



March 8th, 2026
3rd 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 – March 7th – 15th, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Lois Armstrong
Sun. 9am Parishioners
Sun. 11:15 am Donald Vacon
Tues. 6:30 pm Raymond Bowers
Wed. 9 am Bhagwan Das Arora
Thurs. 9 am Ernest and Shirley Robichaud
Fri. 9 am Lorraine Thibedeau
Sat. 4 pm Charlie Manser
Sun. 9am Coadie Saulnier
Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sun. 10 am March 8 Wallace Jacquard
Sun. 10 am March 15 Jerome 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: Facing the Horror of My Sins *Jesus*

Reflections said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus

answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." Today, we are given the beautiful story of Jesus' encounter with the Samaritan woman at Jacob's Well. The story begins with Jesus resting by the well, for He was "tired from his journey." A Samaritan woman approaches the well at noon, during the heat of the day, most likely to avoid the scorn of the other women who looked down on her. Jesus then does something that greatly surprises her: He asks her for a drink of water. Jews used nothing in common with Samaritans, yet Jesus was willing to drink from her utensil. When she questioned Him about this, Jesus responded, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The "living water" Jesus desired to give her was the spiritual gift of grace to renew and refresh her soul. His divine eyes enabled Him to see her spiritual hunger, and His compassion filled Him with a desire to free her from her many burdens. The passage above might sound harsh at first: "For you have had five husbands..." Why would Jesus bring up this woman's humiliating situation? Because she had clearly been searching for fulfillment throughout her life, engaging in one failed marriage after another. Now, she was living with a man who was not her husband, a reality that left her dry and thirsty. By speaking this way to the woman, Jesus lets her know that He knows all about her, loves her, and longs to fill her with the satiation she has been searching for throughout her life. He does not judge or condemn her; He invites her to experience the freedom He longed to bestow upon her. After the encounter, the woman left the well overjoyed and even left her water jar behind, symbolizing that she was no longer thirsty—spiritually speaking. She then confidently went to the people of the town and said, "Come see a man who told me everything I have done. Could he possibly be the Christ?" Each of us needs to see ourselves in this woman. Our sins fill us with shame. The guilt of our hidden sins weighs us down, leaving us thirsty. If we can identify with this sinful woman, then we can also expect the same depth of compassion from Jesus. Too often, we hide our sins, even from ourselves, justifying our actions, downplaying them, or ignoring them. That

is not the path to freedom. Freedom only comes by allowing our Lord to reveal our sins to us, facing them, and encountering God's abundant mercy. Reflect today on the importance of opening your eyes to see the reality of your sins. Don't run from your past—confront it, understand it, confess it, and receive the living water of mercy. The holier you become, the more clearly you will see even the smallest sins you have committed. That is good. It is necessary if we want to be healed and refreshed by God. Imitate this sinful woman today. God is never ashamed of us. Let the shame and guilt dissipate within God's abundant mercy so that like this woman, you will know that God knows you through and through and loves you despite your sin. -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. 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.

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.

COFFEE SOCIALS: Will be held after all the masses the weekend of March 14th & 15th in the Jubilee room. Please join us for a cup.



RECONCILIATION SERVICE: There will be a reconciliation service **Wednesday March 11th 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.



KNIGHTS OF COLUMBUS NEWS: Monthly Meeting at the Knights of Columbus Hall Tuesday March 10th, all members invited. (5:30 pm executive meeting. 6:30pm supper and 7:30 pm general meeting). **4th Degree meeting** Tuesday March 17th, starting with a healing rosary at 6:30 pm followed by a general meeting at 7:00 pm. **Knights of Columbus** are looking for new members. If interested and would like more information please contact Roy Alemao Grand Knight at (902) 791-0851. "**Knights of Columbus will be hosting a "Spring Tea Party"** on Sunday, March 22nd at the Council Hall located at 10 Collins Street, from 2 PM to 4 PM. There will be music, sing-a-long, jokes along with tea, coffee and snacks. All members including spouses of our deceased Brother Knights and their friends are invited. Please join us".

MEAL TRAIN FOR MOMS AND BABIES: Are you expecting a baby, or do you currently have a newborn? The ladies of St. Ambrose would like to bring you a few meals to ease your burden. We are also looking for people to join this initiative and cook for postpartum moms. Please email Leila at leila.mcmann@gmail.com or text 902-307-5966.



Please welcome into our Christian community - Yara Margaret Maio, Claire Evelyn Bourque and Samuel Hiro Shimizu who were baptised on Sunday March 1st, 2026.

Please keep Yara, Claire, Samuel and their families in your prayers.