



4th Sunday of Ordinary Time January 30th, 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 – Jan 29th- February 6th, 2022

Sat. 4pm Parishioners
Sun. 9am Marguerite Thibault and Lee Berrouard
Sun. 10am (Melbourne) Anniv. Loring Clairmont
Sun. 11am Wesley Spinney and Patsy Post-Nodimovich
Wed. 9am Paul Hubbard and Julianna LeBlanc
Sat. 4pm Marjorie DeViller and Arthur LeFave
Sun. 9am Albert Holmes and Harold McNabb
Sun. 10am (Melbourne) Ronald Surette
Sun. 11am Parishioners

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 or go to our YouTube channel www.youtube.com/c/SaintAmbroseParish/videos?view=57

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

REFLECTIONS: Preaching to Your Family



And he said, “Amen, I say to you, no prophet is accepted in his own native place.” Sharing the Gospel with your family is not always as easy as sharing it with a stranger. Conversely, listening to the Gospel message from a family member is not always as easy as hearing it from someone else. Why is that? It may be that familiarity with another, such as the familiarity we have with family members, can tempt us to lack a certain confidence in their convictions and in their Christian witness. Though this is certainly not true of every relationship we have, it can be the case with some. Children, at times, will not put as much confidence in the words of a parent as they may another. Siblings may not be as open to advice from each other as they are from other people.

Perhaps one of the reasons for this experience is that we are often far more critical of those we know well than those we do not know. It’s easy to allow our long history of personal experience to hinder our openness toward family members. This is especially the case with the negative experiences we have had over the years. So often, we hold onto negative experiences and hurts from year to year and we allow those experiences to become a filter for anything that a family member says or does. This statement from Jesus, that “no prophet is accepted in his own native place,” should challenge us to make sure we do not fall into this tendency. We should do what we can to make sure that we do accept the prophetic witness shared with us from our own family members.

The best way to do this is to make sure that we regularly strive to purge any “baggage” we carry in those relationships. Very often, we carry the baggage of hurt, anger and resentment without even realizing it. We also easily focus in on the weaknesses of family members since we easily witness their weaknesses as a result of being close to them.

Reflect, today, upon your family. Reflect, especially, upon whether you allow yourself to look beyond their weaknesses and sins so as to see the goodness of God at work in their lives. There is much that God wants to say to you through them. Make sure you have not closed that door and

are willing to accept them as a messenger of the Gospel.

Dearest Lord, I thank You for my family. I thank You for the gift that they have been in my life. Help me to daily show mercy and forgiveness to them as needed. Help me to daily be open to Your voice speaking through them. 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 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.

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. Next weekend February 5th and 6th 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 4624Hwy 1, Woodvale NS, B5A 5B1.

QUOTE OF THE WEEK: Anxiety is the greatest evil



that can befall a soul except sin. God asks you to pray, but forbids you to worry. – St. Francis de Sales

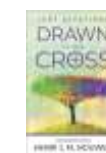
True Charity consists in doing good to those who do us evil, and thus winning them over. – St. Alphonsus Liguori

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.

LENTEN DAILY DEVOTION BOOKLETS:



Looking for something to do during Lent? Drawn to the Cross is the daily devotion booklet that is available for pick up at the church entrance or Parish Centre office for \$2.00.

KNIGHTS OF COLUMBUS NEWS:



All meetings and activities have been cancelled until further notice.

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 11, 2022. If you require more information, please call 742-2970 or 748-1592.