



1st Sunday of Lent March 6th, 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 9:30-10:00

MASS INTENTIONS – March 5th- 13th, 2022

Sat. 4pm Parishioners
Sun. 9am Ray Miller **and** Lillian Gordon
Sun. 10am (Melbourne) Emile Comeau
Sun. 11am Dr. Paul Dion **and** Carmel McIntosh
Wed. 9am Kenneth Bourque **and** Simone LeBlanc
Sat. 4pm Kay Frost **and** Richard Griffin
Sun. 9am Parishioners
Sun. 10am (Melbourne) Alden Maillet
Sun. 11am Michelle & Brian MacKenzie **and** Anniv. George
 Fournier

DO YOU WANT TO FAST THIS LENT? *In the words of Pope Francis*

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

LIVE STREAM MASS AT ST. AMBROSE: We live stream mass every Wednesday 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.stambroseyarmouth.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.

REFLECTION: Temptation is Real, and Painful



Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

What a painful experience for Jesus. If you really think about this, it can be difficult to understand...at least at first.

Jesus, the Son of God, the Messiah, the Creator of the Universe, the great I AM, the second Person of the Most Holy Trinity, is in the desert, suffering for forty days while He is tempted by the devil and living among the wild beasts. Why in the world would He do this and why would God the Father allow it to happen? And what's more, it says that it was actually the Holy Spirit who drove Jesus into the desert to experience this painful 40 days!

Perhaps we rarely reflect upon all that Jesus endured and all that He suffered in His human life. Sure, we think about the Crucifixion at times, but even that is often overshadowed by our knowledge that He rose. It's easy to miss the suffering He experienced throughout His life. And it's easy to miss the reason He went through all that He did go through in His humanity.

So, what's it all about? It's about love for us all. It's about God loving us so much that He was willing to endure every form of hardship and human suffering that enters into our lives. It's about God being able to look us square in the face and say, "Yes, I do understand what you're going through...I really do." This is love. It's a love so deep that God Himself was willing to experience our weaknesses

and pain so that He would be able to meet us there, console us in the midst of whatever we are going through, and gently lift us out of it to the new life He has in store for us. Again, this is Love!

The Spirit "led" (Matthew's and Luke's versions) and even "drove" (Mark's version) Jesus out into the desert. This was a way of telling us that this experience was the plan and will of God. It wasn't something imposed upon Jesus by some strange happenstance. It wasn't bad luck or an unfortunate and meaningless human suffering. No, it was suffering for a purpose. Suffering with an intention. And the intention was, in part, to experience and embrace all that we experience and must embrace.

Temptation in life is real. It's the result of our fallen human nature. It comes from our weakness but also from the evil one. Temptation can be a heavy burden and cause heavy emotional and psychological pain. And when the temptation is given in to, it causes an even deeper spiritual pain. Jesus never gave in to the temptations in the desert, nor did He give in to temptations at any other time in His life. But He endured them and suffered them.

This tells us that He can be our strength and inspiration in the midst of whatever we are tempted with each and every day. Some days we may feel the loneliness and isolation of one who is driven into the desert of our sins. We may feel as though the wild beasts of our disordered passions are getting the best of us. We may feel as though the evil one is having his way with us. Well, Jesus felt this way, also. And He freely allowed Himself to experience this in His humanity. It was the will of the Father and the working of the Holy Spirit that drove Him to this experience.

For these reasons, it is Jesus Himself who is able to meet you in this desert within. He is there, waiting for you, looking for you, calling to you. He is there in the midst of anything and everything you may be going through. And it is He, the One who defeated this desert temptation, who will gently guide you out. He went to the desert to meet you and to bring you back. And just as the angels ministered to Jesus in this desert, so also does He send those angels to minister to you.

So, whether your "desert" is only a slight agitation in life right now, or if it's a struggle against complete

despair, Jesus wants to meet you and bring you out. He conquered the desert once and for all, and He is able to conquer any desert in your life, also.

Lord, I acknowledge Your perfect love for me. I believe that You love me enough to endure all suffering, to understand all suffering, and to bring me out of my own interior dryness and pain. May I let you be driven into the desert of my own soul; and there, as I encounter You, may I allow You to lead me to the cool and refreshing waters. Jesus, I trust in You.
 ~My Catholic Life

KNIGHT COLUMBUS NEWS: Monthly Meeting:



Tuesday March 8th, all members invited.
 6:00pm executive meeting, 7:30pm general meeting

4th Degree meeting will take place Saturday March 12th at 8:30 via internet and Tuesday March 15th at 7:00pm.

FOOD BANK: This weekend, March 5th & 6th, is our



turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated. Please do not place donations for the food bank in the church collection envelopes.

FISH CHOWDER FRIDAYS: We will be offering take



out fish chowder on the Fridays of Lent. If you wish to purchase the chowder, we ask you to call the parish office by the Wednesday before to place your order. The cost is \$6.00 and it may be picked up at the Marian Hall doors between 4:00 and 5:00.

STATIONS OF THE CROSS: will be held on every



Friday during Lent at St. Ambrose Co-Cathedral at 6:30pm. Each week, it will be led by a different group. We will be following safety protocols so it will be a first come first served basis. Please note we will have a recorded one available on our website for the duration of Lent.

QUOTE OF THE WEEK: Fasting cleanses the soul,



raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble. - St. Thomas Aquinas