



August 18th 2024 20th Sunday of Ordinary Time

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
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Tabitha Centre: 902-742-8960
Confession/Adoration Wednesday 7:00-8:00

MASS INTENTIONS –August 17th– 25th, 2024

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Special Intentions
Sun. 9am Parishioners
Sun. 11:15 am Florence & Forman Surette
Tues. 6:30 pm Clifford Amirault
Wed. 6:30 pm Anniv. Mariette Comeau
Thurs: 9 am Rosie Deveau
Fri. 10 am Funeral Mass (Pauline Doucet)
Sat. 4 pm Anniv. Basil McGuigan
Sun. 9am Ronnie Harris
Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sun. 10 am Aug. 18 James Clements
Sat. 6 pm Aug. 24 Wendy DeViller

REFLECTION: Changed by the Eucharist Jesus said to the crowds: “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.” It must have been somewhat shocking to the people who heard Jesus say this for the first time. Immediately after Jesus said this, we read that “The Jews quarreled among themselves, saying, ‘How can this man give us his flesh to eat?’” Jesus addressed their confusion even more directly by saying, “Amen, amen, I say to you, unless you eat

the flesh of the Son of Man and drink his blood, you do not have life within you.” Those who were confused must have become even more confused, and those who believed must have deepened their faith as they heard Jesus teach so clearly and profoundly. Of course, Jesus was speaking about the Eucharist. The Eucharist is truly His Body and Blood, Soul and Divinity. We know that. We believe it. But from time to time, it is a helpful spiritual practice to revisit our Lord’s very direct and definitive teaching. On the deepest level, the Eucharist will always remain a profound mystery of faith. How can we eat His flesh and drink His blood? To someone without faith and without a basic understanding of the Eucharist, this teaching seems shocking and unbelievable. In fact, it’s easy to understand how some of the first hearers of this teaching quarreled among themselves in confusion. For that reason, we must listen to Jesus’ words with the spiritual gift of understanding so that we are not among those who are confused. Understanding is a gift of the Holy Spirit that opens our minds to the deep spiritual truths Jesus is revealing. If we attempt to listen to this teaching using our human reason alone, we will never understand. When you consider Jesus’ teaching on the Holy Eucharist, what do you understand and believe? Especially consider what goes through your mind when you attend the Holy Mass and go forward to receive Communion. What normally takes place within you at that moment? Some come forward distracted or even disinterested, paying more attention to the others around them than to the Eucharist. Others simply go forward out of habit because that’s what they have always done. Some see the Eucharist more as a symbol of our sharing in God’s banquet. But some come forward with a deep spiritual hunger and thirst for God, receive Him in faith, love Him deeply as they consume Him, and are filled with hopeful anticipation that their reception of this holy gift will transform them interiorly and set them more firmly on the path to holiness. Which person are you most like? Believing in the Holy Eucharist and receiving it with the utmost faith and devotion will only happen when we believe. But believing doesn’t come automatically. It first requires understanding. And understanding will only come when we allow our minds to engage the mystery and teaching of Jesus, ponder it, contemplate it, penetrate it and

open ourselves to God’s gentle and revealing voice. Words do not suffice to explain this mystery. Prayer that opens oneself to the voice of God alone suffices. Reflect, today, upon how you approach Holy Communion each week. Start by thinking about the last few times you went forward to receive our Lord in this way. From there, think about how deeply you understand that moment. Is it transforming for you? Are you among those who hunger and thirst for Jesus? Do you notice the spiritual effects that take place within you as a result of your reception of the Eucharist? If so, then deepen your faith by committing yourself to a more prayerful participation in the Mass the next time you attend. If not, then try to step back and examine that which you actually believe, are confused about or do not believe. There is no greater gift we will ever receive in life than the Eucharist. Believe it with all your heart, and the Eucharist will change your life.
-My Catholic Life

EUCCHARISTIC CONGRESS: Eucharistic Procession



news On Saturday afternoon October 19th Eucharistic Congress attendees will have the opportunity to boldly witness the faith and take part in a Eucharistic Procession. The procession will start at 4:00pm and start from Saint Agnes Church Mumford Road and process to Saint Mary’s Cathedral Basilica Spring Garden Road. The walk is approximately five kilometres. For those who wish to walk only part of the procession there will be stopping points along the route for a brief prayer and for others to join in. The route and stopping points will be provided once confirmed. Our hope is that this procession will witness Christ alive and well in our Archdiocese and so by representing of ALL the faithful including the young, young at heart, members of the Mi’kmaq, parishioners from across the whole Archdiocese, and representatives of the various new immigrant communities. To register go to <https://www.halifaxyarmouth.org/congress2024>

WANT TO BECOME CATHOLIC? Are you a non-



Catholic interested in the Catholic faith? Are you thinking you might want to become Catholic? Are you a Catholic adult who never celebrated your 1st Communion and/or Confirmation? Then RCIA is for you. RCIA will be

starting this fall at St. Ambrose. If you are interested then please contact the office for a form you can fill out to sign up. Come and join us this fall!

THANK YOU: On behalf of the Catholic Summer Camp, we would like to thank everyone who contributed to a very successful camp experience. This was our 25th camp over a 26-year period. It was one of the largest groups in attendance thus far with 60 people. Each person received a camp shirt for this special occasion.

ACADIAN HERITAGE DAY CELEBRATION: A small celebration of the Acadian Heritage Day will be held August 25th at 2:00pm at the Harbour Hill Community Hall in Comeau’s Hill. All are welcome to attend.

STAINED GLASS WINDOW INFORMATION: One of our parishioners is doing some research on the stained-glass windows here at Saint Ambrose. Many of these windows are donated on behalf of loved ones, and she is hoping to gather some information about them. If you have information to share, please leave your contact information with the office.

QUOTE OF THE WEEK: God never sends anyone



trials too heavy to bear, and he is with those in distress. Since this is certain, you need fear nothing, but rely on his mercy. -St. Teresa of Avila

COFFEE SOCIALS: are being held this weekend



August 17th and 18th after all the masses. Come join us.



Our sympathy is extended to the family and friends of
Isabelle Genevieve Sweeney and Angie Mary Goodwin
Eternal rest grant unto them O Lord and let perpetual light shine upon them.