

St. Gregory the Great Parish

10 St. Gregory Drive, Cambridge, Ontario N1S 3Z1

NEWS – August 2nd, 2026

Wishing all a very wonderful week.

Saturday Confessions: 3:45pm to 4:30pm. (just before Mass)

Pro-Life Prayer Vigil – Thursday, August 6, 2026 from 10am to 11am. Opposite Freeport Hospital, 3570 King Street East, Kitchener for babies being aborted. All are welcome to witness and pray quietly for the unborn babies that have no voice, but our own! – Parking – Schneider Park. Any queries, contact Cathy at: cmlamers@rogers.com

Coffee Fellowship: Sunday after Mass

Fr. Israel is available to bless your home, car, etc. Give the office a call to make arrangements

Monday, August 3rd – Civic Holiday – enjoy and stay safe.



Tuesday, August 4

7:00 pm + Joan McGinnis
 + David Whitehead
 Int. of Hugo Armando Ceron
 Int. of Neiva Barbieri Ceron
 Int. of Adhemar Altieri and family

Wednesday, August 5

8:15 am Int. of Neiva Barbieri Ceron

Thursday, August 6

8:15 am Int. of Bernadette and Todd

Friday, August 7

8:15 am + Joan McGinnis

Saturday, August 8

5:00 pm + Fr. Cunha
 + Maria and Theo Vollmer and family

Sunday, August 9

10:00 am Int. of all Parishioners

**“Do not be afraid”
Pray for the missionaries throughout the world**

A Reflection on Humility and Trust

August 1/2, 2026

True humility brings freedom. It helps us stop thinking so much about ourselves and start thinking more about God and the people around us.

When you quietly help someone who can never repay you, you show generosity, humility, and trust in God. You are saying, "Lord, everything I have comes from You." God can entrust greater blessings to those who are faithful in small acts of love.

Humility is not thinking badly of yourself. It is seeing yourself as God sees you—with honesty, gratitude, and love. It keeps us away from both pride and discouragement.

As C.S. Lewis famously wrote (though not a saint), "*Humility is not thinking less of yourself, but thinking of yourself less.*" This captures the spirit of Christian humility well.

Instead of dwelling on your worries, fears, or feelings, place them in God's hands. Rest in His presence. Love Him, trust Him, and let Him guide each step. When we surrender to God's will, our hearts become peaceful because we know He is caring for us.

Be thankful for what you have today. The blessings you enjoy now were once only hopes. People, possessions, successes, and difficulties all come and go, but God's love remains forever.

Take life one moment at a time. Offer each day to the Lord. Even an ordinary day becomes beautiful when lived for Him.

The humble person is not controlled by praise or criticism, success or failure. Their peace comes from belonging to God.

Today, begin by naming five blessings out loud. Gratitude opens the heart to God's peace.

Remember: today is already a gift from God, and you are a blessing to others. Walk forward with joy and trust.

"The proof of love is in the works." — Saint Gregory the Great

"Humility is walking in truth." — Saint Teresa of Ávila

"Let nothing disturb you, let nothing frighten you. All things are passing; God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices." — Saint Teresa of Ávila

These saints remind us that humility is not weakness—it is living truthfully before God, trusting Him completely, and expressing our love through simple acts of charity each day.

