

16th Sunday in Ordinary Time, July 19, 2026

Intentions: July 19: For the Holy Souls in purgatory and for those who have no one to pray for them, requested by Janne Campbell.
Mass Intentions: \$15.00

Offertory Collection:
July 12 - \$ 540.00 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: To be sure, in our daily living there will be times when we fall short of the gospel and we feel that we are only weeds that should be burned. But the paschal mystery reminds us that dying always leads to rising, and invites us to look beyond the immediate moment, see the possibilities for repentance in our lives, trust in God’s mercy, and be open to God’s loving kindness. The weeds will grow. But God is patient, knowing our love and good deeds, He will mercifully gather us into his kingdom. (Living Liturgy, p.200)

Vincentian Meditation: “We ought to have confidence in God that he will look after us since we know for certain that as long as we are grounded in that sort of love and trust we will be always under the protection of God in heaven, we will remain unaffected by evil and never lack what we need even when everything we possess seems headed for disaster.”-St.Vincent de Paul (McKenna, *Praying with Vincent*, p.47)



Growing with Grace in an Imperfect World



Every farmer knows that growth does not happen overnight. It takes regular sunshine, rain, pruning, and patience. So it is in the spiritual life.

This weekend’s readings remind us that the world is a mixture of good and bad; wheat and weeds — but we should not be discouraged. Instead, we can trust that the Spirit of God is with us, guiding us, acting in us, and bringing us along, even when we may not recognize His action.

God knew this before time began. He did not create two separate worlds, one for the “righteous” and another for “sinners.” Instead, He allows all of us to co-habit together in this same world. Though risky, this may be of great benefit. The righteous, seeing the misery of sin, learn to struggle to remain virtuous. The sinner, witnessing the triumph of goodness, is equally drawn to struggle toward a better life. In His patience, God gives everyone time and space to grow.

We see this patience lived out in ordinary ways. A little girl had learning difficulties and regularly came home from school disappointed. Every evening her father patiently sat beside her, reading one page at a time. He celebrated every small improvement instead of focusing on her mistakes. Years later, she graduated from university and became a teacher herself. At her graduation she said, “My father never allowed me to believe that today’s struggle would define tomorrow’s future.” Isn’t that what God does in our lives? He never stops believing in the person we can become. No wonder St. John Bosco remarked, “Education is a matter of the heart.” Children flourish where correction is joined to love and encouragement.

We also see it in marriage. At their 60th wedding anniversary, an elderly couple was asked the secret behind their long marriage. The wife smiled and replied, “We belonged to a generation that repaired things instead of replacing them.” A brief but powerful testimony that strong marriages are not built because two perfect people found each other. They are built because two imperfect people allow God’s grace to teach them patience, forgiveness, and humility. Pope Francis beautifully writes, “Love overlooks the imperfections of others; it knows how to keep silent before their limitations.”

We see it in the home. Every Sunday after Mass, an elderly grandmother quietly gathered her grandchildren around the kitchen table. Before anyone touched the meal, she would make the Sign of the Cross, read the Gospel of the day, and ask each child to mention one blessing from the week. Years later, after her death, one grandson admitted, “Grandma taught us more about faith around that table than anyone else.” What a beautiful way to make an eternal investment in the lives of little children.

We see it in prayerful perseverance. Think of St Monica’s 17 years of prayer and weeping for the conversion of Augustine, which blessed the Church with a great saint and doctor. Years later Augustine wrote, “She wept for me more than mothers weep for the bodily death of their children.”

We see it in community. After the death of his wife, one parishioner quietly stopped attending Mass. He felt forgotten and overwhelmed by grief. Rather than criticizing him, some members of the parish organized themselves, visited him regularly, listened to his sorrow, invited him for coffee, and assured him that he remained part of the parish family. Months later he returned to Sunday Mass. When asked what brought him back, he answered simply, “Parishioners never gave up on me.” That is what Christian accompaniment looks like. Pope Benedict XVI reminded the Church: “The Church does not engage in proselytism. Instead, she grows by ‘attraction’.”

We also need this patience in how we see each other. I recall my first experience of seeing icebergs in Newfoundland — fresh and wonderful in their shapes. I was reminded that there is more of an iceberg underneath the water than what we see. This could be likened to the different levels in everyone we meet. There is more to each person than meets the eye. Some are learning to forgive, recovering from addiction, carrying hidden grief, returning to prayer after many years away, and some are taking their first steps in faith.

Jesus is simply saying to you and me, “Let them grow.” Shall we? This week, may we be people who water, who wait, who welcome. St Gregory the Great admonishes, “The proof of love is in the works. Where love exists, it works great things.”

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

NOTE

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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