



August 4th 2024
18th Sunday of Ordinary
Time

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 –August 3rd– 11th, 2024

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Hilda Gloade
Sun. 9am Anniv. Terry Doucette
Sun. 11:15 am Parishioners
Tues. 6:30 pm Anniv. Sandra M. Surette
Wed. 6:30 pm Special Intentions
Thurs: 9 am Edward & Catherine Robicheau
Fri. 9 am Vickie Jeddry
Sat. 4 pm Parishioners
Sun. 9am Conrad, Mickey and Curtis LeBlanc
Sun. 11:15 am Anniv. Adeline Cook

Our Lady of Lourdes (Melbourne):

Sun. 10 am Aug. 4 Anne LeBlanc
Sun. 10 am Aug. 11 Pauline DeViller

REFLECTION: Hunger for God “Rabbi, when did you get here?” Jesus answered them and said, “Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.” The day before, Jesus fed the crowds at the miracle of the multiplication of the loaves and fish. The next day, the people were hungry again, so they went looking for Jesus thinking that He might miraculously feed

them again. In the passage above, Jesus uses their physical hunger to point them to a deeper spiritual reality. Each one of us is hungry. We continually have cravings that we want satiated. Certainly, food and drink are among our cravings, but the deepest craving we each have is a spiritual one. The problem is that we often try to satiate ourselves in ways that will never satisfy us. Therefore, we each need to hear Jesus say, “Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.” What is that food that the Son of Man will give to us? Of course, it is His very Body and Blood, Soul and Divinity. It is the Most Holy Eucharist. This passage begins the lengthy “Bread of Life Discourse” from which we will read over the next three Sundays. Throughout this discourse, Jesus makes it clear that His flesh is true food and His blood is true drink. Eating Jesus’ flesh and blood is the only way to eternal life. Some who listen to this teaching find that it is too difficult to accept and, as a result, reject Jesus and His teaching. The discourse ends with Jesus asking the Twelve if they want to leave too. Peter gives the perfect response by saying, “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.” As we ponder this teaching of Jesus over the next few weekends, it is important to start with the foundation. The foundation is our spiritual hunger. We each experience it. We each are aware of it. We cannot escape it. For that reason, look into your own soul. What do you see? Do you see a certain restlessness and unfulfilled desire? Do you sense the cravings within your own soul? When you see this, know that you have discovered the starting point of the life of fulfillment. Unless you can see that hunger within, you cannot turn to the source of satiation.

The Eucharist is the source of all that we long for in life; however, too often we fail to see that. We can easily fall into the trap of seeing the Eucharist as an obligation we must meet each week. Sometimes Mass can even be seen as an inconvenience. If this is your struggle, try to use the next few Sundays to reexamine your understanding of the Most Holy Eucharist. Sunday Mass, more than anything else in life, must be understood as the source of our deepest satisfaction in life. It must be seen as the answer to every interior longing and restlessness

we have. It is not money, recognition, status, power, or anything else in life that fulfills us. It is God. And God comes to us first and foremost in the celebration of the Mass. Do you believe this? Do you understand? Reflect, today, and for the next few weeks, upon the Gift of the Most Holy Eucharist. As you do, try to see it as the answer to every interior longing and hunger that you have in life. Try to make an act of faith in this spiritual truth. If you do not regularly experience the satiation offered by consuming the Eucharist, ask yourself why not. Believe in everything that Jesus teaches in this holy discourse of the Bread of Life. If you do, you will also begin to receive the nourishment that our Lord promises. *-My Catholic Life*

EUCCHARISTIC CONGRESS: Are you going to the



Eucharistic Congress October 18 - 20, 2024? Registration is required.

To register and for more info www.halifaxyarmouth.org/congress2024 or mail a \$25 cheque payable to Archdiocese of Halifax - Yarmouth. In the memo line please note: Eucharistic Congress 2024. Cheques can be mailed to: Eucharistic Congress 2024. Attn: Aurea Sadi. 1559 Brunswick St., Suite 101, Halifax, NS B3J 2G1

OFFICE CLOSED: The office and church will be closed

on Monday August 5th for the Civic Holiday . It will be opened on August 6-8 for usual hours and the office only will be closed again for Friday August 9th for staff attending the Catholic Summer Camp.

QUOTE OF THE WEEK: God does not require of us



fine prayers, but prayers which come from the bottom of our heart. -St. John Mary Vianney.

ACTS OF KINDNESS FOOD PANTRY: Just a

reminder that you can put food in our food pantry by the tennis court at anytime.

WANT TO BECOME CATHOLIC? Are you a non-

Catholic interested in the Catholic faith? Are you thinking you might want to become Catholic? Are you a Catholic adult who never celebrated your 1st Communion and/or Confirmation? Then RCIA is for you. RCIA will be

starting this fall at St. Ambrose. If you are interested then please contact the office for a form you can fill out to sign up. Come and join us this fall!

Monthly Meeting: Tuesday August 13, all



members invited
 6:00pm executive meeting
 7:00pm general meeting

MATTHEW 18 RENEWAL MEETINGS: We take our

name from the scripture Matthew 18:20 which states: "For where two or three are gathered together in my name, there am I in the midst of them." We meet every Monday night at 7pm in the Jubilee room, unless it is a holiday or storm, " If the schools are closed, due to storm, there is no meeting." **Who are we?** We part of the Catholic Renewal, approved by the last several Pope's, and have representatives in Rome who report to the Pope. **What to expect?** We open the meeting with an opening prayer, then we sing songs of praise and worship, inspired scripture readings or inspired word from God. There's a time for sharing how God is working in our lives, or maybe how a reading or song struck a core in us. We finish the evening with prayers of petitions and 3 structured prayers. All are welcome to join us at any time. Maybe we are the spiritual nourishment you are needing in your life at this time. If you have any questions about our group, you can contact one of the Core members: Lorraine Manser at 902-749-1903, Denise Surette at 902-749-6343 or Cheryl Harding at 902-740-3816.

TURKEY SUPPER: Festival d’la Barge Turkey

Supper/Eat in or Take-out. Saturday, August 10, 2024, 4:30p.m. \$18.00. Twin Village Social Club, Amirault’s Hill.



Please welcome into our Christian community Lucia Erminie Dubé and Libby Louise Muise who was baptised on Sunday July 28, 2024.

Please keep Lucia and Libby and their families in your prayers.