



March 15th, 2026 4th 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 14th – 22nd, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Charlie Manser
Sun. 9am Coadie Saulnier
Sun. 11:15 am Parishioners
Tues. 6:30 pm Hans Weidenfeld
Wed. 6:30 pm Anniversary William Letteney
Thurs. 9 am Eric Warner
Fri. 9 am Cheryl Ann Muise
Sat. 4 pm Parishioners
Sun. 9am Helen Muise
Sun. 11:15 am Theresa Doucet

Our Lady of Lourdes (Melbourne):

Sun. 10 am March 15 Jerome Jacquard
Sun. 10 am March 22 Hector DeViller

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: Spiritual Sight Restored *As Jesus*

passed by, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was

born blind?" Jesus answered, "Neither he nor his parents sinned; it is so that the works of God might be made visible through him." Imagine being blind throughout your life and then suddenly being healed. All of the sounds you had heard from childhood, all that you had touched, tasted, or smelled suddenly took on new form within your imagination as these images registered with sight for the first time. Colors suddenly made sense. Large items, such as trees that you had only heard in the wind and touched with your hands, could be seen from a distance, glimmering in the sunlight. Your mind suddenly perceived in a new way the utensils, clothing, and other items you used daily. Just as the blind man was filled with awe at receiving his sight, so too is the soul overwhelmed when freed from the blindness of sin and brought into the light of God's grace. The healed blind man was given a gift that those who can see from birth are not. Perceiving and understanding the physical world only through four of his senses, and then adding the powerful fifth sense of sight later in life, provided immediate wonder and awe, filling him with profound gratitude for something most of us take for granted. Think of a person who lives a sinful life for many years and understands life only through the distortions of sin and selfishness. Once set free from sin, the person's spiritual eyes are opened. Those who experience such a conversion are given a blessing that those who have been faithful throughout their lives do not receive in the same way. They understand the contrast between spiritual blindness and sight, and the newfound freedom they receive after conversion provides a greater understanding of the gift of God's grace and its transforming effects. They will never forget the weight of bondage once caused by their sin. One reason God permitted this man to be born blind and live that way into adulthood was to illustrate the contrast between spiritual darkness and light. This is part of what Jesus means when He says this man was born blind "so that the works of God might be made visible through him." The miracle not only illustrated Jesus' divine power but also symbolized the much deeper spiritual healing He offers to all. Just as the blind man received physical sight, we are offered the gift of spiritual sight through grace. We are born with poor spiritual sight. Our fallen human nature, which suffers from concupiscence, tends

toward selfishness and sin. Although capable of love and affection, a child is prone to selfishness, anger, emotional outbursts, and other "childish" behavior. Over time, with the guidance of good mentors, children begin to understand the value of greater patience and selfless acts of love, kindness, and generosity. Those who are not well-formed as adolescents or who choose to rebel selfishly in their later years never gain a clearer spiritual sight. The world around them remains blurry, and divine wisdom never penetrates their eyes of faith. The story of the man born blind is an opportunity for each of us to examine how clearly, we perceive our lives and the world around us. Just as the man was healed, we need healing from the blindness caused by our fallen nature. God's grace restores our spiritual sight, allowing His light to illuminate all we encounter in life. Reflect today on your own need to see more clearly. We need our spiritual sight restored and sharpened if we are to perceive ourselves and our world with divine Wisdom. It takes humility to admit we have poor spiritual sight, and profound humility to admit if we are spiritually blinded by sin. Learn from the wonder and awe that this healed blind man experienced, and know that our Lord wants us to have clearer spiritual vision. -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 calls and Empowers" and "Jesus' Power Over the Evil One". 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.

KNIGHTS OF COLUMBUS NEWS: 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". **Knights of Columbus Community Breakfast:** Sunday March 22 at the Knights of Columbus Hall from 9:00 am to 11:30 am. The cost is \$10.00 for adults and \$7.00 for children 12 and under.

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.

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.

WOMEN'S SPIRITUAL EXERCISES: (Silent Retreat) Pilgrims of Hope to Apostle of Joy. Come away to Our Lady of Hope Retreat Centre, PE to refresh and renew your soul in Christ. Registration includes 3 nights accomodation, 9 meals and all retreat materials. Early bird rate: \$450 before March 27, 2026. Regular rate \$475 March 27-April 12, 2026 For registration or questions please email: rcmaritimes@gmail.com

EASTER FLOWERS: Anyone who would like to make a donation towards Easter flowers for **Our Lady of Lourdes Church** in memory of a loved one may do so by either putting your donation in an envelope with your number on it and placing it in the collection basket or at the parish office.



Our sympathy is extended to the family and friends of
Deacon Joseph "Bruce" Hubbard
Eternal rest grant unto him O Lord and let perpetual light shine upon him.