



**June 23<sup>rd</sup> 2024**  
**12<sup>th</sup> Sunday of Ordinary**  
**Time**

**Pastor:** Fr. Henry Smolenaars  
**Fr. Henry Email:** frhenrys@gmail.com  
**Hospital Chaplain:** Fr. Wieslaw Papuga  
**Priest on Call:** 902-746-8233 (Emergencies and Sacrament of the sick)  
**Office hours:** Monday to Friday from 9:30 am to 1:00 pm  
**Church email :** stambrosemail@gmail.com  
**Bulletin email:** stambrosebulletin1@gmail.com  
**Tabitha Centre:** 902-742-8960  
**Confession/Adoration** Wednesday 7:00-8:00

**MASS INTENTIONS –June 22<sup>nd</sup>– 30<sup>th</sup>, 2024**

**St. Ambrose Co-Cathedral (Yarmouth):**

**Sat. 4 pm** Anniv. Henry Deveau  
**Sun. 9am** Anniv. Jacqueline Doucette  
**Sun. 11:15 am** Parishioners  
**Tues. 6:30 pm** Lucy Christopher  
**Wed. 6:30 pm** Victor Boudreau  
**Thurs: 9 am** Catherine Comeau  
**Fri. 9 am** Laura Letteney  
**Sat. 4 pm** Parishioners  
**Sun. 9am** Marie Marcadet  
**Sun. 11:15 am** Special Intentions

**Our Lady of Lourdes (Melbourne):**

**Sun. 10 am June 23** Daniel Saulnier  
**Sun. 10 am June 30** Ernest DeViller

**ULTREYA:** The next Yarmouth Area Cursillo Movement Ultreya is on July 4<sup>th</sup>, 2024 at 7pm at St. Ambrose Marian Hall.



**REFLECTION: God is Speaking** Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?” He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm. Do you desire to hear God

speak to you? The most common way this happens is through prayerful meditation on the Gospels. Over the centuries, the saints have prayerfully pondered the Gospels and have offered various insights on the stories and our Lord’s actions. Their insights are not primarily an intellectual exercise. Rather, they are first an exercise of prayer and meditation, revealing that the Scriptures have various layers of depth and meaning. One Church Father, Saint Bede, explains from his prayerful pondering of today’s Gospel passage that the boat in which Jesus crossed the sea represents the Cross by which safe passage is obtained to arrive at the shores of Heaven. The other boats that followed represent those who have faith in the Cross of Christ and follow. Though they suffer the waves of temptation and hardship, they press on, relying upon the saving power of the Cross. Jesus being asleep represents His sleep of death, and His wakening represents His resurrection. The pleas of the disciples represent our need to turn to Jesus during the storms and temptations of life. The rebuke of the waves and the ensuing calm reveal the grace won by His death and resurrection, which is able to silence the demons and disordered passions. The fear that the disciples encountered points to our own fear that results from a lack of faith and trust in God. God is able to speak these and many other truths to us through His actions and words contained in the Scriptures. There is no limit to the depth and meaning we can receive through His holy Word. Therefore, though it is useful to reflect upon the saints’ various interpretations of the Gospels, it is also very important to reflect upon these passages ourselves, so as to allow our Lord to reveal to us the message we need to hear. Reflect, today, upon this Gospel scene. Try to find time to slowly read today’s Gospel from beginning to end. Read a sentence and then close your eyes and try to imagine it. See Jesus entering the boat. Ponder the boat being an image of the Cross. See the sea as the many evils within this world. Consider the fear the disciples encountered during the storm. See yourself in that boat, waking our Lord. Listen to Him silence the waves and restore peace. Hear Him say to you about your own struggles in life: “Why are you terrified? Do you not yet have faith?” As you prayerfully meditate upon this and other Gospel passages, know that God will speak to you and

reveal to you the meaning that He wishes to communicate to you today. *-My Catholic Life*

**EUCCHARISTIC CONGRESS:** Eucharistic Congress



Theme: “Communion to heal the world” Matthew 23.8 The Eucharist, the Body and Blood of Christ, has the power to heal the wounds of our world. The Congress will break open five ways in which the Eucharist heals our families, communities, and world. The Eucharist can:

1. RESTORE: It restores our relationship with God.
2. EQUIP: It empowers us for mission.
3. SERVE: It commits us to serve the poor and marginalized.
4. INSPIRE: It calls us to worship.
5. UNITE: It strengthens the unity of the Church.

Recognizing the healing power of the True Presence of Christ, the Eucharist is the result of encountering Jesus is a deeply personal yet at the same time communal way. The impact of knowing the transformative Love of Christ changes us and our world. Leading up to the Congress in October we ask you to pray. Parishes have been invited to recognize the First Thursdays of every month as a day to pray specifically for the Congress. Archbishop Dunn will celebrate Mass the First Thursday in July with us at Saint Ambrose at 9:00am. Please plan to join us. had one Son on earth without sin, but not a single one without suffering. St. Augustine

**RED PANTRY BY THE TENNIS COURTS:** As I



mentioned last weekend at mass, a group in town called Acts of Kindness reached out to us recently about partnering with them in helping feed those in need in our community. You may have seen these red "boxes" around town because other churches have already partnered with them. Food security is becoming an issue and these pantries are a part of combating this. It's true we have the Foodbank which does a lot in helping our community, but many people in need of help don't have a car. And taking a taxi to the food bank is expensive for them. Thus, these little pantries can

help. Acts of Kindness received a substantial grant from the Provincial Government to help less fortunate people in our community and are supplying \$1000 per month to help us fill our pantry. This initiative coincides with what our Bishop asked each parish to do, which was to do something about homelessness in their community. Anyone who wants can put food in it any time. Please keep in mind that we should be putting food that is not expired. Fr. Henry

**FOOD BANK:** The weekend of July 6<sup>th</sup> & 7<sup>th</sup>, is our



turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated. Knights of Columbus members will be on hand to receive the donations.

**ANNUAL CHURCH PICNIC:** This year, we are trying



something different. We will be having an outdoor mass at 10:00 am on Sunday July 21st at Ellenwood Lake Provincial Park located 1888 Mood Road in Deerfield. Following this mass will be a barbecue which will be cooked by the Knights of Columbus with the food being supplied by the parish. To do this, we will be canceling both the 9 am and 11:15 am masses at Saint Ambrose that morning. For those who would not like to attend at Ellenwood, there is still the 4:00 pm mass at St. Ambrose on Saturday and the 10:00 am mass on Sunday at Our Lady of Lourdes in Melbourne. There will be sign-up sheets at the entrance of the Church for the next few weeks for those who wish to attend so we know how much food is needed for the Barbecue. This is a community building event meant to help us get to know one another better. Please remember to bring a chair. Fr. Henry

**COFFEE SOCIALS:** are being held next weekend



June 29<sup>th</sup> and 30<sup>th</sup>. Come join us.

**MASS OF MINISTRIES: (Lector) - Bruce Muise** – As

he continues his journey towards the priesthood, Bruce will receive the Ministry of Lector at a Mass celebrated at St. Ambrose Co-Cathedral in Yarmouth on Sunday, June 30 at 11:15 a.m., presided by Archbishop Dunn. All are invited to join Bruce for this very special Mass.