

**11th Sunday in Ordinary Time, June 14, 2026**

**Intentions: June 14:** For the parishioners of St. Gabriel & St. Michael Parishes.  
 Mass Intentions: \$15.00

**Offertory Collection:**  
 June 07 - \$859.10 Thank You.

**Social Sunday:**

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

**Reflection:** The mission of Jesus’ disciples is to reach out to others with the same compassion as Jesus had, a gift of God. Compassion is the wellspring for ministry. The urgency of divine compassion teaches us that our ministry is one of mercy and charity. There are always people “without a shepherd”: the teen who needs an adult to guide them along right paths, the lost traveler who asks for a bit of our time, young children who are looking for companionship and guidance, the coworker who needs a listening ear, the spouse who needs our gratitude and love, the homeless who is cold, the single parent who needs support and food for their family. (*Living Liturgy, p.172*)

**Vincentian Meditation:** “Whenever I happened to speak abruptly to the convicts, I spoiled everything. But whenever I praised them for their acceptance and showed them compassion, whenever I sympathized with them in their sorrows, when I kissed their chains and showed how upset I was when they were punished, then they always listened to me and even turned to God.” (*McKenna, Praying with Vincent, p.96*)



**MOVED WITH COMPASSION TO BRING HEALING TO OUR BROKEN WORLD**



Our world is broken and it needs healing. We see it in the single parent working two jobs who gets asked, “What would you do to survive?” and have no good answer. Further it is seen in the evening news: wars that displace families, greed that empties communities, abuse of power that silences the weak. Similarly, we see it closer to home in loneliness, addiction, and the quiet poverty of people who smile on Sunday but weep on Monday. Brokenness means pain. It means helplessness. It means walking through life feeling unprotected and vulnerable, as if one more blow could shatter everything. But here’s the good news: our broken world is also full of potential. It’s not dead. It’s wounded, and wounds can heal. This world is waiting for someone to begin the hard but beautiful work of healing and restoration — planting a garden where there was concrete, protecting a child from harm, fixing what’s broken instead of throwing it away. These acts are noble because they refuse to accept that brokenness is irredeemable. In this weekend’s Gospels, Jesus is never neutral about suffering. He sees it, names it, and is moved with compassion. It is amazing that in Jesus a difference is made, thus when Jesus is moved with compassion, healing follows. He touches the leper. He feeds the hungry. He weeps with the grieving. True compassion is “deep sympathy and sorrow for another, accompanied by a strong desire to alleviate the suffering.” However, we need to watch for two false paths that bring no healing. The first is compassion without action. When we see a single parent exhausted in doing two jobs, we feel bad and say “I’m praying for you, call me if you need anything” and walk away. The single mom is still stressed. We feel good, but her wound remains open. That’s sentiment, not healing. The second is service without compassion. We volunteer at the soup kitchen to tick a box. We avoid eye contact, check our watch, and get annoyed at requests. The person served feels processed, not valued. There’s service, but no healing.

Jesus’ model is compassion that heals. For that single parent, offer grocery cards, free babysitting, or set up a meal train. That’s healing. At the soup kitchen, slow down. Smile. Make eye contact. Treat each person as a holy moment. That’s healing too.

Let us turn to the wisdom of the saints for more light on practical compassion. St. Augustine said: Give your heart before you give your bread, or your gift can’t heal. St. John Chrysostom warned us: The poor person outside is the altar of Christ. We can’t worship a healing Savior inside while ignoring His wounds on the street. St. Vincent de Paul reminds us that the poor can seem difficult. His advice was to “turn the medal” — on the other side of their hurt you’ll find the face of Jesus waiting to be healed.

Dear friends a broken world meets a healing Savior when we move from feeling to doing. All that we are and have are precious gifts from the Lord and like the gospel says we received them without pay hence let us give without pay. Jesus admonishes us that “The harvest is plentiful, but laborers are few. Pray the Lord of harvest to send laborers (healers) into His harvest. Can you be one?”

Fr. Anthony

**June 19**

**Saint Romuald:** Born into a family of the dukes of Ravenna about the year 950, Romuald founded the Camaldolese Benedictines around 1012. The congregation combined monastic community life with the solitary life of hermits. Romuald practiced austerity as a monk and travelled about Italy founding hermitages and monasteries, giving counsel to those who sought him out. He died on the day in



**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 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.

## Weekly Eucharist

**St. Gabriel's**  
(Constance Bay)

Sunday 11:00 am Mass

**St. Michael's**  
(Fitzroy Harbour)

Saturday 4:00 pm Mass

Sunday 9:00 am Mass

Wednesday 8:00 am adoration/confession,  
9:00 am mass

Thursday 8:30 am confession, 9am mass

Friday 8:30 am confession, 9am mass

Confessions and Sacrament Of the Sick are available by request.  
Please contact Fr. Anthony directly to book an appointment.



**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

St. Michael's Live streaming link on YouTube  
Sunday Mass 9 am  
**StMStG-Live**

### Lost and Found

Periodically, please check the lost and found basket at the church entrance for articles you may have left behind.

### Suggestion Box

The Suggestion Box at the rear of the church is there for you to give us your observations, comments, suggestions, new fundraising ideas etc. for enrichment of our parish. **Please use it!**

### Intentions Book:

You are invited to write your prayer requests in our special intentions book in the back of the church - as many and as often as you like. It is important that we verbalize in some form, our desire before God. You are very welcome to be anonymous.

## Pastoral Directory

**Baptisms:** Fr. Anthony Nwaohiri 623-3419  
**Financial Council Chair:** Janne Campbell 832-4290  
**Pastoral Council Chair:** Martine Messier 808-4573  
**Intentions & Bulletin:** Marilyn Deslauriers 222-3762  
**Pastoral Care:** Fr. Anthony Nwaohiri 623-3419  
**Advertising Ministry:**

**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.

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**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**



## St. Gabriel's

### Roman Catholic Church

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# All Welcome



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