

## FIFTH SUNDAY OF LENT April 7, 2019

# MASS INTENTIONS

<b>Mon Apr 8</b>		<b>Sat Apr 13</b>	
<b>8:00 am</b>	<i>Pro Populo</i>	<b>4:30 pm</b>	+Orlando Caccamo (Carmela Serfino) +Peter & +Belle MacDonald (Joe & Marilyn MacDonald)
<b>Wed Apr 10</b>		<b>Sun Apr 14</b>	
<b>8:00 am</b>	+Manuel & +Alice Korth & all the deceased & living family members	<b>9:00 am</b>	<i>For the Poor</i>
<b>Thurs Apr 11</b>			
<b>8:00 am</b>	<i>For the Souls in Purgatory</i>		
<b>Fri Apr 12</b>			
<b>8:00 am</b>	<i>For the Terminally ill</i>	<b>11:00 am</b>	<i>Pro Populo</i>
<b>Sat Apr 13</b>			
<b>8:00 am</b>	+PASQUALE IANIERO (FAMILY)		



**The Marian Lamp burns for 7 days  
in memory of Carmel Goff**



**Stations of the Cross** will be held every Friday until **Friday April 12<sup>th</sup>** at 7:00 p.m.



### **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).



### **KNIGHTS OF COLUMBUS (COUNCIL 3401 - OUR LADY OF GRACE)**

On **Saturday, April 27, 2019** the Knights of Columbus will be hosting a Dinner Dance at St. Ambrose Parish in the Church hall to celebrate the 68<sup>th</sup> Anniversary of the Council. Tickets are \$45.00 per person (Dinner, Dance & Cash bar) **All are welcome!** For tickets contact Tony Russo (416) 259-0933, Tal Akermanis (416) 259-3121, Mario Pinto (416) 259-0739 & Peter Dwyer (416) 571-5291.

## FIFTH SUNDAY OF LENT April 7, 2019



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

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:

### **Smoky Vegan Black Bean Soup**

#### **Ingredients**

2 tbsp. extra virgin olive oil  
2 medium carrots, chopped  
2 stalks celery, sliced  
1 medium onion, finely chopped  
1/4 c. tomato paste  
3 cloves garlic, crushed with press  
1 1/2 tsp. ground cumin  
3 cup lower-sodium vegetable broth  
3 cans (15 oz. each) lower-sodium black beans, undrained  
1 cup frozen corn  
Avocado chunks and cilantro leaves, for serving

#### **Directions**

In 12-inch skillet, heat oil on medium-high. Add carrots, celery and onion. Cook 6 to 8 minutes or until starting to brown, stirring occasionally. Add tomato paste, garlic and cumin. Cook, stirring, 1 to 2 minutes or until garlic is golden and tomato paste has browned. Stir in 1/2 cup broth, scraping up any browned bits. Transfer contents of skillet to 6- to 8-quart slow-cooker bowl along with beans, corn and remaining broth. Cover and cook on High for 4 hours or Low for 6 hours. Serve with avocado and cilantro. **Instant Pot Directions:** Select the sauté function and sauté vegetables as outlined in step 1. Then add beans, corn, and broth. Select the slow cook function and cook on High for 4 hours or Low for 6 hours. **Nutrition Information (per serving):** About 325 calories, 14 g protein, 51 g carbs, 11 g fat (1 g saturated fat), 19 g fiber, 535 mg sodium.



### **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). Do not sign up as individual.**



### **HOLY WEEK & EASTER SCHEDULE 2019**

#### **PALM SUNDAY – April 14**

**4:30pm Saturday Vigil Mass  
9:00am & 11:00am Sunday**

#### **HOLY THURSDAY – April 18**

**No 8:00am Mass  
7:30pm Mass & Adoration until 11:00pm**

#### **GOOD FRIDAY SERVICE April 19**

**No 8:00am Mass  
12:00pm & 3:00pm Passion of the Lord**

#### **SATURDAY April 20 VIGIL MASS**

**No 8:00am & No 4:30pm Mass  
Only 7:30pm Vigil Mass**

#### **EASTER SUNDAY – April 21**

**9:00am & 11:00am**

#### **EASTER MONDAY – April 22**

**8:00am Mass**