



## May 26<sup>th</sup>, 2024 The Most Holy Trinity

**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  
**Reconciliation/confession** is held on Wednesday after mass from 7:00-8:00

### MASS INTENTIONS –May 25<sup>th</sup>– June 2<sup>nd</sup>, 2024

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

**Sat. 4 pm** Anniv. Johnnie O’Connell  
**Sun. 9am** Parishioners  
**Sun. 11:15 am** Elizabeth Rottery  
**Tues. 6:30 pm** Anniv. Laura Letteney  
**Wed. 6:30 pm** Anniv. Ernie & Madeline Landry  
**Thurs: 6:30** Confirmation  
**Fri. 9 am** Special Intentions  
**Sat. 4 pm** Kenneth Bourque  
**Sun. 9am** George D’Eon  
**Sun. 11:15 am** Parishioners

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

**Sun. 10 am** May 26 No Mass  
**Sun. 10 am** June 2 Rebecca LeBlanc

### REFLECTION: The Essence of the Most Holy Trinity“



All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.” Of all the great feasts we celebrate within the

Church throughout the year, today’s Solemnity presents us with a Mystery that is so deep and transcendent that our eternity will be spent in perpetual contemplation. The Trinity, the life of the Father, Son and Holy Spirit, will never get old, never be fully understood, and will be the cause of our everlasting adoration and joy. Though the Church has used philosophical concepts to explain the Trinity, no human concept or description will ever fully explain Who God is. Though we can point to some general truths about God, we will never be able to fully depict the inner essence, depth, beauty and omnipotence of the Trinity. As we consider that fact, it’s important to understand that the Trinity is not *first* a theological mystery we try to define. Rather, the Trinity is *first* a communion of Persons we are invited to know. We do not primarily come to know God through intellectual deduction. We come to know God through prayerful union with Him. Though theology is exceptionally useful and important, the essence of God is beyond any and every philosophical concept we can define. The Father, Son and Holy Spirit are Persons. And as Persons, they want to be known. And they want to be known primarily through a life of deep and intimate prayer. Praying to One Person, of course, is praying to all, since they are One God. But we are, nonetheless, called to a relationship of love with the Father, the Son and the Holy Spirit. And though our feeble minds may not be able to fully comprehend the essence of God, He will draw us deeper and deeper into a knowledge of Him if we let Him. Prayer often begins by saying prayers, by meditating upon Scripture, and by listening. But true prayer is something much deeper. True prayer is contemplative prayer that ultimately leads to divine union. Only God can initiate this form of prayer in our lives, and only God, through this deep form of prayer, can communicate Himself to us as He is. Some of the greatest mystics of our Church, such as Saint John of the Cross and Saint Teresa of Ávila, explain in their mystical theology that the deepest knowledge of God does not come through concepts or images. In fact, if we wish to obtain a knowledge of God in His essence, we must allow Him to purge every concept of Who He is so that the pure light of His essence can be poured forth upon our minds. This knowledge, they say, is beyond knowing “about” God. It’s the beginning of a

knowledge “of” God. Reflect, today, upon the Most Holy Trinity. As you do, say a prayer to God asking for a deeper and more intimate knowledge of Him. Ask Him to communicate to you His divine love and to open your mind and heart to a deeper understanding of Who He is. Try to humble yourself before the great Mystery of the inner life of God. Humility before the Mystery of God means that we know how little we know about Him and how little we know of Him. But that humble truth will help you move closer to the deeper relationship of love to which you are called. -*My Catholic Life*

### QUOTE OF THE WEEK: Humility is the foundation of



all the other virtues; hence, in the soul in which this virtues does not exist, there cannot be any other virtue except in mere appearance. – St. Augustine

### KNIGHT OF COLUMBUS NEWS: Knights of



**Columbus Community Breakfast**  
Sunday, May 26th from 9:00 to 12:00  
Cost: \$10 adults, 12 and under \$7. Take out available. Proceeds for Operation Smile.

### SPRING CONCERT: with St. Ambrose Co-Cathedral



Choirs **Sunday June 2<sup>nd</sup> at 7:00 pm.**  
Freewill offering in aid of the Tabitha Center.

### CATHOLIC SUMMER CAMP: August 4<sup>th</sup> - 9<sup>th</sup> at



Johnston Christian Park, South Range, Digby County. \$225.00 early bird fee if registered by June 30<sup>th</sup>. After this registration 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.

### SAVE THE DATE - Eucharistic Congress: October 18-



**20, 2024** An Eucharistic Congress is time when we are all invited to gather to worship Our Lord in the Eucharist through the communal celebration of the Mass, hear talks, and intentionally pray with, reflect on, and respond to the Eucharist.

**PRAYER FOR EUCHARISTIC CONGRESS:** Lord Jesus, in the Eucharist, you nourish us with your Body and Blood and you are truly present to us. Help us to

recognize you more clearly in the breaking of the bread, and to appreciate your sacrificial love. Through the Eucharist we are brought into a Holy Communion with You and with our neighbour. May this Communion help to break down the obstacles and divisions that separate us, heal the wounds that divide us and fill us with your peace. As a Eucharistic people, help us to go out to all the world as witnesses to your divine love, so that through our ministries of outreach we might show care and concern for those most in need, especially the disadvantaged and the homeless. May this time of our Eucharistic Congress bring the curious, the seeking, the drifted, and the struggling, into a Holy Communion that will bring healing to the world. May we always experience the Eucharist as food for the journey, so that nourished by the Bread of Angels, we might journey together to eternal life. All of this we ask of you, in communion with the Father and the Holy Spirit, God for ever and ever. Amen.

**DECREE OF NULLITY:** "The Archdiocese of Halifax-Yarmouth invites people with questions or concerns about the application for nullity process to contact the Marriage Tribunal Office. The office is open and ready to assist anyone who seeks additional information or guidance in how to begin the process. We can be reached by phone at 902-429-9800 ext. 321 or please visit the "Marriage Tribunal" on the Archdiocesan website [www.halifaxyarmouth.org](http://www.halifaxyarmouth.org) under "Pastoral Services".



Our sympathy is extended to the family and friends of  
Lyman Jackson, Doris Anne Muise and Linda Francis Nickerson  
Eternal rest grant unto them O Lord and let perpetual light shine upon them.