



16th Sunday of Ordinary Time
July 17th, 2022

Pastor: Fr. Henry Smolenaars
Hospital Chaplain: Fr. Wieslaw Papuga
 902 - 746 – 8233 (Hospital)
Parish Deacon: Rev. Mr. Stephen Bourque
Fr. Henry Email: frhenrys@gmail.com
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 16th - 24th 2022

Sat. 4pm Gertrude Surette **and** Anniv. Paul Moore
Sun. 9am Parishioners
Sun. 10 am (Melbourne) NO MASS
Sun. 11am Delbert d’Entremont **and** John Mulligan
Tues. 6:30pm Phyllis Wilkinson **and** Barbara Lynn Saulnier
Wed. 6:30 pm 99th Birthday of Fr. Clarence Thibeau **and**
 Intentions of Lennie and George Romaine
Thurs: 9 am Ernie Doucette **and** Betty Landry
Fri. 9 am David Smith **and** Romain Pothier
Sat. 4 pm Anniv. Victor Amirault **and** Special Intentions
Sun. 9 am Intentions of Deacon Bruce Hubbard **and** Ray
 Miller
Sun. 10 am (Melbourne) Donald Surette
Sun. 11 am Parishioners

LIVE STREAM MASS AT ST. AMBROSE: We live stream mass every Thursday at 9 am and on the weekend at the Saturday 4pm and Sunday at 11 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.stambrosearmouth.ca or go to our YouTube channel

www.youtube.com/c/SaintAmbroseParish/videos?view=57

CATHOLIC SUMMER CAMP: August 7th - 12th at



Johnston Christian Park, South Range, Digby County. Camp cost is \$225.00. You can get a registration form at the entrance of the church, the parish office or on the website. Please call the office at 902-742-7151 if you would like more information.

QUOTE OF THE WEEK: Jesus is happy to come with



us, as truth is happy to be spoken, as life to be lived, as light to be lit, as love is to be loved, as joy to be given, as peace is to be spread. - St. Francis of Assisi

PARISH PICNIC: A parish picnic is happening on



Sunday, July 31st 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.

DO YOU HAVE FAMILY THAT HAVE LEFT THE

CHURCH: Do you want to learn more about how to approach family and friends who have drifted away from the Church or who have never had a faith life? The diocese wants to help in teaching parishioners how to evangelize. Click on the link below to sign up and learn. <https://www.halifaxarmouth.org/invite>

REFLECTION: Choosing the Better Part “Martha,



Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.” It’s only normal for each of us to desire the “better part.” Though this may be the result of a certain selfishness within us, it may also come from a holy desire when the “better part” is identified as

the will of God in our lives. Conversely, sometimes we can tend to choose what we perceive as better for us, when in fact it’s not better at all.

This passage reveals that Mary chose something we should all desire in life. She chose to sit at the feet of Jesus and simply be with Him. Martha was doing a lovely service by preparing the meal and working hard, but Mary was focused in on one thing, her Lord.

It’s important to acknowledge the fact that we will all have times in life when we must be more like Martha. Work must be accomplished, chores completed, and various forms of labor will be a normal part of daily life. But we must also daily remind ourselves that there is one thing we must never lose sight of: Being with Jesus, in silence and prayerful adoration is the most important thing we can do. This doesn’t undermine any other tasks we have to complete each day, but it does reveal that we should never neglect that which is most important.

By identifying Mary’s choice to sit at His feet, Jesus reminds us all of the importance of simply being with Him. This is the call to the contemplative life given not only to cloistered monks and nuns, but is an invitation to us all. We must all seek out moments of rest with Jesus throughout our busy days.

Reflect, today, upon the image of Mary sitting quietly at the feet of Jesus. Use this image as a symbolic invitation to do the same this day. Have you prayed yet today? Have you sat silently with our Lord? Have you tried to enter into a deep adoration of Him through prayer and meditation? Choose the “better part” this day and you will find that all else falls in place to a much better degree.

Most glorious Lord, I do love You and desire to adore You this day and always. Help me to regularly seek moments of deep prayer with You through which I rest in Your glorious presence. May I find moments to live this “better part” every day so that I may enjoy Your full presence forever in eternity. Jesus, I trust in You.
~ My Catholic Life

STEBENVILLE ATLANTIC: Thank you to the chaperones, youth and everyone who prayed and supported them during the conference. A great time was had by all!

FRANCISCAN AT HOME: Do you want to learn more about our Catholic faith from the comfort of your home and on your own timetable?



Saint Ambrose Parish in partnership with the Franciscan University of Steubenville is now offering **FRANCISCAN AT HOME** - Online learning at your convenience. There is no cost to participate and all courses are self paced. Numerous courses are available, including Four Pillars of the Catechism, Eucharistic Renewal, Forming Faith at Home and many others. You can complete a course, or just take individual workshops depending on your interests. You can view a sample at: <https://franciscanathome.com/sample-workshop> For more information or instruction on how-to sign-up email us at christlife.yarmouth@gmail.com

COFFEE SOCIALS BEGINNING AGAIN: We are



starting up our coffee socials once a month to begin with. The first social will be on July 23rd/24th weekend. Please come and help us drink the coffee.

PATCHWORK PALS QUILT SHOW AND SALE 2022:



Over 200 handmade quilts. Thursday, July 21–1p.m. to 7p.m.; Friday, July 22–10a.m.-7p.m.; Saturday, July 23–10a.m.-3p.m. Sainte-Anne’s Church, Sainte-Anne-du-Ruisseau. Boutique with handmade articles, quilting demonstration, snacks, socializing, daily door prizes, free will admission.



Please welcome into our Christian community - Keighly Zaira Ganir and Ryker Carl Vilela who were baptised on Sunday July 17th, 2022.

Please keep Keighly and Ryker and their families in your prayers.