

## Second Sunday of Lent, March 1, 2026

### Intentions:

March 01 - In loving memory of **Gerald Lee**, requested by Suzanne and Ludo.

Mass Intentions: \$15.00

### Offertory Collection:

February 22 - \$600.00 Thank You

## March 02



**St. Agnes of Bohemia:** Agnes was the daughter of King Ottokar of Bohemia. She was engaged to Boleslaus when she was three and when he died, to Henry, son of Emperor Frederick II, when she was nine. She was overjoyed when Henry married the daughter of the Duke of Austria, as she had offered herself to God and hoped to live a life of austerity and virginity. Her brother affianced her to Frederick, and when in 1235 Frederick sent for her she petitioned Pope Gregory IX to intercede for her; when he did, Frederick released her from the engagement. In 1236 she built a convent for the Friars Minor in Prague, staffed by five nuns sent by St. Clare, and Agnes took the veil there. She was named abbess soon after and became renowned for her humility, aid to the poor, and her dedication to poverty. She died in Prague on March 2, 1282. She was canonized by Pope John Paul II in 1989.

### Lent - A Privileged Season to Reclaim Our Christian Identity:

Once again the season of *Lent* is upon us. Will it make a difference? Here is a delightful tale that we may want to keep before us in the next forty (40) days:

**A Cherokee elder, telling his grandchild about a fight going on inside himself, said it is between two wolves.**

**One wolf is evil. It is filled with anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.**

**The other wolf is good. It is filled with joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.**

**The grandchild thought about it for a minute and then asked the aged grandfather, "Which wolf wins?" The old Cherokee replied simply, "The one I feed."**

Which *wolf* do I feed? Surely, my belonging to *Jesus Christ*, based on my having been baptized in his name, has something to say about that!

**Reflection:** Christian living is about being "touched" by Jesus so that the fleeting moments of glory are made permanent in bettering the lives of others. We don't "build tents"; we feed the hungry, clothe the naked, touch the downhearted, visit the lonely, encourage the discouraged...bringing the tenderness of Christ to all persons who are destitute and forgotten. In this way Christ touches others through us. (Living Liturgy, p. 68)



### Vincentian Meditation:

"So very often, many outpourings of affection for God, of resting in his presence, of good feelings toward everyone and sentiments and prayers like these, although very good and very desirable, are nonetheless suspect if they do not express themselves in practical love which has real effects...Let us love God, my brothers, let us love God. But let it be with the strength of our arms and the sweat of our brow." -St. Vincent de Paul- (McKenna, Praying with Vincent, p.64)



### Stations of the Cross

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.

**Pope's Intentions for the Month of March:** For disarmament and peace: Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.



**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.*

## Administrator's Corner

### Transfigured: Unveiling God's Glory

Last Sunday at the beginning of our Lenten season, Jesus conquered Satan in the desert during his temptation. The lesson of this event has volumes to teach us. The reality of evil and the devil is obvious. Temptation is real and nobody is exempted. Life is a struggle and to survive, we need to follow Jesus closely and learn from him. Today the second week of Lent, in our spiritual Lenten journey Jesus is taking us to the high mountain to experience his glory with God the Father, to see what heaven looks like, to be consoled, and to believe in him as our Savior, to hear from the first class witnesses of what the value of suffering and Penance is, and to hear directly what God says about his going to the cross.

St. Thomas Aquinas noted: "The transfiguration was a foretaste of the glory of the resurrection." The transfiguration event on Mountain Tabor will encourage us to willingly accept our Lenten observances and at the end enter glory with Jesus.

The transfiguration experience is one of the clearest manifestations of Jesus tenderness and love for his disciples.

St Pope John Paul II said: "The Transfiguration is a revelation of the glory of Christ, which shines forth in the midst of human weakness." His love for them enables the disciples to contemplate his glorification.

He took three of them to the high mountain to show them the glory that lay behind his suffering and also to make them hear what he has been saying about his suffering and death from Moses, Elijah and the mouth of God himself.

St Leo The Great, commenting on this has this to say, "The principal aim of the Transfiguration was to banish from the disciples' soul the scandal of the cross."

In the high mountain alone with Jesus in prayer, without thinking about themselves, the doors of their souls were opened.

Shading more light on transfiguration St. Ephraim writes: "The Transfiguration is a manifestation of the glory of the Only-Begotten, which shines in the hearts of those who believe."

They discovered who Jesus was - The God made Man.

The disciples will never forget this drop of honey that Jesus gave them in the midst of their grief. Many years later, St Peter would recall and write this moment with all its clarity:

"And the voice was borne to him by the majestic Glory, "This is my beloved Son, with whom I am well pleased, 'we heard this voice borne from heaven, for we were with him on the Holy Mountain.' (2Pt.1:17-18).

This event invites us to reflect on our own experiences of God's presence. Like the disciples, we are called to listen to Jesus, the Beloved Son, and to be transformed by his light. As we journey through Lent, may we open our hearts to the transformative power of God's love, and be transfigured by his glory.

## 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

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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