



July 2nd, 2023
13th 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)
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
Reconciliation/confession is held on Wednesday
 after mass from 7:00-8:00

MASS INTENTIONS –July 1st – 9th 2023

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Pat & Lee Saulnier
Sun. 9am Parishioners
Sun. 11:15 am Edith Hannigan
Tues. 6:30 pm Intentions of Bishop James Wingle
Wed. 6:30 pm Anniv. Stanley Bishara Jr.
Thurs: 9 am Marie & Edwin Doucette
Fri. 9 am Harold Doucette
Sat. 4 pm Anniv. Madeline Nixon
Sun. 9 am Stanley Davis
Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sat. 10 am July 2 Donna LeBlanc
Sun. 10 am July 9 Anniv. Edward & Lydia Doucette

REFLECTION: Selfless Living “Whoever finds his life will lose it, and whoever loses his life for my sake will find it. Clearly, this saying is a play on words that is meant to make you pause and think.

It’s almost like a holy and sacred riddle, spoken by Jesus to get your attention and to communicate a very deep and foundational truth about how you are to live. Essentially, this saying teaches that those who live in a selfish, self-centered way do not

accomplish their goal. The goal of those who are selfish is to elevate themselves with the thinking that this is what is best for them. But Jesus clearly points out that when you live selfishly, seeking to put yourself above others, you lose what is most important in life. You lose your very soul. On the contrary, if you live selflessly, putting others before you, it is in this act that you actually find your true purpose in life and fulfill yourself on the deepest level.

Think, for example, of Jesus. He is God, the Second Person of the Most Holy Trinity, existing for eternity in perfect union with the Father and the Holy Spirit. His soul radiates pure love. And for that reason, He chose to become human, suffer greatly and be killed. Was that fulfilling to our Lord? Most certainly. Why? Because His sacrifice went to the heart of Who He is. He is Love itself. And love is always self-giving. It is always fulfilling. It always seeks the good of the other. Love fulfills the lover when it is pure, holy, selfless and total. Jesus’ sacrificial death on the Cross not only redeemed us, but it also manifested the Son of God’s own perfect fulfillment and satisfaction in His human nature because His death was an act of pure love. Sin confuses us. Selfishness especially clouds our thinking. As a result, it becomes difficult to clearly see that the way to fulfillment in life is by the complete and unwavering sacrifice of our lives given to others, in imitation of and in union with Jesus’ perfect sacrifice. The moment that sin leads us to think first about ourselves, we begin to become blind to who we are and what makes us truly fulfilled.

Reflect, today, upon the divine mission you have been given to lose yourself for the sake of Christ, which is for the sake of true love. By loving God and others in this pure way, selflessly, you become who you are and who you were created to be. You find yourself only by choosing to lose yourself in this world. Ponder this deep mystery and believe it. Once you do believe it, commit to live sacrificially, casting aside every doubt, so that you will never hesitate to love everyone sacrificially. For in that radical act of selfless love, you will discover and become who you were created to be.

My sacrificial Lord, You are not only the perfect model of human love, Your sacrificial love is the source of human fulfillment itself. Please give me

the grace I need to love all people in a perfect and selfless way and, in that act, also discover and become who I was made to be. Jesus, I trust in You.
 -My Catholic Life

QUOTE OF THE WEEK: We must be pure. I do not



speak merely of purity of the senses. We must observe great purity in our will, in our intentions, in our actions.

St. Peter Julian Eymard

CATHOLIC SUMMER CAMP: August 13th - 18th



Johnston Christian Park, South Range, Digby County. It’s for youth ages 10 to 14 and you can get a registration form at the Parish office or on the website. Cost for the camp is \$225.00. We’re filling up fast so space is limited!

WANT TO BECOME CATHOLIC? *Are you a non-*



Catholic interested in the Catholic faith? Are you thinking you might want to become Catholic? Are you a Catholic adult who never celebrated your 1st Communion and/or Confirmation? Then RCIA is for you. RCIA will be starting this fall at St. Ambrose. If you are interested then please contact the office for a form you can fill out to sign up. Come and join us this fall!

FOOD BANK: This weekend July 1st & 2nd, is our turn



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

MASS OF CANDIDACY: Bruce Muise - After his first

year in seminary, Bruce Muise has been accepted by our Bishop as an official candidate to the priesthood. On Saturday, July 15 at 5 p.m., Archbishop Dunn will preside over a Mass at Holy Family Church in Amirault's Hill where he will formally accept Bruce for his journey towards the priesthood. All are invited to attend and a reception will follow the Mass.

ULTREYA: The Yarmouth and Area Ultreya will be



held July 6th 2023 at Marian Hall at 7pm. We hope to see you then! De Colores!

BLESSINGS FOR YOUNG PEOPLE AFTER

MASS: Starting this weekend (July 1st/2nd), we are going back to doing blessings for children at the end of mass. I will be calling you forward at the appropriate time.

COMMUNION TO SICK AND SHUT IN: For those



who bring Communion to our sick and shut ins, starting July 1st/2nd weekend, you will no longer be getting the Hosts in the Communion line. Instead, please come up to the front after the last person has received Communion in the Communion line. Just a reminder too, that after mass, you are supposed to bring the Hosts directly to those who will be receiving them. Also, when you come forward, remember to tell the priest how many you need.

ALTAR SERVERS: For those who would like to be an



altar server, I will be having a practice after the 9:00am and after the 11:15am mass on Sunday July 2nd. If you are interested in serving, please attend. If you have a child who might like to do this, please encourage them to help in this ministry. Just a reminder, altar servers need to have received their first Communion. I will also plan on having more sessions in the future. Fr. Henry

THANK YOU: The members of The Ministry of Care

and Companionship would like to extend a thank you to De La Tour 50/50 Lottery fund for the generous donation of a \$1000.00.

OFFICE CLOSED: Please note that the office will be



closed Monday July 3rd in observance of Canada Day. It will also be closed on Friday July 7th for staff to attend the Steubenville Atlantic conference with the youth of our parish. Please keep the youth and their leaders in your prayers.

KNIGHTS OF COLUMBUS NEWS: Monthly Meeting:



Tuesday July 11th, all members invited 5:30pm executive meeting, 6:30pm supper, 7:30pm general meeting