentions:

February 01 - In loving memory of **Dianne Maurice**, requested by her sister Marlene Vollmer.

Mass Intentions: \$15.00

### Offertory Collection:

January 11 - \$ 532.00

January 18 - \$ 605.75

January 25 - \$ 530.00

Thank You

### February 02

**Presentation of the Lord:** According to Mosaic law, a new mother was considered unclean for 40 days after she had given birth. At the end of that period, she would enter the temple with her child, bringing an offering of either a lamb and a dove or pigeon, or two doves or pigeons, to be cleansed by prayers. Today's feast commemorates Mary's symbolic submission to that process, and also to the presentation of Jesus in the temple. The presentation stands as the Fourth Joyful Mystery of the Rosary.

The observance of this feast began in 4th-century Jerusalem, and was celebrated in Rome by the 5th century. It is a feast of both Our Lord and the Blessed Virgin. In the Eastern Church, it was called The Meeting of Jesus and Mary with Simeon and Anna, representatives of the Old Covenant.

In the Middle Ages, a tradition began of blessing candles and holding a procession of light on this day. As a result, this feast is also known as Candlemas; Christ our light has come to us.

### February 03

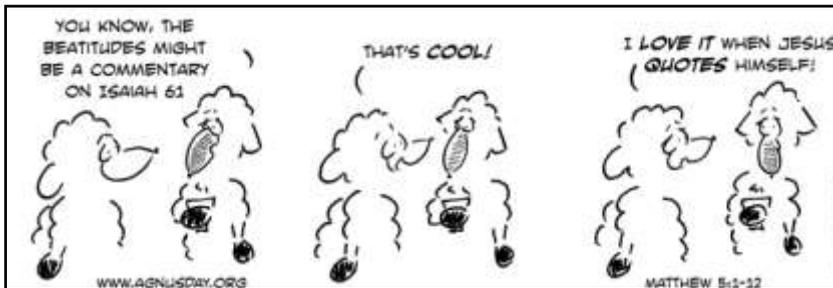
**Saint Ansgar:** The patron saint of Denmark, Germany and Iceland, Ansgar was born about 801 of a noble family near Amiens. He was sent to study at the nearby monastery of Old Corbie and decided to become a monk in order to preach to the pagans. He moved to the Benedictine monastery of New Corbie, where he called on his extraordinary talent for oratory. His missions to Denmark and Sweden were highly successful, winning many converts. In 831, he was made abbot of New Corbie and first archbishop of Hamburg. After his work was undone by pagan invaders from the north, he returned and won Denmark back to the faith. Known as the Apostle of the North, he died in 865, greatly venerated for his charity and sanctity.

**"If I were worthy of such a favour from my God, I would ask that He grant me this one miracle – that by His grace, He would make of me a good man."**  
~ Saint Ansgar ~



**Reflection:** One way to approach the Beatitudes is in terms of their being descriptions of identity rather than moral demands. The Beatitudes embody a radically alternative vision of our Society. This is how the kingdom of heaven is at hand: that we appreciate that we are in ourselves are blessed. Blessed is who we are in Christ. God indeed calls us to blessedness. (Living Liturgy, p.54)

**Vincentian Meditation:** "The gospels and epistles frequently remind Christians to be gentle. They should seek to resolve conflicts peacefully, act with kindness, speak courteously—in short, love their neighbors as they love themselves. Such gentleness comes when Christians realize that despite all their sins, God loves them. The balance of gentleness and strength is learned in the schools of prayer and experience. Gentleness is not passivity or spinelessness. Strength is not uncontrolled rage or stoic coldness. Determining when to be gentle and when to be forceful should be the subject of our prayerful discernment. We are called to be gently strong, and strongly gentle. (McKenna, Praying with Vincent, p.97-98)



**Pope's Intentions for the Month of February:** For children with incurable diseases: Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



**Prayers for the Sick.** Please pray for the sick among our families and friends, especially for 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.*

### Suggestion Box

The Suggestion Box at the rear of the church is there for you to give us your observations, comments, suggestions, new fundraising ideas etc..for the enrichment of our parish. **Please use it!**

### NOTE:

- Volunteers needed for our annual Pancake Supper on February 17th. Money donations towards expenses greatly appreciated. Please see Martine or Suzanne.
- 2025-2026 Sunday Missals are available at the rear of the church. Suggested donation in \$8.00.

### Lost and Found

Periodically, please check the lost and found basket at the church entrance for articles you may have left behind.



**Exposition of the Blessed Sacrament held at St. Michael's Parish only:** You are most welcome to join us Wednesday mornings, with exposition at 8:00 am and Mass at 9:00 am

### How Far We Come

A group of scientists got together one day and decided that with all the advances in technology and scientific discovery, they could now do everything that God could do, so they decided to elect one of the scientists to go and tell God that he could now take a rest and go home as they could now replicate everything he could do anyway.

So one of the scientists goes to God and thanks Him for everything He's done and tells Him that He's now off the hook and He can go take a permanent break because the scientists could now do everything that He could do anyway.

"That's interesting", responds God. "How about we perform a test?" The scientist agrees. "We're going to create life", says God. The scientist thinks to himself that now cloning has been achieved then this shouldn't be an issue, so he says "right-o God", and agrees to the challenge. "But", says God, "we're gonna start from scratch, like I did back in the day". The scientist thinks to himself no probs, if he grabs a handful of dirt then he could more than likely locate in it some form of living DNA that he can work with, so again, he agrees to the challenge. "You go first", says God.

The scientist bends down and scoops up a handful of dirt.

"Hey!", God replies. "Get your own dirt!"

## 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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Parliament Hill Office  
House of Commons  
Ottawa, Ontario, K1A 0A6  
Phone (613) 992-1119  
Email: [jenna.sudds@parl.gc.ca](mailto: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](mailto:jenna.sudds@parl.gc.ca)

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## St. Gabriel's

### Roman Catholic Church

205 Bayview Drive, RR3, Box 9, Woodlawn,  
ON, K0A 3M0

# All Welcome



Father Anthony Nwaohiri [anwaohiri@gmail.com](mailto:anwaohiri@gmail.com)

phone (613) 623-3419, fax (613) 623-7282  
Web: <http://www.stgabrielparish.ca>

Deacon James Kubina [jgkubina@gmail.com](mailto: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.

Pastoral Directory on inside flap