

## 5th Sunday of Easter, May 03, 2026

**Intentions:** In loving memory of **Lois & Raymond Allen**, requested by their daughter Cynthia.  
Mass Intentions: \$15.00

### Offertory Collection:

April 26 - \$555.05 Thank You.

### May 04



**Saint Marie-Léonie Paradis:** Élodie Paradis was born in 1840 in L'Acadie, Quebec. She was an only child and when she wanted to enter a convent her parents, although very Catholic, attempted to dissuade her. They finally accepted their daughter's decision. She entered the Congregation of the Holy Cross but then she felt called to found a new Congregation, that of Little Sisters of the Holy Family, whose ministry is to support priests. At age 17 she took vows with the Marianite Sisters, a branch of the Congregation of Holy Cross. She taught in Montreal, New York and Indiana before finding the opportunity to fulfill her calling of dedication to the care of priests and seminarians. In 1877, Mother Marie-Léonie (Elodie's religious name), with 14 young Acadian women, founded the Litter Sisters of the Holy Family, in Memramcook, NB. Mother Marie-Léonie worked tirelessly for others and was known for her generosity and humility. She died in 1912, was beatified by Pope John Paul II in 1984 and canonized by Pope Francis in 2024.

**Pope's Intentions for the Month of May:** That everyone might have food: Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food and to ensure that everyone has access to quality food.

**NOTE:** St. Michael Catholic School Mass this week is Wednesday 11a.m.

A Combined Pastoral council meeting of St Michael and St Gabriel councils will take place on Tuesday the 5<sup>th</sup> May at 6pm. The venue is the Rectory.

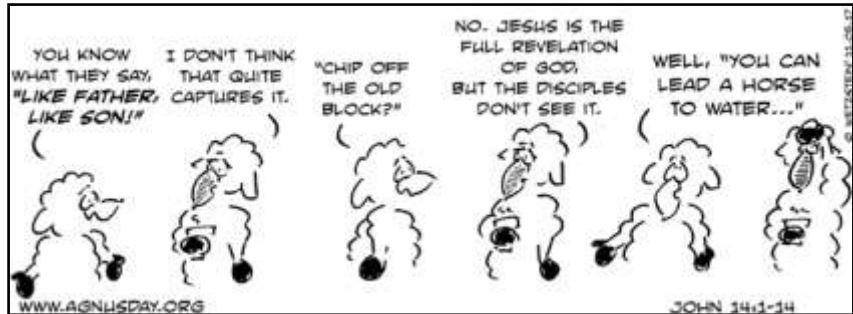
Next Sunday we will be celebrating our little angles who will be doing their 1<sup>st</sup> communion here at St. Gabriel's.

17<sup>th</sup> May is our next coffee Sunday and also cell phone Sunday.

May 30<sup>th</sup> will be a retreat for Teen Girls age 13-19 venue St Michael Corkery, time 10am to 3pm with free lunch. For registration please call Jillian Duffy (226) 237-5677.

**Reflection:** Jesus is the Way-the Truth-and the Life, because of his relationship with the Father. The good news is that when we relate to Jesus, we are relating to God. And when we encounter the risen Christ, we encounter God. We encounter the risen Christ by doing the works of Christ and by recognizing Christ in the other. Thus, the challenge here is that our baptism plunges us not only into a relationship with the Triune God but also with each other. Therefore, our belief in the resurrection and the good news of salvation isn't something that stays in our heads but is played out concretely in the way we treat others in justice, mercy, forgiveness, and love. That is the good news! (*Living Liturgy, p.134*)

**Vincentian Meditation:** Vincent said: "To make God known to the poor, to tell them that the Kingdom of Heaven is at and that it is for the poor. O how great that is, so sublime is it to preach the gospel to the poor that is, above all, the office of the Son of God. (McKenna, Praying with Vincent, p. 41)



**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

### JESUS OUR WAY OUR TRUTH AND OUR LIFE:

It was Pope St. John Paul II who on World Youth Day 1993 told the young people in Denver that: "Only in Christ can men and women find answers to the ultimate questions... Jesus Christ is the only Son from the Father...full of grace and truth."

He also said something I want you to hold onto this day: "We are not the sum of our weaknesses and failures; we are the sum of the Father's love for us and our real capacity to become the image of his Son." That's who we are. But how do we get there? Jesus gives us the answer: "I am the Way, the Truth, and the Life."

Life needs a GPS. Jesus is it. To use GPS you punch in two things: where you are, and where you're going. Spiritual life works the same. So ask yourself: Where am I with Jesus right now? Is my commitment full time or part time? Do I really recognize Him as "the way, the truth, and the life" (Jn 14:6)?

Jesus is the Way because He walked it first. He followed the Father's plan all the way to the Cross, freely laying down His life for us. To accept Jesus as our Way means, joyfully accepting God's plan for our life, even when it's the narrow way of humility, self-giving, and service. It's not easy. But it's the only road to the Father.

Jesus is the Truth because He is the Father's Word. "The Father who sent me has himself given me commandment what to say and what to speak" (Jn 12:49). Jesus doesn't just speak the truth. He is Truth. He reveals the whole truth about God: that the Father is loving, merciful, and lives in us. Without Him, our vision of God, ourselves, and the world is distorted. As Thomas à Kempis said: "Without the Truth, there is no knowing."

Jesus is the Life because He gives His own life to us. By emptying Himself on the Cross, Jesus received the fullness of life from the Father and became its source for us. He is Life itself, and He shares it through the Holy Spirit and the Sacraments- "Without the Life, there is no living."

An example is when the early Church faced a problem: Greek-speaking widows were being overlooked. The apostles lived Jesus as Way, Truth, and Life. They didn't ignore it or fight. They prayed, discerned the truth, and created the way forward by ordaining deacons. They kept worship and mission first. Truth led to a new way that gave life.

Jesus isn't a hobby. It's a whole-life venture. It means union with Him in mind, heart, will, and action.

Yes, it's the way of the Cross. But remember John Paul II reminds us that: "You are the sum of the Father's love for you. You are held in the Shepherd's hand."

So this week, see Jesus as your GPS. Ask Him: "Lord, where am I? Where are you taking me? Show me the next step." And then take it. Because He is the Way. He is the Truth. He is the Life.

For in the words of Thomas à Kempis: "Without the Way, there is no going. Without the Truth, there is no knowing. Without life, there is no living."

## 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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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

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.

Pastoral Directory on inside flap

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