



**June 7<sup>th</sup>, 2026**  
**The Most Holy Body and Blood of Christ**

**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 –June 6<sup>th</sup> – 14<sup>th</sup> 2026**

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

**Sat. 4 pm** Kennedy, Jordan and MacKenzie Surette  
**Sun. 9am** Bill & Dorothy Vail  
**Sun. 11:15 am** Parishioners  
**Tues. 6:30 pm** Felix and Celeste Saulnier  
**Wed. 6:30 pm** Special Intentions  
**Thurs. 9 am** Colin Doucet  
**Fri. 9 am** Lloyed Hemeon  
**Sat. 4 pm** Parishioners  
**Sun. 9am** Gerald LeBlanc  
**Sun. 11:15 am** Joan Helen Bruce

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

**Sun. 10 am June 7** Bernard Jacquard  
**Sun. 10 am June 14** Elize 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.

**REFLECTION: Pange Lingua—Proclaim, O Tongue Solemnity of the Most Holy Body and Blood of Christ—Jesus said to the Jewish crowds: “I am the living bread that came down from heaven; whoever**

*eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.” The Jews quarreled among themselves, saying, “How can this man give us his flesh to eat?”* It must have been shocking to Jesus’ listeners the first time He boldly proclaimed that He would give His flesh as spiritual food. Their reaction makes this clear: “How can this man give us his flesh to eat?” Jesus did not back down or soften what He had just proclaimed. Instead, He began a lengthy and direct discourse, starting with these words: “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him.” What would you have thought had you been among the first hearers? We’re told the people quarreled, indicating division. Some, we later read, murmured among themselves, saying: “This saying is hard; who can accept it?” And tragically, many of Jesus’ disciples left Him and returned to their former way of life. Despite this apparent failure and loss of disciples, Jesus did not retract or revise His teaching. Instead, He turned to the Twelve and asked if they too wished to leave. Peter, with clarity and faith, responded with one of the most profound statements of discipleship in all of Scripture: “Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God”. In many ways, Peter’s words are as important for us today as Jesus’ own words introducing the Eucharist. Why? Because Peter shows us how to respond when we encounter divine mysteries beyond human understanding. The Eucharist is one of the most central of these mysteries. Do you believe in the Eucharist? Do you believe that it is truly the flesh and blood of the Son of God—His Body and Blood, Soul and Divinity? Though many of us have learned this teaching from childhood and accept it on some level, few penetrate the depth of the mystery we behold at every Mass. Saint John Vianney spoke beautifully of the Eucharist, revealing his profound reverence for this Gift: “If we really understood the Mass, we would die of joy.” And: “There is nothing so great as the Eucharist. If God had something more precious,

He would have given it to us.” He also said: “How beautiful it is! After the Consecration, the good God is there as He is in Heaven.” It’s easy to approach the Holy Mass out of routine rather than with the depth of faith possessed by the saints. But that must be our goal. We must believe that we would truly “die of joy” if we understood the Mass. The Solemnity of Corpus Christi is our annual invitation to step back and reflect on what we believe—and how devoutly we participate in the Mass and receive Holy Communion. We need this reminder so that our worship and faith do not grow lax. Reflect today on Jesus’ unwavering clarity: “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.” Believe what He says. The Eucharist is not a symbol; it is the greatest Divine Mystery on earth. In the Eucharist, we kneel before God and consume Him—so that we may become what we eat: the Mystical Body of Christ. Let us close by praying the opening verses of a hymn Saint Thomas Aquinas wrote at the request of Pope Urban IV for the newly instituted Feast of Corpus Christi in 1264—the *Pange Lingua*, meaning, “Proclaim, O Tongue.” -My Catholic Life

**CATHOLIC SUMMER CAMP: August 9<sup>th</sup> - 14<sup>th</sup> at**



Johnston Christian Park, South Range, Digby County. \$225.00 early bird fee by June 30<sup>th</sup>. After this it will be \$250.00. It’s for youth ages 10 to 14 and you can get a registration form at the Parish office or on the website. **SPONSORSHIP OPPORTUNITY:** If you are able and would like to make a contribution to help, send a youth to camp, please submit your donation into the collection at Mass (with pertinent information) or stop by the parish office.

**QUOTE OF THE WEEK:** The name of Jesus feeds and



revives those who are famished and spiritually hungry. -St. Bernardine of Siena

**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 June 11, 2026.

**KNIGHTS OF COLUMBUS NEWS: Monthly Meeting**



at the Knights of Columbus Hall Tuesday June 9<sup>th</sup>, all members invited. (6:00 pm executive meeting and 7:30 pm general meeting. **4<sup>th</sup> Degree Meeting:** Tuesday June 23<sup>rd</sup>, starting with a healing rosary at 6:30 pm followed by a general meeting at 7:00 pm.

**FOOD BANK:** This weekend, June 6<sup>th</sup> and 7<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.

**HEALING MASS:** On Tuesday June 23, 2026 there

will be a Healing Mass here at St. Ambrose Co-Cathedral. It will start with Praise and Worship Music at 5:50pm – 6:20pm, followed by Mass at 6:30pm. Sacrament of the Sick - will be available for those with chronic conditions, for seniors, and for those facing surgery, or treatments for serious health conditions. Prayer teams will be available for those who would like prayers for their families and other intentions. We hope to see you all there! Tell your friends and bring them with you!



Our sympathy is extended to the family and friends of  
**Dr. Thomas Bernard Murphy**  
 Eternal rest grant unto him O Lord and let perpetual light shine upon him.



Please welcome into our Christian community -  
 Mariam Agnes Dubé and Bohdi Gene Doucette  
 who were baptised on Sunday May 31<sup>st</sup>, 2026.  
 Please keep Mariam and Bohdi and their families in your prayers.