



## March 1<sup>st</sup>, 2026 2<sup>nd</sup> 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. 28<sup>th</sup> – March 8<sup>th</sup>, 2026

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

**Sat. 4 pm** Parishioners  
**Sun. 9am** Linda Lusk  
**Sun. 11:15 am** Barb and Greg Deveau  
**Tues. 6:30 pm** Robert and Elizabeth Trefry  
**Wed. 6:30 pm** Greg and Troy Comeau  
**Thurs. 9 am** June Durkee  
**Fri. 9 am No Mass** (10am Funeral Mass Brian Cusick)  
**Sat. 4 pm** Lois Armstrong  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Donald Vacon

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

**Sun. 10 am March 1** Owen Atkinson  
**Sun. 10 am March 8** Wallace Jacquard

**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:** *Good and Bad Days* "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for



*Moses, and one for Elijah."* The Apostle Peter's reaction to the Transfiguration reveals that he was overwhelmed by his firsthand experience of a glimpse of Jesus' true glory. Not long before this moment, our Lord took His disciples north to Caesarea Philippi and asked them privately who they thought He was. Peter boldly proclaimed, "You are the Messiah, the Son of the living God". In response, Jesus promised Peter that He would build His Church upon Peter's profession of faith and that Peter himself would be entrusted with the keys to the Kingdom of Heaven. It was a good day for Peter. Shortly after this, however, Jesus began to reveal to His disciples that He "must go to Jerusalem and suffer greatly from the elders, the chief priests, and the scribes, and be killed and on the third day be raised. In response, Peter pulled Jesus aside and said, "God forbid, Lord! No such thing shall ever happen to you". Jesus replied harshly to Peter's rebuke: "Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do". It was a bad day for Peter. Jesus then taught His disciples, "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 will find it". Not only was Jesus soon to suffer greatly, but His followers, including the Twelve, were called to follow Him on this difficult path. This was hard news for them to accept. In today's Gospel, we hear the story of the Transfiguration. Interestingly, Jesus allowed the disciples to reflect on His prediction of suffering for six days before taking Peter, James, and John up a mountain for prayer and solitude. Jesus, aware of their confusion and struggles, was transfigured before their eyes. "[H]is face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him". Peter exclaimed in this moment of glory, "Lord, it is good that we are here." It was another good day for Peter. We all have good days and bad days. But what defines a good day versus a bad day? Was the day of Jesus' Crucifixion a bad one for Him? Certainly not. Though filled with intense suffering, it was the most glorious day in history because His perfect obedience to the Father's will was fulfilled. Similarly, Peter's good and bad days can be understood in terms of his willingness to obey

Christ, especially when the demands were great. In our lives, we must also define our good and bad days through the lens of obedience to God's will, especially when His will calls us to bear the Cross and practice sacrificial love. It's easy to love God when we are consoled, but it becomes much more difficult when we face trials. Peter's declaration, "Lord, it is good that we are here," is the perfect prayer for us to echo in every circumstance. When we are consoled, as Peter was at the Transfiguration, we must pray this prayer. But unlike Peter's earlier missteps, we must also say, "It is good," when we encounter opportunities for sacrificial love, even when difficult. Reflect today on your own good and bad days. Use the lens of holy obedience and your call to live a life of sacrificial love. Do not hesitate to cry out to the Lord, "It is good!" Consider whether you view every cross and every invitation to love sacrificially as something good. This is what God desires for you; embrace His desire with determination and joy. -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 "Jesus Prays" and "Hunger and Thirst". 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 20<sup>th</sup>. 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 March 12.

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

**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.



**QUOTE OF THE WEEK:** Today, there is an inescapable duty to make ourselves the neighbour of every individual, without exception, and to take positive steps to help a neighbour whom we encounter, whether that neighbour be an elderly person abandoned by everyone, a foreign worker who suffers the injustice of being despised, a refugee, an illegitimate child wrongly suffering for a sin of which the child is innocent, or a starving human being who awakens our conscience by calling to mind the words of Christ: "As long as you did it for one of these, the least of my brethren, you did it for me." -St. Elizabeth of Hungary

**FOOD BANK:** This weekend, February 28<sup>th</sup> and March 1<sup>st</sup>, 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.



**RECONCILIATION SERVICE:** There will be a reconciliation service **Wednesday March 11<sup>th</sup> at 6:30 pm** here at St. Ambrose. Why not make this Easter extra special with feeling the deep forgiveness this sacrament can give? Please note that the Wednesday evening Mass will take place at 9am in the morning.



Our sympathy is extended to the family and friends of  
Nancy Jean Lesser and Brian Louis Cusick  
Eternal rest grant unto them O Lord and let perpetual light shine upon them.