



February 15th, 2026 6th 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 14th – 22nd, 2026

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Gary Allen
 Sun. 9am Parishioners
 Sun. 11:15 am Julian Surette
 Tues. 6:30 pm Holy Souls in Purgatory
 Wed. 9:00 am Ash Wednesday Special Intentions
 Wed. 6:30 pm Ash Wednesday Florine DeViller
 Thurs. 9 am Blanche Sheridan
 Fri. 9 am Intentions of Xavier Johnston
 Sat. 4 pm Beryl & Lawrence Melanson
 Sun. 9am Aiden Goodwin
 Sun. 11:15 am Parishioners

Our Lady of Lourdes (Melbourne):

Sun. 10 am February 15 Nancy Jacquard
 Wed. 6:30 pm February 18 Ash Wednesday Sandra Surette
 Sun. 10 am February 22 Eric Saulnier

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.

DISCIPLE MAKER SURVEY: 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.

COME JOIN ME (FR. HENRY) IN A 5 WEEK LENTEN SERIES: This lent, I will be doing a series called *Metanoia: A Journey With Christ Into Conversion* by Fr. Dave Pivonka. This series filmed in the Holy Land focuses on the ongoing conversion of the heart, a central theme of Lent. Come join me for this 5-week series starting Thursday February 26th at 6:30pm in the Jubilee Room. The theme for the first night will be "Who do you say that I am?" and "What must I do to inherit eternal life?".

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. *Today's Liturgy: In the early Church, when Lent was a time for the reconciliation of public penitents, the*

penitents would come would come to the church at the beginning of Lent, that is, on Ash Wednesday. They would wear a penitential garment, suggesting sackcloth, and would be ritually expelled from the assembly to do their penance for forty days, returning to the church on Holy Thursday when they would be readmitted to the sacraments. With time the expulsion of Penitents disappeared, but the ashes remained and became a call to penance of all the faithful. In the Scriptures, sackcloth and ashes are the signs of penance. The practice of using ashes from the palms of the previous year's Palm Sunday is a relatively new element of the liturgy, first appearing in the twelfth century. It adds another layer of meaning to this rich rite, reminding us of where we are headed-to the glory of Easter. -My Catholic Life

FISH CHOWDER FRIDAYS:

 We will be offering take out fish chowder on the Fridays of Lent starting February 20th. We ask you to call the parish office to place your order. The cost is \$8.00 and it may be picked up at the Marian Hall doors between 4:00 and 5:00.

GRIEF SUPPORT GROUP: Grief is a difficult process. Grief does not go away. Have you lost someone recently, or well in the past. It may help to share your experience, or perhaps just hear from others who may have insight into what you are going through. Stories are medicine. Join us at the Marion Hall from 1:00 to 3:00pm on February 26th.

STATIONS OF THE CROSS

 will be held on the Fridays of Lent beginning February 20th at St. Ambrose Co-Cathedral at 6:30pm. Each week will be led by a different group.

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.

KNIGHTS OF COLUMBUS NEWS:

 **Knights of Columbus Community Breakfast:** Sunday February 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 12 and under.

COFFEE SOCIALS: Will be held after the 4pm and 9am masses this 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!

CHURCH AND OFFICE CLOSED: The church and office will be closed on Monday February 16th to observe Heritage Day holiday.

QUOTE OF THE WEEK:

 For the greater we are, the more we should humble ourselves and recognize our own nothingness. If we know ourselves, we humble ourselves, not holding our head high or becoming bloated with pride. Rather we bow our head in acknowledgement of the goodness God has showered on us. -St. Catherine of Siena

FOOD BANK:

 The weekend of February 28th and March 1st, 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. **Please note for future food bank collections: In days of inclement weather, the collection will take place at the entrance inside the Church.**

INCENSE NEXT WEEKEND:

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



Our sympathy is extended to the family and friends of
 Carmen Ann Stuart
 Eternal rest grant unto her O Lord and let perpetual light shine upon her.