



**18<sup>th</sup> Sunday of Ordinary  
Time  
July 31<sup>st</sup> & August 1<sup>st</sup>, 2021**

**Pastor:** Fr. Henry Smolenaars  
**Hospital Chaplain:** Fr. Wieslaw Papuga 902-746-8233  
**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 available by appointment only at this time please call the office or email Fr. Henry directly for an appointment.

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.stambroseyarmouth.ca](http://www.stambroseyarmouth.ca) or go to our YouTube channel [www.youtube.com/c/SaintAmbroseParish/videos?view=57](http://www.youtube.com/c/SaintAmbroseParish/videos?view=57)

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

**REFLECTIONS: The Most Holy Eucharist** So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." They were hungry and they wanted Jesus to perform a miracle like He had recently done. They wanted Him to multiply loaves and fishes for the crowds. Perhaps they were curious or perhaps they were hungry. But Jesus directs them to do so much more. This passage begins Jesus' discourse on the Bread of Life which will be read at Sunday Mass for the next few weeks. We will see in this discourse Jesus giving His followers so much more than mere bread and fish. We listen to Him speak of Himself as the true Bread from Heaven. Sadly, many reject this precious teaching and gift and go their own way. But what about you? How often have you truly pondered these words of Jesus? "I am the Bread of Life; whoever comes to me will never hunger, and whoever believes in me will never thirst!" Do you believe this? Deep within every human heart is a hunger and thirst that longs to be satisfied. We all have this longing and desire. We try to fill it with so many things, but in the end only one thing satisfies. Jesus alone can satiate the deepest longings of our souls.

Again, do you believe this? And if you do believe it in your head, do you believe it with your actions? Do you turn to Him as the source of your daily fulfillment and satisfaction? When you go to Mass do you long to receive Him and love Him and enter into Communion with Him? Perhaps, but perhaps not. Most likely we all need to redirect our desires toward our glorious Savior, especially as He comes to us in the Most Holy Eucharist.

Reflect, today, upon how deeply you believe in these words of Jesus. Do you regularly meet Him in the Eucharist? Do you allow His presence to consume you as you consume Him? If you cannot say "Yes" to this in a complete and definitive way, resolve today to renew your love for our Lord in this glorious Sacrament.

**Humility + Faith = Mercy** But the woman came and did him homage, saying, "Lord, help me." He said in reply, "It is not right to take the food of the children and throw it to the dogs." She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Did Jesus really imply that helping this woman was like throwing food to dogs? Most of us would have taken great offense at what Jesus said as a result of our pride. But what He said was true and was not rude in any way. Jesus obviously cannot be rude. Nonetheless, His statement has the superficial appearance of being rude. First, let's look at how His statement is true. Jesus was being asked by this woman to come heal her daughter. Basically, Jesus tells her she is not deserving of this grace in anyway. And that's true. No more than a dog deserves to be fed from the table do we deserve the grace of God. Though this is a shocking way to say it, Jesus says it this way so as to first illustrate the truth of our sinful condition and unworthiness. And this woman takes it. Second, Jesus' statement allows this woman to react with the utmost humility and faith. Her humility is seen in the fact that she does not deny the parallel to a dog eating from the table. Rather, she humbly points out that even dogs eat the scraps. Wow, this is humility! In fact, we can be certain that Jesus spoke to her in this somewhat humiliating way because He knew how humble she was and He knew that she would react by letting her humility shine forth so as to manifest her faith. She was not offended by the humble truth of her unworthiness; rather, she embraced it and also sought out the abundant mercy of God despite her unworthiness. Humility has the potential to unleash faith, and faith unleashes the mercy and power of God. In the end, Jesus speaks for all to hear, "Oh woman, great is your faith!" Her faith was made manifest and Jesus seized the opportunity to honor her for that humble faith. Reflect, today, upon your own humility

before God. How would you have reacted if Jesus spoke this way to you? Would you have been humble enough to acknowledge your unworthiness? If so, would you also have enough faith to cry out for God's mercy despite your unworthiness? These wonderful qualities go hand in hand (humility and faith) and unleash the mercy of God!  
~My Catholic Life

**QUOTE OF THE WEEK:** They who go about to reform the world must begin with themselves, or they lose their labour. ~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 100<sup>th</sup> anniversary **mass** on August 26, 2021, at 6:30 p.m. Further details and invitation to attend will follow. This event will be live streamed.

**KNIGHTS OF COLUMBUS NEWS: Monthly Meeting:** Tuesday August 10<sup>th</sup>, 2021 all members invited 6:00pm executive meeting and 7:30pm general meeting.

**OFFICE CLOSED:** The office will be closed Monday August 2<sup>nd</sup>, Thursday and Friday August 5<sup>th</sup> for & 6<sup>th</sup> for Natal Day and vacation time for the staff. We will reopen August 9<sup>th</sup> for the usual hours of operation.



Our sympathy is extended to the family and friends of  
 Marjorie Gertrude LeBlanc and Frederick Jr.  
 Anthony Emin  
 Eternal rest grant unto them O Lord and let perpetual light shine upon them.

**MASS INTENTIONS- July 24<sup>th</sup> – August 1<sup>st</sup>, 2021**

Sat.	July 31	4pm	John D. Muise and Paul Blanchard
Sun.	Aug. 1	9am	Parishioners
Sun.	Aug. 1	10am (Melbourne)	May Ellen Saulnier
Sun.	Aug. 1	11am	Mariette Comeau and Angela McCarthy
Wed.	Aug. 4	9am	Anniv. Leo Mooney and Anniv. Madelyn Doucette
Sat.	Aug. 7	4pm	Parishioners
Sun.	Aug. 8	9am	Conrad, Mickey & Curtis LeBlanc and George Bain
Sun.	Aug. 8	10am (Melbourne)	Dave Boudreau
Sun.	Aug. 8	11am	Ryan Saulnier and Nelly van der Donk Muise

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