



February 8th, 2026 5th Sunday of Ordinary Time

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 – February 7th - 15th, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Leonard Muise
Sun. 11:15 am Richard James Robicheau
Tues. 6:30 pm Special Intentions
Wed. 6:30 pm Edward Deveau
Thurs. 9 am Bob Surette
Fri. 9 am Donald Rodgerson
Sat. 4 pm Gary Allen
Sun. 9am Parishioners
Sun. 11:15 am Julian Surette

Our Lady of Lourdes (Melbourne):

Sun. 10 am February 8 Jimmy Larry Muise
Sun. 10 am February 15 Nancy Jacquard

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.

REFLECTION: Flavor, Preservation, and Purity



Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.” Sodium chloride, also known as salt, is one of the most commonly used substances in the world, used for

seasoning, preserving, and purifying. Sodium chloride is a very stable compound and cannot lose its flavor unless there is a chemical reaction or dissolution. Why, then, did Jesus suggest that salt could lose its taste? One likely explanation is that the salt used in ancient Palestine could indeed lose its flavor due to impurities and the conditions in which it was stored. The Dead Sea, located in modern-day southeast Israel, contains a massive deposit of salt and other minerals. According to biblical history, Lot’s wife was turned into a pillar of salt in this region. Because of the vast salt and mineral deposits, the area surrounding the Dead Sea is desolate. Salt extracted from the Dead Sea was never pure sodium chloride. Gypsum and other minerals were also present, making the salt impure. If this salt were stored improperly or came into contact with water, the sodium chloride could dissolve and wash away, leaving behind the solid residue of minerals. These residual substances, like gypsum, had the appearance of salt but were tasteless and useless for flavoring, preserving, and purifying purposes. When this happened, the “salt” lost its taste. In light of this explanation, Jesus’ teaching becomes especially clear. The first notable feature of salt is its ability to add flavor to food. By calling His disciples the “salt of the earth,” Jesus was instructing them to enhance the “flavor” of the world by bringing the truth of the Gospel and the joy of His message to others. A Christian life lived in fidelity to Christ would make the world a better and more virtuous place, just as salt enhances the flavor of food. Salt is also commonly used for preservation. Before the age of refrigerators and freezers, salt was mixed with food to prevent corruption, by drawing out moisture and hindering bacteria and other microorganisms. Though this practice is still used today, it was especially vital in ancient times. By being the “salt of the earth,” Jesus was calling His disciples to preserve the world from moral decay. Through their witness and proclamation of the Gospel, they were to act as a preservative against sin and spiritual ruin. If they were to “lose their taste,” they would become indistinguishable from the rest of the world and ineffective in their mission. Hence, Jesus was exhorting them—and us—to avoid becoming watered down and bland in our witness to the Gospel. Lastly, salt held a significant role in Jewish

religious practices, symbolizing purity and consecration. In sacrificial rituals, salt was used to consecrate offerings, as commanded in Leviticus: “You shall season all your grain offerings with salt. Do not let the salt of the covenant with your God be lacking from your grain offering. On every offering you shall offer salt”. By seasoning their offerings with salt, the Israelites preserved the sacrifices from decay, making them pure. This practice reflects the disciples’ role in purifying the world through their example of holiness, their lives of self-sacrifice, and their participation in Christ’s redemptive work. They were to live lives of integrity, leading others to God through the purity of their hearts and their unwavering commitment to His will. Reflect today on this powerful metaphor of being the salt of the earth. The world desperately needs the enriching “flavor” of God’s grace. Without Him, the world is left to corruption and decay. With God, we, and those we serve, are preserved as pure and holy offerings, adding to His glory and growing in holiness. Be the salt of the earth. Do not become watered down in your faith. Remain steadfast in your fidelity to Christ and His Gospel, and you will transform the world around you. -My Catholic Life

COFFEE SOCIALS: Will be held after the 4pm and 9am masses next weekend February 14th & 15th. Join us for our **winter potluck** Sunday, February 15th in the parish centre dining hall after the 11:15 am Mass. Our theme for this potluck is "multicultural dining". Please bring a special dish to share from your country or culture!

KNIGHTS OF COLUMBUS NEWS: Monthly Meeting



at the Knights of Columbus Hall Tuesday February 10th, all members invited. (6:00 pm executive meeting and 7:30 pm general meeting). There is no 4th degree meeting February. **Knights of Columbus** are looking for new members. If interested and would like more information please contact Roy Alemao Grand Knight at (902) 791-0851.

Knights of Columbus Nova Scotia State Council Scholarship (value \$1000.00) Scholarships are available for Catholic students who will be attending first year university or community college next year. Yarmouth Council 2181 will accept applications from students attending Yarmouth

High, Par-en-Bas and Drumlin Heights. Students applying for a Nova Scotia State Council Scholarship will also be considered for a Council 2181Scholarship (all schools) and a Tusket Round Table Scholarship (Par-en-Bas & Drumlin). Please consult your school guidance councillor for application forms. Completed applications with supporting documents must be received by Council 2181 Scholarship Chairman Philippe Doucet on or before Friday March 13, 2026. If you require more information, please call 742-2970 or 748-1592.

DISCIPLE MAKER SURVEY: St. Ambrose is on a journey to know, love, and serve Christ in our parish community. Together we must embrace Christ’s vision for missionary discipleship so our parish can thrive and be a place for others to grow together in faith. The very first step in this process involves assessing our greatest strengths and opportunities, and that is where the Disciple Maker Index (DMI) comes in! The DMI is a survey tool that invites you to reflect on your discipleship journey here at St. Ambrose. The Disciple Maker Index is designed to: 1. Invite parishioners to reflect on their journey of discipleship. 2. Enable parish leadership to make data-driven decisions. 3. Help parishioners grow in their faith. The 10–15-minute survey can be accessed through an online link from **Wednesday, February 18** and will ask you to reflect on your own spiritual growth and enable you to provide your perspective on our parish’s efforts to help you grow in relationship with Christ. All responses will be confidential, and the parish will only receive information about the community as a whole. We will share the link with you a bit closer to the launch of the survey. Paper surveys will also be available for those who do not have the ability to complete the survey online. Together we must embrace Christ’s vision for missionary discipleship so our parish can thrive and be a place for others to grow together in faith. Please continue to pray for this intention and for the growth and protection of our parish.

SHROVE TUESDAY PANCAKE SUPPER: Tuesday,



February 17th in the dining hall from 4:30-6pm, \$8.00 per person, \$6.00 for children 12 & under Includes pancakes, sausages and tea or coffee.