



**3<sup>rd</sup> Sunday of Ordinary Time**  
**January 23<sup>rd</sup>, 2022**

**Pastor:** Fr. Henry Smolenaars  
**Hospital Chaplain:** Fr. Wieslaw Papuga  
 902 - 746 – 8233 (Hospital)  
**Parish Deacon:** Rev. Mr. Stephen Bourque  
**Fr. Henry Email:** frhenrys@gmail.com  
**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 9:30-10:00

**MASS INTENTIONS – January 22<sup>nd</sup>- 29<sup>th</sup>, 2022**

**Sat. 4pm** Anniv. Ron Muise and Kenny Ryan  
**Sun. 9am** Parishioners  
**Sun. 10am (Melbourne)** Audrey Muise  
**Sun. 11am** Lois Armstrong and Anniv. Helena Quinn  
**Wed. 9am** Delby & Louise Saulnier and Larry Burke  
**Sat. 4pm** Parishioners  
**Sun. 9am** Marguerite Thibault and Lee Berrouard  
**Sun. 10am (Melbourne)** Anniv. Loring Clairmont  
**Sun. 11am** Wesley Spinney and Patsy Post-Nodimovich

**LIVE STREAM MASS AT ST. AMBROSE:** We live stream mass every Wednesday at 9 am and on the weekend at the Saturday 4pm and Sunday at 11 am mass on a rotating basis. The next scheduled mass is always posted on our website's main page. If you want to watch, go to our web site at [www.stambrosearmouth.ca](http://www.stambrosearmouth.ca) or go to our YouTube channel [www.youtube.com/c/SaintAmbroseParish/videos?view=57](https://www.youtube.com/c/SaintAmbroseParish/videos?view=57)

**EMAIL TRANSFERS:** are available. Please send to [stambrosemail@gmail.com](mailto:stambrosemail@gmail.com) Please add your envelope number or personal information for income tax purposes.

**REFLECTIONS:** The Gift of Sacred Scripture Since many have undertaken to compile a narrative of the events that have been fulfilled among us, just as



those who were eyewitnesses from the beginning and ministers of the word have handed them down to us, I too have decided, after investigating everything accurately anew, to write it down in an orderly sequence for you, most excellent Theophilus, so that you may realize the certainty of the teachings you have received.

St. Luke begins his Gospel with this short explanation. This introduction to his Gospel gives us the opportunity to look more deeply at the Holy Bible.

What is your approach to the Bible? How often do you read it? How thoroughly do you understand it? Is the Bible the foundation of your life of faith and knowledge of God?

Sacred Scripture is a gift beyond our imagination. It's a gift from God through which He reveals His perfect love and His perfect plan for us. We should know the Scriptures well, read them often, pray over the verses and allow all that is revealed within those pages to become the foundation of our lives. Let's reflect upon one particular aspect of Sacred Scripture.

The Bible is 100% the work of God and 100% the work of the human author. It is 100/100 so to speak. This means that the human author completely cooperated with the inspiration of the Holy Spirit in writing each book and letter. And God, for His part, guaranteed that all that was written came from His heart and inspiration. Therefore, this joint effort reveals that God used the human author for a divine purpose.

This is of great significance to understand for two reasons. First, it reveals that we should love Scripture because it reveals the heart and truth of God as well as the unique personality and humanity of the human author. So, we are benefiting from the full revelation of God as well as the unique gift of the human author.

Second, it should reveal to us that, though God will not use us in the same way (i.e., to add to the Bible), He does desire to use us for divine purposes. He desires to consume our unique human personality and use us to shine forth the beauty and splendor of His divinity. He wants a 100/100 cooperation

with us, also, so as to shine through us in a radiant way.

Reflect, today, upon two things. First, reflect upon the gift of the Bible and the way that God used the human author to give you this gift. Second, reflect upon the fact that God wants to use you, in all your weakness and sin, to bring His divine presence into our world. Be open to that gift so that you may become a living gift of the Word of God to the world.

*Most glorious Eternal Word, I thank You for the wonderful gift of Sacred Scripture. Thank You for all that You have revealed through this gift and for the way that You used the human author for the transmission of Your life. Help me to always be open to Your divine Word and to always be open to becoming a living presence of that Word in our world. Jesus, I trust in You. ~My Catholic Life*

**ARE YOU LOOKING FOR A WAY TO DEEPEN YOUR RELATIONSHIP WITH GOD?**

Join us this Lent for an Introduction to Ignatian Spirituality. No prior knowledge is necessary. Open to anyone who is seeking assistance to grow closer to our God, regardless of your spirituality or if you currently pray at all. Each week we will discuss what St. Ignatius of Loyola taught about gratitude and a passionate response to our generous God's invitation to know Him. Topics include: Praying with scripture; Praying the Examen - St. Ignatius urged his followers to pray the Examen each day even if they did not have time to pray anything else; Understanding discernment; Principles for making good decisions; and more. 500 years ago, St Ignatius' life was changed by a cannonball and his spiritual insights have changed millions of lives since.

Beginning Thursday March 3 at 7:00 p.m., repeating beginning Monday March 7 at 2:00 p.m.

No fee, but pre-registration is required, please email [ChristLife.yarmouth@gmail.com](mailto:ChristLife.yarmouth@gmail.com) or call or text Helen at 902 742-6216 to register or with any questions. Masks required upon entering building, proof of vaccination, and any other Department of Health Covid requirements will be followed.

**MONTHLY MISSALS:** The word Among Us monthly missals have arrived they are available for pick up.

**WHAT NAME DO YOU PUT ON YOUR DONATION CHECK?**



All checks for the parish whether you are at mass at Our Lady of Lourdes or St. Ambrose Co-Cathedral, should have on them **St. Ambrose**

**Parish.** Any donation for the cemeteries, Our Lady of Calvary Cemetery, Our Lady of Lourdes, St. Gabriel's Comeau's Hill or St. Raphael's Pinkney's Point now have to be made out to **St. Ambrose Parish** as well. All money goes into the one account but is kept track of separately for each church and cemetery. Donations for Tabitha Centre should also be made out to **St. Ambrose Parish.**

**KNIGHTS OF COLUMBUS NEWS:**



All meetings and activities have been cancelled until further notice.

**FOOD BANK:**



Even though we cannot hold our usual food bank collection, we would like to remind parishioners that the food bank still needs our help. The weekend of February 5<sup>th</sup> and 6<sup>th</sup> would normally be a food bank collection time. Please consider making a donation during the next few weeks. The food bank is only collecting donations of money at this time. You can make a donation in one of the following ways:

1. You can place your donation in an envelope marked FOOD BANK and drop it off at the Parish Centre mail slot between the hours of 9:30 to 1:00.
2. You can mail your donation directly to the food bank treasurer, Art McPhee at 4624 Hwy 1, Woodvale NS, B5A 5B1.

**QUOTE OF THE WEEK:** Love is repaid by love alone.



~St. Francis de Sales

To be a servant of Christ is to be truly free. ~St. Agatha

**OLD PALM:**



If anyone has old palm from last year, you can leave it in the container at the back of the church or you may burn your old palm yourself at home.