



## January 28<sup>th</sup>, 2024 4<sup>th</sup> Sunday of Ordinary Time

**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  
**Reconciliation/confession** is held on Wednesday after mass from 7:00-8:00

### MASS INTENTIONS – Jan 27<sup>th</sup> - Feb.4<sup>th</sup> 2024

#### St. Ambrose Co-Cathedral (Yarmouth):

**Sat. 4 pm** Helen Muise  
**Sun. 9am** Anniv. Delby & Louise Saulnier  
**Sun. 11:15 am** Parishioners  
**Tues. 6:30 pm** Ernie and Madeline Landry  
**Wed. 6:30 pm** Lou Lesser  
**Thurs: 9 am** Nelly Muise  
**Fri. 9 am** Nelson Blanchard  
**Sat. 4 pm** Parishioners  
**Sun. 9am** Albert & Sophie Bourque  
**Sun. 11:15 am** Gerald MacKenzie

#### Our Lady of Lourdes (Melbourne):

**Sun. 10 am January 28** Anniv. Loring Clairmont  
**Sun. 10 am February 4** Anniv. Bessie & Peter Thibeault

**REFLECTION:** The Subtleties of Grace In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. It’s interesting to note



that this unclean spirit immediately knows Who Jesus is. This is because each of two opposites emphasizes the other very clearly. For example, the color black is most clearly seen when it is placed in front of something white. Or something hot is most noticeable after experiencing something very cold. And a loud noise is most jarring when someone is sitting in silence. And so, it is with Jesus and evil. Jesus, the Holy One of God, is most clearly seen when He comes in contact with an unclean spirit. This fact gives us some wonderful insights into our journey toward the heights of holiness. Oftentimes, when one experiences a profound and transforming conversion, it is because they were first living a life of sin. When one who is living in sin encounters the saving grace of God, it is quite noticeable. And that is good. But there is also another spiritual insight we can take from this. To further the analogy, it is also true that when the color black is put next to something dark blue, or something hot is touched after holding something quite warm, there is less notice taken. So, it is with the spiritual life. When we are striving to obtain true holiness of life, and when we are already living the many virtues to which we are called, the next step closer to God might not be nearly as noticeable. Instead, growth in perfection for one who is already striving for perfection will be very subtle. And that is also good. This is important to understand because sometimes, when a person has gone through a powerful conversion earlier in life, they want to return to the experience they had when they initially converted. But that should not be our goal. Instead, we should continually strive to experience these more subtle changes that take us from a life of holiness to one of even greater holiness. In this case, if you do not sense a powerful contrast of spiritual experiences within you, that may be simply because there are no serious sins you are trying to overcome. Thus, the ideal for every Christian is to eventually experience less contrasting spiritual experiences and more that are gentle and subtle as our Lord continues to gently perfect you in many ways. Reflect, today, upon your own spiritual journey toward holiness. If you do see serious sin in your life, know that God wants to profoundly free you and draw you through a major conversion. If you do not see serious sin in your life and if you already strive daily to become holy, then rejoice if

your spiritual consolations and communications from God are much more subtle and, at times, undetectable. Keep working at perfection and rejoice that you are on the correct path.  
*Lord of all holiness, please continue to draw me into the life of perfection. Help me to grow in every virtue and to continually be aware of every gift of grace I am given. Please help me, especially, to be attentive to every small and subtle grace and to respond to those graces with a truly open and grateful heart. Jesus, I trust in You!* -My Catholic Life.

**ROSARY AFTER 9:00 AM MASS THURSDAY AND FRIDAY:** Come join us after 9 am mass on Thursday (currently) and Friday (starting Feb 16) to pray the rosary. We gather in the front pews to the left. Intentions for peace and conversion of hearts. Come and grow closer to God through the Blessed Virgin Mary.

**OLD PALM:** If anyone has old palm from last year, you can leave it in the container at the back of the church starting next week or you may burn your old palm yourself at home.

**MATTHEW 18 RENEWAL MEETINGS:** We take our name from the scripture Matthew 18:20 which states: "For where two or three are gathered together in my name, there am I in the midst of them." We meet every Monday night at 7pm in the Jubilee room, unless it is a holiday or storm, " If the schools are closed, due to storm, there is no meeting." All are welcome to join us at any time. Maybe we are the spiritual nourishment you are needing in your life at this time. If you have any questions about our group, you can contact one of the Core members: Lorraine Manser at 902-749-1903, Denise Surette at 902-749-6343 or Cheryl Harding at 902-740-3816.

**STEUBENVILLE ATLANTIC CONFERENCE:** There will be an information session in the Jubilee Room in the church on Sunday February 11th following the 11:15 mass. This meeting is for youth going into high school in September and peer leaders ages 19 & 20 that would be interested in attending the Steubenville Atlantic High School Conference in Halifax this summer. This weekend conference is a



chance to gather with your peers and experience your faith in a way you never have before. We hope to see you there! Please bring a \$50.00 down deposit if you are planning to attend.


**ULTREYA:** The Yarmouth and Area Ultreya will be held February 1<sup>st</sup>, 2024 at Marian Hall at 7pm. We hope to see you then! De Colores!

**KNIGHT OF COLUMBUS NEWS: Monthly Meeting:** Tuesday February 13<sup>th</sup>, all members invited 6:00pm executive meeting and 7:30pm general meeting.

**QUOTE OF THE WEEK:** I confess that I am bewildered and lose myself at the thought of divine goodness, a sea without shore and fathomless, of God who calls me to an eternal rest after such short and tiny labours -St. Aloysius Gonzaga



  
Please welcome into our Christian community Nash William Cunningham and Madden Stella Marie Cunningham who were baptised on Sunday January 21, 2024.  
Please keep Nash, Madden and their family in your prayers.

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