

Corpus Christi Sunday, June 07, 2026

Intentions: June 07: For the Holy Souls in purgatory, and for all those who have no one to pray for them, requested by Janne Campbell.

Mass Intentions: \$15.00

Offertory Collection:

May 24 - \$630.00.

May 31 - \$633.00 Thank You.



June 09

Saint Ephrem: Ephrem lived from about 306 to 373. Born in Mesopotamia, Ephrem was baptized at 18 and eventually became a deacon, but he humbly refused ordination to the priesthood. After the fall of his home city to the Persians in 363, Ephrem retired to a life of solitude in a cave to write commentaries and hymns. Recognizing the power of music and poetry to evangelize, he was the first to introduce hymns into public worship. Called the “Harp of the Holy Spirit,” he died at Edessa on June 9th. In 1920 he became a Doctor of the Church.

11 June

Saint Barnabas: Barnabas, a Jew from Cyprus, came to Jerusalem, where he joined the Christian community. The apostles changed his name from Joseph to Barnabas, or “man of encouragement.” Our knowledge of Barnabas is recorded by Luke in Acts: he was a good man, full of the Holy Spirit and of faith. It was Barnabas who accepted Paul into the community after his conversion and who was at Paul’s side for many years as his partner evangelizing the Gentiles. Tradition says he was stoned to death in Cyprus about the year 61.

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

Pope’s Intentions for the Month of June: : For the values of sports: Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.



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.*



Reflection: In the mystery of the Eucharist self-giving and community are inseparable. Life is the most precious possession any one of us has. To share one’s life, then, is to share with another our deepest being. Community is the commingling of life through mutual self-giving. Jesus’ gift of life to us through our participation in his Body and Blood is not simply for our own sakes, but for the sake of others. To receive this gift of life is to be compelled to give this gift to others. Eucharist nourishes us and gives us the strength to choose self-giving as a way of living and this is the only way to achieve eternal life. No wonder we call ourselves a Eucharistic people! *(Living Liturgy, p.160)*

Vincentian Meditation:

St. Louise prayed: “Give Yourself entirely to me, my God. May Your precious body, Your holy soul, and Your glorious divinity, which I adore in this Holy sacrament, take complete possession of me. Sweet Jesus! Gentle Jesus! My God and my All! Have mercy on all souls redeemed by Your precious blood. In flame them with the arrow of Your love in order to make them grateful for the love that urged You to give Yourself to us in the Blessed Sacrament.” *(Gibson and Kneaves, Praying with Louise, p. 59)*



Exposition of the Blessed Sacrament held at St. Michael’s Parish only: You are most welcome to join us Wednesday mornings, with exposition at 8:00 am and Mass at 9:00 am

Upcoming Bottle Drives.

- June 27
- *July 25**
- Aug. 15
- Sept. 12
- Oct. 24
- Nov. 21

***Christmas in July.**

Administrator's Corner

Eucharist: The Bread of Life

Today the Church celebrates Corpus Christi. This one feast honors three realities: Christ’s Eucharistic Sacrifice, the Sacrament of the Eucharist, and His Real Presence with us under the forms of bread and wine.

At the Last Supper, Jesus gave us the Eucharist as both a meal and a sacrifice. As a Sacrament, the bread and wine become the Body and Blood of the Risen Jesus. We call this change “Transubstantiation”. The appearances remain, but the substance is now Christ Himself, given to nourish and strengthen us for life’s journey.

As a Sacrifice, the Mass re-presents Christ’s one sacrifice on Calvary. In an unbloody way, His death and resurrection become present on our altar. Through the priest, Jesus offers Himself to the Father, and with Him, He offers us. Pope St John Paul II called the Eucharist “the most precious possession the Church has”. His daily hour of adoration shows us the reverence this gift deserves.

The Eucharist also makes us one. St John Chrysostom wrote: “What is the Bread? The Body of Christ. What do we become? The Body of Christ.” Just as many grains form one loaf, and many grapes one cup, so we are united in Christ. Christ is the Head; we are His Body. Communion strengthens our unity and teaches us to give our time and talents for one another.

At Emmaus, two disciples walked away discouraged. Jesus walked with them, broke open Scripture, then at table He “took bread, blessed, broke it, and gave it to them”. Their eyes opened. Strengthened by the Eucharist, they ran back to Jerusalem to proclaim: “The Lord is risen!”

That is our pattern too. At each Mass the word of God opens our eyes to the reality of Jesus in the Eucharist and we are fed with the body and blood of Jesus. The mass ends not with “dismissal” but “mission”. Having received the Bread of Life, we are sent to share His love, service, and hope with all we meet this week. Let us give thanks for Jesus’ sacrificial gift, and ask for grace to give ourselves back to Him.

May this feast renew in us a daily reverence for Christ in the Blessed Sacrament as we pray:
 O Sacrament most Holy,
 O Sacrament Divine,
 All praise and all thanksgiving,
 Be every moment thine.

Father Anthony

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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JENNA SUDDS

Member of Parliament for Kanata - Carleton

Parliament Hill Office

House of Commons
Ottawa, Ontario, K1A 0A6

Phone (613) 992-1119
Email: jenna.sudds@part.gc.ca



Constituency Office

555 Legget Drive, Suite 121
Kanata, Ontario, K2K 2K3

Phone (613) 592-3469
Email: jenna.sudds@part.gc.ca

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Roman Catholic Church

205 Bayview Drive, RR3, Box 9, Woodlawn,
ON, K0A 3M0

All Welcome



Father Anthony Nwaohiri anwaohiri@gmail.com

phone (613) 623-3419, fax (613) 623-7282

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

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.

Pastoral Directory on inside flap

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