

Sixth Sunday of Ordinary Time, February 15, 2026

Intentions:

Feb. 15 - In loving memory of **Lois & Raymond Allen**, requested by their daughter Cynthia.

Mass Intentions: \$15.00

Offertory Collection:

February 08 - \$472.00 Thank You

Social Sunday: Today is **Coffee Sunday**, so please join us after mass for light refreshments and fellowship.

NOTE:

Norms for Lenten Observance: The liturgical season of Lent begins February 18. The following are guidelines of Lenten observance for the faithful in the Archdiocese of Ottawa: Ash Wednesday and Good Friday are days of fast and abstinence. Fridays are days of abstinence. Fasting binds all persons who have completed their 18th birthday through those who have completed their 59th year, unless prevented by poor health. On days of fast, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's own needs. Eating between meals is not allowed although fluids may be taken. Abstinence binds all persons who have completed their 14th birthday, unless prevented by poor health. In the Archdiocese of Ottawa, the consumption of meat is not allowed on Ash Wednesday, Good Friday, and all Fridays of Lent. The Archbishop mandates this observance for the spiritual well-being of the faithful.



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.

Lord, prepare me to be a sanctuary, pure and holy, tried and true, with thanksgiving I'll be a living sanctuary for you.

Reflection: Holiness demands that we live who we are...our identity and mission cannot be separated. "Doing" who we are—choosing to let our identity express itself in mission—is lived out in feeding the hungry, sheltering the oppressed and clothing the naked. The Bible in all its parts calls us relentlessly for action on behalf of others. This is a staggering demand, bigger than any individual, and so it is truly a corporate mission undertaken by the community of disciples working together. (Living Liturgy, p.5p)

Vincentian Meditation: Every Christian at every moment is called to holiness. Make no mistake about it. You are proclaiming a message at every moment of the day, even when you are not speaking. Your message must be authentic. It will be so, if you are authentic. Your authenticity as a Christian comes from your personal relationship with Jesus Christ, truly God and truly man. Often ask your self: "Could Jesus Christ share what I am going to say or what I am going to do?" If you can reply *yes*, then you are authentic. Holiness can be summed up in the words of Micah (Mi6:8): "God has shown you, O man, what is good; and what does the Lord require of you but to do justice and to love kindness and to walk humbly with your God."(McCullen, Deep Down Things, p.555)



This coming Tuesday

St. Gabriel's Pancake Supper, February 17th,
4:30-6:30pm At The Legion



Ash Wednesday service will be at
St. Michael's at 9:00 a.m.



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

Living the Fullness of God's Law with Wisdom and Love

At this last weekend before the beautiful season of Lent, the church invites us to reflect on our relationship with God's law and the wisdom that guides us.

Sirach 15:15-20 reminds us that God has set before us life and death, good and evil. We have been given the freedom to choose, and with the help of the Holy Spirit, we can go for what is truly good.

St. Augustine says, "God created us without us, but He did not will to save us without us." (St. Augustine)

In 1 Corinthians 2:6-10, Paul speaks of God's wisdom, hidden from the world but revealed to those who love Him. We are called to embrace this wisdom, which is Christ Himself.

St. Thomas Aquinas notes, "The wisdom of God is the cause of all things" (Summa Theologica I, q. 1, a. 1).

In Matthew 5:17-37, Jesus reminds us that He is not abolishing the law but fulfilling it. We are called to live the law with a heart full of love, mercy, and compassion.

Christ insists that we go deeper than the letter of the law. Going deeper than letter of the law involves love. When love is applied to laws, it reveals and fosters the spirit of the law. For instance, the law not to commit murder should not be limited to the letter of the law. It goes beyond that. Christ insists that when we are angry with our brother/sister; when we judge and condemn others; when we defame people through calumny and slander, we have already committed murder. Applying love in observing the laws inclines us to root out the causes of violating the law.

Pope Francis says, "The Christian life is not about following rules, but about following Jesus" (Gaudete et Exsultate, 21).

St. John Chrysostom adds, "The law is a shadow of good things to come, but the reality is Christ" (Homily on Hebrews).

Let us ask ourselves: Are we living the law with love and wisdom? Are we choosing life and God's ways?

Love should be the foundation and crown of all laws.

When laws are observed and applied without love, they become empty and mechanical.

May the Holy Spirit guide us to walk in the path of wisdom and love. Amen. Blessings.

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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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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