

Fifth Sunday of Ordinary Time, February 08, 2026

Intentions:
Feb. 08 - For the **Holy Souls in purgatory** and for those who have
have no one to pray for them, requested by Janne Campbell.
Mass Intentions: \$15.00

Offertory Collection:
February 01 - \$1110.00 Thank You

February 08



St. Josephine Bakhita: Slave traders kidnapped Josephine when she was only 9 and gave her the name Bakhita, which means “fortunate.” While it may seem a cruel choice, in time Josephine came to see beauty in it, stating, “If I were to meet the slave-traders who kidnapped me and even those who tortured me, I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and Religious today.”

Josephine was born in 1869 in the Darfur region of western Sudan. She was sold as a slave several times until 1883, when she was sold to the Italian consul, who treated her with kindness and warmth. When he returned to Italy with his family, she accompanied them, and in 1888 she went to live at the Catechumenate of the Canossian Sisters in Venice. She was baptized in 1890, taking the name Josephine. According to Italian law, since she had reached the age of majority, she was now free. She chose to join the Canossian Daughters of Charity and lived 50 years in religious life in Schio (Vicenza). She led a simple life as a cook, seamstress and doorkeeper, and her gentleness and compassion for the poor and suffering endeared her to all. She is still known today in Schio as “our Black Mother.” She died in 1947, after a long illness, and was canonized in 2000. The first saint from Sudan, Josephine Bakhita is the patron of that country.



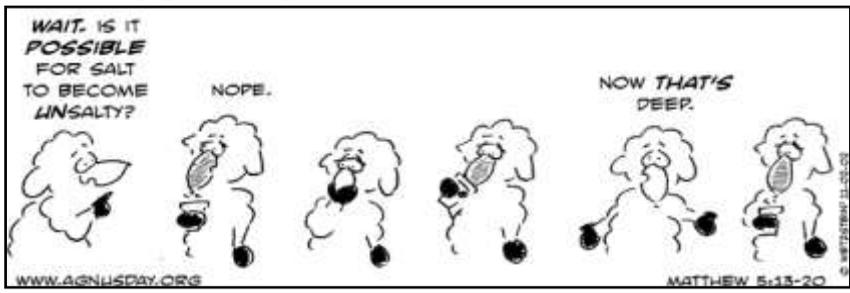
Prayers for the Sick. Please pray for the sick among our families and friends, especially for Roy Campbell, Linda Cassidy, Patricia Cassidy, Suzanne Lafontaine, Priscilla Rowley, and Lorraine Stafford. *The names will remain on the list until we are otherwise advised.*

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.



Reflection: The lights in a city create a glow in the sky that can be seen from miles away. However, a light can be hidden—put under a bushel; the light still shines, but its light is blanketed, covered over, kept from doing what it is meant to do. When Jesus says, “You are the light of the world,” he is saying that we can choose to cover over the grace that is given us. We can choose to ignore who we are called to be—beloved adopted sons and daughters—and act of “out of character.” Then our actions do not square up with who we are. By such choices we compromise both identity and mission. We must live who we are. Identity and mission cannot be separated. (Living Liturgy, p.58)

Vincentian Meditation: Vincent prayed that over time his designs and actions would be more and more in harmony with God’s desires. He knew that this was the way to a full life. One afternoon in the very last months of his life, Vincent sat with some of his close friends. In the way that people sometimes do when they sense that their time is coming to an end, Vincent began to speak about what mattered to him most. He did not tell of any particularly successful project, or of people whom he had loved and who had loved him, nor even of his precious poor ones. Rather, he talked to his friends about the loving hand of God that had led him, of the interior star that had steered him through all the hectic years. Bent and elderly as he was, he declared, “We should give ourselves to God and wear ourselves out for God.” (McKenna, Praying with Vincent, p.35)



NOTE: This weekend, we celebrate **Dignity of Human Life Sunday** in the Archdiocese of Ottawa-Cornwall. This year's focus is on the Church's call to compassionate, high-quality palliative care until natural death. Pamphlets that include this year's message from the Most Reverend Marcel Damphousse, our Archbishop, are available at the back of the church..



Stations of the Cross & Mass
Please join us at St. Gabriel's for the Stations of the Cross every Friday in Lent (except Good Friday) starting at 3:00 p.m.

Administrator's Corner

WE ARE THE LIGHT OF THE WORLD

A story is told of a man who saw the world as so corrupt and full of evil and in an attempt to avoid any risk of being corrupted or negatively influenced, ran into the forest and lived all by himself feeding on plants and animals. He died after a happy old age but was refused entrance into heaven. St Peter congratulated him on his effort to avoid the corrupt world but had to send him back to the same world in order to influence and change it positively rather than running away from it.

This story captures the words of Jesus in the gospel that one cannot light a lamp and put it under a bushel but on a stand so that it gives light to all in the house (Matt 5:15). Hence, “we are the light of the world and the salt of the earth”

Observe that the two elements mentioned above (i.e. light and salt) have something in common. They have little or no impact on themselves but on others. The salt abandoned in its container has no relevance and the light put under a bushel is useless. Hence, No one is a Christian for himself alone. Our identity as a Christians becomes evident and relevant when it manifests and impacts on the lives of others. Light is meant to dispel darkness and salt is meant to boost sweetness and act as preservative. As a matter of fact, christians share in the blame when evil continues to thrive in our society. The implication is that their light is no longer bright enough to dispel the darkness of the sin in our world. It also implies that their salt is no longer tasty enough to preserve the christian ethics handed on by Christ and the apostles. In otherwords, it means that Christians have become complicit, moral conformists, compromisers and accomplices. It was Dante Alheri who said that the hottest part of hell will be reserved for those who maintain neutrality in times of great moral crisis.

Recall that in the two occassions God wrecked havoc on earth,it were all because they lacked good men and women. (Confer the story of the flood in Genesis 6-9 and the detruction Sodom and Gomorrah in Genesis 18-19) Christians and the Church at large are to be held responsible if the society lacks in moral probity for their light ought to always shine in the society and world. It is on this note that the prophet Isaiah in the first reading tells us how to live out our Christian identity in order to let our light shine brightly. We are to help the poor, share our bread with them, shelter the homeless, clothe the naked etc. (Is 58:7).

The Christian identity must not be hidden, it must be evident in the way one goes about his or her daily lives. The Christian should shine brightly and differ from the normal way which the society sees as normal. There ought to be a clear difference between a nurse and a Christian nurse, a policeman and a Christian policeman, a banker and a Christian banker, a bartender and a Christian bartender, a lawyer and a Christian lawyer, a trader and a Christian trader etc. When Christians allow their lights to shine without compromise, then the world will definitely be a better place. May God give us the grace to stand out.

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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St. Gabriel's

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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

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

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