



**August 20<sup>th</sup>, 2023**  
**20<sup>th</sup> 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)  
**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 7:00-8:00

**MASS INTENTIONS –August 19<sup>th</sup> –27<sup>th</sup> 2023**

**St. Ambrose Co-Cathedral (Yarmouth):**

**Sat. 4 pm** Anniv. Basil McGuigan  
**Sun. 9am** Mary & Wilfred Bishara  
**Sun. 11:15 am** Parishioners  
**Tues. 6:30 pm** Irene Polson  
**Wed. 6:30 pm** Corrine Jacquard  
**Thurs: 9 am** Terry Muise  
**Fri. 9 am** Elaine Ryan  
**Sat. 4 pm** Parishioners  
**Sun. 9 am** Anniv. Donald Parnell  
**Sun. 11:15 am** Bill Rodgeron

**Our Lady of Lourdes (Melbourne):**

**Sat. 6 pm August 19** Intentions of Bishop James Wingle  
**Sat. 6 pm August 26** Marie Fitzgerald

**REFLECTION:** Begging for Scraps of Mercy At that time, Jesus withdrew to the region of Tyre and Sidon. And behold, a Canaanite woman of that district came and called out, “Have pity on me, Lord, Son of David! My daughter is tormented by a demon.” After Jesus was harshly challenged by the Pharisees, He and His disciples took a 35-mile journey to the northwest to a region that was in pagan territory and outside of the jurisdiction of



Herod and the Jewish leaders. It might have been a time of repose for Him and His disciples and an opportunity for Jesus to form the disciples more directly. It was during this retreat that a pagan woman came to ask Jesus for help.

As the story unfolds, we see that her prayer is a model for us all. First, she acknowledges Who Jesus is—the Son of David. This is a manifestation of her faith and a clear contrast to the lack of faith Jesus had experienced with many of the people in Galilee. Second, her request is expressed in straightforward and simple language, “Have pity on me!” And, “Lord, help me.” Third, her prayer is persistent. Jesus allows her to manifest her persistence by first being silent to her request and then telling her “It is not right to take the food of the children and throw it to the dogs.” Jesus obviously does not say this to be rude, but to invite her to manifest her faith in a persistent way. And that she does. Finally, her prayer is one of deep humility. She responds, “Please, Lord, for even the dogs eat the scraps that fall from the table of their masters.” She was begging for the “scraps” of Jesus’ mercy, and she received His mercy in abundance.

Do you desire the scraps of Jesus’ mercy in the way a dog desires the scraps from the table of its owner? Hopefully you do. This is the disposition that we must all have in prayer. Sometimes, out of pride, we can think that we have a right to God’s mercy. We can think that God owes us. And though we might realize that mercy is not deserved, we must allow that truth to sink in deeply. That is why this story is so important. It presents us with the ideal way to pray and the humble interior disposition we must have when approaching God.

Prayerfully sit with the image of a dog begging for scraps from the table. When a dog is given what is left over, it is thrilled. To us, eating the scraps from another’s plate is undesirable. But if the “plate” belongs to the Savior of the World and the “food” is His grace and mercy, then that changes everything. In the end, the Master also invites us to the table and feeds us with the finest of spiritual food. But that doesn’t change the fact that we must always have the humble disposition exemplified by this humble woman.

Reflect, today, upon this holy woman. In the end, Jesus cried out, “O woman, great is your faith!” But that did not come until she wholeheartedly

expressed her faith with humility and persistence. With her as a shining example, reflect upon how you pray to God. Do you pray with self-righteousness, as if you deserve God’s mercy? Do you tend to see God as one Who owes you something? Do you get angry with God when He doesn’t immediately answer your demands? Try to humble yourself like this woman. Beg for whatever God wants to give to you. Do so with perseverance and the utmost trust. If you do, our Lord will not only pour forth the scraps of His mercy, He will also pick you up and invite you to the glorious meal of His abundant grace.  
*Most merciful Jesus, I beg of You that I be given only the scraps from the table of Your mercy. I beg this of You with all my heart. Though I do not deserve You, I seek You anyway. You know what I need, dear Lord; please bestow upon me Your mercy for those needs. Jesus, I trust in You.* -My Catholic Life.

**THE SEARCH: Do you have family or friends who do not come to Church?** All of us know people who would benefit from encountering God and the Church, and from experiencing the peace, joy, and purpose that a relationship with Jesus brings. However, it can be intimidating to try to reach out and start a conversation about God, or invite these friends and family members to an event at our parish. Not sure how to invite someone? Sign up for a 4-session email and video series that will walk with you step by step in the comfort of your own home at <https://www.halifaxyarmouth.org/invite> Ready to invite someone? Then invite them to come to *The Search*. *The Search* is an innovative video series that tackles the key questions of every human heart. In seven beautifully filmed episodes, experts from multiple fields of science, medicine, psychology, art, and religion examine our place in the larger story of existence. *The Search* tackles questions such as “What do you Seek”, “Why a God?”, “Who is Jesus”, Why a Church? Whether they are a practiced inquirer or a jaded skeptic, *The Search* will speak to them. They may be reassured by some parts, and challenged by others. Either way, they will find a lot here to think about. And when all is said and done, life’s questions demand to be answered. You can watch the trailer at <https://youtu.be/QOwZFL5Wpj8> or google “The Search Trailer”. Thursday evenings from October 5 to November 30, - 7:00 to 8:45 pm in the Parish

Centre. No cost to attend. Registration required at 902 742-7151 or [search.stambrose@gmail.com](mailto:search.stambrose@gmail.com) Offer to register your family or friends for them. Please leave your name and contact information along with the contact information of the person who will be attending. Questions can be sent to the above email or leave a message with the office and someone will contact you.

**FRIENDS OF MARY:** The Friends of Mary are collecting greeting cards for Yarmouth Life Skills. They use the cards to make gift tags. You can help by saving your cards. We will collect them a few times a year. Look for a notice in the fall for our first collecting date.

**COFFEE SOCIALS:** are being held this weekend after all the masses in the Jubilee Room. Come join us for a cup.



**QUOTE OF THE WEEK:** All love is not friendship; for we may love without being loved. Then love but not friendship exists. Friendship is mutual love, and unless it is mutual, it is not friendship. -St. Francis de Sales



**ROSARY GROUP:** Starting September 14, come join me in the Jubilee Room after 9 am mass to say the rosary. Intentions for loved ones and conversion of hearts. Come and grow closer to God through the Blessed Virgin Mary. If any questions please call or text Sarah Hubbard at 902 740-2191



Our sympathy is extended to the family and friends of  
 Simon Burke  
 Eternal rest grant unto him O Lord and let perpetual light shine upon him.