

Ascension of the Lord. May 17, 2026

Intentions: May 17: In Loving memory of **Kevin Lee Reteff**, requested by Suzanne and Ludo.
Mass Intentions: \$15.00

Offertory Collection:

May 10 - \$1133.75 Thank You.

Social Sunday: Today is **Coffee Sunday**, so please join us after mass for light refreshments and fellowship.

May 18

Saint John 1: When John 1 became pope in 523, Italy was ruled by an Arian, Theodoric the Goth, who had reversed his policy of tolerance toward Christians because of trouble between Rome and the emperor of Constantinople, Justine I. When his subjects appealed to him, Theodoric organized a delegation to negotiate with the emperor and ordered a reluctant Pope John to head the mission. Enthusiastically received, John did win some concessions, but Theodoric was not satisfied. In 526, when the delegation returned to Ravenna, the pope and his entourage were imprisoned. John died soon after, probably of starvation.

May 20

Saint Bernardine of Siena: Child of a noble family, Bernardine, born in 1380, was orphaned at 7 and raised by loving relatives who provided him with an excellent education. During an outbreak of the plague in 1400, he ministered to the sick, inspiring other young men to take the same risk. In 1402 he entered the Franciscan order and was ordained in 1404. Commissioned to preach, Bernardine won converts all over northern and central Italy. Having refused several bishoprics, he became vicar general of the Franciscans, brought reform and inspired vocations. Bernardine died in 1444 and was canonized in 1450.

"Let Mary never be far from your lips and from your heart.

Following her, you will never lose your way.

Praying to her, you will never sink into despair.

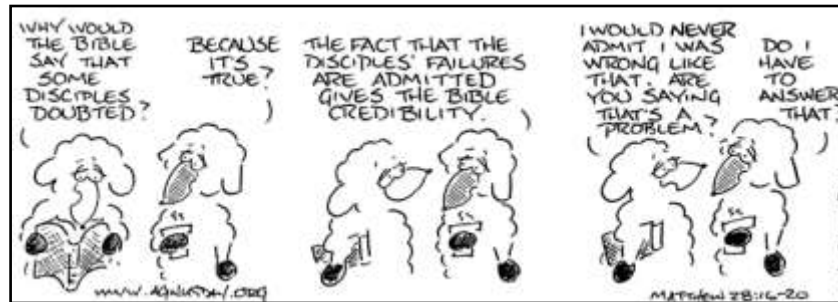
Contemplating her, you will never go wrong."

~ Saint Bernardine of Siena ~

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.

Reflection: Jesus knew that his mission was not to be continued by mere humans; on our own authority and power we could not give true witness and our doubts and misunderstandings could never be overcome. Jesus knew that his mission could be entrusted to his disciples because they "will receive power when the Holy Spirit comes upon" them. It is the Spirit who resolves doubt, clears up misunderstanding about the mission, gives wisdom, revelation, and knowledge. Thus, being disciples of Jesus is not something we are alone. We are disciples by letting the Spirit work through us as we live our everyday life. (*Living Liturgy, p.142*)

Vincentian Meditation: Vincent said to his priests: "...that we should be called to associate with, and to share in, the works of the Son of God surpasses our understanding. What! To render ourselves -I do not dare say it- so great, so sublime, it is to preach the gospel to the poor, for it is above all else the office of the Son of God, and we are applied to it as instruments by which the Son of God continues to do from heaven what he once did on earth. Great reason have we...to praise God and to thank him unceasingly for this grace!" (*McKenna, Praying with Vincent, p. 53*)



Novena to the Holy Spirit starts Friday (15th May) this week.

We will recite the prayer after each mass (venue St. Michael).

If you cannot make it to daily mass recite it at home. Note that 18th and 19th of May there will be mass at 9am at St Michael.

May 30th 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.



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

TO BE LIFTED UP, GET TO WORK

A story is told: After His Ascension, Jesus met the angels in heaven. They asked, "Who will continue your work on earth now?" Jesus replied, "I gathered a group of followers who believe in me. They will spread the Gospel and carry on the work of the Church." Gabriel was surprised. "You mean Peter, who denied you? The other ones who ran away at the Cross? And what if they fail? What's your Plan B?" Jesus said, "I have no other plan. It must work."

Truly, we are the plan. Jesus entrusts His mission to ordinary people like us. Today we celebrate Jesus' exaltation and the end of His earthly life. But His Ascension is not Him leaving us. He promised, "I am with you always, to the end of time" (Mt 28:20). He is present in a new way through the Holy Spirit. That Spirit gives us power to preach the Good News and live His word. Ascension and Pentecost together mark the birth of the Church. The Church is a community "in mission," guided by the Spirit and confident in God's protection.

In today's Gospel, Jesus says to all believers, not just the Twelve: "Go out to the whole world and proclaim the Gospel to every creature" (Mk 16:15). To be Christian is to proclaim. We preach with words, but we proclaim with our lives. As we celebrate His return to the Father, we are commissioned to be witnesses to life, love, hope, and peace. Start where you are: in your family, your parish, your workplace. "Live in a manner worthy of the call you have received" (Eph 4:1).

St. Augustine reminds us: "Christ is now exalted above the heavens, but He still suffers on earth in the members of His Body. He said, 'Saul, Saul, why do you persecute Me?' While in heaven, He is with us. While on earth, we are with Him" (Eph 4:1-6). Jesus is present by His divinity, power, and love. We may not be in heaven as He is, but in Him, we can be there by love.

"All authority in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them... and teaching them to observe all I have commanded you" (Mt 28:18-20). This task feels huge. But it rests on Jesus' authority, not ours. He gives us the grace to do it. We live in the final phase of salvation history. Like St. John Henry Newman prayed: "God has created me to do Him some definite service. I have my mission. I am a link in a chain."

Each of us has a role. Remove your eyes from your weakness. Fix them on His presence in Scripture and the Sacraments. Step out in faith, and you'll see abundance begin—in your life and in those around you. The disciples returned to Jerusalem "with great joy" (Lk 24:52). May we do the same.

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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Roman Catholic Church

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All Welcome



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Web: <http://www.stgabrielparish.ca>

Deacon James Kubina jgkubina@gmail.com

Weekly Eucharist

St. Gabriel's (Constance Bay) **St. Michael's** (Fitzroy Harbour)

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|----------------------|--|
| 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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