

Third Sunday of Lent, March 8, 2026

Intentions:

March 08 - For the Holy Souls in purgatory and for those who have no one to pray for them, requested by Janne Campbell.

Mass Intentions: \$15.00

Offertory Collection:

March 1 - \$1185.00 Thank You

Missionary Works - \$107.00 Thank You.

March 08



Saint John of God: John was born in Portugal on March 8, 1495. He worked as a soldier of fortune, an overseer of slaves, a shepherd, a crusader, a bodyguard, and an peddler. Wracked by guilt over his wasted life, he sought the counsel of John of Avila, who helped him dedicate himself to the care of the sick and the poor. Others joined him and they became known as the Order of Brothers Hospitallers or Brothers of St. John of God. John died on his birthday in 1550 and was canonized in 1690. He is the patron of hospitals and the sick.

March 09

Saint Frances of Rome: Frances was born in 1384 in Rome. She was happily married and had three children. The death in infancy of two of her children taught Frances compassion for others. She took food to the poor, and visited the sick and the needy in their homes to care for them.

She gathered other women, mainly widows and young women who lived a life of prayer and cared for others, and founded a community of Benedictine oblates. When her husband died, Frances joined their community. She died in 1440 and was declared a saint in 1608. She is a patron of widows.

March 11

St. Constantine of Cornwall: Constantine was king of Cornwall. Unreliable tradition has him married to the daughter of the king of Brittany who on her death ceded his throne to his son and became a monk at St. Mochuda monastery at Rahan, Ireland. He performed menial tasks at the monastery, then studied for the priesthood and was ordained. He went as a missionary to Scotland under St. Columba and then St. Kentigern, preached in Galloway, and became Abbot of a monastery at Govan. In old age, on his way to Kintyre, he was attacked by pirates who cut off his right arm, and he bled to death. He is regarded as Scotland's first martyr.

His feast day is March 9 in Wales and Cornwall, March 11 in Scotland and March 18 in Ireland.

Reflection: Thirst is a metaphor for conversion. It captures the dynamic of encountering Christ, hearing his voice, seeing our lives for what they are, and then turning to Christ who is the source of our thirst. Christ is the "gift of God" who gives us the "living water" of his own preaching, dying, and rising. All we need do is drink deeply and we, too, will never thirst again. It is then that we will be able to say with Jesus, "My food is to do the will of the one who sent me and to finish his work." (Living Liturgy,p.72)



Lost and Found

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

Holy Week Schedule

Thursday 26 March - Parish Reconciliation (St.Michael) 7:00 pm.
Friday 27 March - Stations of the Cross (St. Gabriel) 3:00 p.m.
Saturday 28 March - Passion (Palm) Sunday (St. Michael) 4:00 p.m.
Sunday 29 March - Passion (Palm) Sunday (St. Michael) 9:00 a.m.
Sunday 29 March - Passion (Palm) Sunday (St. Gabriel) 11:00 a.m.
Tuesday 31 March - Chrism Mass (Notre Dame Basilica) 5:00 p.m.
Thursday 02 April - Mass of the Lord's Supper (St. Gabriel) 5:00 p.m.
Friday 03 April - Passion of the Lord (St. Michael) 3:00 p.m.
Saturday 04 April - Easter Vigil (St. Gabriel) 8:00 p.m.
Saturday 04 April - Easter Vigil (St. Michael) 8:00 p.m.
Sunday 05 April - Resurrection of our Lord (St. Michael) 9:00 a.m.
Sunday 05 April - Resurrection of our Lord (St. Gabriel)11:00 a.m.

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

THIRSTING FOR THE LIVING WATER

John 4:5-42 tells the story of Jesus meeting the Samaritan woman at the well. This encounter reveals Jesus as the source of living water, quenching our deepest thirst.

The Samaritan woman was thirsty, physically and spiritually. Jesus offers her living water, saying, "Whoever drinks the water I give them will never thirst" (John 4:14). Like her, we thirst for meaning, love, and salvation. "The desire for God is written in the human heart" (CCC 2565).

St. Augustine says, "You made us for yourself, O Lord, and our hearts are restless until they rest in you." (Confessions). Our hearts are restless because we were made for God. Jesus offers us the living water of faith, hope, and love.

Pope Francis reminds us, "The Christian is a joyous person... who knows that he or she is not alone, but has a friend in Jesus." (Gaudete et Exsultate). When we drink from Jesus' well, we become joyful missionaries, sharing the good news.

St. Irenaeus writes, "The glory of God is man fully alive." When we encounter Jesus, He gives us clear purpose and meaning of life. When we choose to adopt his way of life, everything about us changes for good. That is what we celebrate in the Samaritan woman, whose life was transformed, sharing her experience with others (John 4:39).

St. Thomas Aquinas notes, "The desire for happiness is natural to man." We seek happiness, but true fulfillment comes from Jesus, the living water.

In Romans 5:5-8, Paul writes, "God's love has been poured into our hearts." Jesus' sacrifice shows God's immense love. When we drink from the living water, we are filled with God's love, enabling us to love others.

Dear friends it is said that "a joy well possessed is the joy that is shared" Hence remember that when this Samaritan woman eventually tasted the sweetness of salvation, she was filled with joy. Did she keep it to herself alone? No. She shared it with others; and invited them to come and experience it for themselves. She immediately became evangelists. Is this not amazing?

Do we still feel comfortable talking to people about our faith? What is my spiritual thirst? Am I drinking from Jesus' well? Do we still invite family and friends to church as much as we invite them to see a movie or have supper with us?

May God help us to be joyful missionaries, sharing the living water with others.

Prayer: Lord, we are thirsty. Give us living water, that we will be filled with your love and share it with others. Amen. PEACE!

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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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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