

Father's Day 2026

## Your Presence Matters



*Happy Father's Day*

On this Father's Day 2026, we pause to honour the men who have shaped our lives with strength, patience, and quiet devotion. In a world that often moves too quickly, fathers remind us of the steady, grounding presence that

helps families stand firm through every season.

A father's love is not always loud. It is often found in the early mornings, the long workdays, the late night worries he keeps to himself. It is found

in the way he shows up — again and again — even when he is tired, even when life has been heavy. Many fathers express their care not through speeches, but through actions: fixing what is broken, providing what is needed, offering guidance when asked, and stepping back when it is time for a child to grow.

Today we honour all these gestures, large and small, that have shaped our homes and our hearts.

We think of fathers who have raised children with tenderness and courage. Fathers who have taught by example — teaching honesty by living honestly, teaching generosity by giving quietly, teaching resilience by standing back up after life has knocked them down. We think of fathers who have sacrificed opportunities, sleep, and comfort so that their families could flourish.

We also hold in our hearts the fathers who carry grief: those who have lost a child, those who feel the ache of distance, those who struggle with regrets

or unfinished conversations. Father's Day can be a complicated day, and we honour the depth of every story. Love is often mixed with longing, gratitude with sorrow, pride with memories that still sting. All of this belongs in the human experience of fatherhood.

We remember, too, the men who have been father figures in other ways — uncles, grandfathers, stepfathers, mentors, coaches, neighbours, and friends. Fatherhood is not limited to biology. It is a vocation of presence, guidance, and care. Many lives have been shaped by men who stepped in with kindness when it mattered most.

For those whose fathers have passed away, today is a day of remembrance. Their voices may be silent, but their influence remains in the values they taught, the stories they shared, and the love they gave. A good father leaves a legacy that continues long after he is gone — a legacy carried in the way we treat others, the way we face challenges, the way we love.

On this day, may every father feel appreciated. May those who are grieving feel comforted. May those who are struggling feel supported. And may all of us take a moment to express gratitude — whether through a phone call, a memory, a prayer, or a simple “thank you.”

To all fathers, we say: your presence matters. Your love makes a difference. Your life is a gift.

NB: This is the last Inter-Par for the season. Thank you to all our contributors. We will see you again in September. Have a blessed summer!

### Diocese of Hearst-Moosonee

H. E. Pierre-Olivier Tremblay OMI  
Bishop  
Sylvie Vallée  
Bursar

Established in 1973, the **Inter-Par** now reaches out to people in over 30 communities across Northern Ontario and beyond.

Rev. Sebastien Groleau, editor  
Rev. Benedictus Mulenga, Director of Religious and Priestly Vocations  
Rev. Hervé Sauvé  
Vicar General  
Special Mandate to Reconciliation  
Fr. Sudhakar Jayabalan HGN  
Episcopal Vicar to James Bay


 diocesedehearst@gmail.com

 www.hearstmoosonee.ca

 Diocese Hearst Moosonee

 pierreolivier.tremblay

 Diocese Hearst Moosonee

 Box 1330, Hearst, ON P0L 1N0

 705-362-4903