



February 26th, 2023 1st Sunday of Lent

Pastor: Fr. Henry Smolenaars
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Tabitha Centre: 902-742-8960
Reconciliation/confession is held on Wednesday
 after mass from 7:00-8:00

MASS INTENTIONS –February 26th- March 5th 2023

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Anniv. Caroline Comeau
Sun. 9am Parishioners
Sun. 11:15 am Sheldon Gillis
Tues. 6:30pm Jane Bourque
Wed. 6:30 pm Frances Cottreau
Thurs: 9 am Norman d'Entremont
Fri. 9 am Intentions of Neil & Janice Bourque
Sat. 4 pm Maggie & Theophil Muise
Sun. 9 am Rita Muise
Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sun. 10 am Feb. 26 Margaret & John Jacquard
Sun. 10 am March 5 Pauline Cottreau

COMING THIS LENT ... DIVINE MERCY IN THE SECOND GREATEST STORY EVER TOLD:



February 23rd, I (Fr. Henry) will be doing a video series on Divine Mercy. Divine Mercy has been called the second greatest story ever told (the Bible being the greatest). The series is "an amazing visual presentation that will challenge and enthrall you." It runs for 5 weeks every Thursday evening at 6:30 in the Jubilee Room. Check out the preview on

our main webpage. Please come and join me this lent. Sign-up is not required.

STATIONS OF THE CROSS: will began on Friday, February 24th and will continue every Friday during



Lent at St. Ambrose Co-Cathedral at 6:30pm. Each week, it will be led by a different group.

FISH CHOWDER FRIDAYS: We will be offering take



out fish chowder on the Fridays of Lent starting on February 24th. 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.

QUOTE OF THE WEEK: Look upon yourself as a tree



planted besides the water, which bears its fruit in due season; the more it is shaken by the wind, the deeper it strikes its roots into the ground. -St. Margaret Mary Alacoque

KNIGHT OF COLUMBUS NEWS: Community



Breakfast will be Sunday February 26th. \$10 Adults and Children 12 and under \$7.

ULTREYA: The next Yarmouth Area Ultreya will be



March 2nd at 7pm in the Marian Hall at St. Ambrose. Welcome to all!

REFLECTION: Forty Days = Your Entire Life At that



time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. "Forty" is a significant number. In Scripture, it is used more than 145 different times. For example, the rain during the Great Flood lasted forty days and forty nights. Each time Moses went up Mount Sinai, he remained there for forty days and nights. The Israelites wandered in the desert for forty years. After His resurrection, Jesus appeared to His disciples for forty days before ascending into Heaven. And there are many other uses of "forty" throughout the Bible. Interestingly, forty is even significant within human nature, in that we develop within our mother's womb for forty weeks before being born.

The "forty" that we commemorate today is the forty days and forty nights that our Lord spent in the desert being tempted by the devil while He fasted and prayed. Forty is used to symbolize a time of testing, purification, trial or probation. For that reason, it should also be seen as a symbol of your entire life here on earth. In Saint Matthew's version of Jesus' temptation in the desert, He specifically uses the wording "forty days and forty nights." Saint Bede, in commenting upon this, points out that this period of time not only symbolizes our entire lives, but the "days" represent the many graces and blessings we receive, while the "nights" represent the crosses we endure.

As we begin our Lenten journey, it is important to once again apply the lessons of Jesus' time in the desert to our entire lives. Let's consider two lessons we can take from the passage quoted above. First, we see that Jesus was "led by the Spirit into the desert to be tempted by the devil." This teaches us that Jesus not only endured temptation, He confronted it. He was not afraid of the devil and did not fear his attacks. Instead, He willingly faced those temptations, being led by the Spirit, so as to not only overcome them in His life but also to enable us to confront, in our lives, every temptation by the power and initiative of the Holy Spirit. We must never be afraid to confront temptations directly and confidently when the Holy Spirit is in the lead.

A second important lesson is that Jesus voluntarily fasted during this time in the desert. This illustrates the importance of the virtue of temperance in life. If we see this period of forty as a symbol of our whole lives, then we will understand that temperance must always be part of our lives. When we experience the joys and blessings of life (the forty days), we must certainly celebrate them. But we must always do so with a certain self-denial, in that we must never allow the passing things of this world to become the primary satisfaction we seek. Saint John of the Cross teaches that we can even become overly attached to spiritual consolations. Conversely, when we experience the crosses of life (the forty nights), we must also practice a certain self-denial, in that we must not allow the difficulties we endure to discourage us or to distract us from seeking out and fulfilling the will of God. Fasting, meaning our acquisition of the virtue of

temperance, must lead us always through the ups and downs of life, helping us to keep our eyes on the truths God has revealed to us and rejecting the lies of the devil.

Reflect, today, upon the importance of embracing the virtue of temperance with courage throughout life. Throughout life's many ups and downs, joys and sorrows, blessings and crosses, we must allow ourselves to be led by the Spirit, confronting every circumstance with courage and self-control. Reflect upon any ways that you struggle with the crosses you endure or excessively cling to the consolations of life. Seek to embrace the road of virtue this Lent in imitation of Jesus' forty days and nights in the desert.

My temperate and courageous Lord, You confronted all temptation with courage and strength. You fasted throughout the forty days and forty nights so as to teach us how to navigate the ups and downs of life. Please give me the virtues of temperance and courage, and bestow the Holy Spirit upon me so that I may follow You into the desert of my own life. Jesus, I trust in You. -My Catholic Life

STEUBENVILLE ATLANTIC CONFERENCE: There will



be an information session in the Jubilee Room in the church on Sunday March 5th following the 11:15 mass. This meeting is for youth going into high school in September and peer leaders ages 19 & 20 that would be interested in attending the Steubenville Atlantic High School Conference in Halifax this summer. This weekend conference is a chance to gather with your peers and experience your faith in a way you never have before. We hope to see you there!

FOOD BANK: Next weekend, March 4th and 5th, is



our turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated. Members of the Knights of Columbus will be on hand before all the masses to receive the donations.

CANDLES: Please note that due to an increase in the



price of candles, we are now asking for the suggested offering of \$4.00 to help the cost of the increase.