



July 19th, 2026 16th 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 –July 18th – July 26th, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Special Intentions
Sun. 9am Deceased members of the MacPherson Family
Sun. 11:15 am Parishioners
Tues. 6:30 pm Brian Cusick
Wed. 6:30 pm Special Intentions
Thurs. 9 am Marcel Gingras
Fri. 9 am Richard Stewart
Sat. 4 pm Parishioners
Sun. 10 am Special Intentions Mass at Ellenwood Park

Our Lady of Lourdes (Melbourne):

Sun. 10 am July 19 Jean Applebee
Sun. 10 am July 26 Paul Surette

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: Transformed by God’s Word *He spoke to them another parable. “The kingdom of heaven is like yeast that a woman took and mixed with three measures of wheat flour until the whole batch was leavened.”* Yeast is small—invisible once it is

worked into the dough. And yet, its influence is pervasive and powerful. This simple image—yeast worked into three measures of flour, causing it to slowly rise—reveals that the Kingdom of Heaven is built quietly, almost imperceptibly, from within. Like leaven silently transforming dough from the inside, so too does God’s grace operate—hidden yet active—in the heart, in the Church, and in the world. Patiently watching dough rise can be a small wonder, especially for children. In this brief parable, the yeast symbolizes the Word of God, and the wheat flour, the human soul. When God’s Word is welcomed by faith, it possesses the power to transform the entire soul. Just as yeast elevates and expands flour into bread, so God’s Word elevates human nature and conforms it to Himself. How awe-inspiring it is to behold the gradual transformation of a soul animated by divine grace! Saint Augustine offers several interpretations of the “three measures” of wheat flour. He suggests they can represent the threefold interior life of the human person: heart, soul, and mind or the three degrees of fruitfulness described in the parable of the sower— “a hundredfold, sixtyfold, and thirtyfold” or even the three righteous men mentioned in Ezekiel—Noah, Daniel, and Job, each representing a distinct path of fidelity under trial. Each of these interpretations reveals how God’s transforming Word is at work not only in the individual soul, but within the Church and throughout all humanity. Though “three measures” might not sound like much, it was in fact a substantial amount. According to ancient Jewish and Roman measurements, three measures (or *satons*) could equal nearly fifty pounds of flour—enough to feed more than a hundred people. The parable, therefore, is about abundance—the superabundant fruitfulness of God’s Word when it is thoroughly received—penetrating deeply into the individual soul, the Church, and society. Like leaven in dough, this transformation takes time. Though not immediate, it is steady, enduring, and complete. Consider your own life: Has the Word of God been thoroughly mixed into your whole being—into your heart, your soul, and your mind? Has it leavened your interior life so completely that even your smallest actions are touched by grace? Has divine love taken hold of you—not in part, but in whole? Furthermore, do you see your interconnectedness

with the Church and rejoice in the many ways God is at work within Her and Her members? Do you gaze upon the world and, with wonder and awe, perceive God’s hidden activity? It is easy to focus on the worldly chaos and to be drawn into the sensationalism of evil. But it takes a truly perceptive soul—like a child watching dough rise—to behold the quiet, steady work of God, who is ever bringing His Kingdom to life—quietly, steadily, and far and wide. Reflect today on the quiet ways God is at work within you, within the Church, and throughout the world. Though you might not always perceive the movement of grace, trust that it is active—like yeast in dough—gently transforming, sanctifying, and preparing hearts for the glory to come. Resist the temptation to measure your spiritual growth by visible signs or immediate results. Instead, remain faithful to prayer, attentive to the Word, and docile to the promptings of the Holy Spirit. God’s Kingdom unfolds in time, and its rising is certain. Even when the world seems overwhelmed by sin or division, remember that the leaven is at work. The final loaf is being prepared for the eternal banquet—and you are being made ready, one hidden grace at a time, until you are fully prepared to share in the joy of the eternal feast. -My Catholic Life

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!

ANNUAL CHURCH PICNIC: We will be having an



outdoor mass at 10:00 am next 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 NEWS: 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: The gate of the kingdom



must be asked for by praying, sought after by living properly, and knocked at by persevering. -St. Bede, the Venerable

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.halifaxyarmouth.org under "Pastoral Services".

CATHOLIC SUMMER CAMP: August 9th - 14th at



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!

MEAL TRAIN FOR MOMS AND BABIES: Are you expecting a baby, or do you currently have a newborn? The ladies of St. Ambrose would like to bring you a few meals to ease your burden. We are also looking for people to join this initiative and cook for postpartum moms. Please email Leila at leila.mcmann@gmail.com or text 902-307-5966.