



2nd Sunday of Lent March 8th, 2020

Pastor: Fr. Henry Smolenaars
Parish Deacon: Rev. Mr. Stephen Bourque
Fr. Henry Email: frhenrys@gmail.com
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 available every Saturday 11 am-noon at St. Ambrose Co-Cathedral.

MASS INTENTIONS March 7th- 15th, 2020

Sat. 4pm Parishioners
6pm (Melbourne) Evelyn Pothier
Sun. 9am Anniv. George Fournier and Leona & Percy Muise
11:15am John Lombard and Viola Lombard
Mon. No Mass
Tues. 6:30pm Anniv. Raymond Bowers and Bernard Berry
Wed. 6:30pm Arthur Cottreau and Jean Cottreau
Thur. 9am Mass of Thanksgiving and Susan Churchill
Fri. 9am Special Intentions and Amos Surette
Sat. 4pm Anniv. Rose Purdy and Special Intentions
6pm (Melbourne) Andrew Doucette
Sun. 9am Parishioners
11:15am Special Intentions and intentions of Philippe Ndeche

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.

FISH CHOWDER FRIDAYS: Will be taking place each Friday during lent in the dining hall at the parish centre from 4:30-6:30pm. \$6.00 per person. Includes chowder, roll, tea or coffee. Please support our



youth who will be attending the Steubenville Atlantic conference this Summer. Thank You!

COFFEE SOCIALS: The coffee socials will be held this weekend after the Saturday 4pm Mass and the Sunday 9am Mass. The pot luck is taking place on Sunday following the 11:15am Mass at the Parish Center Dining Hall. Please bring a dish to share with the community and bring a friend. The Catholic Women's League will be there to accept items.

KNIGHTS OF COLUMBUS NEWS: Monthly Meeting: Tuesday **March 10th**, all members invited.
 5:30pm executive meeting
 6:30pm supper
 7:30pm general meeting



Community Breakfast: Sunday, **March 15th** from 9am -noon at the Knights of Columbus Hall. Adults \$7.00 and children under 12 \$3.50. Eat in or take out.

COMING THIS LENT: PRESENCE: THE MYSTERY OF THE EUCHARIST. Beginning **March 12 in the Dining Hall in the Parish Centre 7:00 p.m.** God is with us. God wants to unite us to himself, to pour his love into us and to receive our love in return. God wants to be in communion with us. God wants this so much that God humbles himself, becoming truly and completely present under the appearance of simple bread and wine. Through the Eucharist, God gives himself and expresses his love for us – and by receiving the Eucharist, we love God in return. In exploring the story of the Eucharist, the question to ask is not “What is the Eucharist?”, but “Who is the Eucharist?” March 19 – The Story of the Eucharist. March 26 – Bread for the Journey and April 2 – The Miracle at Every Mass. These videos will be repeated beginning Sunday March 29 at 10:15 a.m., downstairs in the Coffee & Creed room. Come and join us while the children are in their classes.

HAND SHAKING: Because we are in flu season the diocese has recommended that we not shake hands. At the sign of peace, some other gesture like a head nod or a wave can be done. -Fr. Henry



QUOTE OF THE WEEK: Christ made my soul beautiful with the jewels of grace and virtue. I belong to him whom the angels serve. -St. Agnes



REFLECTION: Fast and Feast Together-A bachelor friend calls me to ask, “May I come for breakfast? Nothing fancy — just oatmeal.” Then he adds, “With a candle in it.” *How* we eat satisfies more than *what* we eat. Eating together — and *fasting* together — is to recognize our need for each other, and not just for food. Examine your eating habits and change them if you eat impulsively, constantly, alone, too fast, unconsciously or without savoring your food, without care or dignity. Try these simple exercises: Eat only when seated at a table. Try not to eat alone: Find someone to share your meal with. “Companion” means “the one you share your bread with.” Invite the lonely. Bring a meal to someone who is homebound. Volunteer in a soup kitchen.

A hymn by Percy Dearmer sings: “All our meals and all our living make us sacraments of you/ That by caring, helping, giving, we may be disciples true.” Return a sense of the sacramental to mealtime in your household. Present all meals with dignity. Take at least forty-five minutes to eat your dinner. (The average American family eats a whole meal in *five* minutes!) As much as you are able to, eat together and fast together.

PRAYERS FOR PERSECUTED CHRISTIANS: There will be Prayers for Persecuted Christians and a Presentation on the Holy Land on March 23rd 2020 at 7pm. This event will be held at St Thomas Aquinas Church 1725 Oxford Street, Halifax NS. Evening prayer with Fr. Brian MacMillan, KHS, presiding followed by the presentation by Archbishop Brian Dunn.

EASTER FLOWERS: Anyone who would like to make a donation towards St. Ambrose or Our Lady of Lourdes Easter flowers in memory of a loved one may do so by either putting your donation in an envelope with your number on it and placing it in the collection basket or you may make your donation at the parish office.



INFORMATION REQUEST FROM THE HOLY SEE: This week we received a request for information from the Holy See (Vatican). The Apostolic Nuncio, Archbishop Luigi Bonazzi, has been asked to gather data pertaining to hate crimes committed against Christians in Canada. We have been given a short timeline to collect this information and forward it to the Apostolic Nunciature. If you have experienced any of the following things because you were Christian, please stop by the office to fill out a form. The list is as follows: Physical assault, desecration of a grave, damage to property, theft/robbery, arson, vandalism, and threats or threatening behavior such as verbal assault, insults, incitement of hate. You can also get the document off of our website <http://www.stambroseyarmouth.ca/> and send it yourself to Pauline Amirault at pamirault@halifaxyarmouth.org by Thursday, March 12, 2020.

TROUBLE WITH TRUST: A Lenten retreat. Saturday, March 28, 2020. 9 a.m. to noon in the Jubilee Room. St. Paul tells us that because of Christ's Passion — his suffering, death, and resurrection — God proves that he is completely trustworthy. All of us would like to believe this as deeply as St. Paul did, to trust God more firmly in the midst of life's trials. Lent is a season to strengthen our trust, precisely by turning our attention to Christ's Passion, and this Lenten Retreat is designed to help. For further information please call Coleen 902 742-4924 or Helen 902 742-6216.



NEW COMMITTEE: As you likely know we have a few committees here at Saint Ambrose Parish. The diocese has asked us to form a new one called a Leadership Team. This is different from Parish Council in that the Parish Council works with the Pastor to look at issues a few years out. The Leadership Team focuses on things happening within the next 6 months or so and tries to help implement them with the Pastor. The people who will be working with me on this team are Jodi Bishara, Helen Murphy, Tony Dorrian and Liz Richard. Please keep us in your prayers. -Fr. Henry