



## 4<sup>th</sup> Sunday of Ordinary Time January 30<sup>th</sup> & 31<sup>st</sup>, 2021

**Pastor:** Fr. Henry Smolenaars  
**Hospital Chaplain:** Fr. Wieslaw Papuga 902-746-8233  
**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 available by appointment only at this time please call the office or email Fr. Henry directly for an appointment.

### MASS INTENTIONS--January 30<sup>th</sup>– February 7<sup>th</sup>, 2021

**Sat. Jan. 30 4pm** Troy Comeau and David Bub LeBlanc  
**Jan. 31 9am** Michael LeBlanc and Paul Fitzgerald  
**Sun. Jan. 31 10am (Melbourne)** Margaret Nickerson  
**Jan. 31 11am** Parishioners Wed.  
**Feb. 3 9am** 60<sup>th</sup> Wedding Anniv. John & Donna Newell and Intentions of Rose Deveau  
**Sat. Feb. 30 4pm** Anniv. Marjorie DeViller and Intentions of Julianna LeBlanc  
**Sun. Feb. 6 9am** Parishioners  
**Feb. 7 10am (Melbourne)** Georgette Saulnier  
**Feb. 7 11am** Victor McGuire and Darrell Babin

Please note we will not be carrying the gifts for the offertory until further notice.

*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.

**LIVE STREAM MASS AT ST. AMBROSE:** We live stream mass every Wednesday at 9:00 am and on the weekend at the Saturday 4:00 pm, Sunday at 9:00 am or 11:00 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.stambroseymouth.ca](http://www.stambroseymouth.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.

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



The question was asked recently about what name should we put on the check for donations. All checks for the parish whether you are at mass at Our Lady of Lourdes or St. Ambrose Co-Cathedral or a donation for Tabitha Centre, should have on them **St. Ambrose Parish**. This money goes into the one account but is kept track of separately for each of the churches and Tabitha Centre.

**QUOTE OF THE WEEK:** To one who has faith, no explanation is necessary. To one who has no faith no explanation is possible.  
 ~St. Thomas Aquinas



### REFLECTION: Jesus Rebukes the Unclean Spirit



Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. This passage from Mark's Gospel could be the scene from a horror movie. Well, at least if Hollywood were producing the film. In truth, it's the scene of an act of great love and mercy and reveals the power and authority of Jesus!

It's the story of a man with an unclean spirit, a demon. The demon is tormenting him. So, Jesus looks at him with great love and compassion and expels the evil spirit, setting him free. This truly is an act of love.

But one question this clearly brings up is the role of the evil spirits in our world and their ability to control, manipulate, or at least tempt us. They are powerful spiritual beings created by God with free will and they exercised that free will to turn away from God. One of their primary duties, granted them at the moment of their creation, was to care for humanity. Those spirits who fell from grace by their pride and sin still retain their natural spiritual power. But because of their fall, they now only have hatred for mankind and seek to destroy

us. This is real. And this is something we should be keenly aware of.

But there is no reason to lose hope or to give in to fear. These beings are, of course, ultimately subject to the power and authority of God. They can do nothing without God permitting it and, in the end, they can have no power over our lives.

But for now, we need to be aware of their natural spiritual power and influence. We need to understand that they can and will try to wreak havoc in our lives. When we let fear weaken our faith, and lack trust in God's almighty power, we slowly allow them to have more influence over us. But when we allow the grace and mercy of God to overshadow their evil influence, we hear Jesus rebuke them and order them to cease.

Reflect, today, upon the fact that the spiritual battle is a real one. However, the victory is assured if we only humble ourselves before God and trust in His power and authority. Humility is the key to this spiritual battle. It's the key to overcoming the attacks and temptations of the evil one. So, humble yourself before God when you feel oppressed or tempted. Humble yourself by admitting your weaknesses. Acknowledge that only God has the authority to strengthen you. Put your trust in Him. He will not let you down!

*Lord, I am weak and nothing without You. Help me to know and believe that. Help me to humble myself before You and to be strengthened in that humility to overcome the temptations and influences of the evil one. Jesus, I trust in You!* ~My Catholic Life

**FOOD BANK:** Next weekend of February 6<sup>th</sup> & 7<sup>th</sup>, is our turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated. One of the Knights of Columbus members will be present prior to each of the weekend masses to collect the donations.



### ASH WEDNESDAY FAST AND ABSTINENCE

**RULES:** Every person 14 years of age or older must abstain from (not eat) meat. Every person between the age of 18 and 59 must also fast on Ash Wednesday meaning you can eat the equivalent of two meals that day. For example, you can choose



to eat one normal meal and two other meals that add up to one meal.

**KNIGHTS OF COLUMBUS NEWS: Monthly Meeting:** Tuesday February 9<sup>th</sup>, 6:00pm executive meeting  
 7:00pm general meeting  
 All members invited.



**4<sup>th</sup> Degree meeting** Tuesday February 16<sup>th</sup> at 7:00 pm has been **cancelled**.

**Community Lunch Tuesdays** have resumed 11:00am to 1:00pm everyone welcome.

### NOVA SCOTIA KNIGHTS OF COLUMBUS STATE SCHOLARSHIP (value \$1000.00)

Scholarships are available for Catholic students and who will be attending first year University or Community College next year. Yarmouth Council 2181 will accept applications from



students living in the geographic area served by our Council (including the area of the former Wedgeport Council). Scholarships are awarded based on academic standing and volunteer activities. Students applying for a Nova Scotia State Scholarship will also be considered for a Council 2181 Scholarship which is valued at \$500.00. Please consult your school guidance councillor for application forms. Completed applications with supporting documents must be received by Council 2181 Scholarship Chairman Philippe Doucet on or before Friday, March 12, 2021. If you require more information, please call 742-2940 or 748-1592.

**THE WORD AMONG US MISSELETTES:** have arrived for March. This edition has daily meditations for Lent starting February 21<sup>st</sup> to April 4<sup>th</sup>. The cost \$3.00 each and are available at the parish office.

**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.



**INCOME TAX RECEIPTS:** 2020 income tax receipts are now available and can be picked up at the Parish Centre Office Monday to Friday between the hours of 9:30-1:00.

