



**November 5<sup>th</sup> 2023**  
**31<sup>st</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 –November 5<sup>th</sup>- 12<sup>th</sup> 2023**

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

**Sat. 4 pm** Rosmary & Barbara Feener  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Ruth Baker  
**Tues. 6:30 pm** Anniv. Jadon Robinson  
**Wed. 6:30 pm** Anniv. Melford Fitzgerald  
**Thurs: 9 am** Bep Boogaards  
**Fri. 9 am** Anniv. Eugenie Doucet  
**Sat. 4 pm** Deceased Cursillo Members  
**Sun. 9 am** Kenneth Wheatly  
**Sun. 11:15 am** Parishioners

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

**Sun. 10 am November 5** Anniv. Mary Ellen Saulnier  
**Sat. 6 pm November 12** Elizabeth Saulnier

**REFLECTION: Exalted Through Humility** Jesus spoke

to the crowds and to his disciples, saying, “The scribes and the Pharisees have taken their seat on the chair of Moses. Therefore, do and observe all things whatsoever they tell you, but do not follow their example.” Sometimes people’s words inspire us, but more often it is the witness they give with their actions that inspires. Additionally, when someone’s words do not match up with their

actions, they are seen as hypocrites. Jesus is very hard on the scribes and the Pharisees for this reason. “For they preach but they do not practice.” They spoke about the Law of God, taught it in a detailed way, but they did not truly practice God’s Law as it was intended to be practiced. Jesus goes on to give a list of the ways that these religious leaders failed to live the laws of God. They failed in their charity and encouragement of others, they did everything for public praise and for show, and they sought out honors and meaningless titles. As a result, they cared little for others and cared much about themselves. At the heart of Jesus’ criticism of the scribes and Pharisees was their tendency to exalt themselves in the eyes of others. Jesus corrects this tendency by saying that “the greatest among you must be your servant,” and that “ whoever humbles himself will be exalted.” Therefore, if you wish to be truly great and if you wish to be exalted by God, you must serve with the deepest humility. Humility begins by seeing yourself in the light of truth. How does God see you? The humble soul seeks to discover this insight by using the eyes of Christ to look at their own soul. It would be truly humbling if we could see ourselves in the full light of the truth. But too often we take on a false image of ourselves and look at our lives through a lens of self-righteousness. We tend to quickly defend our actions, justifying the sins we commit and failing to acknowledge our weaknesses. What would you see if you looked at yourself with humility? One glaring thing you will see is your sin. Our lives are filled with sin. Sometimes they are serious sins, and at other times less serious, but our lives are undoubtedly filled with sins and imperfections. If we are blind to those sins, then we lack the necessary humility we need to see ourselves in the light of truth. The virtue of humility will also take us a step further than seeing our sins clearly. It will also help us to see our need for God’s grace in order to change, to love, and to serve God and others. We cannot love by our own efforts. It is impossible. The love of charity is only possible when it is God Who lives in us and acts through us. God and God alone is able to work true charity through our actions. Knowing and believing this humble truth is the only way to open the door to that grace. Reflect, today, upon the humility that you need in order to truly love. When you love others with the

pure love of God, you will discover within yourself a need to serve. You will see others as objects of your love. You will discover a burning desire to help them, forgive them, be gentle and merciful to them, and to do all you can to help them discover the truth of their own lives so they will, in turn, humbly turn to God. The scribes and Pharisees failed miserably at this mission, and that is one of the reasons that Jesus used them as an example. Do not follow their lead. Seek to take the opposite approach. Seek humility. Seek the truth. If you do, God will use you in powerful ways and will exalt you on high. *Most humble Lord, You are exalted above all because You were humble beyond all. You knew the truth of Who You are and embraced that truth with all Your might. Please give me Your eyes to see myself as You see me, so that in Your humble gaze, I will see my sin, repent wholeheartedly, and turn to You as the source of all my love. Jesus, I trust in You.* – My Catholic Life

**ARE YOU NEW TO SAINT AMBROSE PARISH?**

Would you like help in understanding the Mass - what the gestures, symbols, and prayers represent? Join us at the Parish Centre Sundays beginning November 19th at 10:15 to 11:00 (the same time the children are in their catechism classes). We will be meeting upstairs (turn left and around corner). No registration or fee. For more information email [search.stambrose@gmail.com](mailto:search.stambrose@gmail.com)

**Saint Ambrose Parish** (성 암브로시오 교구) 에 처음 오셨나요? 미사를 이해하는 데 도움이 필요하세요? 미사 중에 행해지는 동작들, 상징들, 기도들이 무엇을 의미하는지 알고 싶으신가요?

11월 19일 부터 매주 일요일 Parish Center (주차장 옆 하얀색 건물)에서 오전 10시 15분부터 11시까지 저희와 함께 하세요 (어린이의 교리문답 수업도 같은 시간에 진행됩니다). 별도의 등록이나 비용은 필요없습니다. 자세한 내용은 이메일 [search.stambrose@gmail.com](mailto:search.stambrose@gmail.com) 으로 문의주세요.

**BOOK OF REMEMBRANCE:** At the start of

November, our Book of Remembrance will in the church for you to write the

names of your deceased loved ones. They will be prayed for throughout the month of November.

**ADVENT CANDLES:** The parish office has limited



numbers of Advent Candles. Anyone wishing to purchase them may do so at the parish office between the hours of 9:30 and 1:00 Monday to Friday.

**FOOD BANK:** This weekend November 4<sup>th</sup> & 5<sup>th</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.

**DO YOU LIKE TO SING:** The 11:15 Choir is looking to

welcome new members to their team. We practice Wednesday evenings at Marian Hall, 7:15 – 8:45. If you are interested in sharing your talents in praising God, please feel free to contact anyone of the choir members. Remember, those who sing, pray twice – Saint Augustine.

**QUOTE OF THE WEEK:**Charity begins today. Today



somebody is suffering, today someone is in the street, Today someone is hungry. Our work is for today, yesterday has gone, tomorrow has not yet come, today , we have only today to make Jesus known, loved , served, fed, clothed and sheltered. -St. Teresa of Calcutta

**KNIGHT OF COLUMBUS NEWS: Monthly Meeting:**



Tuesday November 14<sup>th</sup>, all members invited 5:30pm executive meeting, supper 6:30pm and 7:30pm general meeting  
**4<sup>th</sup> Degree** Tuesday November 21<sup>st</sup> at 7:00pm  
**Community Breakfast:** November 26<sup>th</sup> 9:00 to 12:00 cost is \$10.00 Adults and 12 and under \$7.00 Proceeds to support the Special Olympic Curling team going to Calgary Alberta.

**PRAYING THE ROSARY:** Come join us after 9

am mass on Thursdays to say the rosary. We gather in the front pews to the left (by the statue of the Blessed Virgin Mary). Intentions for peace 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](tel:9027402191).