



## June 21<sup>st</sup>, 2026 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 20<sup>th</sup> – 28<sup>th</sup>, 2026

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

**Sat. 4 pm** Special Intentions  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Special Intentions  
**Tues. 6:30 pm** Louise Lena Murray  
**Wed. 6:30 pm** Special Intentions  
**Thurs. 9 am** Barbara Comeau  
**Fri. 9 am** Ray Flynn  
**Sat. 4 pm** Perly Doucette  
**Sun. 9am** Alfie Doucette  
**Sun. 11:15 am** Parishioners

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

**Sun. 10 am June 21** Paulette Forbes  
**Sun. 10 am June 28** Enos Jacquard

**REFLECTION:** *Speaking and Proclaiming Without Fear, "What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna." When you pray, does God "whisper" to you? Do you sense His presence? Has He convicted your heart about Himself and all that He has revealed? Most likely He has, in His own silent way. God rarely speaks to us in visions or by audibly*

hearing His voice. Though He has done so, as has been recorded in the lives of some saints, even if He did appear to you in that mystical way, this is not necessarily any better for your salvation and holiness than the ordinary way He usually speaks. For most people, God comes in silent prayer, interior intuitions, and spiritual consolations. For example, one might be listening to a sermon and something jumps out, convicting one's heart or inspiring with a supernatural insight or hope. God's ordinary consoling activity in our lives must be "listened" to and responded to. Listening to the Voice of God means we discern the eternal Truth He communicates to us, such as do this or avoid that, and we respond to Him. This is our conscience at work: "Conscience is the most secret core and sanctuary of a man. There he is alone with God, Whose voice echoes in his depths" (*Gaudium et Spes* #16). In today's Gospel, when Jesus says, "What I say to you in the darkness..." and "what you hear whispered..." refers to God's communication with us in that secret sanctuary of our conscience. Jesus says that His communication is not given only to us but must be spoken "in the light" and proclaimed "on the housetops." While our faith is personal and intimate, it must also become communal by sharing it with others through our words and actions. Sharing our faith can be difficult. We might fear offending another who is not living the Gospel. In addressing this fear, Jesus says, "Do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna." Fear should never deter us from sharing our faith. When we live our faith openly and share it charitably and unhindered, others will react. Some will joyfully receive our shared faith, but others will not. Among good-hearted Catholics, when the faith we share with others is not received well, we often second-guess ourselves. We become sensitive to the negative reaction, which easily leads to worry and fear. Such fear must be overcome with love and holy sorrow if we are to fulfill Jesus' loving command. One way to do so is to regularly align ourselves with God's command rather than the fear inflicted upon us by the evil one. The one who can "destroy both soul and body in Gehenna" ultimately refers to God's just judgment, which we must ponder with the spiritual gift of Fear of the Lord.

This holy fear is not a fear of punishment alone but a deep belief in and reverence for God's justice and truth. It is the kind of fear that compels us to remain faithful, seeking to serve God above all else, and courageously and confidently sharing our personal faith with others as the greatest act of love we can offer. A well-formed conscience, guided by the truth of the Gospel, gives us the confidence to speak with clarity and charity. It allows us to discern when and how to proclaim God's truth in a way that draws souls to Him. If we remain open to His voice and are willing to proclaim what He whispers in our hearts, we will become true witnesses to Christ, bringing His light into a world in desperate need of Him. Reflect today on the inner Voice of God, echoing in the depths of your conscience. Do you hear Him and respond to His Voice? If so, then do not be afraid to share your knowledge of God freely and charitably with others. Foster, instead, a holy fear that drives you to greater fidelity to God and the charity of sharing His love with others. -My Catholic Life

### CATHOLIC SUMMER CAMP: August 9<sup>th</sup> - 14<sup>th</sup> at



Johnston Christian Park, South Range, Digby County. \$225.00 early bird fee by June 30<sup>th</sup>. After this it will be \$250.00. It's for youth ages 10 to 14 and you can get a registration form at the Parish office or on the website. **SPONSORSHIP OPPORTUNITY:** If you are able and would like to make a contribution to help it would be appreciated!

### KNIGHTS OF COLUMBUS: Urgent meeting: to be



held on July 21st at 7:00 pm to discuss the future of our building. All members encouraged to attend.

### COFFEE SOCIALS: The coffee socials will take place



this weekend June 20<sup>th</sup> & 21<sup>st</sup> after all the masses in the Jubilee Room. Come join us for a cup.

**HEALING MASS:** On Tuesday June 23, 2026 there will be a Healing Mass here at St. Ambrose Co-Cathedral. It will start with Praise and Worship Music at 5:50pm – 6:20pm, followed by Mass at 6:30pm. Sacrament of the Sick - will be available for those with chronic conditions, for seniors, and for those facing surgery, or treatments for serious

health conditions. Prayer teams will be available for those who would like prayers for their families and other intentions. We hope to see you all there! Tell your friends and bring them with you!

### QUOTE OF THE WEEK: What will be the crown of



those who, humble within and humiliated without, have imitated the humility of our Saviour in all its fullness! – St. Bernadette Soubirous

**INCENSE NEXT WEEKEND:** Incense is used at 11:15am mass on the last Sunday of every month.

### ULTREYA: The Yarmouth and Area Ultreya will be



held July 2<sup>nd</sup> 2026 at Marian Hall at 7pm. We hope to see you then! De Colores!

### ANNUAL FOOD BANK REPORT: The annual

collection for 2025/26 fraternal year ending June 30<sup>th</sup>, for the Yarmouth Food Bank was 1900 lbs. of non-perishable food items and cash donations totaling \$33,493.00. The Knights of Columbus would like to thank all parishioners of St. Ambrose for their kindness and generosity and may God bless you abundantly. Thank you for your support.



Our sympathy is extended to the family and friends of  
 Phyllis Josephine Saulnier and Cohen Brandon Garron  
 Eternal rest grant unto them O Lord and let perpetual light shine upon them.



God's abundant blessings upon Joseph Calvin Kent and Dorothy Beatrice Cottreau who were married on June 6, 2026 at St. Ambrose Co-Cathedral.

As you begin your married life together, may you trust and rely on God's Holy Presence for guidance, direction and strength.