

March 17th, 2024 5th Sunday of Lent

Fr. Henry Email: **Hospital Chaplain: Priest on Call:**

Fr. Henry Smolenaars frhenrys@gmail.com Fr. Wieslaw Papuga

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

902-742-8960 **Tabitha Centre:**

Reconciliation/confession is held on Wednesday

after mass from 7:00-8:00

MASS INTENTIONS - March 16th - 24th, 2024

St. Ambrose Co-Cathedral (Yarmouth):

4 pm Parishioners Sat.

9am Anniv, Richard Bradshaw Sun.

11:15 am Wallace DeViller Sun.

6:30 pm Anniv. William Letteney Tues.

Wed. 6:30 pm Raymond Babin

Thurs: 9 am Susan O'Keef

9 am Deborah Roffey Fri.

4 pm Lois Armstrong Sat.

Sun. 9am Parishioners

11:15 am Edward & Kay Robicheau Sun.

Our Lady of Lourdes (Melbourne):

10 am March 17 Intentions of Gert Doucette Sun.

10 am March 24 Robert Doucette Sun.

REFLECTION: Suffering Transformed by Glory "I am



troubled now. Yet what should I Reflections 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.

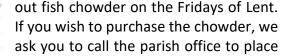
Jesus also embraced His Cross by looking at it through the lens of glory. He understood that His suffering and death would glorify the Father in Heaven. Therefore, He allowed Himself to see the Cross as a glorification of the Father. The same must happen in our lives. No matter what we face in life, 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.



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 setapart from the worldbecause 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.