



September 15th 2024
24th 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
Bulletin email: stambrosebulletin1@gmail.com
Tabitha Centre: 902-742-8960
Confession/Adoration Wednesday 7:00-8:00

MASS INTENTIONS –September 14th– 22nd, 2024

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Yvonne Rodgeron
Sun. 9am Isabelle Sweeney
Sun. 11:15 am Parishioners
Tues. 6:30 pm Gary Allen
Wed. 6:30 pm Anniv Gladys Cottreau
Thurs: 9 am Alyre Comeau
Fri. 9 am Marilyn Doucette
Sat. 4 pm Parishioners
Sun. 9am Violet Stoddard
Sun. 11:15 am Joaquin Eusebio

Our Lady of Lourdes (Melbourne):

Sun. 10 am Sept. 15 Arthur Muise
Sun. 10 am Sept. 22 Adam Surette

REFLECTION: A Spiritual U-Turn He summoned the crowd with his disciples and said to them, “Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it.” Practically speaking, how do we follow Jesus and save our souls? Is it enough to profess that we believe in Jesus? If we were to arrive at the conclusion that Jesus is God and the Savior of the World, would we then be saved?

Certainly not. Even the demons believe this truth. Jesus is quite clear that salvation requires action on our part. We must deny ourselves, take up our crosses, and follow Him. Furthermore, the road to salvation requires that we lose ourselves for the sake of Christ and the Gospel. What exactly does this mean, practically speaking? To answer this question, let’s first consider the way that many people live. We tend to desire that which is the easiest in life, the most enjoyable, the greatest, and the most consoling. We often seek out those things that make us feel good and the path of least resistance. For example, if you could choose to fast on bread and water or feast on the most delicious foods, which would you choose? If you could choose between a vacation in the most exotic and luxurious location or a week of very difficult work, which would you choose? If you could choose to drive a brand new, high-end car or a very old beater, which one would you prefer? Most people would quickly pick the nice food, luxurious vacation and fancy new car. In his spiritual classic, the *Ascent to Mount Carmel*, Saint John of the Cross outlines a very different path. He gives a series of spiritual maxims to use for prayer and meditation to help purify your soul of every unhealthy attachment so that you can become more fully attached to God and His holy will. St. John says, “Strive always to prefer, not that which is easiest, but that which is most difficult; Not that which is most attractive, but that which is most unpleasant; Not that which gives most pleasure, but rather that which gives least...” These spiritual maxims, when read in their entirety, challenge us to the core of our being. They quickly reveal to those who are honest that they often prefer the easiest, most pleasant and best that this world has to offer. But what is best for your eternal soul? Jesus’ teaching, that we must deny ourselves, take up our cross, and follow Him, is the road map to saving your eternal soul and to discovering a spiritual fulfillment that far surpasses anything this world or our flesh have to offer. But in order to understand this road map and then to follow it, we often need to make a “spiritual U-turn” so to speak. This U-turn begins with us choosing the Cross on every level of our being and concludes with God stripping away all selfish desires and replacing them with a desire for sacrificial love. If you were to carefully examine your thoughts throughout the


day, you might find that you think about yourself a lot. “I like this, don’t want to do that, am angry about this, and am trying to avoid that...” Very often, our thoughts begin with “I” and end with “me.” Denying yourself, taking up your cross, and losing your life means that you no longer think about yourself. It means that the eyes of your soul have turned away from yourself and focus exclusively upon the will of God and the love of others. But this will never be possible until we are freed of the numerous selfish desires that often direct most of our actions day in and day out. Reflect, today, upon that which you desire throughout your day. What occupies your thoughts the most? What are you drawn to the most? Do you spend most of your day thinking about how you can better serve God and His holy will? Or do you spend most of your day thinking about yourself? Do the eyes of your soul most often turn to the selfless service of others? Or do they more often think about what you want in a selfish way? Reflect upon these difficult questions and seek to eradicate everything within you that is selfish. Doing so will enable you to make a spiritual U-turn so that you can carry the glorious and transforming Cross of Christ.
 -My Catholic Life

JOIN US FOR THE DAY IN HALIFAX AT THE EUCHARISTIC CONGRESS: There is a bus leaving Yarmouth on Saturday October 19th in the morning around 5:30am (the exact time is yet to be determined). It should arrive in Halifax at 9:30 at St. Agnes Parish. There will be a few talks given by Archbishop Durocher called Eucharist: Strengthening the Unity of the Church and Eucharist: Calling us to worship. Lunch at noon will be provided. At 3:00pm a Eucharistic Procession will begin from St. Agnes to St. Mary’s Basilica (About 5KM) concluding with mass there. Supper will be on our own at 5:30 and then the bus will leave at 6:30pm to go back to Yarmouth. **If you are interested, please sign your name on the sheet at the entrance to the church and then go online to our main page of our parish website to register with the diocese.**


THE SEARCH: Do you know anyone, baptized or unbaptized, who has asked questions like: Why am I here? How do I find true fulfillment and happiness


in life? How do I fill the hole in my heart? What are the basics of Christianity? What is the Good News of Jesus Christ? Invite them to join you to **The Search** - an innovative video series that tackles the key questions of every human heart. In beautifully filmed episodes experts from multiple fields of science, medicine, psychology, art, and religion examine our place in the larger story of existence. Eight weeks beginning Thursday October 3, 2014 from 7:00 to 8:30 at the Saint Ambrose Parish Centre. No registration, no fee, no homework.

QUOTE OF THE WEEK: Love is the measure of our ability to bear crosses, whether great or small.
 -St. Teresa of Avila

KNIGHT OF COLUMBUS NEWS: 4th Degree meeting
 Tuesday September 17 at 7:00 pm, Community Breakfast, September 22nd, 9am-12pm. \$10 for adults and \$9 for 12 and under. Proceeds to the Tri County Pregnancy Centre.

SCRIPTURE STUDY: Starting Friday September 20th at 7:00 pm in the Jubilee Room No prior bible knowledge needed. No video, no homework, no fee, no registration. At every Mass we say that the Eucharist is the new and everlasting covenant. Join us as we explore the biblical covenants of the Old Testament and how they are connected to the Eucharist. 10 weeks starting September 20th from 7:00 to 8:30 pm in the Jubilee Room - enter from the side door of the Church.

COFFEE SOCIALS: are being held after all the masses  this weekend September 14th -15th. Come join us for a cup.



God’s abundant blessings upon Arron Paul Bailey and Hannah Marie Wallace who were married on 7 September 2024 at St. Ambrose Co-Cathedral.

As you begin your married life together, may you trust and rely on God’s Holy Presence for guidance, direction and strength.