



July 5th, 2026 14th 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 27th – July 5th, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Rita Durkee
Sun. 11:15 am Arie & Lorette Vanderdonk
Tues. 6:30 pm Jim LeBlanc
Wed. 6:30 pm Anniversary Lee Saulnier
Thurs. 9 am Irene Polson
Fri. 9 am Intentions of the Steubenville Atlantic Youth
Sat. 4 pm Madeline Nixon
Sun. 9am Intentions of Baylee and Aaron Coburn
Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sun. 10 am July 5 Loring Clairmont
Sun. 10 am July 12 Elizabeth Saulnier

IF YOU WOULD LIKE TO BRING UP THE GIFTS in the offertory procession at a weekend Mass (if you are a family member of the person the Mass is for) please see the greeters **at least 20 minutes before Mass begins.**

Please note: The weekday Mass will be cancelled in the event of a funeral Mass. The Mass intention scheduled for that day will be offered at a later date.

REFLECTION: Praying to the Father in the Son *At that time Jesus exclaimed: “I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes,*

Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him. This passage beautifully summarizes the entire Christian life—the life to which we are called and in which we find our purpose, meaning, and ultimate fulfillment. Jesus begins by offering praise to the “Father, Lord of heaven and earth.” Though Jesus Himself is fully God, “one in being with the Father”—co-eternal and consubstantial—He nevertheless offers praise to the Father. In the original Greek, the phrase “I give praise to you...” (*exomologoumai*) indicates an open, public, and full acknowledgment by the Son of the Father’s sovereignty and gracious will. The Father is the All-Powerful Lord of all that exists—everything in the heavens and on earth. Jesus expresses this fundamental stance toward the Father for two reasons: first, because it is eternally true; and second, so that we might humble ourselves and join Him in praying the same prayer—through, with, and in Jesus. This prayer closely parallels the opening of the Lord’s Prayer (the “Our Father”), because both begin with a direct acknowledgment and praise of the Father’s holiness and sovereignty. The Lord’s Prayer is the perfect prayer precisely because it was given to us by Jesus Himself. After addressing the Father, it presents seven petitions. According to Saints Thomas Aquinas and Augustine, the first two petitions—“hallowed be Thy name” and “Thy Kingdom come”—reveal the central purpose of our lives: to glorify God eternally and to be caught up in, and actively participate in that glory by becoming full members of His Kingdom. In today’s prayer, Jesus says “these things” have been revealed “to little ones” and that the Son can choose to reveal the Father to whom He wishes. We are drawn into Jesus’ prayer and intimate relationship with the Father precisely when Jesus reveals the Father to us: “No one knows the Father except the Son and anyone to whom the Son wishes to reveal him.” Because Jesus deeply desires that we come to know and love the Father with the same love He has for Him, His prayer continues by gently inviting us—especially when burdened by weariness, weakness, or sin—to lay our burdens down before His merciful power and glory: “Come to me, all you who labor

and are burdened, and I will give you rest”. This tender invitation reveals Jesus’ deepest desire for us: that we would enter into His love for the Father, share intimately in the union between Father and Son, and thus magnify and glorify the Most Holy Trinity—not only in our earthly journey but eternally in Heaven. Indeed, what a sublime and glorious calling we have received! Reflect today upon this beautiful prayer, knowing in your heart that Jesus Himself invites you to pray it with Him, through Him, and in Him. He longs for His voice to resonate within your voice, His love to beat within your heart, and His holy desires to shape your own. Turn your gaze toward the Father—He who is both the Source and ultimate goal of your existence—and strive lovingly and humbly to accomplish all things according to His gracious and holy will.
-My Catholic Life

CATHOLIC SUMMER CAMP: August 9th - 14th



Johnston Christian Park, South Range, Digby County. \$225.00 early bird fee by June 30th. 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!

ANNUAL CHURCH PICNIC:



We will be having an outdoor mass at 10:00 am on Sunday July 26th 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 Barbecuing and if you wish you can bring a salad or sweet to share. This is a community building event meant to help us get to know one another better. Please remember to bring a chair. Fr. Henry

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.

QUOTE OF THE WEEK: Jesus is the way, the truth, and the life, that is, the bridge that leads you to the height of heaven.
-St. Catherine of Siena

FOOD BANK: This weekend, July 4th and 5th 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.

OFFICE CLOSED: The office will be closed on Friday July 10th, 2026. Staff will be away with the youth at the Steubenville Atlantic Youth conference in Halifax. Please keep all the participants in your prayers!

COFFEE SOCIALS: Due to the Annual Church Picnic on July 26th, the coffee socials will be cancelled for July. We’ll see you back in August for the next one.

COMMUNITY BREAKFAST: Knights of Columbus



Car Show Breakfast: Saturday July 11th at the Knights of Columbus Hall from 8:30 am to 11:00 am. The cost is \$10.00 for adults and \$7.00 for children 12 and under.



Our sympathy is extended to the family and friends of
Ann Josephine Thibau

Eternal rest grant unto her O Lord and let perpetual light shine upon her.