



February 1st, 2026

4th Sunday of Ordinary Time

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 : stambrosememail@gmail.com
Bulletin email: stambrosebulletin1@gmail.com
Tabitha Centre: 902-742-8960
Confession/Adoration Wednesday 7:00-8:00

MASS INTENTIONS – January 31st to Feb. 8th, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Heather Amerault
Sun. 9am Stanley & Louise Bourque
Sun. 11:15 am Parishioners
Tues. 6:30 pm Intentions of Myrtle Deveau
Wed. 6:30 pm Brenda Forbes
Thurs. 9 am Agnes Catherine Amero
Fri. 9 am Anniv. Marjorie DeViller
Sat. 4 pm Parishioners
Sun. 9am Leonard Muise
Sun. 11:15 am Richard James Robicheau

Our Lady of Lourdes (Melbourne):

Sun. 10 am February 1 Julia Deveau
Sun. 10 am February 8 Jimmy Larry Muise

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: *The Call to Beatitude* When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to

teach them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” The Beatitudes call us to the heights of morality and holiness. Those who live according to these divine precepts are blessed beyond measure. The promises to those who live this high calling are great: They become children of God and inherit the Kingdom of Heaven. Furthermore, they receive comfort, satisfaction, mercy, purity, and peace. Though the rewards are great, so are the requirements: spiritual poverty, holy sorrow, meekness, longing for righteousness, a merciful heart, purity, peacemaking, and patient endurance during persecution. The Beatitudes reveal the culmination of God’s moral teaching and the highest revelation of the Christian life. To fully appreciate their significance, it is helpful to understand the history of moral revelation. Doing so is more than a history lesson on God’s deepening revelation; it also reveals the path for our spiritual journey toward perfection. Morality begins with the Natural Law—the innate understanding of right and wrong written on the human heart. This Law is from God and is often described as living in accord with right reason or common sense. All people have access to this moral law within their own consciences, enabling them to recognize God as the Creator, honor Him, respect human dignity and the common good, and refrain from acts such as murder, theft, and deception. Though universally present in all people, sin and our fallen human nature cloud our ability to clearly see and follow that law. In the Old Testament, God slowly revealed Himself and called His people to greater holiness and moral living by adding to the Natural Law through revelation. From Abraham and his descendants, God raised up Moses through whom He revealed the Ten Commandments—a concise moral code rooted in Natural Law but explicitly revealed by God that called His chosen people to right worship, justice, and love for one’s neighbor. Through the prophets—such as Isaiah, Jeremiah, and Ezekiel—God called Israel to move beyond mere external observance of the law to an interior conversion of heart. Isaiah emphasized the virtues of justice and mercy, Jeremiah prophesied a new covenant in which God’s law would be written on the hearts of His people, and Ezekiel promised that God would give His people a new heart and a new

spirit, enabling them to follow His statutes. The wisdom literature—Psalms, Proverbs, Ecclesiastes, Wisdom, Sirach—deepened the understanding of moral life by revealing moral gifts, such as the Fear of the Lord, the blessedness of righteousness, and the call to trust in God’s providence and live a virtuous life. The Beatitudes elevate all laws of the Old Covenant. Jesus not only calls us to profound holiness, He also provides the means to achieve it through His Sacrifice, transmitted through the grace of the Sacraments. To live the Beatitudes is to live in imitation of Christ, who perfectly embodied all virtues in His life, Passion, and Resurrection. Hence, the Beatitudes are not only a moral code we must follow, they are a participation in and union with the Son of God, Who lived the Beatitudes to perfection. As we ponder the Beatitudes, reflect today on their high and glorious calling, as well as their rewards. Sometimes, reading the Beatitudes can leave us discouraged, as we are aware of how far we are away from perfecting them. Dispel discouragement and know that these new divine precepts are attainable by grace. Set your eyes on the heights of perfection and open yourself to the abundant grace offered. Doing so will not only result in glorious spiritual rewards in this life, it will also result in the greatest eternal rewards in Heaven.

-My Catholic Life

COFFEE SOCIALS: Will be held after the 4pm and 9am masses the weekend February 14th & 15th. Join us for our **winter potluck** Sunday, February 15th in the parish centre dining hall after the 11:15 am Mass. Our theme for this potluck is "multicultural dining". Please bring a special dish to share from your country or culture! For more information or to volunteer please call the office at 902-742-7151.

KNIGHTS OF COLUMBUS NEWS: Knights of Columbus Nova Scotia State Council Scholarship (value \$1000.00) Scholarships are available for Catholic students who will be attending first year university or community college next year. Yarmouth Council 2181 will accept applications from students attending Yarmouth High, Par-en-Bas and Drumlin Heights. Students applying for a Nova Scotia State Council Scholarship will also be considered for a

Council 2181 Scholarship (all schools) and a Tusket Round Table Scholarship (Par-en-Bas & Drumlin). Please consult your school guidance counsellor for application forms. Completed applications with supporting documents must be received by Council 2181 Scholarship Chairman Philippe Doucet on or before Friday March 13, 2026. If you require more information, please call 742-2970 or 748-1592.

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.

FOOD BANK: This weekend, January 31st and February 1st, is our turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated. Members of the Knights of Columbus will be on hand before all the masses to receive the donations.

ULTREYA: The Yarmouth and Area Ultreya will be held February 5th 2026 at Marian Hall at 7pm. We hope to see you then! De Colores!



Our sympathy is extended to the family and friends of
 Hector Stanley Deviller
 Eternal rest grant unto him O Lord and let perpetual light shine upon him.



Please welcome into our Christian community
 Mark Francis Lynskey who was baptised on
 Sunday January 25, 2026.

Please keep Mark and his family in your
 prayers.

