

20th Sunday in Ordinary Time, August 16, 2026

Intentions: August 16: For the parishioners of St. Michael and St. Gabriel parishes.
Mass Intentions: \$15.00

Offertory Collection:
09 August - \$615.00 Thank You.

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

Gospel Reflection: What is the deeper significance of these apparently harsh words of Jesus? The answer lies in Jesus’ clear understanding of his mission, to the house of Israel. This woman was not a Jew, and she is thus challenging Jesus to extend his mission beyond Israel to include all people. This foreign woman gives us a model response to Jesus in her confident prayer and great faith. Thus the Gospel announces that the kingdom and salvation are for all people. It is our persistent calling out to Jesus and our faith that count for Jesus always responds. (*Living Liturgy*, p. 220)

Vincentian Meditation: Vincent reminded the women in one of his charitable organizations, that it is Divine Providence that calls Christians to be creative in forming communities of service. He told them, “It has been 800 years now since women have had any public role in the Church. In early times there were deaconesses...but this custom stopped and your sex was deprived of providing all these kinds of services. In our day, however, this same Providence prompted you to take up the crucial work of caring for the poor...God has given you as mothers to the abandon children...and call upon you to dispense many alms. By the grace of God, these good women have responded to these needs with great warmth and steadiness.” (*McKenna, Praying with Vincent*, p. 103-4)



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.

Administrator's Corner

A Faith that will not take No for an answer.



Sometimes in life our faith is tried, We pray for healing, but the sickness remains. We pray for reconciliation, but the family remains divided. We pray for a child who has gone astray, but nothing seems to change. We pray for employment, peace, a breakthrough—and the door remains closed. What else can we do? This weekend’s gospel (The Canaanite woman) gives us a paradigm to follow. She knew where to knock to get the help she desperately needed. “Have mercy on me Lord, son of David” She teaches us to take our problems to Jesus including our unanswered prayers. Thus her first step was coming to Jesus.

Think of it: Jesus’ first response was silence. The disciples tried to send her away. Then Jesus said, “I was sent to the lost sheep of Israel.” Did she quit? No. She knelt and begged, “Lord, help me.” St. John Chrysostom tells us why. “He delayed on purpose, that He might make her more earnest.” God’s silence is not absence. It is often an invitation to press in deeper, to show Him we truly trust Him.

When marriage is hard. When children cause pain. When sickness lingers. When prayers feel dry. Just keep repeating: “Lord, help me.” St. Teresa of Avila reminds us, “Do you think it matters to God whether we go to Him once or a thousand times?”

Then came the hardest test: “It is not right to take the children’s food and throw it to the dogs.” “Dogs” was a harsh term Jews used for Gentiles. She could’ve walked away angry. Instead, with humility she answered, “Yes, Lord, even the dogs eat the crumbs that fall from the master’s table.” St. Augustine saw this perfectly. “She turned the Lord’s very words into a ladder to climb up to mercy.” She didn’t argue in pride. She begged in trust. And Jesus praised her. Her faith survived silence, rejection, delay, and difficulty.

Paul reminds us in the second reading: God has not abandoned His people. His mercy goes beyond our limits. There is still room at God’s table — for strangers, for sinners who return, for the weak in faith. And there is still room for you. St. John of the Cross, who knew what it was to feel God was absent, writes, “The soul... must go on, even though it feels nothing, and even though it seems to God that He is absent.” That is faith. Not feeling, but fidelity.

Dear friends, don’t give up. If you feel discouraged because God isn’t on your timetable: keep trusting. If you feel rejected or forgotten: keep coming to Jesus. If you stopped praying from disappointment: please, begin again. As St. Francis de Sales said, “Every day begin the task anew.”

Faith isn’t the absence of difficulty. Faith refuses to let difficulty have the final word. A faith that “does not take no for an answer” isn’t stubbornness. It’s refusing to let go of God’s hand. It’s the faith of Abraham, of Jacob wrestling the angel, of the persistent widow, of this Canaanite mother.

When life says “No”; keep believing. When prayer seems unanswered, keep praying. When God seems silent, keep listening. And when you don’t know what else to say: “Lord, help me.”

Fr. 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.*

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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