



**16th Sunday of Ordinary
Time
July 17th & 18th, 2021**

Pastor: Fr. Henry Smolenaars
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Reconciliation/confession is available by appointment only at this time please call the office or email Fr. Henry directly for an appointment.

MASS INTENTIONS- July 17th – 26th, 2021

Sat.	July 17	4pm	Parishioners
Sun.	July 18	9am	Theresa V. Davis and Paul Fitzgerald
Sun.	July 18	10am (Melbourne)	Vincent Surette
Sun.	July 18	11am	Debby Muise and Jean Cottreau
Wed.	July 21	9am	Rick Muise and Alcide Landry
Sat.	July 24	4pm	Lorraine Thibedeau and Troy Comeau
Sun.	July 25	9am	Allan Cameron and Philip Thibault
Sun.	July 25	10am (Melbourne)	Arthur Muise
Sun.	July 25	11am	Parishioners

Please note we will not be carrying the gifts for the offertory until further notice.

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.

LIVE STREAM MASS AT ST. AMBROSE: We live stream mass every Wednesday at 9:00 am and on the weekend at the Saturday 4:00 pm, Sunday at 9:00 am or 11:00 am mass on a rotating basis. The

next scheduled mass is always posted on our website's main page. If you want to watch, go to our web site at www.stambroseymouth.ca or go to our YouTube channel www.youtube.com/c/SaintAmbroseParish/videos?view=57

EMAIL TRANSFERS: are available. Please send to stambrosemail@gmail.com Please add your envelope number or personal information for income tax purposes.

REFLECTIONS: Alone With Jesus "Come away by yourselves to a deserted place and rest a while."



This is an invitation we may need to hear far more than we realize. And it's an invitation that many find hard to accept from Jesus. But take it as a direct invitation offered to you from our Lord. Hear Him say this to you. "You, my child, please do come away by yourself to a deserted place and rest for a while." There is something very healing and helpful that comes from silence and moments of solitude. There is something about silence and solitude that enables us to get refocused. So often in life we are overwhelmed by busyness. "Busyness" is often a way for the evil one to wear us down and get us off track. It keeps us from the gentle, clear and refreshing voice of God. So how is it that God is inviting you to come away by yourself and rest?

At the heart of this invitation is a longing in Jesus' heart that we rest from those burdens which weigh us down unnecessarily. It's true that there are many good things God calls us to do that can exhaust us. But this "holy exhaustion" is not a bad thing. In fact, being "exhausted" by the will of God actually deepens our faith and fills us with joy. And that joy lightens our burden.

The main reason for our need to "come away" and "rest" is that there are many things in life that are not part of God's will. These are burdens we impose upon ourselves unnecessarily. These burdens, more than anything else, are what we need to rest from.

Coming away, alone, with Jesus, is a way of getting refocused and clearing out the clutter of life. It's a way of escaping from our impulses and habits that

draw us away from the joyful will of God. So think about this invitation. Think about it practically. Can you find at least ten minutes today to go find silence so as to rest in the arms of Jesus? Reflect, today, upon how ready and willing you are to accept the invitation from Jesus to come and rest with and in Him. Commit yourself to doing just that. Make the choice, today, to find time to be alone. From that time of solitude, seek the still, small and silent voice of God. Let the quiet and the peace of God's presence bring clarity and focus to your busy life. *Lord, help me to hear You call me to a time of rest and peace. Help me to seek You and to accept Your gentle invitation. Jesus, I trust in You.*

Rich Soil "But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear." The "ears" Jesus speaks of are much more than our physical ears. He is speaking of our interior lives through which we are able to hear, comprehend, accept and choose His holy will. He speaks His Word to us in many ways. The question to ponder is whether or not we are listening and are ready to allow His Word to soak in. Only by an attentiveness to His Word can we embrace His will. Our souls must be like rich soil. This is a familiar image from Scripture, but it's an image that is worth spending much time with in meditation. Rich soil in our souls is not easy to obtain. It's much easier to be dry, thorny, rocky and unwelcoming soil. But to foster within ourselves a true richness and fertile soil requires much care and attention. How is this done?

One of the most important places to begin, so as to create rich soil within our souls, is to strive for true humility. Humility is ultimately all about seeing the truth of who we are and, specifically, seeing the need for the grace of God in our lives. The humble admission that we are powerless without the grace of God is essential to creating rich soil within. From there, we must come to a point of total trust in God. When we first humble ourselves and recognize our total need for God, we will be in a position to trust Him when He speaks. And when He does speak, we will listen and obey with joy. Only then can the good fruit of His mercy be poured into our lives and, through us, into the lives of others.

Reflect, today, upon your interior life. What is there? Is it more like dry rocky ground? Or do you regularly seek to nourish your soul and prepare it to receive the holy Word of God? Seek to create a fertile disposition within and the Lord will take care of bearing good fruit in your life.

Lord, help me to become truly fertile soil for Your most holy Word. May I receive all that You speak and may the seed of faith be planted deep within. Help this faith to grow and to produce the blessings You wish to bestow. Jesus, I trust in You.
 ~My Catholic Life

QUOTE OF THE WEEK: After you have made a decision that is pleasing to God, the Devil may try to make you have second thoughts. Intensify your prayer time, meditation and good deeds. For if Satan's temptations merely cause you to increase your efforts to grow in holiness, he'll have an incentive to leave you alone. ~ St. Ignatius of Loyola



CATHOLIC WOMEN'S LEAGUE NEWS: Archbishop



Brian Joseph Dunn and Father Henry Smolenaars will celebrate St. Ambrose Catholic Women's League 100th anniversary mass on August 26, 2021, at 6:30 p.m. Further details and invitation to attend will follow when indoor capacities are permitted. Regardless, it will be live streamed.

FOOD BANK: The weekend of July 31st & August 1st,



is our turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated. Someone will be on hand at all of the masses to collect items.

DECREE OF NULLITY: "The Archdiocese of Halifax-Yarmouth invites people with questions or concerns about the application for nullity process to contact the Marriage Tribunal Office. The office is open and ready to assist anyone who seeks additional information or guidance in how to begin the process. We can be reached by phone at 902-429-9800 ext. 321 or please visit the "Marriage Tribunal" on the Archdiocesan website www.halifaxarmouth.org under "Pastoral Services".