

# EASTER SUNDAY April 21, 2019



<b>Mon Apr 22</b>		<b>Sat Apr 27</b>	
<b>8:00 am</b>	<i>Pro Populo</i>	<b>4:30 pm</b>	+Maureen Hughes (Ralston Family) +Adolfo Falcone (Esther Furtado) +Helen Carnegie (Cathy DeAngelis)
<b>Wed Apr 24</b>		<b>Sun Apr 28</b>	
<b>8:00 am</b>	+Alba Rizzuti (Family)	<b>9:00 am</b>	+Anna Keating (Maria Checchia) +Lorenzo & +Gaetano Casaluze (Family) +Luciano & +Maddalena Russo (Clementina Russo)
<b>Thurs Apr 25</b>			
<b>8:00 am</b>	<i>For the Unborn</i>		+Olivia Moles (Family)
<b>Fri Apr 26</b>			
<b>8:00 am</b>	+Olivia Moles (Family)		
<b>Sat Apr 27</b>		<b>11:00 am</b>	
<b>8:00 am</b>	<i>FOR THE SOULS IN PURGATORY</i>		+Filomena Nait (Enza DiFranco) +Manuel & +Cizaltina Pereira +Angelo Garcia (Maria Garcia)



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



**The Marian Lamp burns for 7 days  
in thanksgiving to our Mother of Perpetual Help**



**The parish office will be closed on Easter Monday, April 22<sup>nd</sup> and will re-open on Wednesday, April 24, 2019. MAY THE BLESSINGS OF THE RISEN LORD, BLESS YOU AND YOUR FAMILY THIS EASTER SEASON. HAVE A BLESSED EASTER! FR. DONATELLO IOCCO**



**Totus Tuus Summer Camp is Coming to St. Ambrose!** Youth of the parish are invited to join us for Totus Tuus this summer from **August 6 to August 9, 2019**. Totus Tuus (Latin for Totally Yours) is an Archdiocesan camp program whereby seminarians and college students travel to different parishes, spreading the Good News of our Lord through catechetical instruction, Mass, confession, songs and games! The day camp, for children entering grades 1-6, runs Tuesday-Friday from 9:00am-2:30pm. The evening program for Grades 7-12 runs Tuesday-Friday from 7:00p.m.-9:00pm. The cost is only \$50.00 per person for the week. To register or for more information, please contact **MaryAnne Nigli**, email: [maryanne.n23@gmail.com](mailto:maryanne.n23@gmail.com) Phone: 416-618-0486. More information about the camp is also available at [totustuutoronto.ca](http://totustuutoronto.ca).

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### **HONORING GOD'S CREATION: Plant-Based Recipe!**

The recipe below is in keeping with God's creation intent (Genesis 1:29): Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (NIV)

**Let no animal suffer or die that we may live!** Continue with your vegan

journey and make a Plant-Based Easter Meal! Try this recipe:

### **VEGAN LENTIL SHEPHERD'S PIE**

#### **Ingredients**

1/2 pound lentils (cooked and drained)

1 onion (diced)

1/2 tsp. fresh sage (crumbled)

1/2 tsp. garlic (minced)

Pinch of dried oregano

Dash of cayenne pepper

3 large potatoes (cooked)

1/2 to 1 cup of hot soy milk

Vegan margarine (to taste)

1 tsp. salt

#### **Instructions**

Preheat the oven to 400 F and lightly grease a casserole or baking dish.

In a large mixing bowl, mash the cooked lentils until they're mostly mashed and then add the diced onion, fresh sage, minced garlic, oregano, and cayenne pepper. Once well combined, place this lentil mixture in an even layer in the prepared casserole or baking dish.

In a separate bowl, mash the potatoes and add the hot soy milk, vegan margarine, and salt. Beat together by hand or with an electric mixer until smooth, creamy, and fluffy.

Spread the mashed potatoes on top of the mashed lentils and bake for 20 minutes or until the potatoes are dry on top.

Adjust the oven to broil, and place the pie under the broiler for just a couple minutes to give it a nice bit of brown on top. Serve warm. Enjoy!

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

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



#### **St. Ambrose *FORMED***

***FORMED* on Demand** is the revolutionary digital platform that gives you unprecedented access to video-based study programs, feature films, audio presentations, and eBooks from the Church's foremost presenters. Whether fallen

away or deeply engaged, at the parish or on the go, ***FORMED*** helps you reach your flock anytime, anywhere. To register please enter [www.stambroseparish.formed.org](http://www.stambroseparish.formed.org).



Feature length documentary ***A Prayer for Compassion, June 2, 2019*** at St. Ambrose Church hall @ 3:00 p.m. This film strives to inspire and encourage those already on a religious or spiritual path, to expand their circle of compassion to embrace all life, regardless of species, and make choices in alignment

with this value. No charge but free will offering accepted. Please R.S.V.P. by email [stambrose.office@gmail.com](mailto:stambrose.office@gmail.com) or call the office 416-251-8282. *Fr. Donatello* has received the licensing from the director and producer of this production. For more information about the film go to [www.aprayerforcompassion.com](http://www.aprayerforcompassion.com)