

3rd Sunday of Easter, April 19, 2026

Intentions:

April 19 - in loving memory of **Rose and Alfred Deslauriers**, requested by their daughter.

Mass Intentions: \$15.00

Offertory Collection:

April 12 - T.B.A.

Thank You.

April 21



Saint Anselm: Born in 1033, Anselm was motivated to enter the monastery of Bec in Normandy due to the reputation of the great teacher, Lanfranc. Anselm became a monk at the age of 27, and a student and close friend of Lanfranc, eventually succeeding him as prior and abbot of Bec.

After the Norman Conquest of England in 1066, William I replaced the English hierarchy with Normans, and Lanfranc was sent as archbishop of Canterbury. Three years after Lanfranc's death, Anselm was in England (1093) and was forcibly made archbishop. Neither an administrator nor a politician by nature, he persevered nonetheless. Through his encouragement of English devotions, he helped heal the wounds of the Conquest on the English.

Anselm's fame lies in his role as theologian and philosopher. His argument for the existence of God still holds strong appeal. In his concern for the oppressed, he was one of the first opponents of the slave trade. Anselm died in 1109. Never formally canonized, he was made a Doctor of the Church in 1720.

"God is a being than which nothing greater can be conceived."

~ Saint Anselm ~



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 April: For priests in crisis: Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.



St. Michael week day masses: Wednesday and Friday as usual, Thursday: No mass because denary meeting

Reflection: The disciples had given up hope, they were confused and downcast. But they still had a spark within them and their hearts burned as they once again heard the Scriptures. But they could not see, could not understand. It was only their hospitality, "Stay with us", in the spaciousness of their reaching out to the Stranger and offering what they could give that their eyes were opened. Our daily reaching out to our neighbor is our daily walk with the risen Christ; we recognize him in others. (*Living Liturgy, p.126*)



Jesus met them exactly where they were. He approached them as a stranger, giving them space to express their confusion and pain. This became the perfect moment for Him to lead them into deeper faith. His teaching stirred their hearts so profoundly that they begged Him to stay with them.

His loving catechesis opened their hearts, and their hospitality opened the door for the revelation that followed. At the breaking of the bread, their eyes were fully opened, and they recognized Him. Immediately, He vanished from their sight.

Only then did they begin to reflect on why they had failed to recognize Him earlier. Their joy was so great that, despite the long day's journey, they hurried back to Jerusalem to share their renewed faith. A joy truly possessed is a joy that must be shared.

These disciples had only half the Gospel. Jesus completed the missing piece by connecting Scripture with the Eucharist—and everything changed. The Christian life is also a journey in which we come to know Jesus more deeply as we pay attention to what unfolds along the road of life.

Our understanding grows with time. For some, like St. Paul on the road to Damascus, it comes in a sudden flash. For most of us, it unfolds gradually over a lifetime. We do not fully grasp the mercy of God until we have loved, been wounded, and learned to forgive. We cannot appreciate the Father's love in giving His only Son until we have experienced the love of a parent—or the heartbreak of losing a child.

In the Emmaus story, Jesus reveals Himself through two actions: **He explains the Scriptures and He breaks bread.** He does the same when He appears to the Apostles: first opening their minds to Scripture, then sharing a meal with them.

Scripture alone, without the Eucharist, cannot give us the full encounter with Jesus. The Eucharist is the highest revelation of Christ to humanity. Reading Scripture and preaching the Word—no matter how skillfully—cannot replace the fullness of Christ's presence in the Eucharist. Luke repeats these details to remind us that Jesus continues to feed us in the same way at every Mass.

There is no better way to grow in the knowledge of God and strengthen our faith than by participating in the Holy Sacrifice of the Mass. In the Mass, we are **fed** by the Word of God in the Liturgy of the Word and **nourished** by the Body and Blood of Christ in the Liturgy of the Eucharist. Do not allow anything to deprive you of these two gifts.

To know Jesus fully, we must be open to both Scripture and the Eucharist.

To understand Scripture correctly, the Church gives us trained teachers to guide us. Not everyone is equipped to interpret Scripture faithfully. Beware of shallow or sensational interpretations. We cannot recognize Jesus only in the Word or only in praise and worship. The full and proper encounter with Jesus happens in the Mass—through both the Liturgy of the Word and the Liturgy of the Eucharist.

Let us be grateful for the gifts of Scripture and the Eucharist, and let us treasure them always. **Amen.**



Administrator's Corner

THE TWO-FOLD TABLE: FED BY SCRIPTURE, NOURISHED BY THE EUCHARIST

Today's Gospel begins by recalling the two disciples on the road to Emmaus and then moves to Jesus appearing to the Apostles to strengthen their faith. The Emmaus story presents two disciples leaving Jerusalem on Easter Sunday, discouraged and heartbroken over the crucifixion of Jesus. Although Jesus had predicted His Passion, Death, and Resurrection three times, they—like Thomas and many in the early Church—never imagined that He might truly rise from the dead. They left Jerusalem believing everything had ended.

These disciples had walked with Jesus and shared meals with Him for three years, yet they did not recognize Him on the road because their hearts were consumed by grief and disappointment. When we lose hope, we miss the lessons hidden in life's struggles. We fail to notice Jesus walking beside us. What a profound loss.

The two disciples represent many Christians today who are physically present in the Church but have not yet understood what it means to follow Jesus or to be His Body in the world. Missionary discipleship is not merely attending Mass or making donations. It is a lifelong process of being formed by Christ through Scripture and Sacraments, and then sanctifying the world by who we are in Him and what we have received from Him.

Like many of their time, the disciples saw the crucifixion as a humiliating failure. Yet Calvary was not the collapse of Jesus' mission—it was its fulfillment. As Jesus walked with them, He opened the Scriptures and revealed the true meaning of the Cross and the reality of the Resurrection.

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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Deacon James Kubina jgkubina@gmail.com

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
	Wednesday 8:00 am adoration/confession, 9am mass
	Thursday 8:30 confession, 9am mass
	Friday 8:30 confession, 9am 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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