

19th Sunday in Ordinary Time, August 09, 2026

Intentions: August 09: For the parishioners of St. Michael and St. Gabriel parishes.
Mass Intentions: \$15.00

Offertory Collection:
02 August - \$2237.00 Thank You.

Gospel Reflection: This gospel does show Jesus as having authority over the waters: he walks on the sea and at his will the wind dies down. Nevertheless, this gospel is less about Jesus manifesting power in great events that it is an invitation to respond to Jesus, to come to him. We follow Jesus not because he is a great miracle worker but because he is the “Son of God.” It is far easier to come to Jesus in the obvious things; for example, faithful attendance at Mass. It is far more difficult to see God in the little things; for example, being pleasant when the poor are demanding, or giving back to a cashier too much change, or giving extra time to be present to children or spouse. (Living Liturgy, p.212)

Vincentian Meditation: When the disciples were terrified, Jesus immediately responded to them: “Take courage, it is I; do not be afraid.” Jesus is interested always in trying to lighten our fears. When he comes to us in Holy Communion, he assures us that he is giving us everlasting life. That is a great assurance because the greatest natural fear which we have is the fear of death. Jesus can take care of that greatest natural fear, namely death, and he will also take care of those many other smaller fears which are hidden in our hearts. Some of these fears are known to us, others are not. To us, however, as to the frightened disciples, Jesus keeps saying: “Take courage, it is I; do not be afraid. (McCullen, Deep Down Things, p. 735)

Pope’s Intentions for the Month of August: For evangelization in the city: Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



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.*

Administrator's Corner

Faith that sees beyond the storm; Listen to Christ, look to Christ and lean on Christ:



Life is full of storms. We feel them on the outside: illness, unemployment, family tensions, economic hardship, violence, and the grief of losing someone we love. And we feel them on the inside: fear, anxiety, disappointment, guilt, and discouragement. This weekend’s readings offer us a clear path through every storm with three simple invitations: Listen to Christ, look to Christ and lean on Christ.

The first reading introduces us to Elijah. After his courageous stand against idolatry, Queen Jezebel threatened to kill him. Fearful and exhausted, he fled to Mount Horeb and took refuge in a cave, hoping to encounter God. There, Elijah witnessed a powerful wind, an earthquake, and a blazing fire, but the Lord was in none of them. Instead, God revealed Himself in the sound of a gentle whisper. Elijah discovered that God's ways are often quiet, yet profoundly powerful.

Today, our phones, news and endless activity can easily drown out the voice of God. Yet God continues to speak. He speaks through Sacred Scripture, in the Eucharist, in prayer, and through the teaching of the Church. As Pope Benedict XVI reminds us, “Silence is capable of opening an inner space in our deepest selves, so that God can dwell there.” Before we can trust God in the storm, we must first learn to hear His voice. Our first invitation is: listen to Christ.

The Gospel then takes us from a quiet mountain to a stormy sea. The Fathers of the Church describe the boat as a symbol of the Church and the sea as a symbol of the uncertainties of life. The strong winds trials that buffet us today: wars, secularism, family breakdown, loneliness, financial hardship, and growing indifference to God. At Jesus' invitation, Peter courageously steps out of the boat. As long as he keeps his eyes fixed on Jesus, he walks on the water. But the moment he shifts his attention to the wind and the waves, fear overtakes him, and he begins to sink. It is the same with us. When we focus on the problem more than on Jesus who is greater than the problem, we begin to sink. Faith does not remove every storm, but it gives us the strength to face them. St. John Chrysostom beautifully observed that “the sea was not calmed until Christ entered the boat.” Peace comes not because we are strong, but because Christ is with us. Similarly, St. John Paul II challenged the Church and the world: “Do not be afraid. Open wide the doors to Christ!” When Christ becomes the focus of our lives, fear

gradually gives way to trust. Thus, Our second invitation is: Look to Christ.

The second reading and the Gospel teach us what to do when we are weak. St. Paul knew what it was to pray with tears. Peter knew what it was to cry out, “Lord save me” Both remind us that faith does not mean never struggling; it means knowing where to turn in our struggles. The Gospel tells us that immediately Jesus stretched out His hand and caught Peter. That is how Christ continues to act in our lives today. He reaches out to us in the Eucharist, where He nourishes us with His Body and Blood. He reaches out in the Sacrament of Reconciliation, where He lifts the burden of our sins. He reaches out through the prayers of the Church, the love of our families, and the support of faithful friends.

A beautiful example of this trust is found in the life of St. Frances Xavier Cabrini. During one of her missionary voyages across the Atlantic, a violent storm terrified the passengers, many of whom feared the ship would sink. Mother Cabrini remained calm. She gathered her sisters to pray the Rosary and encouraged everyone on board to place their trust in Jesus. Her peaceful confidence inspired hope in those around her. The storm eventually passed, and the ship reached its destination safely. The storm did not disappear because of human strength but because frightened hearts learned to trust in God's providence. Faith does not always remove the storm, but it enables us to journey safely through it with Christ by our side. So our third invitation is: lean on Christ

Dear friends, every family experiences trials. Every parish faces challenges. But today's readings remind us that storms never have the final word—Christ does. When life becomes noisy, listen to Christ in prayer. When fear begins to overwhelm you, look to Christ, with confidence. When your strength is exhausted, lean on Christ in the Eucharist, in the Sacrament of Reconciliation, and in His Church. Amen.

Fr Anthony



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](#).

Cemetery mass: this year’s cemetery mass comes up on September 11th at 5pm. All parishioners are encouraged to attend. Please mark your calendars and also spread the news.

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:	Richard Stone	832-3635

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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