



**July 9<sup>th</sup>, 2023**  
**14<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)  
**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 8<sup>th</sup>– 16<sup>th</sup> 2023**

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

**Sat. 4 pm** Anniv. Madeline Nixon  
**Sun. 9am** Stanley Davis  
**Sun. 11:15 am** Parishioners  
**Tues. 6:30 pm** Robert Louis  
**Wed. 6:30 pm** Betty Surette  
**Thurs: 9 am** Rose Marie Surette  
**Fri. 9 am** George & Bernice Blades  
**Sat. 4 pm** Parishioners  
**Sun. 9 am** William Hersey  
**Sun. 11:15 am** Gerard MacKinnon

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

**Sat. 10 am July 9** Anniv. Edward & Lydia Doucette  
**Sun. 10 am July 16** Roland Surette

**REFLECTION:** **The Light Burden of Grace** “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” Around the year 167 BC, two new groups of religious leaders emerged within Judaism: the scribes and Pharisees. By the time that Jesus walked the earth, these



religious leaders had developed many customs, false doctrines and religious practices that they claimed were derived from the Law of Moses. However, Jesus condemned their teachings as scrupulous, self-centered, and hypocritical. What they taught was often a distortion of the Law. Recall, for example, that the Pharisees condemned the disciples for picking heads of wheat and eating them on the Sabbath, claiming that this violated the Third Commandment. Clearly, Jesus taught that it didn't. In today's Gospel, Jesus speaks to those “who labor and are burdened” and invites them to carry the light and easy yoke that He will give them. In other words, Jesus is identifying the fact that the scribes and Pharisees had so distorted the Law of Moses that the practice of the Jewish faith had become a burden that was too difficult to carry. In contrast, Jesus' New Law of grace was freeing, light, and easy. When you consider Jesus' many teachings, do you see them as easy to follow? Or do they seem to be too much at times? For example, Jesus said to “be perfect, just as your heavenly Father is perfect” This was not only an invitation, it was also a command and a requirement. So, are Jesus' teachings easy? Or are they overwhelming? Of course, since Jesus Himself says that “my yoke is easy, and my burden light,” then we can be certain that they are. Jesus not only calls us to moral perfection; He also gives us the means by which we can obtain it. By analogy, say someone told you to move a boulder that weighed 2,000 pounds. Could you do that? You could if the person also gave you a large tractor to use for the task. In that case, it would be as easy as using the machine correctly. So, it is with all that our Lord asks of us. When we find some moral obligation to be difficult or even overwhelming, then we are not relying upon the grace that God has given us to fulfill His command. Reflect, today, upon Jesus' gentle invitation to you to embrace the “yoke” of perfection. Do not see it as too much. Rather, see it as a joyous invitation from our Lord. Ponder the fact that God not only calls you to the heights of holiness, He also provides you with the means to obtain it. Have faith in His almighty power and open yourself to it more fully so that You will be able to do anything and everything our Lord asks of you with ease and joy. *My gentle Lord, You place upon my shoulders Your own yoke to carry. I say “Yes” to all that You ask of*

*me, and I thank You for bestowing Your mercy upon me. Please remove every yoke from me that is not from You, so that I can follow You with the joy of the light burden of Your grace. Jesus, I trust in You.*  
*-My Catholic Life*

**COMMUNION TO SICK AND SHUT IN:** For those



who bring Communion to our sick and shut ins, 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.

**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!*

**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 Amiraault'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.

**KNIGHTS OF COLUMBUS NEWS:** Monthly Meeting:



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

**Baby Bottle Fundraiser campaign:** The campaign is scheduled to conclude on the July 17<sup>th</sup> weekend. There will be a marked container in the entrance of the church for the bottles to be deposited in. For those who may still be interested in donating there are still empty bottles in the same location if you would like to pick one up.

**STEUBENVILLE ATLANTIC CONFERENCE:** This weekend July 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> 23  youth and chaperones will be attending the Steubenville Atlantic Conference in Halifax. Thanks to everyone for your support and please continue to pray for them to be touched by the Holy Spirit and to have a faith filled and safe weekend.

**QUOTE OF THE WEEK:** Whenever you begin any



good work, you should first of all make a most pressing appeal to Christ our Lord to bring it to perfection. -St. Benedict

**BLESSINGS FOR YOUNG PEOPLE AFTER MASS:** We are going back to doing blessings for children at the end of mass. I will be calling you forward at the appropriate time.

**COFFEE SCOCIALS:** are being held after all the



masses next weekend. Come join us for a cup.

**PARISH PICNIC:** A parish picnic is happening on



Sunday, July 30<sup>th</sup> at Ellenwood Park from 11 AM to 2 PM, sponsored by the Knights of Columbus. The food will be provided for by the Knights and the Parish. Bring your families and children, there will be games for all ages. Because we need to be able to plan for how much food to have on hand, we need to have a sign-up sheet. Kindly sign in the sheet at the entrance of the church and indicate the number of people per family that will be attending the picnic. We look forward to seeing you for the BBQ.

**SEPARATED AND DIVORCED CATHOLICS: Healing and Reconciliation**

Marriage is a lifetime commitment; however, separation and divorce can occur resulting in wounds of stress and pain. The Catholic Church seeks to reach out to divorced people in an effort to help heal the wounds, while affirming its teaching on the permanence of marriage. Anyone interested can contact the marriage tribunal in the diocese where one lives. For more information please view our website at [www.halifaxyarmouth/marriage-tribunal](http://www.halifaxyarmouth/marriage-tribunal) or contact: Cathy Targett: [ctargett@halifaxyarmouth.org](mailto:ctargett@halifaxyarmouth.org) or 902-429-9800 ext. 321.