



March 22nd, 2026 5th Sunday of Lent

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

MASS INTENTIONS – March 21st – 29th, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Helen Muise
Sun. 11:15 am Theresa Doucet
Tues. 6:30 pm Jerome Sullivan
Wed. 6:30 pm Maurice Boudreau
Thurs. 9 am Anniversary Celeste Rodgerson
Fri. 9 am Judy Nickerson
Sat. 4 pm Leo Williams
Sun. 9am Parishioners
Sun. 11:15 am Anniversary Fr. Clarence Thibeau

Our Lady of Lourdes (Melbourne):

Sun. 10 am March 22 Hector DeViller
Sun. 10 am March 29 Bessie and Peter Thibeault

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.**

REFLECTION: Jesus' Human and Divine Love *When*

Reflections *Mary came to where Jesus was and saw him, she fell at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, "Where*

*have you laid him?" They said to him, "Sir, come and see." And Jesus wept. Jesus' humanity shines clearly in today's Gospel. In the face of Lazarus' death, Jesus is deeply moved by the grief around Him. The Gospel says He "became deeply distressed and troubled" and eventually "wept." The Greek word for "deeply distressed," *embrimaomai*, suggests a strong emotional disturbance, even indignation or anger. It could be translated as "He snorted in spirit," indicating an involuntary, visceral response from the depth of His soul. Some commentators suggest Jesus' anger wasn't directed at the people weeping but at the reality of death itself, caused by sin. As God, Jesus knew death was never part of the Father's original plan for humanity. From a divine perspective, He saw death as a consequence of sin. From this point of view, death provoked righteous indignation and deeply troubled His human heart. As the passage continues, Jesus' humanity is powerfully portrayed in the shortest verse in the Bible: "And Jesus wept." Why did He weep? Saint Paul reminds us in Hebrews: "For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin". Jesus' tears show us that the Holy Trinity knows human pain firsthand. The Incarnate Son allowed Himself to experience sorrow, and the Father and the Holy Spirit shared in this sorrow through Him. It's important to note that Jesus' sorrow was different from the weeping of Lazarus' sisters and the others present. Jesus' weeping uses the Greek word *edakrysen*, which means "to shed tears" or "weep silently." His tears were personal, controlled, intimate, heartfelt, and full of divine compassion. In contrast, the weeping of the others is described by the Greek word *klaió*, meaning loud wailing, a typical expression of communal and ritualistic mourning at the time. Jesus' grief was neither ritualistic nor excessive; it was intimate and heartfelt, born from personal sorrow and divine compassion. We must never forget Jesus' deep compassion, empathy, and sorrow. His human heart feels the same emotions we do—He grieves when we grieve, shares in our pain, and is moved by the hold sin has on us. After feeling these emotions at Lazarus' death, Jesus stood outside the tomb and "cried out in a loud voice, 'Lazarus, come out!'. We can imagine the passion behind His command. In*

our lives, when we are trapped in sin or burdened by human weakness, we must hear Jesus calling us to freedom with the same divine authority and human passion. Reflect today on Jesus' humanity and how He perfectly understands everything we experience. His deep empathy for our suffering and His joy when we rise with His grace show us how intimately He knows us. God became one of us in every way, sharing in our human condition—though without sin—so that we might share in His divinity. Ponder His humanity and let His closeness draw you to Him, giving you a share in His divine life. -My Catholic Life

5 WEEK LENTEN SERIES WITH FR. HENRY: This week in the series called *Metanoia: A Journey With Christ Into Conversion* by Fr. Dave Pivonka, we will focus on "**This Teaching is Hard**" and "**Do You Love Me?**". The series is filmed in the Holy Land and focuses on the ongoing conversion of the heart, a central theme of Lent. Come join us Thursday night at 6:30 in the Jubilee Room for the last session.

STATIONS OF THE CROSS: will happen Good Friday at St. Ambrose Co-Cathedral at 6:30pm. On April 3rd the special performance will be led by the youth of the parish.



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.



ULTREYA: The Yarmouth and Area Ultreya will be held April 9th 2026 at Marian Hall at 7pm. We hope to see you then! De Colores!
CURSCILLOS: Canadian Cursillo of Cursillos facilitated by leaders from Mallorca, Spain will be held at UPEI from June 25 to 28, 2026. It's a great opportunity to meet other Cursillistas and learn more about the movement. Registration forms are available online at <https://cursillocanada.org>. Please register as soon as possible. If you need more information, email marg.weber@sympatico.ca or by phone 416-427-7102.



WOMEN'S SPIRITUAL EXERCISES: (Silent Retreat) Pilgrims of Hope to Apostle of Joy. Come away to Our Lady of Hope Retreat Centre, PE to refresh and renew your soul in Christ. Registration includes 3 nights accomodation, 9 meals and all retreat materials. Early bird rate: \$450 before March 27, 2026. Regular rate \$475 March 27-April 12, 2026 For registration or questions please email: rcmaritimes@gmail.com

GOOD FRIDAY FISH CHOWDER FUNDRAISER: On Good Friday April 3rd the fish chowder will be a dine in or take out from 2:00pm to 5:00pm at the Parish Centre dining room. Tickets can be purchased at the parish office in advance or at the door while quantities last for \$8.00. The proceeds go to the youth for the Steubenville Atlantic Conference. We appreciate your support!



INCENSE NEXT WEEKEND: Incense will be used at 11:15am mass next weekend and on the last Sunday of every month.



FOOD BANK: The weekend, April 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.



MEAL TRAIN FOR MOMS AND BABIES: Are you expecting a baby, or do you currently have a newborn? The ladies of St. Ambrose would like to bring you a few meals to ease your burden. We are also looking for people to join this initiative and cook for postpartum moms. Please email Leila at leila.mcmann@gmail.com or text 902-307-5966.

QUOTE OF THE WEEK: If then you remain constant in your faith in the face of trial, the Lord will give you peace and rest for a time in this world, and forever in the next. -St. Jerome Emiliani



KNIGHTSOF COLUMBUS NEWS: Community Breakfast this Sunday March 22 at the Knights of Columbus Hall from 9:00 am to 11:30 am. The cost is \$10.00 for adults and \$7.00 for children 12and under.

