



**7th Sunday of Ordinary
Time
February 22th & 23th, 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 22th – March 1st, 2020

Sat. 4pm Richard Doucette **and** Francis & Emily Muise
6pm (Melbourne) Barbara & Sonny Muise

Sun. 9am Anniv. Marc Boudreau **and** Paul Fitzgerald
11:15am Parishioners

Mon. No Mass

Tues. 6:30pm Special Intentions **and** William Cottreau

Wed. 9am Alma Robichaud **and** Xavier Muise
Wed. 6:30pm Dale Duncanson **and** Neil Nicholl
Wed. 6:30pm (Melbourne) Verna Boudreau

Thur. 9am William Pothier **and** Victor Amirault

Fri. 9am John Cunningham **and** Intentions of the Earle Family

Sat. 4pm Parishioners
6pm (Melbourne) Basil & Ann Doucette

Sun. 9am Curtis LeBlanc **and** Rita d'Entremont
11:15am Cathy Hubbard **and** Thomas Thibault

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 social will be held this weekend after all of the masses.



KNIGHTS OF COLUMBUS NEWS: 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 living in the geographic area served by our Council (including the area of the former Wedgeport Council). Scholarships are awarded based on academic standing and volunteer activities. Students applying for a Nova Scotia State Scholarship will also be considered for a Council 2181 Scholarship which is valued at \$500.00. Please consult your school guidance counselor for application forms. Completed applications with supporting documents must be received by Council 2181 Scholarship Chairman Philippe Doucet on or before Friday, March 13, 2020. If you require more information, please call 742-2940 or 748-1592.

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 third 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

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

SHROVE TUESDAY PANCAKE SUPPER: Tuesday,



February 25th in the dining hall from 4:30-6pm \$6.00 per person \$4.00 for children 10 & under Includes pancakes, sausages and tea or coffee.

Please support our youth who will be attending the Steubenville Atlantic conference this Summer!

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.

ASH WEDNESDAY MASS SCHEDULE: **St. Ambrose's**



masses will take place at 9:00am and 6:30 pm. **Our Lady of Lourdes'** will take place at 6:30pm.

WHAT NAME DO YOU PUT ON YOUR DONATION CHECK?



The question was asked recently about what name should we put on the check for donations. All checks for the parish whether you are at mass at Our Lady of Lourdes or St. Ambrose Co-Cathedral, should have on them **St. Ambrose Parish**. This money goes into the one account but is kept track of separately for each church. We only have two parish accounts, the second account is for the cemeteries. If it is a check, it should have on it **Our Lady of Calvary Cemetery** with the name of the intended cemetery on the memo line. If it is intended for Our Lady of Lourdes Cemetery in Melbourne, then it will be added to their account. -Fr. Henry

FOOD BANK: Next weekend, February 29-March 1,



is our turn to support the Yarmouth Food Bank. Non-perishable goods and monetary donations are appreciated.

FISH CHOWDER FRIDAYS: Beginning Friday,



February 28th in the dining hall at the parish centre, 4:30-6:30pm, \$6.00 per person. Includes chowder, roll, tea or coffee.

STATIONS OF THE CROSS: will begin on Friday,



February 28 and will continue every Friday during Lent at St. Ambrose Co-Cathedral at 6:30pm. Each week, it will be led by a different group.

QUOTE OF THE WEEK: Try to keep your soul always



in peace and quiet, always ready for whatever our Lord may wish to work in you. - St. Ignatius of Loyola

REFLECTION: Fasting is not an isolated discipline, but one of a trinity of holy practices: Prayer. Fasting. Almsgiving. Each of these gives support and meaning to the others. Prayer befriends the soul. It re-fixes our sacred purpose and turns us toward the tasks at hand. Fasting befriends the body- which is to say that the body is good, very good, and worthy of whatever form our fasting must take. Almsgiving befriends our neighbor with whom we share what we might otherwise have hoarded. To fast, accompanied by prayer and almsgiving, is to be healed. Fasting is good for the body, the "body politic," and the "mystical body." Fasting helps to make the body whole. Fasting is necessary now if we are ever to enjoy feasting. A good appetite allows us to enjoy the gifts that we have been given. So fasting is not so much a deprecation of the flesh, but a sharpening of earthly joys. The Talmud says: "One will have to give an account on the judgement day of every good thing which one might have enjoyed-and did not." Fasting helps us savor God's goodness.

STEUBENVILLE ATLANTIC: The early bird deadline for the conference is fast approaching! Please have your down deposit to the office by February 28th. After March 1st the cost will increase by \$25.00.

Please welcome into our Christian community
 Lilah Rebecca Joyce Muise
 who was baptised on Sunday February 16th, 2020.

Please keep Lilah and her family in your prayers.