



February 19th, 2023 7th 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 18th- 26th 2023

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
 Sun. 9am Elizabeth Landry
 Sun. 11:15 am Wallace DeViller
 Tues. 6:30pm Deanna Muise
 Wed. 9 am Ash Wednesday Elaine Ryan
 Wed. 6:30 pm Ash Wednesday Betty Surette
 Thurs: 9 am Alyre Comeau
 Fri. 9 am Terry Muise
 Sat. 4 pm Anniv. Caroline Comeau
 Sun. 9 am Parishioners
 Sun. 11:15 am Sheldon Gillis

Our Lady of Lourdes (Melbourne):

Sun. 10 am Feb. 19 Ina DeViller
 Wed. 6:30 pm Feb 22 Ash Wednesday John Surette
 Sun. 10 am Feb. 26 Margaret & John Jacquard

COMING THIS LENT ... DIVINE MERCY IN THE SECOND GREATEST STORY EVER TOLD:



Starting February 23rd, I (Fr. Henry) will be doing a video series on Divine Mercy. Divine Mercy has been called the second greatest story ever told (the Bible being the greatest). The series is "an amazing visual

presentation that will challenge and enthrall you." It runs for 5 weeks every Thursday evening at 6:30 in the Jubilee Room. Check out the preview on our main webpage. Please come and join me this lent. Sign-up is not required.

DO YOU WANT TO FAST THIS LENT? In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

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.



STATIONS OF THE CROSS: will begin on Friday, February 24th 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.

FISH CHOWDER FRIDAYS:

We will be offering take out fish chowder on the Fridays of Lent starting on February 24th. If you wish to purchase the chowder, we ask you to call the parish office by the Wednesday before to place your order. The cost is \$6.00 and it may be picked up at the Marian Hall doors between 4:00 and 5:00.




TURKEY AND SYRIA RELIEF FUND: Archbishop Dunn invites the faithful to donate to the relief efforts being made in the aftermath of the devastating earthquake in Turkey and Syria. The following

Catholic organizations have begun to collect donation online and we would encourage you to give as you are able.

- Development and Peace Caritas Canada: <https://www.devp.org/en/>
- The Catholic Near East Welfare Association: <https://cnewa.org/>

QUOTE OF THE WEEK:

A quarrel between friends, when made up, adds a new tie to friendship.
 St. Francis de Sales

COFFEE SOCIALS:

This Sunday, February 18th & 19th, the coffee socials will be held after all the masses in the Jubilee Room Come join us for a cup.



KNIGHT OF COLUMBUS NEWS: Community



Breakfast will be Sunday February 26th. \$10 Adults and Children 12 and under \$7.

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 councilor 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.

STEUBENVILLE ATLANTIC CONFERENCE:

There will be an information session in the Jubilee Room in the church on Sunday March 5th following the 11:15 mass. This meeting is for youth going into high school in September and peer leaders ages 19 & 20 that would be interested in attending the Steubenville Atlantic High School Conference in Halifax this summer. This weekend conference is a chance to gather with your peers and experience your faith in a way you never have before. We hope to see you there!



ULTREYA: The next Yarmouth Area Ultreya will be



March 2nd at 7pm in the Marian Hall at St. Ambrose. Welcome to all!

OFFICE CLOSED: The parish office and church will be closed for the Heritage Holiday on Monday February 20th and re-open for regular hours on Tuesday February 21st.

LECTORS NEEDED:

We are in need of people to read at mass at Our Lady of Lourdes. As Christian disciples we are called to give the three Ts of TIME, TALENT and TREASURE. Please consider becoming a lector. If you are interested, please call the office. Thank you for your generosity in giving back to the parish. Fr. Henry



Please welcome into our Christian community

Juniper Ivy Muise,
 Sullivan James Goodwin and
 Morgan James Gobien
 who were baptised on Sunday
 February 12th, 2023.
 Please keep Juniper, Sullivan, Morgan and
 their families in your prayers.



Our sympathy is extended to the family and friends of
 Gloria Rose Mauro
 Eternal rest grant unto her O Lord and let perpetual light shine upon her.