

14th Sunday in Ordinary Time, July 05, 2026

Intentions: July 05: In loving memory of **Lois & Raymond Allen**, requested by their daughter Cynthia.

Mass Intentions: \$15.00

Offertory Collection:

June 28 - \$605.00 Indigenous Collection \$20.00 Thank You.

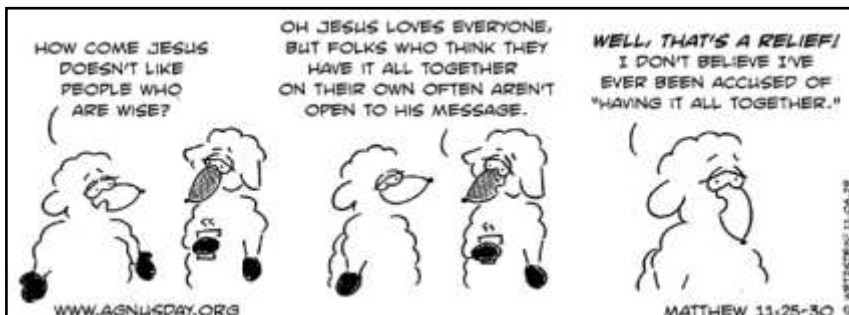
World Youth Day: Registration for the Archdiocesan pilgrimage to **World Youth Day 2027** in Seoul, Korea, is now open. We have **30 spots** reserved for English-speaking pilgrims. For more information and to register, please visit: **World Youth Day Seoul 2027 - Archdiocese of Ottawa-Cornwall**.

Attention Bakers!

St. Gabriel's Summer Fundraiser on July 25
"Christmas in July"

We are in need of some baked goods for the event
Please consider baking something
Sweet, Savoury, Spicy, Sticky
See Martine for more details

Reflection: The love Jesus speaks of is a self-sacrificing love that knows no bounds when the good of the other is at stake. No bound, not even one's life. Jesus' command of love requires of us no less than dying to ourselves. We must let go of all our own pretensions, become meek and humble like Jesus and serve others. In everyday terms this means that we always seek God's will in our lives. This isn't always easy, because our natural human tendency is to seek our own good. Just as Jesus came to do God's will and brought salvation and peace, so when we do God's will we extend salvation and know peace. This is knowing God! (Living Liturgy, p.192)



Come to Jesus and Find Rest for Your Soul



Life often teaches us that what first appears to be a disappointment can become God's appointment. With the eyes of faith we discover that God is always at work, even in our struggles. This is the heart of this weekend's gospel. Jesus thanks His Father because the mystery of the kingdom is revealed not to the learned but the humble and childlike. Even in the face of rejection, Jesus remains united to His Father in loving trust by giving thanks.

From that loving relationship comes one of the most beautiful invitations in the Gospel:

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble of heart, and you will find rest for your souls." (Matthew 11:28-29)

These words speak directly to our lives today. Many people carry heavy burdens: illness, grief, loneliness, financial pressures, family difficulties, addictions, guilt, anxiety, and uncertainty about the future. Others quietly struggle while caring for aging parents, raising children or grandchildren who have drifted from the faith, or coping with the rising cost of living. Though surrounded by the beauty of God's creation, many hearts remain restless.

Jesus does not deny the reality of these struggles. Nor does He promise a life free from suffering. Instead, He offers His presence. He invites us to stop carrying our burdens alone and to place them into His hands. When we insist on solving everything by ourselves, our burdens become heavier. But when we surrender them to Christ in faith, they become His yoke that is easy because He carries it with us.

Dear parishioners think of the traditional farming imagery Jesus listeners' would know. A young ox was yoked beside a stronger experienced one. The stronger animal carried most of the weight while the younger one learned by walking alongside it. This is exactly what Jesus does for us. He never asks us to walk alone. He walks beside us, strengthening us, guiding us, and carrying the greater part of the load. We still have our responsibilities, but we are no longer alone.

The world offers many false forms of rest through wealth, pleasure, endless entertainment, power, and material success. Yet these promises often leave people more exhausted than before. True peace cannot be found in possessions or achievements but only in Christ, whose gentle and humble heart alone satisfies the deepest longing of the hu-

man soul.

Reflecting on the words of St. Augustine, Pope Benedict XVI beautifully observed *"The restless heart, echoing St. Augustine, is the heart that is ultimately satisfied with nothing less than God. Our heart is restless for God... But not only are we restless for God; God's heart is restless for us."*

How consoling it is to know that while we search for God, He is already searching for us. His invitation remains unchanged: **"Come to me."**

The question each of us should ask is simple: **What burden do I need to surrender to Jesus today? The invitation is still open to us.**

We find His rest by making time each day for prayer, especially before the Blessed Sacrament, by faithfully participating in Sunday Mass, celebrating the Sacrament of Reconciliation, cultivating gratitude, and replacing anxiety with trust in God's providence. We also experience Christ's peace by forgiving others, serving those in need, visiting the sick and lonely, encouraging those who are discouraged, and becoming active members of our parish community.

Our world is weary and longs for hope. As Disciples of Christ, we are called not only to receive His peace but also to share it. Every act of kindness, every compassionate listener, every peacemaking, every volunteering, and every forgiving heart becomes a living witness to the gentle and humble Heart of Jesus.

May each of us hear anew Christ's loving invitation this week. Let us come to Him with confidence, surrender our burdens into His hands, learn from His gentle and humble Heart, and discover the refreshing peace and lasting rest that only He can give. Then, renewed by His grace, may we become instruments of that same peace for our families, our parish, and everyone we meet.

Father Anthony



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 July: For respect for human life: Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

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 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 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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Deacon James Kubina jgkubina@gmail.com

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