

Passion (Palm) Sunday March 29, 2026

Intentions:

March 29 - for the repose of the soul of **Palmira Carmelato**, requested by her granddaughter Antonella del Papa..
Mass Intentions: \$15.00

Offertory Collection:

March 22 - T.B.A. Thank You.

March 30

Blessed Mary Restituta Kafka aka, Helen Kafka, Helena Kafka, Maria Restituta Kafka, Sister Restituta. She was the sixth daughter of a shoemaker. Grew up in Vienna, Austria. She worked as a sales clerk then was a nurse. She joined the Franciscan Sisters of Christian Charity in 1914, taking the name Restituta. martyr. Worked for twenty years as a surgical nurse, beginning in 1919. Vocal opponent of the Nazis after Anschluss, the German take over of Austria. Sister Restituta hung a crucifix in every room of a new hospital wing. The Nazis ordered them removed; Restituta refused. She was arrested by the Gestapo in 1942. Sentenced to death on 28 October 1942 for "aiding and abetting the enemy in the betrayal of the fatherland and for plotting high treason"; Martin Bormann decided that her execution would provide "effective intimidation" for other opponents of the Nazis. She spent her remaining time in prison caring for other prisoners; even the Communist prisoners spoke well of her. She was offered her freedom if she would abandon her religious community; she declined. Martyr. Born 1 May 1894 in Brno, Czechoslovakia (modern Czech Republic) as Helena Kafka, died - beheaded on 30 March 1943 Vienna, Austria.

Venerated 1998 by Pope John Paul II (decree of martyrdom)
Beautiful 1998 by Pope John Paul II.

"I have lived for Christ; I die for Christ"

~ Blessed Mary Restituta Kafka~

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 .

Reader's 2nd Quarter Schedules are now available at the back of the church.

NOTE

Reflection: From the high hosanna acclamation to the low of betrayal, denial, and abandonment the gospel take us up and down to the brink of life itself. Like the disciples, we also know who Jesus is. Every Sunday we make our profession of faith: "We believe in one Lord, Jesus Christ, the only Son of God..." This Palm Sunday we are invited to reflect on our own knowledge of who Jesus is and how well we confess him in our daily living. It is a daily choice to live the gospel's requirement that we die to ourselves for the sake of others. This is how we confess Jesus as the Son of God. This is how, rather than denial and abandonment, we come to stand at the cross with Jesus. (*Living Liturgy, p 88*)

Vincentian Meditation: "The earth has grown cold. It is for us Catholics to revive the vital beat to restore it, it is for us to begin over again the great work of regeneration, if necessary to bring back the era of the martyrs. For to be a martyr is possible for every Christian, to be a martyr is to give his life for God and his brothers, to give his life in sacrifice, whether the sacrifice be consumed in an instant like a holocaust, or be accomplished slowly and smoke night and day like perfume on the altar. To be a martyr is to give back to heaven all that one has received: his money, his blood, his whole soul.." - Bl. Frederic Ozanam (*Letter 90, to Curnier, 1835*)

Holy Week Schedule

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.

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, Lorraine Stafford and Arleen Whelan . *The names will remain on the list until we are otherwise advised.*



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

Administrator's Corner

EMBRACING THE WAY OF THE CROSS

This weekend liturgies ushers us into the most solemn period in our Lenten season starting with Palm Sunday; the triumphant entry of Jesus into Jerusalem on one hand and his passion on the other hand. To understand the deeper meaning of this liturgy we are encouraged to see it through the light of a bird needing two feathers in order to fly. The kingship of Jesus is marked with fanfare as he enters Jerusalem and also his passion, death and resurrection that pay the price for humanity's sins thus setting us free for God. His triumphant entry into Jerusalem leads to death. He died, not for the righteous, but for sinners. He did this because of love. Let us learn also to live a life of service in our community.

St. Augustine says, "The Lord's passion is our salvation." Jesus' obedience brings redemption, showing God's love in the face of suffering.

In His passion, Jesus embodies the Suffering Servant of Isaiah. "He was wounded for our transgressions" (Isaiah 53:5). St. Thomas Aquinas notes, "Christ's passion is the cause of our salvation."

Pope Francis reminds us, "God's mercy is revealed in the crucified Jesus." The cross is where mercy and love meet humanity's sin.

St. Irenaeus writes, "Christ recapitulated human disobedience in His obedience." Jesus' 'yes' to God reverses Adam's 'no'.

St. John Chrysostom says, "The cross is the key to paradise." Through Jesus' obedience, we receive forgiveness and new life.

Jesus asks, "Who do you say that I am?" (Matthew 16:15). Like Simon Peter, may we confess, "You are the Christ." Embracing the way of the cross leads to life.

On Holy Thursday we celebrate the last supper Jesus had with his disciples. In that beautiful liturgy, He ordained the first priests, Instituted the Eucharist (His body and Blood) as food for pilgrims (all of us) on our journey to heaven and Washing of feet which is a symbol of service to brothers and sisters.

On Good Friday he paid the price of laying down his life in obedience to the will of His Father for the salvation of humanity.

On Holy Saturday God the father said that enough of this injustice on Jesus, hence He raised Jesus from the dead.

Dear friends as we enter the week that revolutionized the world starting with Palm Sunday, we are called to reflect on the values Jesus championed so that we may walk in his footsteps in the circumstances of our own lives. His death, on the outside, is simply brutal violence- the crucifixion. From within, it becomes an act of total self-giving love. Thus, Good Friday is not nearly as bad as it looks from the outside and Easter Sunday is much better than we can ever imagine.

Prayer; Lord, help us follow You on the way of the cross, trusting in Your love and mercy. Amen



Pastoral Directory

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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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