



**May 19<sup>th</sup>, 2024  
Pentecost Sunday**

**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 18<sup>th</sup>– 26<sup>th</sup>, 2024**

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

**Sat. 4 pm Parishioners**  
**Sun. 9am Sandy Fevens**  
**Sun. 11:15 am Jerry MacKenzie**  
**Tues. 6:30 pm Sis Redfurn**  
**Wed. 6:30 pm Anniv. Estelle & Marion**  
**Thurs: 9am Junior Murphy**  
**Fri. 9 am Anniv. Nelson Blanchard**  
**Sat. 4 pm Anniv. Johnnie O’Connell**  
**Sun. 9am Parishioners**  
**Sun. 11:15 am Elizabeth Rottery**

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

**Sun. 10 am May 19 Larry DeViller**  
**Sun. 10 am May 26 No Mass**

**REFLECTION:** Reconciled & Filled by the Holy Spirit  
 Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” Happy Pentecost! Today, throughout the world, our Church celebrates the full outpouring

of the Holy Spirit upon Jesus’ first followers and upon all of us. Why do we need the Holy Spirit in our lives? This is an important question to ponder. Today, as always, the Father, Son and Holy Spirit work as One God. It is the Father Who wills that we be reconciled to Him; it was the Son Who made this reconciliation possible; and it is the Holy Spirit Who now accomplishes the completion of this act in our lives. At the heart of that gift of salvation is the remission of our sins. The passage above clearly reveals to us that Jesus bestowed a unique gift of the Holy Spirit upon the Apostles, His first bishops, entrusting them with the ability to forgive sins in His name and by His power. As we celebrate Pentecost, it is a good opportunity to prayerfully consider the action of the Holy Spirit in your life. One of the greatest ways that the Holy Spirit is potentially active in your life is through the Sacrament of Reconciliation. Through that Sacrament, the Holy Spirit draws you to the Father and enables you to see and understand His perfect will, living more fully in union with the Son as a member of His Body. The Seven Gifts of the Holy Spirit are some of the other ways that the Holy Spirit helps us in our Christian walk. However, these gifts would be ineffective in our lives if we did not first receive the gift of forgiveness given through the Sacrament of Reconciliation. That is the first and most foundational action of the Holy Spirit and opens the door to every other gift. Perhaps that is why Jesus’ first bestowal of the Holy Spirit focused upon the power given to His Apostles to forgive sins in His name. Once we are reconciled to the Father and begin to live in a state of grace, the Holy Spirit will continue to deepen His relationship with us and bestow His help upon us for our Christian journey. This especially happens through the Seven Gifts of the Holy Spirit. The gifts most affecting our intellect are the Gifts of Wisdom, Understanding and Knowledge. Wisdom helps us to understand the inner life of the Trinity more clearly. Understanding helps us to make sense of our lives and mission in the light of the Gospel. Knowledge helps us make practical decisions in accord with God’s will. The gifts of Fear of the Lord and Piety assist us in our love of God. Fear of the Lord helps us to see how our actions help or hinder our relationship with God, helping to motivate us to avoid all that harms this relationship and choose all that strengthens it.

Piety helps us to see the great dignity and beauty of God and enables us to have a deep reverence for Him and for all of His people. Counsel and Fortitude are also given by the Holy Spirit and help us to firmly move forward in faith and love. Counsel especially helps us with love of neighbor, and Fortitude adds the strength we need to do all that we are called to do in love with unwavering commitment. As we celebrate the great Solemnity of Pentecost, reflect, today, upon the transforming power of the Holy Spirit. If you want to be open to the full outpouring of the Holy Spirit in your life and receive the many gifts you need for your journey of faith, then begin with the most fundamental gift. Begin with the Sacrament of Reconciliation. Ponder the words Jesus spoke in our Gospel today and know that by entrusting the grace to forgive sins in His name to His first priests, Jesus was also calling you to embrace that gift. The Holy Spirit wants you to be cleansed of all sin. Allow Him to do so and you will be amazed at all the grace that follows.  
*-My Catholic Life*

**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 - Archdiocesan Eucharistic**



**Congress** October 18 to 20, 2024 in Halifax. Guests speakers include Halifax native and past president of the CCCB Archbishop Richard W. Smith of Edmonton, and past president of the CCCB Archbishop Paul-André Durocher of Gatineau. More details to follow.

**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.

**QUOTE OF THE WEEK:** Imagine the vanity that your



enemy can do you more damage than your enmity. -St. Augustine

**OFFICE CLOSED:** The office will be closed Monday May 20<sup>th</sup> to observe the Victoria day holiday .

**KNIGHT OF COLUMBUS NEWS:** 4<sup>th</sup> Degree meeting



will be Tuesday May 21<sup>st</sup> at 7:00pm, all members invited

**COFFEE SOCIALS:** are being held after all the masses this weekend May 18<sup>th</sup> and 19<sup>th</sup>. Come join us.

**HAPPY 76th ANNIVERSARY FR. THIBEAULT:** On May 23rd, Fr. Thibeault celebrates 76 years of priesthood. Come and join us in celebrating this event following the 11:15 mass at the coffee social.



Our sympathy is extended to the families and friends of Michael Bourque and Lloyd Emin  
Eternal rest grant unto them O Lord and let perpetual light shine upon him.