

April 14, 2024 3rd Sunday of Easter

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Reconciliation/confession is held on Wednesday after mass from 7:00-8:00

MASS INTENTIONS –April 13th – 21st, 2024

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Deceased Members of the Manser Family
Sun. 9am Parishioners
Sun. 11:15 am Madeline Deveau
Tues. 6:30 pm Gert Doucette
Wed. 6:30 pm Anniv. Mike Griffin
Thurs: 9am Anniv. Pat Saulnier
Fri. 9 am Sharron Rodgeron
Sat. 4 pm Anniv. Richard Robicheau
Sun. 9am Dora Surette
Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sun. 10 am April 14 Earl Boudreau
Sun. 10 am April 21 Connie DeViller

REFLECTION: Spiritual Knowledge From Within

“Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see, I have.” Imagine if Jesus appeared to you. What if He showed you the wounds in His hands and feet and invited you to touch Him so as to believe. Would you believe? Most likely you would, to a

certain extent. It would be the beginning of an experience that could be life-changing, just as it was for these disciples. Our Lord’s appearance to the disciples led to their transformation from men who were confused and doubtful to men who were filled with joy and zeal. Eventually, they would go forth preaching about Jesus as witnesses to His death and Resurrection with courage and with a desire that all who heard them would turn to Jesus as their Savior. In the first reading of today’s Mass, Saint Peter is recorded as doing this very thing. After healing a crippled man at the gate of the Temple, a crowd gathered in amazement and Peter preached to them about Jesus. He concluded His sermon by saying, “God has thus brought to fulfillment what he had announced beforehand through the mouth of all the prophets, that his Christ would suffer. Repent, therefore, and be converted, that your sins may be wiped away.” Today, we are entrusted with the same mission given to our Lord’s disciples, and we must preach with the same zeal, courage and conviction with which they preached. First, we must become as certain as they were about Jesus’ triumph over sin and death. We must turn from all sin and believe that the fullness of life is found only in Christ Jesus. But then we must commit ourselves to the proclamation of this faith with every fiber of our being. Begin by considering how deeply you believe in Jesus as the Savior of the World. Though it might be tempting to think that having Jesus appear to you in person would help deepen your faith in Him, the truth is that the first disciples were not primarily convinced because of the physical appearances of Jesus. Rather, this gift came primarily through the spiritual touching of their minds. After appearing to the disciples physically, we read that Jesus “opened their minds to understand the Scriptures.” This was what convinced them more than anything—the spiritual gift of understanding. And that gift is offered to you today, just as it was to the first followers of Jesus. Saint Thomas Aquinas explains that the spiritual gift of understanding is a gift that reveals to us the very essence of God. He explains that it is a much deeper form of knowledge than that which is obtained through our five senses. Thus, simply seeing something with our eyes, touching it or hearing it is not nearly as convincing as the knowledge obtained through the spiritual gift of understanding. The gift

of understanding enables us to “read inwardly” and to penetrate the very essence of something. For that reason, the physical appearance of Jesus might have been the first step toward believing, but it wasn’t until these same disciples encountered our Lord within their souls, perceiving the very essence of His Resurrection inwardly, that they were forever changed. Only this form of knowledge could then convince them to go forth and proclaim the message of salvation. Reflect, today, upon your own knowledge of Jesus and the transforming power of His Resurrection in your life. Has God spoken to you within the depths of your soul? Have you perceived this inward knowledge and had your mind opened? Listen attentively to our Lord—not just with your ears but primarily with your spirit. It is there, within you, that you, like the first disciples, will come to know and believe in the life, death and resurrection of Christ so that you can then go forth empowered to proclaim these truths to others.

-My Catholic Life

SAVE THE DATE - Archdiocesan Eucharistic Congress October 18 to 20, 2024 in Halifax. Guest speakers include Halifax native and past president of the CCCB Archbishop Richard W. Smith of Edmonton, and past president of the CCCB Archbishop Paul-André Durocher of Gatineau. More details to follow.

Prayer for Eucharistic Congress: Lord Jesus, in the Eucharist, you nourish us with your Body and Blood and you are truly present to us. Help us to recognize you more clearly in the breaking of the bread, and to appreciate your sacrificial love. Through the Eucharist we are brought into a Holy Communion with You and with our neighbour. May this Communion help to break down the obstacles and divisions that separate us, heal the wounds that divide us and fill us with your peace. As a Eucharistic people, help us to go out to all the world as witnesses to your divine love, so that through our ministries of outreach we might show care and concern for those most in need, especially the disadvantaged and the homeless. May this time of our Eucharistic Congress bring the curious, the seeking, the drifted, and the struggling, into a Holy Communion that will bring healing to the world. May we always experience the Eucharist as food for the journey, so that nourished by the Bread

of Angels, we might journey together to eternal life. All of this we ask of you, in communion with the Father and the Holy Spirit, God for ever and ever. Amen.

CURSILLO: The Women’s Cursillo Weekend will be held May 16-19 at St. Ambrose Parish. Cursillo is a Spanish word meaning "short course" in Christianity. It is a weekend that helps people to live as a Christian in normal everyday life and a desire to journey with Christ. Cursillo is not a retreat but an encounter with oneself, with Christ, and with others. If you or someone you know might be interested in learning more, please contact either of the names below: Chester Muise: 902-653-0329 or Liz Richard: 902-307-6456. The Men’s Cursillo has been postponed until a later date.


QUOTE OF THE WEEK: If God created shadows, it was to better emphasize the light. -St. John XXIII



COFFEE SOCIALS: are being held after all the masses the weekend of April 20th and 21st. Come join us for a cup.



KNIGHT OF COLUMBUS NEWS: Monthly Meeting: Tuesday April 9th, all members invited 5:30pm executive meeting, 6:30 supper and 7:30pm general meeting. **4th Degree Meeting** will be on April 16th at 7:00 pm. **Community Breakfast** Sunday April 28th 9:00 to 12:00 cost is \$10.00 Adults and 12 and under \$7.00. Take out is available. Proceeds to support the Fuel Bank.



Our sympathy is extended to the family and friends of
 Edward Joseph Comeau and Gertrude Eleanor Doucette
 Eternal rest grant unto them O Lord and let perpetual light shine upon them.