



## February 5<sup>th</sup>, 2023 5<sup>th</sup> 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)  
**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 held on Wednesday  
after mass from 7:00-8:00

### MASS INTENTIONS —February 4<sup>th</sup>- 12<sup>th</sup> 2023

#### St. Ambrose Co-Cathedral (Yarmouth):

**Sat. 4 pm** Cindy Jabert  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Lina Furlani  
**Tues. 6:30pm** Anniv. Marjorie DeViller  
**Wed. 6:30 pm** Anniv. Donald Rodgerson  
**Thurs: 9 am** Anniv. Lorraine Thibedeau  
**Fri. 9 am** Special Intention  
**Sat. 4 pm** Marjorie Smith  
**Sun. 9 am** Intentions Harriet Gallant  
**Sun. 11:15 am** Parishioners

#### Our Lady of Lourdes (Melbourne):

**Sun. 10 am Feb. 5** Julia Deveau  
**Sun. 10 am Feb. 12** Evelyn Pothier

**REFLECTION: The Light of the World** “You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” We’ve all experienced a time when the lights went out and we were in darkness. In this case, if you were to light a candle and place it in the


center of the room, its light would make quite a difference. One candle in a darkened room transforms that room, making it a more comfortable dwelling place. Using that image, consider the first line in Jesus’ metaphor above. “You are the light of the world.” Try to see yourself as that single candle in the darkness. That is your mission. Just as a single candle can give light to an entire room, so you are capable of being a source of light for many others. One of the primary missions we have all received in life is to allow the light of God’s grace to “shine before others.” The result of fulfilling this mission is that others will see our good deeds that were inspired by God, and they will, in turn, glorify the Father in Heaven. Thus, your mission of radiating the light of Christ for others results in God being praised and glorified. This full statement of Jesus is especially helpful to consider when we struggle with pride. Pride is a way of pointing to ourselves. It’s an act of selfishness by which we place ourselves in the spotlight as a way of trying to become the object of others’ praise. But what Jesus tells us is that when we properly fulfill our role of being the light of the world, when we radiate the Light of Christ, others will be inspired not to praise us but rather to glorify God as He acts through us. This is quite a difference. With that being said, the beautiful thing about God being glorified is that God often wants us to share in that glory. That means that if you were to do an act of charity for another, and they were deeply grateful to you and thanked you, their “thank you” is an act of glorifying God when it is understood that you acted out of a love of God. God is praised when we, His children, give and receive love and honor between each other on account of our faith. Reflect, today, upon two things. First, think about those upon whom God has called you to shine His light. Who is it in your life who needs an act of love, charity, mercy, forgiveness or compassion? Commit yourself to becoming God’s light for them in their darkness. Second, think about those who have shone the Light of Christ upon you. When this has

happened, how did you respond? Hopefully your response was one of a gratitude that not only returns love to the other but also glorifies God through your gratitude. Be the light of the world to a world in need and seek out that light as it shines brightly through others. This is the only way to step out of the darkness that constantly tries to pervade us.  
-My Catholic Life

### **KNIGHT OF COLUMBUS NEWS: Monthly Meeting:**

 Tuesday February 14<sup>th</sup>, all members invited **6:00pm** executive meeting (No Supper) **7:00pm** general meeting  
**Nova Scotia Knights of Columbus State 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 Scholarship will also be considered for a Council 2181 Scholarship (value \$500). 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 10, 2023. If you require more information, please call 742-2970 or 748-1592.

### **QUOTES OF THE WEEK:**

 Fear is such a powerful emotion for humans that when we allow it to take us over: it drives compassion right out of our hearts. -St Thomas Aquinas

### **PARISH REGISTRATION FORMS:**

Are you new to our Parish? Have you moved from one place to another and forgot to tell us? Have you given us your email address? If this applies to you, please fill out this form in the bulletin (or pick one up at the back of the church) and return it next weekend in the basket at the entrance of the church so we can add or update you in our parish list.

**FOOD BANK:** This weekend, February 4<sup>th</sup> & 5<sup>th</sup>, 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.

**THINGS FROM OUR ARCHBISHOP:** Just recently, Archbishop Dunn sent a list of things out regarding the mass and how we celebrate it and has asked all parishes to make some changes if they need to so that we are in line with what the church teaches. From this document, I can see a few things we need to change or be reminded of:

- During the creed, at the words (and by the Holy Spirit... and became man), the whole assembly makes a **profound bow**.
- The entire assembly shall stand during communion **until everyone has received communion**. People may **sit or kneel once everyone has finished communion**. While some continue to stand until the Blessed Sacrament is placed in the tabernacle or until the vessels are cleansed, this practice should not continue, for the focus must be on the communion received and not on the Sacrament in the Tabernacle.
- Holy Communion is to be received standing, though individual members of the faithful may choose to receive Communion while kneeling. Standing before the minister to receive Holy Communion, the faithful should **make a simple bow of the head**. When receiving Holy Communion on the tongue, they reverently join their hands; when receiving Holy Communion in the hand, they reverently open their hands placing one beneath the other, and they consume the host immediately upon receiving it. **All should respond “Amen” before they receive communion.**



Our sympathy is extended to the family and friends of  
Betty Mae Surette  
Eternal rest grant unto her O Lord and let perpetual light shine upon her.