



February 22nd, 2026 1st Sunday of Lent

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 – Feb. 21st – March 1st, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Beryl & Lawrence Melanson
Sun. 9am Aiden Goodwin
Sun. 11:15 am Parishioners
Tues. 6:30 pm Special Intentions
Wed. 6:30 pm Judy and Bob Rodgerson
Thurs. 9 am Kay & Edward Robicheau
Fri. 9 am Holy Souls in Purgatory
Sat. 4 pm Parishioners
Sun. 9am Linda Lusk
Sun. 11:15 am Barb and Greg Deveau

Our Lady of Lourdes (Melbourne):

Sun. 10 am February 22 Eric Saulnier
Sun. 10 am March 1 Owen Atkinson

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: Battling the tempter this Lent *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. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." In His great humility and compassion for us, Jesus, the Incarnate Son of God, allowed Himself to endure something that we sinful human beings encounter every day—temptation. God's glorious plan from the beginning included the creation of both humans and pure spirits—angels—to form one glorious Kingdom of God. Original Sin, the fall of the angels, and our struggle against temptation were not part of God's original intention, but they became realities due to the misuse of free will, both by angels and by humans. Free will was necessary for both angels and humans to love God freely, which led to a third of the angels and many humans turning away from Him. Theologians such as Saint Thomas Aquinas and Saint Augustine offer profound insights into God's original plan for His Kingdom. In that plan, angels were believed to have been tasked with assisting humans in their journey toward perfection through enlightenment and contemplation. Some choirs of angels were tasked with the governance of the cosmos, guiding the physical world in harmony with God's will. Tragically, the fall of a third of the angels, along with the sin of our first parents, Adam and Eve, has resulted in a world filled with struggle and sin. The fallen angels—now demons—use their natural gifts to deceive, confuse, and tempt. Those who were once responsible for guiding the cosmos now seek to sow chaos, contributing to the existence of natural disasters, disease, and death. While Catholic angelology is speculative, based on a limited amount of biblical revelation, it is important to recognize the role of angels and demons as we enter this sacred season of Lent. Today's Gospel focuses on the activity of the most powerful fallen angel—satan, originally named Lucifer, meaning "Light-Bearer." Tradition holds that he was among the highest of the angels, possibly a Seraphim. According to Saint Thomas Aquinas, Lucifer's fall resulted from pride: He desired to be a god unto himself, to create and govern according to his own will, refusing to serve God. This cosmic reality, of which both Jesus and satan were fully aware, sets the stage for and adds profound significance to their encounter in the desert. In this dramatic confrontation, Jesus, by allowing Himself to be

tempted, begins the ultimate defeat of satan, a victory that will culminate in Jesus' Passion, Death, and Resurrection. This is the only recorded instance in which Jesus permits satan to tempt Him directly. While satan remained active throughout Jesus' ministry, seeking to disrupt His mission, this moment in the desert addresses temptation specifically. By rejecting each temptation, Jesus not only demonstrates how to overcome the devil but also empowers humanity with the grace needed to resist temptation through His triumph on the Cross. As we enter into the first full week of Lent, reflect today on the temptations you face in your own life. Though satan is powerful and highly intelligent, he is no match for the grace of God. By uniting ourselves to Christ, we are strengthened to resist all that satan and his demons throw at us. Victory over temptation is not achieved by our own strength but through Christ's grace, which He freely offers to all who turn to Him. -My Catholic Life

5 WEEK LENTEN SERIES WITH FR. HENRY: This week in the series called *Metanoia: A Journey With Christ Into Conversion* by Fr. Dave Pivonka, we will focus on "**Death and Life**" and "**Sin and Mercy**". The series is filmed in the Holy Land and focuses on the ongoing conversion of the heart, a central theme of Lent. Come join us Thursday night at 6:30 in the Jubilee Room.

FISH CHOWDER FRIDAYS: We will be offering take out fish chowder on the Fridays of Lent starting February 20th. We ask you to call the parish office to place your order. The cost is \$8.00 and it may be picked up at the Marian Hall doors between 4:00 and 5:00.

GRIEF SUPPORT GROUP: Grief is a difficult process. Grief does not go away. Have you lost someone recently, or well in the past. It may help to share your experience, or perhaps just hear from others who may have insight into what you are going through. Stories are medicine. Join us at the Marion Hall from 1:00 to 3:00pm on February 26th.

STATIONS OF THE CROSS will be held on the Fridays of Lent at St. Ambrose Co-Cathedral at 6:30pm. Each week will be led by a different group.



KNIGHTS OF COLUMBUS NEWS: **Knights of Columbus Community Breakfast:** Sunday February 22 at the Knights of Columbus Hall from 9:00 am to 11:30 am. The cost is \$10.00 for adults and \$7.00 for children 12 and under.

QUOTE OF THE WEEK: Virtues are formed by prayer. Prayer preserves temperance. Prayer surpresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit and raises a person to heaven. -St. Ephrem

FOOD BANK: Next weekend, February 28th and March 1st, 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. **Please note for future food bank collections: In days of inclement weather, the collection will take place at the entrance inside the Church.**

INCENSE This WEEKEND: Incense will be used at 11:15am mass this weekend and on the last Sunday of every month.

SURVEY WEEKEND: St. Ambrose is on a journey to know, love and serve Christ better and thrive! WE WANT TO HEAR FROM OUR PARISHIONERS! Complete the Disciple Maker Index (DMI) survey today. You can use the paper copy inserted in the bulletin or go to our main webpage at www.stambroseyarmouth.ca and click on the link to do it online. The survey assesses our unique strengths and opportunities. Share your perspective now to help strengthen St. Ambrose and better prepare us for the future!

ULTREYA: The Yarmouth and Area Ultreya will be held March 5th 2026 at Marian Hall at 7pm. We hope to see you then! De Colores!

THANK YOU: Thank you to all who participated in the pancake supper by either cooking, serving, making cookies, helping to wash dishes, helping to organize and to those who came out to support our youth. It was greatly appreciated.