



Pentecost Bulletin for St. Ambrose Parish

May 31st, 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 Please email Fr. Henry if you can or call the office to make an appointment.

Office telephone: 902-742-7151

THE WORD AMONG US MISSALS: 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. 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.stambroseyarmouth.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: Love the Madonna and pray the rosary, for her rosary is the weapon against the evils of the world today. -St. Padre Pio

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.



Our sympathy is extended to the family and friends of Richard Lawrence Muise. Eternal rest grant unto him O Lord and let perpetual light shine upon him.

REFLECTION: The Coming of the Holy Spirit *Pentecost Sunday*

And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. [Acts 2:2-4](#)

Do you think there was really a “noise like a strong driving wind” at this first outpouring of the Holy Spirit? And do you think there really were “tongues as of fire” that came and rested on everyone? Well, there most likely was! Why else would have it been recorded that way in the Scriptures?

These physical manifestations of the coming of the Holy Spirit were made present for numerous reasons. One reason was so that these first recipients of the full outpouring of the Holy Spirit would have concretely understood that something amazing was happening. By seeing and hearing these physical manifestations of the Holy Spirit they were more properly disposed to understand that God was doing something awesome. And then, upon seeing and hearing these manifestations, they were touched by the Holy Spirit, consumed, filled and set on fire. They suddenly discovered within themselves the promise Jesus made and they finally began to understand. Pentecost changed their lives!

We most likely have not seen and heard these physical manifestations of the outpouring of the Holy Spirit, but we should rely upon the witness of those in the Scriptures to allow ourselves to arrive at a deep and transforming faith that the Holy Spirit is real and wants to enter our lives in the same way. God wants to set our hearts on fire with His love, strength and grace so as to effectively live lives that effect change in the world. Pentecost is not only about us becoming holy, it’s also about us being given all we need to go forth and bring the holiness of God to all those we encounter. Pentecost enables us to be powerful instruments of the transforming grace of God. And there is no doubt that the world around us needs this grace.

As we celebrate Pentecost it would be helpful to ponder the primary effects of the Holy Spirit in a prayerful way. Below are the Seven Gifts of the Holy Spirit. These Gifts are the primary effects of Pentecost for each and every one of us. Use them as an examination of your life and let God show you where you need to grow more deeply in the strength of the Holy Spirit.

Lord, send forth Your Spirit in my life and set me on fire with the Gifts of Your Spirit. Holy Spirit, I invite You to take possession of my soul. Come Holy Spirit, come and transform my life. Holy Spirit, I trust in You.

-My Catholic Life

FOOD BANK: Even though we cannot hold our usual food bank collection, we would like to remind parishioners that the food bank still needs our help. The weekend of June 6th and 7th 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.
2. You can mail your donation directly to the food bank treasurer, Art McPhee at 4624 Hwy 1, Woodvale NS, B5A 5B1.

PRAYERS DURING COVID-19

PRAYER FOR THE SICK

Dear Jesus, Divine Physician and Healer of the sick, we turn to you in this time of illness.

O dearest comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden.

Dear God, we place our worries in your hands.

We place our sick under your care and humbly ask that you restore your servant to health again.

Above all, grant us the grace to acknowledge your will and know that whatever you do, you do for the love of us. Amen. (Thanks to our friends at CARFLEO for sharing this prayer with us.)

PRAYER FOR ANXIETY

Today, I pray For all those who suffer from anxiety in the midst of this exceptional situation we are going through.

May they get comfort, Lord, both in your unlimited Love and in the community.

Holy Spirit, be our light so that we keep faith in the heart of our daily lives and in that way, we may transform fear into hope. Amen.

(Thanks to our colleagues at *Prions en Eglise* for sharing this prayer.)

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.

PRAYER DURING PANDEMIC

*They cried to the Lord in their trouble,
And he saved them from their distress;
He sent out his word and healed them,
And delivered them from destruction.
Let them thank the Lord for his steadfast love,
For his wonderful works to humankind.*

Psalm 107:19-21

Lord God,

I pray for all who have become sick or died by the coronavirus that has been spreading throughout the world.

In your mercy and compassion, deliver us from this disease,

In your holy wisdom, guide all who are working to contain the outbreak,

In your steadfast love, bring healing to all your children who have fallen sick,

Welcome into your arms the ones that died,

Comfort the ones they left behind.

In faith, I place my trust in you.

In hope, I turn to you in my time of need.

In love, I give glory to your name.

In gratitude, I will praise you with my life.

In your Son's name I pray.

Amen. -prayers and other material can be found on Living with Christ

<https://www.livingwithchrist.ca/index.php/intentions>