



March 17th, 2024 5th Sunday of Lent

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

MASS INTENTIONS – March 16th – 24th, 2024

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Anniv. Richard Bradshaw
Sun. 11:15 am Wallace DeViller
Tues. 6:30 pm Anniv. William Letteney
Wed. 6:30 pm Raymond Babin
Thurs: 9 am Susan O’Keef
Fri. 9 am Deborah Roffey
Sat. 4 pm Lois Armstrong
Sun. 9am Parishioners
Sun. 11:15 am Edward & Kay Robicheau

Our Lady of Lourdes (Melbourne):

Sun. 10 am March 17 Intentions of Gert Doucette
Sun. 10 am March 24 Robert Doucette

REFLECTION: Suffering Transformed by Glory “I am troubled now. Yet what should I say? ‘Father, save me from this hour’? But it was for this purpose that I came to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it and will glorify it again.” Our Lord’s human soul was “troubled.” Other translations state that His soul was in agony. After expressing His interior

suffering, Jesus identified the human temptation caused by this suffering: to flee from His “hour.” Of course, Jesus dismisses this temptation as a way of teaching us a lesson from His human experience. As God, Jesus had perfect strength and always remained faithful to the mission He received from the Father. But as a human, Jesus permitted Himself to experience temptation and human suffering for many reasons. One reason was so that He could relate to us in every way. That includes being able to relate to interior human suffering. In doing so, Jesus also made it possible for us to imitate Him and to share in the strength and determination He had as He perfectly fulfilled the will of the Father. Jesus allowed Himself to endure the agony caused by foreseen suffering because we will endure similar temptations through life.

What is it that causes you fear and anxiety as you look into the future? If there is something that immediately comes to mind, try to look at that within the light of Jesus’ own experience above. The first thing Jesus does is identify the temptation to fear. He does this by identifying the interior suffering He experiences and then by looking at the cause: His coming “hour.” The “hour” of Jesus in the Gospel of John is a reference to His crucifixion and death. This was the reason He came to us. He came to suffer the consequences of our sins and to destroy death itself. But this mission of His was the cause of true human suffering and was also a temptation toward fear. But it was a fear that He perfectly overcame. As you look at anything that tempts you to give into fear and anxiety, first ask yourself whether it is the will of God that you fulfill that action. If we are fearful of something that is not the will of the Father, then we should reject it. But very often the plan God has for our lives will include acting with courage in the face of some pending cross and suffering. Experiencing fear is normal, but fear will not turn into anxiety if we imitate our Lord and choose the will of God no matter the cost. Jesus also embraced His Cross by looking at it through the lens of glory. He understood that His suffering and death would glorify the Father in Heaven. Therefore, He allowed Himself to see the Cross as a glorification of the Father. The same must happen in our lives. No matter what we face in life, no matter the cross we are given, if it is the will of God that we embrace it, then we must see it not

only as a suffering we must endure but primarily as an act by which God will be glorified in our lives. This truer perspective will bring with it hope, joy and strength which will free us from anxiety caused by fear. Reflect, today, upon the ways in which God is calling you to the cross. As you do, don’t allow fear to deter you. Instead, look at every pending suffering as an opportunity to glorify God in your life. See your crosses with gratitude and joy, and allow this new perspective to give you the strength you need to fulfill the mission given to you by the Father in Heaven. *-My Catholic Life*

STATIONS OF THE CROSS will be held on the Fridays

of Lent at St. Ambrose Co-Cathedral at 6:30pm. Each week will be led by a different group. The Good Friday performance will be led by the Confirmation Class.

FISH CHOWDER FRIDAYS: We will be offering take

out fish chowder on the Fridays of Lent. If you wish to purchase the chowder, we ask you to call the parish office to place your order. The cost is \$7.00 and it may be picked up at the Marian Hall doors between 4:00 and 5:00.

SERIES ON DEATH AND DYING: If you missed part or all of the recent series on *Suffering and End of Life* done on Thursday night by me (Fr. Henry), go to our main page on our website to watch it.

COOFFEE SOCIAL AND PANCAKE & SAUSAGE

SOCIALS: The Coffee social will be held after the 4pm mass on March 16th as usual. The Pancake & Sausage socials will be held following the 9am & 11:15 masses on March 17th. There is no charge to attend however if you wish to give a donation there will be a free will offering box available with all the proceeds going to the youth who will be attending the Steubenville Atlantic conference this summer.

EASTER FLOWERS: Anyone who would like to make

a donation towards Easter flowers for **Our Lady of Lourdes Church** in memory of a loved one may do so by either putting your donation in an envelope with your number on it and placing it in the collection basket or at the parish office.

SERIES CALLED FEARLESS: Time and again, the people of God are called to ‘be courageous’ and ‘be not afraid.’ Yet, we live in a time where fear seems to guide our very existence. The next week, I will be showing the series called Fearless in the Jubilee Room. Please join me (Fr. Henry) Thursday evening at 6:30 on March 21st if you are interested.

QUOTE OF THE WEEK:The truly righteous are

set apart from the world because they produce the fruits of grace in their actions. *-St. Clement of Alexandria*

KNIGHT OF COLUMBUS NEWS: 4th Degree Meeting

will be on March 19th at 7:00 pm. **Community Breakfast** Sunday March 24th 9:00 to 12:00 cost is \$10.00 Adults and 12 and under \$7.00. Take out is available.

ULTREYA: The Yarmouth and Area Ultreya will be

held April 4th, 2024 at Marian Hall at 7pm. We hope to see you then! De Colores!



Please welcome into our Christian community Genevieve Felicity Charis Boudreau who was baptised on Sunday March 10th, 2024. Please keep Genevieve and her family in your prayers.



Our sympathy is extended to the family and friends of Florine Mary DeViller. Eternal rest grant unto her O Lord and let perpetual light shine upon her.