

PALM SUNDAY OF THE PASSION OF THE LORD April 14, 2019

MASS INTENTIONS

| | | | |
|-----------------------------|--|-------------------|--------------------------|
| Mon Apr 15 | | Sat Apr 20 | |
| 8:00 am | <i>Pro Populo</i> | 4:30 pm | <i>No Mass</i> |
| | | 7:30 pm | <i>Easter Vigil Mass</i> |
| Wed Apr 17 | | | |
| 8:00 am | <i>+Magdalena Malabed (DeBlois Family)</i> | Sun Apr 21 | |
| | | 9:00 am | <i>Easter Sunday</i> |
| Thurs Apr 18 | | | |
| 8:00 am | <i>No Mass</i> | | |
| 7:30 pm | <i>Holy Thursday Mass</i> | | |
| Fri Apr 19 | | | |
| 8:00 am | <i>No Mass</i> | 11:00 am | <i>Easter Sunday</i> |
| 12:00pm & 3:00pm | <i>Good Friday-Passion of the Lord</i> | | |
| Sat Apr 20 | | | |
| 8:00 am | <i>No MASS</i> | | |



PASSION (PALM SUNDAY) – April 14, 2019

Blessed are they who come in the Name of the Lord! Am I being called to proclaim Jesus as a priest, deacon, religious brother or sister? If you think God is calling you to be a priest, religious or deacon, **contact Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto 416-968-0997 email vocations@archtoronto.org www.vocationstoronto.ca**



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 Phone: 416-618-0486**. More information about the camp is also available at totustuustoronto.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 68th 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. **TICKETS WILL NOT BE SOLD AT THE DOOR!**



A big thank you for those who generously donated to our Lenten Food Drive for the Canadian Food for Children.

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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:

RATATOUILLE SPAGHETTI (VEGAN & GLUTEN FREE)

Ingredients

1 tbsp olive oil
1/2 white onion, diced
3 cloves of garlic, minced
1 medium courgette, zucchini, diced
1/2 aubergine, eggplant, diced
1 red pepper, diced
400 g tin of chopped tomatoes
480 ml boiled water
1 tsp balsamic vinegar
150 g dried gluten-free spaghetti, (Explore Cuisine Chickpea Spaghetti)
1 tbsp chopped basil
Salt and pepper, to taste
2 tsp nutritional yeast flakes, (Optional - for a cheesy taste)

Instructions

Heat the olive oil in a frying pan. Add the onions, garlic, courgette, aubergine and peppers. Cook for a few minutes on a high heat until lightly browned.

Add the chopped tomatoes, water, vinegar and spaghetti. Bring to a boil then simmer for 10 minutes until the pasta is cooked and the sauce has thickened.

Stir in the chopped basil and add salt and pepper, to taste. Add the nutritional yeast, if using. Serve and enjoy!

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

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



St. Ambrose *FORMED*

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HOLY WEEK & EASTER SCHEDULE 2019

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

HAPPY EASTER!!