

22nd Sunday in Ordinary Time, August 30, 2026

Intentions: August 30: For the parishioners of St. Michael and St. Gabriel parishes.
Mass Intentions: \$15.00

Offertory Collection:
23 August - \$1337.00 Thank You.

Gospel Reflection: Lose life and find life. Cross and glory.
This is the paschal mystery in a nutshell. Sometimes our response to living the paschal mystery is enthusiastic because things are going well and we don’t realize the demands. Then, when the going gets rough, we bog down. The challenge is to let go so *God* can lead us. We need to surrender ourselves. The paschal mystery isn’t just a concept; it is a turning of the heart toward God’s love working in us, but not without its demands. Even sharing in Jesus’ divine glory means that we must share in his sufferings and death.(*Living Liturgy*, p. 228)

Vincentian Meditation: “Service to God’s people demands a price. Christians must put aside their own prejudices, comfortable circumstances, and favorite ideas in order to do the will of God. This sort of discipline calls Christians to die to themselves in order to follow Christ. St. Vincent called this discipline *mortification*. Mortification, or dying to self, has sometimes become confused with self-hate, repression...or co-dependency. However, dying to self is a core value in the Christian Testament. St. Vincent believed that mortification had to be a conscious choice. With the grace of God, people could be willing to make the hard sacrifices that love demands. With God’s help, they could detach themselves from—or die—to all that was not Christ so that they could put on Jesus Christ. (*McKenna, Praying with Vincent*, p.83, 85)



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



Living Your Faith Where Life Happens

Being a Christian is not just about what we believe on Sunday. It is about how we think, speak and act all through the week. Our faith is not meant to remain inside the walls of the church. It must follow us home, to work, to school, into our marriages, our friendships, our finances, our decisions, our struggles and even our moments of disappointment. In other words: we must live our faith where life happens. The world tells us to put ourselves first, to get even, to look for what we can gain and to avoid anything difficult. Jesus tells us something very different: put others first, forgive, ask what you can give and carry your cross and follow Him. That is why St. Paul says: “Do not conform yourself to this age but be transformed by the renewal of your mind.” (Romans 12:2) That is why our faith needs to change the way we think. It is a move from asking “What do I want?” to “What does the Lord want?”, from choosing what is convenient to choosing what is faithful, from seeking what makes us happy to seeking what makes us holy.

This weekend, Jesus gives us three conditions for following Him, and all three must be lived out where life happens.

The first is to deny yourself. It does not mean hating ourselves. It means recognizing that Jesus is worth more than our comfort, pride, preference and even our plans. It means Jesus taking the central stage in our lives. This is what self-denial looks like where life happens. It is the parent who gets up early to pray before the children wake up. It is the spouse who holds back a harsh word because peace in the home is more important than winning an argument. It is the person who gives up personal comfort to care for an elderly parent. It is the worker who refuses to cut corners even when nobody is watching. It is the Christian who says no to something everyone else considers normal because conscience says it is not right.

The second is to carry your cross. No real cross is easy. But it stops being just painful and starts becoming a blessing when we change our question from “Why is this happening to me?” to “What is God trying to teach me through this, and how can this help those around me?” Your cross might be a difficult child, an illness that won’t go away, a marriage that needs healing, or bills that keep you up at night. We join those everyday sufferings to Jesus’ suffering and offer them to the Father.

The third is to follow Christ where life actually happens. It can look foolish to follow someone who asks us to carry a cross every day. But as Venerable Archbishop Fulton Sheen said, “To be a fool for Christ is the greatest compliment the world can give.” The Catechism reminds us that there is no holiness without some sacrifice. We all prefer comfort to sacrifice and Easter Sunday without Good Friday. But Jesus never promised a crossless life. He promised to walk with us through it.

St. Augustine said it beautifully: “Rough is the way which man has made for himself, but what Christ has trodden in His passage is worn smooth.” Whatever you are facing this week; rejection at work, misunderstanding at home, worry about your children. Jesus has been there, and He is in it with you.

Faithfulness will cost us something in real life. It is the businessman who turns down a dishonest deal and loses money. It is the young person who walks away when friends choose the wrong path, even if it means being laughed at. It is the spouse who chooses forgiveness when pride says to hold a grudge. These are our daily crosses. But we do not carry them alone. Jesus does not say, “Carry your cross by yourself.” He says, “Follow me.” Your cross is carried with Christ, for Christ and towards Christ.

As St. Catherine of Siena said, “If you are what you ought to be, you will set fire to all Italy, and not only yonder.” You don’t need to preach from a pulpit. Your faithful life at home, at work, at school — that is what sets the world on fire.

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.*

NOTE: **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.

Saturday 12th September, 10am, venue rectory, parishioners are invited to attend a teaching section on praying with the word of God (Lectio Divina) in order to benefit richly on Eucharistic adoration.



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.

Lost and Found: Periodically, please check the lost and found basket at the church entrance for articles you may have left behind.

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

205 Bayview Drive, RR3, Box 9, Woodlawn,
ON, K0A 3M0

All Welcome



Father Anthony Nwaohiri anwaohiri@gmail.com
phone (613) 623-3419, fax (613) 623-7282

Deacon James Kubina jgkubina@gmail.com

Web: <http://www.stgabrielparish.ca>