



October 26th, 2025 30th 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 – October 25th – Nov. 2nd, 2025

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Harriet Gallant
Sun. 11:15 am Margaret T. Crowell
Tues. 6:30 pm Patricia Murphy
Wed. 6:30 pm Anniv. Yvonne Eldridge
Thurs. 9 am Brandon Johnston
Fri. 9 am Gerald LeBlanc
Sat. 4 pm Irene Polsen
Sun. 9am Parishioners
Sun. 11:15 am Deceased Parishioners of the past year

Our Lady of Lourdes (Melbourne):

Sun. 10 am October 26 Frank Muise
Sun. 10 am November 2 Nicole Murphy

REFLECTION: Humility in Prayer “Two people went



up to the temple area to pray; one was a Pharisee and the other was a tax collector. The Pharisee took up his position and spoke this prayer to himself, ‘O God, I thank you that I am not like the rest of humanity—greedy, dishonest, adulterous—or even like this tax collector.’” What a sad prayer. Of course, it wasn’t even a prayer to God since the Pharisee “spoke this prayer to himself.” The prayer of the tax collector, however, was a perfect model for all prayer. We

read that the tax collector “stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, ‘O God, be merciful to me a sinner.’” Which prayer more resembles your own prayer? To honestly answer that question, let’s examine both prayers. First of all, the contrast of these two prayers is a contrast between humility and pride. The Pharisee was clearly full of pride. Pride blinds us from true self-knowledge. Saint Teresa of Ávila teaches us that the very first thing we must do on our journey to God is obtain self-knowledge through humility. Without that, we will never grow in holiness. The sin of pride is obvious in the prayer of the Pharisee and, therefore, his lack of true self-knowledge is also evident. Note that even his physical posture of standing depicts pride. Throughout the Scriptures, kneeling, or even falling prostrate, is the disposition of the humble. In addition to standing, the Pharisee’s prayer was a list of his own goodness. He very well may have fasted twice a week and paid tithes on his whole income. But his prayer suggests that he did this by his own effort. He did not ascribe those acts to the grace and strength of God, which means they were not true acts of charity. His prayer suggests that he doesn’t need God in order to do good. This is also seen in the fact that he asks nothing of God. Instead, he simply thanks God for how good he is through his own effort. The result is that God gives him nothing, since he asked for nothing. True prayer must begin with the humble recognition of our weakness and need for God. The tax collector expressed this humility by bowing his head to the ground, not even daring to look up to Heaven. This reveals he did not consider himself worthy of God’s grace. Truth be told, he wasn’t worthy of it. That’s why God’s grace is a mercy. It is all mercy in that He bestows that which we are not worthy to receive. And He only bestows it on those who know they are not worthy of it. The words spoken by the tax collector are the perfect model of prayer because his words depict these truths. As a sinner, he doesn’t deserve mercy but begs for God’s grace as an act of God’s mercy. When you pray, how do you pray? What is the disposition of your heart and for what do you pray? Begin by considering the physical position in which you pray. Though we can pray standing, sitting, kneeling or even lying down, there is something very good about kneeling or even lying prostrate. It

doesn’t mean we have to do so the entire time we pray, but it is a good practice to kneel, bow your head or fall down prostrate before God at least for a moment each day. Do you do this? If not, consider making this a daily habit. When you pray, do you begin your prayer with humility? We begin the Mass by examining our conscience and confessing our sins. This is a good example of how to begin your prayer every time you pray. Humble yourself by calling to mind your sins and weaknesses. Confess them to God and acknowledge the fact that, because of your sins, you are unworthy of God’s mercy. Humility like this will help you to see yourself as God sees you, and this will help you open yourself to the grace you need from God to grow in holiness. Reflect, today, upon the humility found in the prayer of this tax collector. As you do, look at your own practice of prayer and discern whether you imitate this tax collector’s disposition and prayer. Try to commit to physically humbling yourself before our Lord every day. Kneel, bow your head, or fall down prostrate every day. When you do pray, beg for mercy as one who doesn’t deserve anything from God. This is the humble truth on which all prayer must be based. The more you can humble yourself this way, the more God will lift you up and pour forth His mercy upon you. –*My Catholic Life*

KNIGHTS OF COLUMBUS NEWS: Community



Breakfast There is a Knights Community Breakfast Fundraiser at the Knights of Columbus Hall from 9:00 am to 11:30 pm October 26th. The cost is \$10.00 for adults and \$7.00 for 12 and under. The proceeds will go to Yarmouth Special Olympics.
4th degree meeting rescheduled to Tuesday October 28th at 7:00 PM; with healing rosary starting at 6:30 PM for all our sick Brother Knights.

FOOD BANK: Next weekend, November 1st & 2nd, is our turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated.

ALL SAINTS’ PARTY: This Sunday November 2nd after the 11:15am Mass we will be having a children's All Saints' party in the Jubilee Room. Children of all ages can dress up as saints and say a word or two about their chosen saint (you can come

without a costume as well). Everyone is invited. Light snacks will be served. Contact Leila with any questions at 902-307-5966.

ULTREYA: The Yarmouth and Area Ultreya will be held on November 6, 2025 in Marion Hall at 7:00 pm. We hope to see you all there. The 95th Men’s Cursillo scheduled for November 6-9 has been postponed until the Spring of 2026.

BOOK OF REMEMBRANCE: At the start of November, our Book of Remembrance will be in the church for you to write the names of your deceased loved ones. They will be prayed for throughout the month of November.

IN REMEMBRANCE: On November 8th the Legionares will be placing flags on the graves of the Vetrans at Pinkney’s Point Cemetery at 9:30am, Melbourne Cemetery at 10:15am and Comeau’s Hill cemetery 11:00. With a service and lunch following. Everyone is welcome to come out.

YOUTH LED MINISTRIES HAPPENING AT THE 11:15

MASS: Once a month at St. Ambrose at the 11:15 am mass, the youth of our Parish will be doing the different mass ministries. If your child is interested in participating, please connect with Nikki Boudreau (902-307-3591) or Debbie Muise (902-774-0373). Thank you for helping to serve in our Church.

MASS OF REMEMBRANCE: There will be a mass of remembrance for parishioners that have passed away in the last year at **Our Lady of Lourdes** on November 2nd. Mass of remembrance at **St. Ambrose Co-Cathedral** will be November 5th at 6:30 pm.



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