



5th Sunday of Easter May 1st & 2nd, 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.

LIVE STREAMED MASS INTENTIONS---May 1st -12th, 2021

Sun. May 2 10am Parishioners
Wed. May 5 9am Francis Martin and Pauline Blades
Sun. May 9 10am Parishioners
Wed. May 12 9am Special Intentions and The Doucette Family

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 Sunday at 10:00 am. 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.stambroseyarmouth.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.

QUOTE OF THE WEEK: It is not the actual physical exertion that counts towards one's progress, nor the nature of the task, but by the spirit of faith which it is undertaken. -St. Francis Xavier



REFLECTION: Humility and Gratitude

"I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing." [John 15:5](#) What a great little reminder... "Without me you can do nothing." At first, hearing this may hurt. It may hurt our pride and we may react to this idea negatively. Is it really true? Can we really do nothing without God? Obviously, the answer to that is "Yes." Jesus does not lie. We can do nothing without God in our lives. In fact, if God were to forget us for one moment, we would cease to exist. Even our very existence depends upon God continuing to will that we exist. And as for doing good, making a difference, having a productive life, etc., we can do nothing good without God's grace. Though this may be hard to hear at first, we should ponder it regularly. And if we do ponder it and embrace this truth, two things will happen in our souls. First, we will grow in humility. Humility is the most important virtue in which we can grow. It's been referred to as "the mother of all virtues." This is because from this virtue all other virtues flow. Humility means we realize that God is everything and that we need Him with a 100% need. This humble truth will enable us to seek God in all things and invite Him deeply into every part of our lives. A second thing that will happen in our souls when we realize that we can do nothing without God is that we will grow in gratitude. As we see that God is everything AND we begin to see that He provides us with constant grace in our lives, our only appropriate response will be "Thank you!" We will be grateful to God for everything because we will realize that everything that is good is a gift from Him. Reflect, today, upon these truths of humility and gratitude and allow them to sink in. As you do,

allow these virtues to grow to greater fruition in your life.

Lord, I do believe that I can do nothing without You. Help me to believe this with an even greater conviction and, as I do, help me to grow in humility and gratitude. Jesus, I trust in You. – My Catholic Life

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. The weekend of May 1st and 2nd 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 4624 Hwy 1, Woodvale NS, B5A 5B1.

PRAYER FROM POPE FRANCIS FOR PROTECTION:

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us.

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

TRI COUNTY PREGNANCY CARE BABY BOTTLE

DRIVE: Tri-County Pregnancy Care Centre would like to announce that we are still having our Baby Bottle Campaign, but with a few adjustments! During this time of stay-at-home orders and social distancing, your church can still partner with us in **changing hearts, saving lives and sharing Jesus! We are excited to share that we have Virtual options for our Baby Bottle Campaign!**



We are asking that donations be made through one of three options:

1. Email transfers can be made to tcpcc@ns.aliantzinc.ca
2. Donate Online: [Tri-County Pregnancy Care Centre Baby Bottle Campaign](http://www.tricountypregnancycaresentre.ca/BabyBottleCampaign)
3. Or mail your donation to:
 Tri-County Pregnancy Care Centre
 342 Main St
 Yarmouth, NS
 B5A 1E6

Visit the events page on our website to find more information; <https://www.tricountypregnancycaresentre.ca/events> *All cheques and money order should be made out to Tri-County Pregnancy Care Centre. Receipts are available for donations over \$20; to get one please clearly write your name and address.

PASTOR'S MESSAGE: Throughout the Scriptures, we find different periods when people went through trying times when God's people were called to endure, and for most, they came through it stronger and closer to God and one another. Things had been looking better, and it felt a bit like the flood waters that Noah experienced were receding. And now the waters are rising again. This is not a time to be frightened or anxious. St. Paul reminds us to "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God." (Philippians 4:6). We must remember that the Lord is in charge and that He, in His mercy, is watching over us. Rather than fright, it's important to turn to prayer and be strong in our faith and be patient and trusting during this time. God is with us in all this. Know that you are in my prayers. Fr. Henry Smolenaars