

Most Holy Trinity May 22nd & 23rd, 2021

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Reconciliation/confession is available by appointment only at this time please call the office or email Fr. Henry directly for an appointment.

LIVE STREAMED MASS INTENTIONS-May 30th -June 9th, 2021

Sun.	May 30	10am Parishioners
Wed.	June 2	9am John, Sandy & Mary Mclsaac and Sister Ricarda
Sun.	June 6	10am Parishioners
Wed.	June 9	9am Delmer Muise and Barb & Greg Deveau

Please note we will not be carrying the gifts for the offertory until further notice.

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.

LIVE STREAM MASS AT ST. AMBROSE: We live stream mass every Wednesday at 9:00 am and on Sunday at 10:00 am. The next scheduled mass is always posted on our website's main page. If you want to watch, go to our web site at www.stambroseymouth.ca or go to our YouTube channel www.youtube.com/c/SaintAmbroseParish/videos?view=57

EMAIL TRANSFERS: are available. Please send to stambrosemail@gmail.com Please add your

envelope number or personal information for income tax purposes.

REFLECTION: The Essence of the Most Holy Trinity

“All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.” Of all the great feasts we celebrate within the Church throughout the year, today’s Solemnity presents us with a Mystery that is so deep and transcendent that our eternity will be spent in perpetual contemplation. The Trinity, the life of the Father, Son and Holy Spirit, will never get old, never be fully understood, and will be the cause of our everlasting adoration and joy. Though the Church has used philosophical concepts to explain the Trinity, no human concept or description will ever fully explain Who God is. Though we can point to some general truths about God, we will never be able to fully depict the inner essence, depth, beauty and omnipotence of the Trinity. As we consider that fact, it’s important to understand that the Trinity is not *first* a theological mystery we try to define. Rather, the Trinity is *first* a communion of Persons we are invited to know. We do not primarily come to know God through intellectual deduction. We come to know God through prayerful union with Him. Though theology is exceptionally useful and important, the essence of God is beyond any and every philosophical concept we can define. The Father, Son and Holy Spirit are Persons. And as Persons, they want to be known. And they want to be known primarily through a life of deep and intimate prayer. Praying to One Person, of course, is praying to all, since they are One God. But we are, nonetheless, called to a relationship of love with the Father, the Son and the Holy Spirit. And though our feeble minds may not be able to fully comprehend the essence of God, He will draw us deeper and deeper into a knowledge of Him if we let Him. Prayer often begins by saying prayers, by meditating upon Scripture, and by listening. But true prayer is something much deeper. True prayer is contemplative prayer that ultimately leads to divine union. Only God can initiate this form of prayer in our lives, and only God, through this deep

form of prayer, can communicate Himself to us as He is. Some of the greatest mystics of our Church, such as Saint John of the Cross and Saint Teresa of Ávila, explain in their mystical theology that the deepest knowledge of God does not come through concepts or images. In fact, if we wish to obtain a knowledge of God in His essence, we must allow Him to purge every concept of Who He is so that the pure light of His essence can be poured forth upon our minds. This knowledge, they say, is beyond knowing “about” God. It’s the beginning of a knowledge “of” God. Reflect, today, upon the Most Holy Trinity. As you do, say a prayer to God asking for a deeper and more intimate knowledge of Him. Ask Him to communicate to you His divine love and to open your mind and heart to a deeper understanding of Who He is. Try to humble yourself before the great Mystery of the inner life of God. Humility before the Mystery of God means that we know how little we know about Him and how little we know of Him. But that humble truth will help you move closer to the deeper relationship of love to which you are called. *Most Holy Trinity, Father, Son and Holy Spirit, please draw me into a relationship of love with You Who are one God and three divine Persons. May the mystery and beauty of Your life become more known and loved by me each day through the gift of transforming mystical prayer. Jesus, I trust in You.* ~My Catholic Life

RESOURCE: AMORIS LAETITIA VEDIO SERIES

On March 19, 2021 the Church celebrated five years since the release of Pope Francis’ apostolic exhortation *Amoris Laetitia* on the beauty and joy of life in the family. To mark this occasion, the Pope launched the Year “*Amoris Laetitia Family*,” which concludes on June 26, 2022, at the 10th World Meeting of Family in Rome with the Holy Father. In light of this, the Dicastery for Laity, Family and Life at the Vatican has produced a resource for individuals, families, and smalls groups to delve deeper into the document. Over the course of ten monthly episodes, Pope Francis will discuss each chapter of *Amoris Laetitia*, paired with testimonies of different families who will share some aspects of their daily lives. Each video is accompanied by a free downloadable guide to encourage the reading of *Amoris Laetitia* among families and ecclesial


(diocesan, parochial, community) groups. Videos and accompaniment guides will be uploaded as they become available each month. For more information on this video series please go to <http://www.stambroseymouth.ca/>

FOOD BANK: The weekend of June 5th and 6th would

normally be a food bank collection time. Please consider making a donation during the next few weeks. The food bank is only collecting donations of money at this time. You can make a donation in one of the following ways:

1. You can place your donation in an envelope marked FOOD BANK and drop it off at the Parish Centre mail slot between the hours of 9:30 to 1:00.
2. You can mail your donation directly to the food bank treasurer, Art McPhee at 4624Hwy 1, Woodvale NS, B5A 5B1.

QUOTE OF THE WEEK: Cast yourself into the arms

 of God and be very sure that if he wants anything of you, he will fit you for the work and give you strength. -St. Philip Neri

PRAYER FROM POPE FRANCIS FOR PROTECTION

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus’ pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father’s will and to do what Jesus tells us. He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.