

15th Sunday in Ordinary Time, July 12, 2026

Intentions: July 12: In loving memory of **Robert Dupuis**, Requested by Linda Cassidy.

Mass Intentions: \$15.00

Offertory Collection:

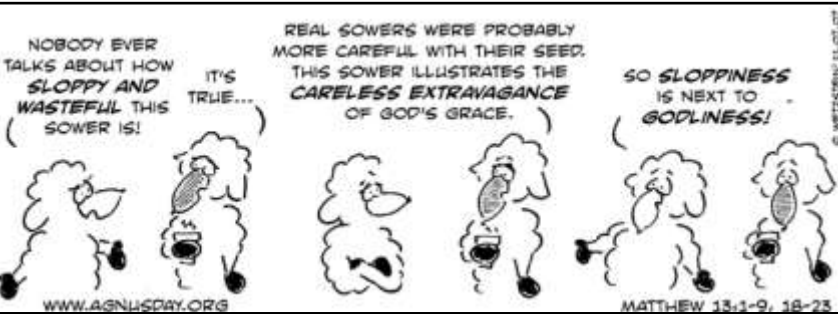
July 05 - \$671.00 Indigenous Collection \$20.00 Thank You.



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.

Reflection: If we see ourselves as the sower, the parable takes us in the direction of learning to know God and having union with God. We ourselves are the ones who spread the word of good news. If we see ourselves as the seed, it reminds us that we sow God’s word wherever we are, by word and example. If we see ourselves as the soil, we are directed to examine the cares and distractions of our lives to see if they stand in the way of open eyes, open ears and open hearts. This is our call to discipleship! God is extravagant with the seed, and he is doing everything to prepare the soil so that the word can take root. All we need to do is “see with our eyes, hear with our ears and understand with our hearts” (Living Liturgy, p.196)



Preparing the heart for God’s harvest:



The readings of this weekend point to one thing: the Word of God. God’s Word is powerful. It is meant to bring life, to heal, and to bear fruit. As it reveals that the Word alone is not enough. It needs open hearts to receive it and grow.

Jesus makes this clear in the Gospel through the Parable of the Sower. A sower goes out and scatters seed. The seed is always the same: the Word of God — God’s teaching, His revelation, His message of love to us. But the seed falls on four different kinds of soil. And the soil determines what happens to the seed.

St. John Chrysostom reminds us: “The seed is the same, but the ground is different.” God gives His Word equally to all of us. The difference is not in God, but in the welcome we give Him.

The soil, Jesus tells us, is various dispositions of our hearts. In this parable we see four kinds of hearts.

The path: Some seed falls on the path and is snatched away. These are people who hear the Word, but don’t let it sink in. Distractions, busyness, noise. Before it can take root, the worries of life carry it away.

The rocky ground: Some seed falls on rocky ground. It springs up quickly with joy. But there’s no depth. When hardship or difficulty comes, the faith withers. There are no roots to hold it.

The thorns: Other seed falls among thorns. It grows for a while, but then gets choked. The thorns are worries, the desire for riches, and the pull of other things. The Word is there, but it can’t produce fruit because other things are taking all the energy.

The good soil: But some seed falls on good soil. This is the heart that listens, understands, and obeys. It holds onto the Word even in difficulty. And because it’s open, it produces fruit — thirty, sixty, a hundredfold.

St. Jerome, who gave his life to translating Scripture, said: “Ignorance of Scripture is ignorance of Christ.”When we open

our hearts to the Word, we are opening our hearts to Christ Himself.

And St. Augustine adds: “The Word of God is a light to the blind, a tongue to the dumb, and a cure for the sick.” But that light only shines where the soil is open.

Dear friends, the question for us today is not “Did I hear the Word?” We all heard it. The question is: “What kind of soil is my heart?” We all know the struggle. Distractions pull us away. Worries weigh us down. Hardships make us doubt. If we’re honest, sometimes we are path, sometimes rock, sometimes thorns.

But the good news is this: soil can be prepared. We prepare our hearts by prayer, by the Sacraments, by moments of silence, by choosing to put God’s Word first above the noise. A heart that is ready and open doesn’t just hear. It translates hearing into action. And that is what produces good fruit — fruit of love, patience, forgiveness, and service in our families and in our parish.

God keeps sowing. He never gets tired of scattering His Word on us. So, today the invitation is simple: Lord, make my heart good soil. Plant your word deeply within me, so that my life may bear fruit- thirty, sixty, and a hundredfold- for Your glory and for the building up of Your kingdom. Amen.

Fr. Anthony

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

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.**

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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