



January 29th, 2023
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)
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 —January 28th – Feb.5th 2023

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Delby & Louise Saulnier
Sun. 11:15 am Kenneth Bourque
Tues. 6:30pm Francesco Pietrantonio
Wed. 6:30 pm Holy Souls in Purgatory
Thurs: 9 am Madelyn Doucette
Fri. 9 am Martha Surette
Sat. 4 pm Cindy Jabert
Sun. 9 am Parishioners
Sun. 11:15 am Lina Furlani

Our Lady of Lourdes (Melbourne):

Sun. 10 am Jan. 29 Loring Clairmont
Sun. 10 am Feb. 5 Julia Deveau

REFLECTION: The Journey to Perfection 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 Sermon on the Mount begins with today's reading in Chapter Five of Matthew's Gospel and continues through Chapter Seven. This beautiful sermon presents us with many familiar teachings of

Jesus, such as the Beatitudes, the Lord's Prayer and the Golden Rule. Jesus begins His sermon by going up a mountain and sitting down. The mountain is believed to be just north of the Sea of Galilee, just a few miles from Capernaum where Jesus often stayed during His public ministry. Today's Gospel presents us with the glorious and very high calling of the Beatitudes. This teaching on the Beatitudes sets the stage for the many other lessons Jesus taught.

The Beatitudes are certainly a teaching about morality, but the lessons are not the same as many of the moral teachings that the people were familiar with. Up until that time, morality was primarily seen as a list of forbidden practices. "Thou shall not..." was the general tone. However, the Beatitudes take morality to a much higher level. In this new teaching, Jesus did not start with that which was forbidden or that which was a violation of God's Law. Instead, He explained that reaching for these ideals brought forth the greatest fulfillment in life. Morality was not only a list of regulations one needed to avoid. At the heart, morality was now presented by our Lord as a glorious journey to perfection. The result of this journey was the attainment of the Kingdom of Heaven.

When you consider the moral life, how do you look at it? Do you see it more as a list of things you can't do? Or do you see it as a journey up the mountain of true holiness and fulfillment? The Christian life certainly forbids us to engage in many forms of sin and violations of God's Law. But unless we understand that the highest form of morality is given to fulfill us on the deepest level, then it will be easy to become discouraged by our calling. Reflect, today, upon Jesus calling you to follow Him up the mountain of the Beatitudes. As you do, begin by considering this journey first from a physical point of view. It would have been much easier for His first hearers of this sermon to simply stay in Capernaum and recline at table, listening to Jesus speak. But the physical journey up the mountain gives insight into the high calling of the moral life. It requires effort and determination. From there, try to imagine yourself listening to Jesus preach. Remind yourself that the Christian life is one of perfection in every way. This is our calling. But the fruit of perfection is the fulfillment in which God wants us to share. The easy life of sin leaves us dry

and interiorly dead, but the hard journey to perfection leads us to the deepest fulfillment we could ever attain. Commit yourself to the journey and do not hesitate on the way, and you, too, will be rewarded with the Kingdom of Heaven.

Lord of perfection, You call me to journey with You up the high mountain of holiness. May I always see this journey as one that is glorious and fulfilling. I choose the life of perfection to which I am called and pray that I will always be open to the deepest moral truths You wish me to live. Jesus, I trust in You!

-My Catholic Life

QUOTES OF THE WEEK: Those who pray and suffer,



leaving action for others, will not shine here on earth, but what a radiant crown they will wear in the kingdom of life!

Blessed be the apostolate of suffering!
 -St. Josemaria Escriva

COMING THIS LENT ... DIVINE MERCY IN THE



SECOND GREATEST STORY EVER

TOLD: Starting February 23rd, I (Fr. Henry)

will be doing a video series on Divine Mercy. Divine Mercy has been called the second greatest story ever told (the Bible being the greatest). The series is "an amazing visual presentation that will challenge and enthrall you." It runs for 5 weeks every Thursday evening at 6:30 in the Jubilee Room. Check out the preview on our main webpage. Please come and join me this lent.

KNIGHT OF COLUMBUS NEWS: Monthly Meeting:



Tuesday February 14th, all members invited **6:00pm** executive meeting (No Supper)**7:00pm** general meeting

ULTREYA: The next Yarmouth Area Ultreya will be



February 2nd at 7pm in the Marian Hall at St. Ambrose. Welcome to all!

FOOD BANK: Next weekend of February 4th & 5th,



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.

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.



INCOME TAX RECEIPTS: The income tax receipts for 2022 will be available next weekend February 4th and 5th at all the masses or throughout the week.

THINGS FROM OUR ARCHBISHOP: Just recently, Archbishop Dunn sent a list of things out regarding the mass and how we celebrate it and has asked all parishes to make some changes if they need to so that we are in line with what the church teaches. From this document, I can see a few things we need to change or be reminded of:

- During the creed, at the words (and by the Holy Spirit... and became man), the whole assembly makes a **profound bow**.
- The entire assembly shall stand during communion **until everyone has received communion**. People may **sit or kneel once everyone has finished communion**. While some continue to stand until the Blessed Sacrament is placed in the tabernacle or until the vessels are cleansed, this practice should not continue, for the focus must be on the communion received and not on the Sacrament in the Tabernacle.
- Holy Communion is to be received standing, though individual members of the faithful may choose to receive Communion while kneeling. Standing before the minister to receive Holy Communion, the faithful should **make a simple bow of the head**. When receiving Holy Communion on the tongue, they reverently join their hands; when receiving Holy Communion in the hand, they reverently open their hands placing one beneath the other, and they consume the host immediately upon receiving it. **All should respond "Amen" before they receive communion**.

ANNUAL SKI TRIP: This is the last week to register for the Ski Martock trip. Please call the office by Friday to register. Don't forget to fill out the forms.