



## May 31<sup>st</sup>, 2026 The Solemnity of the Most Holy Trinity

**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 – May 30<sup>th</sup> –June 7<sup>th</sup> 2026

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

**Sat. 4 pm** Llyod Emin  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Carrie Cottreau  
**Tues. 6:30 pm** Valarie W Deveau Howell  
**Wed. 6:30 pm** Jennie & Paul Cottreau  
**Thurs. 9 am** Special Intentions  
**Fri. 9 am** Dan Hockley  
**Sat. 4 pm** Kennedy, Jordan and MacKenzie Surette  
**Sun. 9am** Bill & Dorothy Vail  
**Sun. 11:15 am** Parishioners

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

**Sun. 10 am May 31** Marion Pothier  
**Sun. 10 am June 7** Bernard Jacquard

**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:** God is Love and Loving, *God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the*

*world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God.* Saint John the Apostle is identified in his Gospel as “the disciple whom Jesus loved,” a title that appears multiple times and has been consistently understood in the Church’s tradition to refer to John himself by calling himself the beloved disciple, John was revealing his interior experience of the perfect love he encountered in Jesus. Certainly, Jesus loved everyone—equally and without limit. Yet John includes this personal designation not to claim favoritism, but to offer a personal testimony to the divine love made manifest in Christ’s humanity—love he experienced firsthand and which changed his life. Love plays a central role in John’s writings—not only in his Gospel but also in his letters and the Book of Revelation. In his First Letter, likely written to the Christian communities he helped convert and shepherd, John declares: “God is love, and whoever remains in love remains in God and God in him”. This is both a personal sentiment and a profound theological affirmation. John speaks from both divine inspiration and lived experience; he had walked with Love Incarnate. To say “God is love” is to profess that love is not something God merely *does*—it is who God *is*. God’s love is not a feeling, not sentimentality, but the pure, self-giving, eternal communion of Father, Son, and Holy Spirit—a love that precedes and surpasses all creation. That mystery lies at the very heart of today’s Solemnity. Because God is Love in His very essence, love naturally flows from His divine nature in superabundance. God loves because He is Love. Today’s Gospel reveals the most perfect expression of that divine essence: “God so loved the world that he gave his only Son...” This eternal, Trinitarian love is made visible in time when the Father sends the Son, conceived by the overshadowing of the Holy Spirit in the womb of the Blessed Virgin Mary. Why does God give His Son? So that we might not perish but have eternal life. That is, so we may be drawn into the very life of God—into the Trinitarian communion of love. God desires to rescue us from condemnation and to share with us His Divine Existence. This is the essence of Divine Love. This is

the Trinity. And this is the astonishing invitation extended to every soul: To believe in the Son is to begin participating in the eternal love that flows ceaselessly between the Father and the Son in the Holy Spirit—a love that never ends. We are invited to be caught up by the love of God into Love Himself: the eternal communion of the Father, Son, and Holy Spirit. Trinity Sunday is set apart on the Church’s calendar to renew our awe, deepen our understanding, and intensify our worship of the central mystery of our faith: that God is One in essence and Three in Persons. While every liturgy honors the Trinity—through prayer to the Father, in the Son, by the power of the Holy Spirit—this solemnity invites us to pause and gaze more intentionally into the inner life of God as it has been revealed to us. We do not celebrate a theological abstraction but a divine Personhood: the eternal exchange of love between the Father and the Son, perfectly expressed and eternally proceeding in the Holy Spirit. Reflect today on the Most Holy Trinity. We were made to share in Their Life and Love. Though the fullness of the Trinity remains a mystery beyond human grasp, it is not beyond human encounter. Through grace, revelation, and contemplative union, God draws us to Himself—not to explain Himself, but to be consumed by Him. Celebrate this day by repeatedly praying one of the most ancient and simple prayers of the Church: *Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen! Most Holy Trinity, I love You and trust in You!* -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.

**KNIGHTS OF COLUMBUS NEWS:** Knights of Columbus Community Breakfast: Sunday May 31<sup>st</sup> at the Knights of Columbus Hall

from 9:00 am to 11:30 am. The cost is \$10.00 for adults and \$7.00 for children 12 and under. The profit will go to the St. Ambrose youth summer camp.

**PARKING LOT YARD SALE:** On June 6<sup>th</sup>, 2026 8:00 am – 1:00pm, St. Ambrose will be holding Treasure In Your Trunk yard sale. Bring your used treasures and leave with some new ones. For \$10.00 a stall you can reserve a spot(s) to sell your treasures. Proceeds will be allotted to the building fund. There will be hotdogs and drinks for sale as well. For more information or to reserve a spot call Donald MacIsaac at 902-774-1851.

**ULTREYA:** The Yarmouth and Area Thanksgiving **Ultreya** will be held on Thursday, June 4<sup>th</sup> in Marian Hall at 7 pm. All Cursillistas are encouraged to attend to welcome the new Cursillistas. We hope to see you there. DeColores!

**FOOD BANK:** Next 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.

**INCENSE NEXT WEEKEND:** Incense will be used at 11:15am mass this weekend.

**QUOTE OF THE WEEK:** Beauty is the interior adornment which is renewed day by day as the power and strength of Christ grows within the soul. -St. Bernard of Clairvaux



Our sympathy is extended to the family and friends of  
George Clarence Allen and Bernard John Jacquard  
Eternal rest grant unto them O Lord and let perpetual light shine upon them.