



**5th Sunday of Ordinary
Time
February 8th & 9th, 2020**

Pastor: Fr. Henry Smolenaars
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 every
 Saturday 11 am-noon at St. Ambrose Co-Cathedral.

MASS INTENTIONS February 8th – 16th, 2020

Sat. 4pm Anniv. Bob Delaney **and** Anniv. Sid Power
(Melbourne) Evelyn Pothier
Sun. 9am Harold Doucette **and** Edwin & Marie
 Doucette
11:15am Parishioners
Mon. No Mass
Tues. 6:30pm Anniv. Jason Ryan **and** Randy Doucette
Wed. 6:30pm Emily Vacon **and** Ashton Driscoll
Thur. 9am Ian MacDonald **and** Eleanor Brush
Fri. 9am Anniv. Willis & Zoe LeBlanc **and** Richard Mini
Sat. 4pm John Surette **and** Richard & Annie Hubbard
6pm (Melbourne) Audrey Muise
Sun. 9am Parishioners
11:15am Kenneth Bourque **and** Intentions of
 Theresa Schmunk

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.**

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.

COFFEE SOCIALS: The coffee socials will be held this
 weekend after the Saturday 4pm Mass and
 the Sunday 9am Mass. The pot luck is taking place on Sunday following the
 11:15am Mass at the Parish Center Dining Hall.



Please bring a dish to share with the community and
 bring a friend. The Knights of Columbus will be
 there to accept items.

KNIGHTS OF COLUMBUS NEWS: Monthly Meeting:



Tuesday **February 11th**, all members
 invited.
 5:30pm executive meeting
 6:30pm supper
 7:30pm general meeting

Community Breakfast: Sunday, **February 16th** from
 9am -noon at the Knights of Columbus Hall. Adults
 \$7.00 and children under 12 \$3.50. Eat in or take
 out.

MATTHEW 18: Meet every Wednesday Evening in
 the Jubilee Room at 7:15pm, after Mass. Everyone
 is welcome to come and join us in song and praise,
 we pray for all intentions and for the world. Need a
 prayer for someone or need to be prayed for
 yourself. Come, delight in the Lord and in His
 Presence. Everyone welcome.

CURSILLO WEEKEND 2020: The following are
 the dates for this year's Cursillo weekends:

Men's Weekend -Sept. 17-20.
 Women's Weekend- Sept 24-27.
 Please contact: **Men's:** Chester Muise 902-648-
 2557 ckmuise@eastlink.ca **Women's:** Janice
 Bourque 902-740-515 janbourque@eastlink.ca

LIVING WATER: A Lenten retreat on Christ



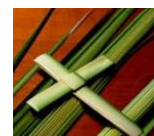
encounter with the Samaritan woman.
 Saturday, February 29, 2020. 9:00am to
 noon in the Jubilee Room. On the First
 Sunday of Lent, we read of the mysterious
 encounter between Jesus and the Samaritan
 woman. It takes place while Jesus is resting alone
 near Jacob's Well and his disciples have gone into
 town to get some supplies before continuing their
 journey. That encounter is the subject of this
 Retreat. For further information please call Coleen
 902 742-4924 or Helen 902 742-6216

QUOTE OF THE WEEK: God removes the sin of the



one who makes humble confession, and
 thereby the devil loses the sovereignty
 he had gained over the human heart.
 -Saint Bernard

PALM: It's getting close to that Lenten time of year
 again. If you have old palm, the proper
 thing to do with it is burn it. If you are
 unable to do this, you can return it to
 the church by placing it in the container
 in the entrance. We will burn it and use it for ashes
 on Ash Wednesday. -Fr. Henry



ASH WEDNESDAY FAST AND ABSTINENCE



RULES: Every person 14 years of age or
 older must abstain from (not eat)
 meat. Every person between the age of
 18 and 59 must also fast on Ash
 Wednesday meaning you can eat the equivalent of
 two meals that day. For example, you can choose
 to eat one normal meal and two other meals that
 add up to one meal.

ROSARY: Not too late for New Year's resolutions
 and not too early to think about Lent!



You are welcome to join us, the Rosary
 Group, every Thursday afternoon at 2:00
 p.m. in the Jubilee Room (Saint Ambrose
 Church basement). We pray 3 Mysteries
 of the Rosary and the Divine Mercy Chaplet. About
 1 hour 15 minutes. If the Jubilee Room is previously
 booked, we relocate to the Parish Centre! Need
 information, call Polly at 902-742-4475. Looking
 forward for you to join us.

PRO-LIFE ROSARY: Come and join us as we pray the



Rosary for Pro-Life every Friday
 morning, beginning at 8:20 am, before
 the weekday Mass; our winter Mass
 schedule is in the Jubilee Room. (No
 week-day Mass, No Rosary!) Please
 join us in praying for the preservation of Life from
 Conception to Natural Death".

INCOME TAX RECEIPTS: 2019 income tax receipts
 are now available and can be picked up in the
 entrance of the church.

MARRIAGE ENCOUNTER: Join Worldwide Marriage
 Encounter this spring for a weekend of meaning,
 rediscovery and love for husbands and wives. June
 5 – 7, 2020 Our Lady of Grace Monastery,
 Monastery, Nova Scotia. For more information,
 email renewmarriage@gmail.com or text or call
 902-314-8541

REFLECTION: Do not become "salt" that loses its
 taste! The end of this kind of salt
 is that it is thrown out and
 trampled underfoot. So how is it
 that we lose our taste? First of
 all, let's start with the purpose of



salt. It's an amazing seasoning that adds flavor to
 food. Salt by itself is not that tasty. But when
 added to a variety of food, it enters in and adds
 much. We are called to be the "salt of the
 earth." And just like salt, we are not made to simply
 be the star and center of attention. We are not
 made only for ourselves. Instead, it is our Christian
 duty to enter into our world and add to it, helping
 to transform it into a world of grace and mercy, full
 of the "flavor" of God's Kingdom. This is done,
 especially, by the building up of relationships. It's
 done by striving to touch one person at a time so as
 to enhance their lives and help them to be closer to
 Christ. The love of God that we bring into our
 world, and into the lives of those whom we
 encounter, can be seen analogously as salt entering
 into food and enhancing it. Now back to our first
 question. How do we lose our taste? In other
 words, how is it that we fail to be the "salt of the
 earth?" We do this when we enter into our world,
 encounter various people, and fail to truly enhance
 their lives. When our presence in the lives of others
 has little or no effect upon them for the good, then
 our actions are like tasteless salt that is only good to
 be thrown away and "trampled underfoot." This
 reveals to us that we have a duty to have an effect
 on the lives of others. We have a duty to enhance
 the goodness and faith of those whom we
 encounter on a regular basis. If we fail to make a
 difference in the lives of others, we are missing the
 point of those relationships and we are failing to be
 the salt of the Earth. Reflect, today, upon this duty
 that you have been given by Christ. Reflect upon
 the calling you have been charged with to make a
 difference in the lives of others. When others grow
 in faith and love as a result of your presence in their
 lives, you are fulfilling this most basic command of
 Christ. Commit yourself to being the salt of the
 Earth so that this world of ours will be a better
 place, filled with the flavor of the Kingdom of God.

-My Catholic Life