



## September 29<sup>th</sup> 2024 26<sup>th</sup> 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 –September 28<sup>t</sup> – Oct. 6<sup>th</sup>, 2024

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

**Sat. 4 pm** Adele and Richard Doucette  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Anniv. J. Wallace Hubbard  
**Tues. 6:30 pm** Intentions Martina Smolenaars  
**Wed. 6:30 pm** Peace in the Middle East  
**Thurs: 9 am** Marilyn Doucette  
**Fri. 9 am** Yvette King  
**Sat. 4 pm** Anniv. Edward Deveau  
**Sun. 9am** Wedding Anniv. Anita and Garnet Banks  
**Sun. 11:15 am** Parishioners

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

**Sun. 10 am Sept. 29** Hilda and Alfred Harris  
**Sun. 10 am Oct. 6** Vivian Surette

**REFLECTION: Eliminating Occasions of Sin** "If your hand causes you to sin, cut it off. It is better for you to enter into life maimed than with two hands to go into Gehenna, into the unquenchable fire. And if your foot causes you to sin, cut it off. It is better for you to enter into life crippled than with two feet to be thrown into Gehenna. And if your eye causes you to sin, pluck it out..." Sometimes we need to wake up to the horror of sin. Sin and sin alone is capable of sending you to hell. Hell is real, and going there for eternity is a real possibility. Therefore, we must

do whatever it takes to avoid that frightful possibility. This teaching from Jesus might not, at first, be thought of as one of His most inspiring teachings, but it should be. It's not inspiring in the sense that it is quite graphic. But it is very inspiring in the sense that it has the potential to motivate us to action. Are you motivated to do all that you can to avoid sin? Would you even go so far as to cut off your hand or foot, and to pluck out your eye so as to avoid sin? First of all, this should not be seen as a literal command in which Jesus is telling us to mutilate ourselves. But He is the one Who chose such graphic language. Therefore, we should not shy away from pondering these images in a prayerful way so as to more clearly see those things that lead us into sin. When we see them, we must take the radical step of completely eliminating them from our lives. Many of the Church Fathers say that the hand, foot and eye in this teaching refer to our friends. Just as a hand, foot and eye are good in and of themselves, so also are friends. We are made for friendship with God and with others. However, not every friendship helps us grow closer to God. Therefore, when an earthly friend becomes a source of sin, we must eliminate that friendship. Friendship is different from charity. We owe charity to all people, even those who are the most sinful. But acting with charity toward others is different from being friends with them. When another person tries to relate to us in such a way that they lead us into sin, we must take that temptation very seriously and reject it with much vigor. The hand, foot and eye in this teaching also represent every situation in life that tempts us to sin. The more luxurious our material possessions, the more tempted we will be to rely upon them for our happiness. Choosing to live simply is almost always better for your soul. This teaching also applies to anything else that could become a source of temptation. -*My Catholic Life*

**JOIN US FOR THE DAY IN HALIFAX AT THE EUCHARISTIC CONGRESS:** There is a bus leaving Yarmouth on Saturday October 19th in the morning around 5:30am. It should arrive in Halifax at 9:30 at St. Agnes Parish. Here there will be a few talks given on the Eucharist. Lunch at noon will be provided. At 3:00pm a Eucharistic Procession will begin from St. Agnes to St. Mary's Basilica (About

5KM) concluding with mass there. Supper will be on our own at 5:30 and then evening prayer at 6:30 pm with the bus will leaving at 7:30pm to go back to Yarmouth. **If you are interested, please sign your name on the sheet at the entrance to the church.**

**TRI COUNTY PREGNANCY CENTRE:** Parishioners are invited to a baby shower for the Tri-County Pregnancy Centre on **October 5, 2024 from 1-3 p.m. in the Jubilee Room.** Members of the Centre will do an introduction of their programs. Suggestions of required items: Newborn and Preemie - sleepers, short and long sleeves - onesies - socks- any clothing outfits, - Penaten cream and receiving blankets. Contact Carol LeBlanc (902)749-7504 for more information.

**ADORATION CHAPEL CLOSED FOR A FEW WEEKS:** The entrance to our Adoration Chapel is in dire need of work. Work will begin on Tuesday October 1<sup>st</sup> and will conclude in around two weeks from that start date. If you are a visitor to the chapel, keep in mind that the church is unlocked during the daytime on most days. Thank you for your patience. Fr. Henry

**BENEFITS OF HAVING A WILL:** On Tuesday October 1<sup>st</sup> at 6:00pm Regan Murphy from Nickerson, Jacquard, Russell and Murphy Law Firm will be providing an information session on "The Benefits of Having a Prepared Will" and not as legal advice. It will be hosted by Huskilson's Funeral Home 29 Albert Street, Yarmouth N.S. in the Reception Room. RSVP's are encouraged, but not mandatory. For more information or to register, please call 902-742-3626.

**CATECHISM CLASS REGISTRATION:** Registration for Catechism classes for grades primary to seven will take place on October 6<sup>th</sup> in the Praish Centre from 10:00 am to 11:00 am. Classes will only start October 20<sup>th</sup> from 10:10 to 11:00.

**CONFIRMATION REGISTRATION:**Confirmation for this year will include Grade 8 and Grade 9. Registration and Information session, for the Sacrament of Confirmation this year, will take place on Sunday, October 20<sup>th</sup>, 2024, at 5:15 pm at the

Parish Centre. **This meeting/registration is for parents and students, and it is mandatory to attend.** The first class will commence immediately after the meeting for students, at 6:00 pm and end at 9:00 pm. Any questions please call Debbie Muise at 902-774-0373.

**THE SEARCH:** Do you know anyone, baptized or unbaptized, who has asked questions like: Why am I here? How do I find true fulfillment and happiness in life? How do I fill the hole in my heart? What are the basics of Christianity? What is the Good News of Jesus Christ? Invite them to join you to **The Search** - an innovative video series that tackles the key questions of every human heart. In beautifully filmed episodes experts from multiple fields of science, medicine, psychology, art, and religion examine our place in the larger story of existence. Eight weeks beginning Thursday October 3, 2014 from 7:00 to 8:30 at the Saint Ambrose Parish Centre. No registration, no fee, no homework.

**OFFICE HOURS:** Please note that the office will only be open October 1<sup>st</sup> to the 3<sup>rd</sup>. It will be closed Monday and Friday for the week for staff vacation.

**ULTREYA:** The Yarmouth and Area Ultreya will be held October 3<sup>rd</sup>, 2024 in Marian Hall at 7pm. We hope to see you then! De Colores!  
**KNIGHT OF COLUMBUS NEWS:** Knights of Columbus Council 2181 Annual Golf tournament will be held on Oct 10th with a 10am shotgun start. All funds raised are in support of the St Ambrose Summer Camp program. Contact Phil Mooney (902)749-6379 for details"



Our sympathy is extended to the family and friends of  
Celina Marie Delaney  
Eternal rest grant unto her O Lord and let perpetual light shine upon her.