



Holy Trinity Sunday for St. Ambrose Parish

June 7th, 2020

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ARE YOU A STUDENT BETWEEN THE AGES OF 15-30 AND RETURNING TO SCHOOL IN THE FALL?



St. Ambrose has received a grant and is looking to hire a student for the summer to help with youth ministry (eg. Virtual programs), to help with maintenance (eg. painting, cleaning), inputting data of cemetery records and office duties (eg. answer telephone). Valid drivers' licence and vehicle would be an asset. The position is **8 weeks long** and is for approximately 35 hours a week.

Please drop off your resume at the parish office by **June 16** to the "Attention: Hiring Committee- Summer Student".

NEW PROTOCOLS FOR SACRAMENTS: The following link is a letter from Archbishop Anthony Mancini in regards to new protocols that the churches are following at this time.

https://www.halifaxarmouth.org/images/websections/chancery/2020_06_01_New_Protocols_for_Sacraments.pdf

THE WORD AMONG US MISSALS/LIVING FAITH: For anyone who may be interested in following along with the mass we have The Word Among Us missals available at the office for \$3.00 per book. The Living Faith daily reflection booklet is available for \$2.00. Please call ahead and we'll have them waiting at the door for pick up.

LIVE MASS WITH FR. HENRY: I (Fr. Henry) do a live mass every Wednesday and Sunday at 9:00 am (unless there are technical difficulties and then it will be put on after it has been recorded.). The next live mass is this Sunday, streamed live from St. Ambrose Church. If you want to watch, go to our web site at www.stambrosearmouth.ca or go to my YouTube channel www.youtube.com/channel/UC1CwQV-c8xpu57fbCsu0fLg/videos?view=57&flow=grid

(Copy and paste this link into your web browser if you would like to follow along.)



QUOTE OF THE WEEK: The Church is like a great ship being pounded by the waves of life's different stresses. Our duty is not to abandon ship, but to keep her on her course. – St Boniface

SUPPORTING YOUR PARISH FINANCIALLY: During this difficult time, I ask that you continue to support our Parish financially. If you want you can drop donations off at the office during office hours. Please knock on the

door to be served. We now have **EMAIL TRANSFERS SET UP**, send to stambrosemail@gmail.com please add your envelope number in the message box if you have one or a mailing address for an income tax receipt. We still have an account on line to which you can donate to. Simply go to <http://www.stambroseyarmouth.ca/> and scroll down the page to the donate button in red and follow the directions.

REFLECTION: Relating to the Sinner

Tenth Sunday in Ordinary Time, Year A

While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples. The Pharisees saw this and said to his disciples, "Why does your teacher eat with tax collectors and sinners?" [Matthew 9:10-11](#)

One of the worst sins one can be guilty of is self-righteousness and judgmentalness toward others. This is the sin of the Pharisees. It's refreshing to note that Jesus had no problem spending time with the tax collectors and others whom society deemed as "sinners." This would certainly include many categories of sin but especially sins that come through human weakness. However, as we see countless times in the Gospel, Jesus is very harsh toward those who judge another and act in a condemning way.

This sin is especially common among "churchy" people. By "churchy," we mean those who are deeply involved in their faith, the devotional life, parish life, and even those involved in Church governance. It's certainly not applicable to everyone since there are many deeply involved in the Church who are true saints of God. Nonetheless, we should be attentive to this sin and humbly look into our own hearts to see if it is present. What does this sin look like in our day and age? Often times it takes on the form of inner church gossip, criticism and ridicule, and results in division among members of the Church. This latter mentioned effect of this sin, that of causing division, is a sign we should look for as a way of pondering any struggle we may have with this pharisaical sin.

Reflect, today, upon anyone within the Church with whom you are at odds. Is there anyone, or any group of persons, with whom you are divided? Do you find yourself criticizing others? If so, realize that Jesus' harshness toward the Pharisees may also apply to you. Do not hesitate to quickly and humbly admit to this fault and allow our Lord to free you from these temptations.

Lord, help me to be freed from a critical and judgmental heart. Give me the grace I need to turn from my own self-righteousness and to humbly seek the good of others. May I welcome all people into my life just as You did, dear Lord. Fill me with a heart of compassion and true mercy, especially for those who struggle with sin. Jesus, I trust in You.

Beatitudes

Monday of the Tenth Week in Ordinary Time

- ...for theirs is the Kingdom of heaven.
- ...for they will be comforted.
- ...for they will inherit the land.
- ...for they will be satisfied.
- ...for they will be shown mercy.
- ...for they will see God.
- ...for they will be called children of God.
- ...for theirs is the Kingdom of heaven.
- ...for your reward will be great in heaven.

(See Matthew 5)

Listed above are all the rewards of living the Beatitudes. Read them slowly and prayerfully. Do you desire these good fruits? These rewards of the Beatitudes? Of course, you do! It's a good spiritual practice to start with the reward, the effect of something, and to let the desire for that reward grow. The same is true of sin. It's a good practice, especially when one struggles with a habitual sin, to start with the effect of that sin (the negative effect) and ask whether or not you desire it.

But today we have the Beatitudes. And as we ponder the fruits of the Beatitudes, we can't help but conclude that we deeply desire them. This is a good and healthy realization to come to.

From there, we only need to add one extra step. Once we've concluded, with a deep conviction, that we desire the fruits of the Beatitudes, we then only need to add the first step. We insert the Beatitude into this desire so that we can understand and believe that the Beatitude is good and desirous. But what about the Beatitudes? Do you desire...

To be poor in spirit,
to mourn,
to be meek,
to hunger and thirst for righteousness,
to be merciful,
to be clean of heart,
to be a peacemaker,
to accept persecution for the sake of righteousness,
and to be insulted and persecuted and to have every kind of evil uttered about you falsely because of Jesus?

Hmmm, perhaps or perhaps not. Some seem desirous while others seem burdensome. But if these Beatitudes are properly understood in the context of their fruits (i.e., the blessings they produce), then our desire for the means to that good fruit (the Beatitude) should grow as well.

Perhaps, today, you can look at which Beatitude is most difficult for you to want and desire. Once you find it, look at the fruit it produces and spend time looking at that Beatitude within that context. It will help you grow in blessedness!

Lord, help make me humble and meek, pure of heart and merciful, a peacemaker and one who accepts any persecution that comes my way. Help me to receive all with joy and with a longing for Your Kingdom. Jesus, I trust in You.

Making a Difference

Tuesday of the Tenth Week of Ordinary Time

"You are the salt of the earth...You are the light of the world." [Matthew 5:13a&14a](#)

Salt and light, that's us. Hopefully! Have you ever pondered what it means to be salt or light in this world? Let's start with this image. Imagine you cook some wonderful vegetable soup with all the best ingredients. It slowly simmers for hours and the broth looks very tasty. But the one thing you are out of is salt and other spices. So, you just let the soup simmer and hope for the best. Once it's fully cooked you try a taste and, to your disappointment, it's somewhat tasteless. So, you search until you find the missing ingredient, salt, and you add just the right amount. After another half hour of simmering you try a sample and are greatly delighted. It's amazing what salt can do!

Or imagine going for a walk in the forest and getting lost. As you search for your way out, the sun sets and it slowly becomes dark. It's overcast so there are no stars or moon. About a half hour after sunset you find yourself in complete darkness in the middle of the forest. As you sit there, you suddenly see the bright moon peek through the clouds. It's a full moon and the overcast skies are clearing up. Suddenly, the full moon sheds so much light your way that you are able to once again navigate the dark forest.

These two images provide us with the importance of just a little salt and a little light. Just a little changes everything!

So, it is with us in our faith. The world we live in is dark in so many ways. The "flavor" of love and mercy is also quite void. God is calling you to add that little flavor and produce that little light so that others can find their way.

Like the moon, you are not the source of light. You only reflect the light. God wants to shine through you and He wants you to reflect His light. If you are open to this, He will move the clouds at the right time so as to use you in the way He has chosen. Your responsibility is to simply be open.

Reflect, today, upon how open you are. Pray each day that God will use you in accord with His divine purpose. Make yourself available to His divine grace and you will be amazed at the way He can use the small things in your life to make a difference.

Lord, I do want to be used by You. I want to be salt and light. I want to make a difference in this world. I give myself to You and Your service. Jesus, I trust in You.

Love is in the Details

Wednesday of the Tenth Week in Ordinary Time

“Amen, I say to you, until heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the law, until all things have taken place.” [Matthew 5:18](#)

This is an interesting statement from Jesus. There are many things that could be said about it regarding the law and Jesus’ fulfillment of the law. But one thing worth reflecting upon is the great lengths Jesus goes to identify the importance of not only one letter of the law, but more specifically, the smallest part of a letter.

The ultimate law of God, as brought to fulfillment in Christ Jesus, is love. “You shall love the Lord your God with all your heart, with all your mind, with all your soul and with all your strength.” And, “You shall love your neighbor as yourself.” This is the ultimate fulfillment of the law of God.

If we look at this passage above, in light of the perfection of the law of love, we can hear Jesus saying that the details of love, even the smallest detail, is of grave importance. In fact, the details are what makes love grow exponentially. The smaller the detail one is attentive to in love of God and love of neighbor, the greater is the fulfillment of the law of love to the greatest degree.

Think, today, about those whom God has put in your life to love. This would especially apply to family members and especially to spouses. How attentive are you to every small act of kindness and compassion? Do you regularly look for opportunities to offer an encouraging word? Do you make an effort, even in the smallest of details, to show you care and are there and are concerned? Love is in the details and the details magnify this glorious fulfillment of God’s law of love.

Lord, help me to be attentive to all the big and many small ways I am called to love You and others. Help me, especially, to look for the smallest of opportunities to show this love and thus fulfill Your law. Jesus, I trust in You.

Paying the Last Penny

Thursday of the Tenth Week of Ordinary Time

“Settle with your opponent quickly while on the way to court with him. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison.

Amen, I say to you, you will not be released until you have paid the last penny.” [Matthew 5:25-26](#)

That’s a scary thought! At first could be seen as a complete lack of mercy. “You will not be released until you have paid the last penny.” But in fact, it’s an act of great love.

The key here is that Jesus wants us reconciled to Him and to one another. Specifically, He wants all anger, bitterness and resentment removed from our souls. That’s why He says to “Settle with your opponent quickly on the way to court with him.” In other words, apologize and be reconciled before you find yourself before the judgment seat of divine justice.

God’s justice is completely satisfied when we humble ourselves, apologize for our faults, and sincerely seek to make amends. With that, every “penny” is already paid. But what God does not accept is obstinacy. Obstinacy is a serious sin and one that cannot be forgiven unless the obstinacy is let go of. Obstinacy in refusing to admit our fault in a grievance is of the greatest concern. Obstinacy in our refusal to change our ways is also of great concern.

The penalty is that God will exercise His justice upon us until we finally repent. And this is an act of love and mercy on God’s part because His judgment is focused especially upon our sin which is the only thing standing in the way of our love of God and others.

Paying back the last penny can also be seen as an image of Purgatory. Jesus is telling us to change our lives now, to forgive and repent now. If we do not, we will still have to deal with those sins after death, but it's much better to do so now.

Reflect upon what it is that you have to "settle with your opponent" today. Who is your opponent? Who is the one you have a grievance with today? Pray that God will show you the way to being freed of that burden so that you can enjoy true freedom!

Lord, help me to forgive and to forget. Help me to seek anything that keeps me from fully loving You and all my neighbors. Purify my heart, oh Lord. Jesus, I trust in You.

Avoidance of Sin

Friday of the Tenth Week of Ordinary Time

"If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna. And if your right hand causes you to sin, cut it off and throw it away." [Matthew 5:29-30a](#)

Does Jesus really mean this? Literally?

We can be certain that this language, which is shocking, is not a literal command but is rather a symbolic statement commanding us to avoid sin with great zeal, and to avoid all that leads us to sin. The eye can be understood as a window to our soul where our thoughts and desires reside. The hand can be seen as a symbol of our actions. Thus, we must eliminate every thought, affection, desire and action that leads us to sin.

The true key to understanding this passage is to allow ourselves to be affected by the powerful language that Jesus uses. He does not hesitate to speak in a shocking way so as to reveal to us the calling we have to confront with much zeal that which leads to sin in our lives. "Pluck it out...cut it off," He says. In other words, eliminate your sin and all that leads you to sin in a definitive way. The eye and the hand are not sinful in and of themselves; rather, in this symbolic language they are spoken of as those things that lead to sin. Therefore, if certain thoughts or certain actions lead you to sin, these are the areas to target and to eliminate.

Regarding our thoughts, sometimes we can allow ourselves to dwell excessively upon this or that. As a result, these thoughts can lead us to sin. The key is to "pluck out" that initial thought that produces the bad fruit.

Regarding our actions, we can at times put ourselves in situations that tempt us and lead to sin. These occasions of sin must be cut off from our lives.

Reflect, today, upon this very direct and powerful language of our Lord. Let the forcefulness of His words be an impetus for change and avoidance of all sin.

Lord, I am sorry for my sin and I ask for Your mercy and forgiveness. Please help me to avoid all that leads me to sin and to surrender all my thoughts and actions to You every day. Jesus, I trust in You.

Being Honest

Saturday of the Tenth Week of Ordinary Time

"Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the Evil One." [Matthew 5:37](#)

This is an interesting line. At first it seems a bit extreme to say that "Anything else is from the Evil One." But of course since these are the words of Jesus, they are words of perfect truth. So, what does Jesus mean?

This line comes to us from Jesus within the context of Him teaching us about the morality of taking an oath. The lesson is essentially a presentation of the basic principle of "truthfulness" found in the Eighth Commandment. Jesus is telling us to be honest, to say what we mean and mean what we say.

One reason Jesus brings this up, within the context of His teaching about taking oaths, is that there should be no need for a solemn oath regarding our ordinary daily conversations. Sure, there are some oaths that take on solemnity such as Marriage vows or vows and promises solemnly taken by priests and religious. In fact, in every Sacrament there is some form of solemn promise taken. However, the nature of these promises is more of a public expression of faith than a way of keeping people accountable.

The truth is that the Eighth Commandment, which calls us to be people of honesty and integrity, should suffice in all daily activity. We do not need to "swear to God" about this or that. We should not feel a need to convince

another that we are telling the truth in one situation or another. Rather, if we are people of honesty and integrity, then our word will suffice and what we say will be true simply because we say it.

Reflect, today, upon how honest you are in all areas of life. Have you built a habit of truthfulness in both big and small matters of life? Do people recognize this quality in you? Speaking the truth and being a person of the truth are ways of proclaiming the Gospel with our actions. Commit yourself to honesty today and the Lord will do great things through your spoken word.

Lord, help me to be a person of honesty and integrity. For the times that I have twisted the truth, deceived in subtle ways, and outright lied, I am sorry. Help my "Yes" to always be in accord with Your most holy will and help me to always turn from the ways of error. Jesus, I trust in You.

- My Catholic Life