

29th Sunday in Ordinary Time October 20, 2019



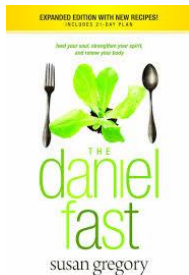
Mon Oct 21		Sat Oct 26	
8:00 am	Pro Populo	4:30 pm	+Jack Waghorn (DeAngelis Family)
			+Antonio Mignano (Family)
			+Tony Ancona (Family)
Wed Oct 23			+For the Souls of the Finelli Family
8:00 am	For the Unborn	Sun Oct 27	
		9:00 am	+Giuseppe Sabatino (Giovanna Family)
Thurs Oct 24			+Antonio Falcone (Carmela Capobianco)
8:00 am	+Robert Cruickshanks (Weglicki Family)		+Ida Paoletta (Carmela Paoletta & Family)
			+Mario Colaianni (D'Souza Family)
Fri Oct 25			
8:00 am	For the Poor	11:00 am	+Rosa Pinto (Cathy & Mario Pinto)
			+Albino Lonic (Family)
Sat Oct 26			+Angelo Garcia (Maria Garcia & Family)
8:00 am	FOR THE SOULS IN PURGATORY		+Manuel & +Cizaltina Pereira (Maria Garcia & Family)

The Sanctuary Lamp burns for 7 days
in memory of Filomena Nait



WELCOME INTO OUR CHRISTIAN FAMILY

Ava Maria Jo Kastner daughter of James & Gabriela
Julian Joseph Vadori son of Matthew & Victoria



The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body With Whole Plant-Based Food We read in Scripture "Daniel resolved that he would not defile himself with the royal rations of food and wine...Then Daniel asked...'Let us be given vegetables to eat and water to drink'... At the end of ten days it was observed that they appeared healthier and better nourished than all the young men who had been eating the royal rations." – Daniel 1:8, 11-12, 15

What if you could grow closer to God and improve your health in just 21 days? The principles you learn from *The Daniel Fast* will change the way you view food, your body, and your relationship with the one who created you. Participants will receive one or two books and will meet with Fr. Donatello 3 times within the 21 days. If you are interested in following The Daniel Fast please call the office or email Fr. Donatello at stambrose.office@gmail.com For more information visit www.daniel-fast.com The next meeting will be on Wed, October 23, 2019.



ST. AMBROSE FORMED

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Honouring God's Creation Society:

Join Fr. Donatello if you are interested in changing the world by living a peaceful vegan lifestyle. We will study Scripture, keep up to date with vegan Christian movements, support animal advocacy events, volunteer or visit farm sanctuaries and much more. This group will meet once or twice a month in the evenings during the week. The next meeting will be on Wednesday, October 23, 2019 @ 7:30p.m. in parish hall. Please call the office or email Fr. Donatello to confirm your attendance. stambrose.office@gmail.com

Try this recipe:

ZUCCHINI AND POTATO BAKE

Ingredients

2 medium zucchini, quartered and cut into large pieces
4 medium potatoes, peeled and cut into large chunks
1 clove garlic, sliced
½ cup dry bread crumbs
¼ cup of olive oil
paprika, salt & ground black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C)

In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt and pepper. Bake 1 hour in preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

How to Go Vegan? The best resources for Fun and Easy Transition:

<https://www.kinderworld.org/how-to-go-vegan/>



ANNUAL BAZAAR

Saturday, October 26th, 9:30am to 3:00pm and Sunday, October 27th, 10:00am to 1:00pm. On our **WISH LIST** we

are in need of Jewellery and jewellery boxes. There will be 2 large gift bags at each entrance of the church to accept these donations. You can bring your **baked goods** into the church hall on Friday, October 25th from 12:00noon until 8:00pm. Our **WISH LIST** for baked goods are Banana Loaves, Pies, and Vegan desserts. **PLEASE SPECIFY IF THE PRODUCT CONTAINS NUTS.** Many thanks for your continued support. **The Bazaar Committee.**



SAVE THE DATE!

Join us as we celebrate the **Feast of St. Ambrose & Christmas Dinner Dance** on **Saturday, December 7, 2019** in the parish hall. Tickets will go on sale the first weekend of November. More information to come.