

Saint Ambrose Parish Mission

is to live and fulfill the Gospel of Jesus Christ through our acts of love, kindness and hospitality.

MASSES:

Sunday, 10:00 am
Thursday, 6:00 pm

SACRAMENT OF RECONCILIATION:
Thursday, 4:30 - 5:30 pm



Staffed by the
Capuchin friars of the
Province of Saint Augustine
www.capuchin.com

Saint Ambrose Catholic Church

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Saint Ambrose Baltimore



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THE FIFTH SUNDAY OF LENT

22 March 2026

THE SACRED PASCHAL TRIDUUM

Holy Thursday Evening Mass of the Lord's Supper
Good Friday of the Passion of the Lord
The Easter Vigil of the Lord's Resurrection

The Latin word *Triduum* means three days. These are the central celebrations of our faith in Jesus as our Christ, our Messiah, our Savior. The truth is that they are not three separate liturgies; they constitute one liturgy that spans three days.

If you come, you will notice that Mass on Holy Thursday evening begins in the usual way, but it has no discernable ending; we just get up and leave when we're done. The liturgy on Good Friday begins in silence with a humble posture and ends in stark quiet. The Easter Vigil begins not with the usual sign of the cross, but with a wordless lighting of a fire, and then the blessing of light the fire provides. It's all one, unified liturgical prayer that takes us three days to complete. Only at the end of the Easter Vigil is there a blessing and dismissal: "*Go in the peace of Christ! Alleluia!*"

If you cannot make it to church for everything we're doing that week, the three Triduum liturgies ought to be your highest priority.

"The church's long tradition insists that what happened once in history passes over into the mystery of our liturgical celebrations. The liturgies of these days do not take us back to the upper room or the path of Calvary. Their ultimate purpose is not to retrace or relive the last hours of Jesus' life – nor to catch sight of him emerging from the tomb at Easter's dawning.

"They celebrate not what once happened to Jesus but what is now happening among us as a people called to conversion, gathered in faith, and gifted with the Spirit of holiness. They celebrate God's taking possession of our hearts at their deepest core, recreating us as a new human community broken like bread for the world's life – a community rich in compassion, steadfast in hope, and fearless in the search for justice and peace."

Excerpts from "The Three Days of Pascha," Nathan Mitchell, in *Assembly, Volume 18:1*.
© Notre Dame Center for Liturgy, Notre Dame, IN

WHAT IF I CAN'T KNEEL?

Ordinarily, kneeling is the preferred posture during the Eucharistic prayer at Mass in the United States. But kneeling is not easy or possible for many people. If you cannot kneel, please let me recommend that you remain standing through the prayer.

Standing is a way of showing respect. It certainly is more reverent than sitting down.

What's more, the Eucharistic prayer is the climax of every Mass; it is the moment of deepest communion leading to the sharing of the Body and Blood of Christ which is the sign and the cause of our unity in Jesus. Standing opens us to an awareness of being a part of community while kneeling fosters a more private and solitary sense.

In this regard, I have been considering asking our entire congregation to stand for the entire Eucharistic prayer all through the Easter season. Let's make it an experiment:

- ◆ does it foster our sense of being united in community?
- ◆ does it enhance our ability to participate and sing fully the acclamations?
- ◆ does it contribute to our awareness of the unity of the entire Eucharistic prayer from the Introductory dialogue all the way to the Great Amen?

Starting with Holy Thursday's Evening Mass of the Lord's Supper, let's give this a try. When we come to Pentecost, let me know how you experienced it.

J. David

SILENCE IN THE LITURGY

"Music arises out of silence and returns to silence. God is revealed both in the beauty of song and in the power of silence. Silence in the liturgy allows the community to reflect on what it has heard and experienced, and to open its heart to the mystery celebrated. The importance of silence in the liturgy cannot be overemphasized."

Sing to the Lord: Music in Catholic Worship
United States Conference of Catholic Bishops, 2007

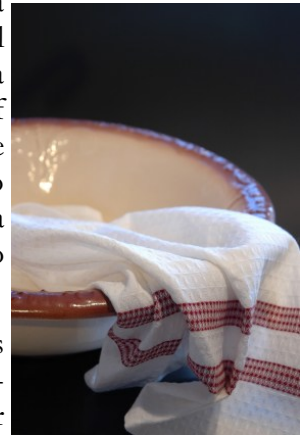
The group that has gathered to explore the spirituality of the liturgy on recent Saturdays spent some time discussing the role of silence in our Sunday Mass. If you notice some silent pauses in our liturgies: between the readings, after the homily, after Communion — it's deliberate. Please, consider it a gift, and use it prayerfully.

**WASHING OF FEET ON HOLY THURSDAY
EVENING MASS OF THE LORD'S SUPPER**

The washing of feet is a unique liturgical ritual in all of Catholic worship. It is a deliberate re-presentation of Jesus' example of humble service that he begged us to imitate. We are planning a slightly different approach to that ritual this year.

After Father David washes the feet of several individuals, there will be three or four stations around the altar: a chair, a towel and a basin, a pitcher of water. People of the parish, on their own initiative and inspiration are invited to come to a chair and wash someone's feet. Perhaps a husband and wife will take turns washing each other. Parents may want to wash their children's feet. Maybe you'll approach someone in our congregation whom you want to honor for their generous service to our parish and ask that person if you can wash his or her feet.

The ritual unfolds naturally and is movingly prayerful. We'll be at Holy Thursday in a little less than two weeks. Will you be humble enough to allow someone to wash your feet? Is there someone in our community to whom you want to extend this generous act of gratitude, service and simple love?

**THE THIRD SCRUTINY**

This weekend we celebrate the third and final scrutiny with and for our Elect and Candidates for full communion in the church.

The Third Scrutiny finds its meaning in the gospel story this weekend — Jesus raising Lazarus from the tomb four days after he was buried. Jesus is stronger than death and is the Lord of life. All that would do us harm — even death — is nothing when confronted by Jesus' love and mercy.

Please pray for our *Elect* and our candidates during these last days of preparing for the Easter sacraments:

*Laura Gyamfi
Kenneth Geb
Leonard Carter
Allen Davis*

*Kayden Thompson
Pandora Diggs-Carter
Connor Jennings*

PALM SUNDAY PROCESSION

Palm Sunday, also known as Passion Sunday, is next week. We are joining with two neighborhood churches for the blessing of palm branches and procession that day:

Church of the Holy Nativity
4236 Pimlico Road
Rev. Karen L. Mercer

Saint John's Evangelical Lutheran Church
4403 Pimlico Road
Pastor Laura Sinche



We will meet congregants from those churches at 10:00 am outside *The Terraces at Park Heights* (4710 Park Heights Avenue — the new senior apartments), a short walk to the north from our church. Our liturgy begins there with the blessing of palm, prayers, and the proclamation of the first Gospel of the day: Jesus triumphally entering the city of Jerusalem.

So as to meet the other congregations and start our Mass on time we will be leaving our church about fifteen minutes before the hour (9:45 am). If you cannot join us in walking, please remain in church — we'll be along shortly.

The other main feature of the liturgy that day is the reading of the Passion, this year according to Matthew.

Please be sure to take a copy of the schedule of liturgies for Holy Week.

GOOD FRIDAY COLLECTION

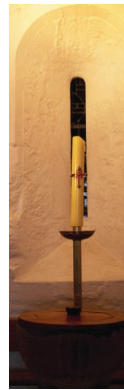
The collection every year on Good Friday benefits the Christians and all the holy places in and around Jerusalem where the events of Jesus' suffering, death and resurrection took place.

MASS INTENTIONS

- 03/22: Vernon T. Thornton on the 5th anniversary of his passing, requested by his father Vernon and his sister, April;
- 03/26: the people of Saint Ambrose Church;
- 03/29: Carmen Tuitt on the 8th anniversary of her passing, requested by her friend, Reva Stephens;
- 04/02: the people of Saint Ambrose Church;
- 04/04: the people of Saint Ambrose Church;
- 04/05: the people of Saint Ambrose Church.

Eternal rest grant unto the faithful departed, O Lord, and let your perpetual light shine upon them. May they rest in peace.

RESTING IN THE LORD'S ARMS



On Wednesday, March 11th, Julie Goodridge of our parish passed away. She was living with her daughter in Granada; the funeral services and burial are taking place there. Her daughter's mailing address is:

Dr. Arlene Goodridge-Dudley
c/o St. George's University
Clinical Skills Department
P.O. Box 7 True Blue
St. George, Granada, West Indies

TITHES AND COLLECTIONS

<i>15 March 2026 — online contributions</i>	\$824.80
<i>15 March 2026 — envelope contributions</i>	\$2,619.00
<i>Sunday collection total</i>	\$3,443.80
<i>Thank you so much for your continuous support!</i>	



Use this QR code to make a donation or to sign up for online giving.

PRAY FOR OUR BROTHERS AND SISTERS

If you or members of your family are admitted to the hospital and would like to be visited and remembered in prayer, please notify the parish office. If you are unable to attend Mass and want to receive a visit from the pastor, a deacon, or a eucharistic minister, please contact the parish office.

Let us always pray for our sick and shut-in parishioners. In particular, please remember in prayer:

- | | | | | |
|-------------------------|------------------|--------------------------|-----------------------------|----------------------------|
| Mary Adderly | Debbie Chase | JoAnn Glenn | Kimberly Merrill | Gloria Tate |
| E-Otree Allen | Louis Cooper | Karen Gross | Brenda Richardson | Ernest Thames |
| Phillip Ashton | Linda Davis | Gloria B. Harris | Charles Richardson Williams | Jean Thomas |
| Kimberley Barnes-Ohanwe | Kenneth Davis | Angela Johnson | Corey Richardson | Kenneth Townsend, Sr. |
| Jean Bennett | Dante Davis | Cornell (Nelson) Johnson | Carl & Bernice Shrieves | Tammy Vaughn |
| Parrish Boyd | Dale Dyson | Josie Johnson | Danielle Singley | Rosalie Watkins |
| Karen Brown-Berkley | Earlene Forrest | Joseph Jones | Bryan Smith | Sr. Ann Marie Whelan, SSND |
| Michael Bruce | William Ford III | Sheila Leary-Smith | Daniel Smith Sr. | Yvonne Wilder |
| Renee Bruce | Eric Frazier | Ernest Livers | Archie Stith | William Young, Sr. |
| Al Butler | Sarah Gamble | Charles Manns, III | Rosalita Stone | Alice Zaborowski |

FIFTH SUNDAY OF LENT

22 March 2026

FIRST READING

Ezekiel 37: 12 - 14

Thus says the Lord GOD: O my people, I will open your graves and have you rise from them, and bring you back to the land of Israel. Then you shall know that I am the LORD, when I open your graves and have you rise from them, O my people! I will put my spirit in you that you may live, and I will settle you upon your land; thus you shall know that I am the LORD. I have promised, and I will do it, says the LORD.

RESPONSORIAL PSALM

Psalms 130: 1 - 8

With the Lord there is mercy and fullness of redemption.

Out of the depths I cry to you, O LORD; LORD, hear my voice! Let your ears be attentive to my voice in supplication.

If you, O LORD, mark iniquities, LORD, who can stand? But with you is forgiveness, that you may be revered.

I trust in the LORD; my soul trusts in his word. More than sentinels wait for the dawn, let Israel wait for the LORD.

For with the LORD is kindness and with him is plentiful redemption; And he will redeem Israel from all their iniquities.

SECOND READING

Romans 8: 8 - 11

Brothers and sisters:

Those who are in the flesh cannot please God. But you are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the spirit is alive because of righteousness. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit dwelling in you.

GOSPEL

John 11: 1-45

Now a man was ill, Lazarus from Bethany, the village of Mary and her sister Martha. Mary was the one who had anointed the Lord with perfumed oil and dried his feet with her hair; it was her brother Lazarus who was ill. So the sisters sent word to him saying, "Master, the one you love is ill." When Jesus heard this he said, "This illness is not to end in death, but is for the glory of God, that the Son of God may be glorified through it." Now Jesus loved Martha and her sister and Lazarus. So when he heard that he was ill, he remained for two days in the place where he was. Then after this he said to his disciples, "Let us go back to Judea." The disciples said to him, "Rabbi, the Jews were just trying to stone you, and you want to go back there?" Jesus answered, "Are there not twelve hours in a day? If one walks during the day, he does not stumble, because he sees the light of this world. But if one walks at night, he stumbles, because the light is not in him." He said this, and then told them, "Our friend Lazarus is asleep, but I am going to awaken him." So the disciples said to him, "Master, if he is asleep, he will be saved." But Jesus was talking about his death, while they thought that he meant ordinary sleep. So then Jesus said to them clearly, "Lazarus has died. And I am glad for you that I was not there, that you may believe. Let us go to him." So Thomas, called Didymus, said to his fellow disciples, "Let us also go to die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, only about two miles away. And many of the Jews had come to Martha and Mary to comfort them about their brother. When Martha heard that Jesus was coming, she went to meet him; but Mary sat at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you." Jesus said to her, "Your brother will rise." Martha said to him, "I know he will rise, in the resurrection on the last day." Jesus told her, "I am the resurrec-

tion and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?” She said to him, “Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world.”

When she had said this, she went and called her sister Mary secretly, saying, “The teacher is here and is asking for you.” As soon as she heard this, she rose quickly and went to him. For Jesus had not yet come into the village, but was still where Martha had met him. So when the Jews who were with her in the house comforting her saw Mary get up quickly and go out, they followed her, presuming that she was going to the tomb to weep there. When Mary came to where Jesus was and saw him, she fell at his feet and said to him, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, “Where have you laid him?” They said to him, “Sir, come and see.” And Jesus wept. So the Jews said, “See how he loved him.” But some of them said, “Could not the one who opened the eyes of the blind man have done something so that this man would not have died?”

So Jesus, perturbed again, came to the tomb. It was a cave, and a stone lay across it. Jesus said, “Take away the stone.” Martha, the dead man’s sister, said to him, “Lord, by now there will be a stench; he has been dead for four days.” Jesus said to her, “Did I not tell you that if you believe you will see the glory of God?” So they took away the stone. And Jesus raised his eyes and said, “Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me.” And when he had said this, He cried out in a loud voice, “Lazarus, come out!” The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, “Untie him and let him go.”

Now many of the Jews who had come to Mary and seen what he had done began to believe in him.



Fresco by Giotto, 1303—1305
The Scrovegni Chapel, Padua

HOLY WEEK
Saint Ambrose Church

Passion Sunday
29 March 2026
10:00 am



At 9:50 am we will leave the church and walk in procession to commemorate our Lord’s entry into Jerusalem with two sister churches. We will process back to Saint Ambrose Church where our liturgy continues.

Tenebrae
Service of Darkness and Light
31 March 2026
8:00 pm



Holy Thursday
Evening Mass
of the Lord’s Supper
02 April 2026
6:00 pm



There are no confessions before the Mass today. At the end of Mass, you are welcome to stay in church in quiet prayer, just like Jesus asked the apostles to stay awake and pray with him.

Good Friday
of the Lord’s Passion
03 April 2026
3:00 pm



This is the only liturgy today. Stations of the Cross are not prayed, except privately. Today is a day of fasting and abstinence in the Catholic Church. Fasting and abstinence are also traditionally observed on Holy Saturday.

The Easter Vigil
in the Holy Night
04 April 2026
8:00 pm



Easter Sunday of the Lord’s
Resurrection
05 April 2026
10:00 am

