



March 9th, 2025 1st Sunday of Lent

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
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Tabitha Centre: 902-742-8960
Confession/Adoration Wednesday 7:00-8:00

MASS INTENTIONS - March 8th – 16th, 2025

St. Ambrose Co-Cathedral (Yarmouth):

Sat. 4 pm Parishioners
Sun. 9am Special Intentions
Sun. 11:15am Raymond Bowers
Tues. 10:00 am Funeral Mass Evelyn Muise
Wed. 6:30 pm Intentions of Charlotte Doucette
Thurs: 9 am Sandy MacKinnon
Fri. 9 am Isabelle Sweeney
Sat. 4 pm Eva Deveau
Sun. 9am Parishioners
Sun. 11:15am Coady Saulnier

Our Lady of Lourdes (Melbourne):

Sun. 10 am Mar. 9 Stanley Davis & Robert Doucette
Sun. 10 am Mar. 16 Oscar Harris

REFLECTION: Going on the Offensive Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. If someone is attacked or feels threatened, it is common to be defensive. For example, if soldiers suddenly find themselves under attack from an enemy, they will most likely take up a defensive position. Similarly, when we feel personally attacked by another or are tempted by

the devil, we will often try to defend ourselves. However, within the worlds of games, sports and military activity, there is a common adage that says, "the best defense is a good offense." In other words, the best way to keep the opponent from winning is to go on the offensive rather than to sit back and take up a defensive position. In many ways, this is what Jesus did when He entered the desert. He was aware that the evil one wanted to destroy Him. Therefore, when Jesus entered the desert for 40 days to pray and fast, He did so in a sort of offensive attack upon the devil. Jesus' temptations in the desert were not primarily difficulties He had to endure and resist. Rather, they were first and foremost ineffective attacks from the evil one, because Jesus had already embraced the opposite virtues. What temptations and sins are among your greatest struggles? In what ways do you find yourself experiencing defeat? In what ways have you taken up a defensive position to try to overcome your struggles? Too often we approach temptations in the wrong way. We see them as attacks from the evil one that we must resist and defend ourselves against. And though that is true, it is not the full truth. The full truth is that the best way to overcome the struggles we face is to confront them directly in a vigorous and offensive way by choosing the opposite virtue. Consider the three temptations Jesus overcame in the desert: gluttony, vainglory and greed. Jesus' entrance into the desert for those 40 days was the way by which He destroyed these temptations before they were even presented to Him. By voluntarily choosing to fast from food for those 40 days, Jesus rendered the temptation toward gluttony ineffective. By choosing the humility of entering into the solitude of the desert to be alone with His Father, Jesus robbed the temptation toward vainglory of its power. By choosing a life of poverty and simplicity, He overcame any temptation toward earthly wealth, even before it was offered to Him. As we begin this forty-day Lenten journey, reflect, today, upon the sins and temptations in your life that need to be overcome. If you find yourself in an ongoing defensive position toward certain struggles, especially if you find yourself losing the battle at times, it's time to change your strategy. Embrace the opposite virtue of the sins you are most tempted with this Lent. Embrace those virtues in an

offensive manner. Choose kindness if you struggle with anger. Choose fasting if you struggle with gluttony. Choose generosity if you struggle with greed. Whatever your struggle, turn to the virtue you need the most and make it your focus this Lent so that you, too, will be well-prepared to reject the evil one and his lies when temptation comes your way. -My Catholic Life

COFFEE SOCIALS: Will be held after all the masses next weekend March 15th & 16th in the Jubilee room. Please join us for a cup.

FISH CHOWDER FRIDAYS: We will be offering take out fish chowder on the Fridays of Lent starting March 7th. We ask you to call the parish office to place your order. The cost is \$7.00 and it may be picked up at the Marian Hall doors between 4:00 and 5:00.

KNIGHT OF COLUMBUS NEWS: Monthly Meeting: Tuesday March 11th, all members invited 5:30 pm executive meeting, 6:30 pm supper and 7:30 pm general meeting.

THIS WEEK'S EPISODE FROM THE SERIES ETERNAL LIFE: *The Story of Death - Where did death come from? What does death mean for the human person? Is it simply just part of life, or is it something else? In this first session, we discuss the story of death and God's response to it: defeating death by dying and rising from the dead. Come join us this coming Thursday night March 13th at 6:30 in the Jubilee Room. Fr. Henry*

STATIONS OF THE CROSS will be held on the Fridays of Lent at St. Ambrose Co-Cathedral at 6:30pm. Each week will be led by a different group.

A WORD FROM OUR VOCATIONS OFFICE: Did you know that the Archdiocese of Halifax-Yarmouth has a Vocations Office? The Vocations Office, led by Fr. Craig Cameron, has a team whose main focus is to promote and support an increase of vocations to the priesthood and religious life in our archdiocese. Here are some of the main ways they do this: Support for seminarians Currently have four men

studying in seminary for the Archdiocese of Halifax-Yarmouth: Nathan Hoffmann, Bruce Muise, Gregory Vess, and Morgan Wilson. The vocations office supports these young men in many ways including financially which would not be possible without the generosity of the parishioners of our diocese. The total cost of supporting a young man to attend seminary each year is approximately \$70,000. We are grateful to who contribute to this worthy cause. The pastoral support that seminarians receive from the members of the Vocations Team and you, their fellow parishioners, is as important or even more important than any other kind of support. Your prayers are of great consolation to them. **Vocations visits to parishes** The first weekend of each month is Vocations weekend for the team. They travel to a parish where Fr Craig celebrates Mass and the team talks with parishioners about how they can participate in the life of vocations in our local Church. People have the opportunity to sign up to receive a quarterly newsletter highlighting the recent events, updates about our seminarians, insight into our household program, and a prayer for the increase of holy vocations of every kind.



Please welcome into our Christian community - Nash Charlie Clattenburg and Blaire Lily Crowell who were baptised on Sunday February 23rd, 2025.

Please keep Nash, Lily and their families in your prayers.



God's abundant blessings upon Mark Vincent Endaya and Almira Mae Jaudal who were married on March 2nd, 2025 at St. Ambrose Co-Cathedral.

As you begin your married life together, may you trust and rely on God's Holy Presence for guidance, direction and strength.