

THE MOST HOLY TRINITY Sunday June 16, 2019



Mon June 17		Sat June 22	
8:00 am	<i>Pro Populo</i>	4:30 pm	+Diane Allard (Pauline Lacoursiere) +Belle MacDonald (Joe & Marilyn MacDonald)
Wed June 19		Sun June 23	
8:00 am	<i>For the Poor</i>	9:00 am	+Pasquale Falcone (Capobianco & Fam) +Nino Curro' (Cambria Family)
Thurs June 20			
8:00 am	+Renato Gorgoretti (Iocco Family)		
Fri June 21			
8:00 am	<i>For the Sick</i>	11:00 am	+Filomena Nait (Giuseppina & Maria Finelli)
Sat June 22		<i>Honoring Mary Queen of Hearts &</i>	
8:00 am	<i>FOR THE SOULS IN PURGATORY</i>	<i>the Universe (Mary Laffradi)</i>	



**The Sanctuary Lamp burns for 7 days
in memory of Ricciotto Rizzuti**



**The Marian Lamp burns for 7 days
in memory of Michele Mazzulla**



WE WELCOME INTO OUR CHRISTIAN FAMILY

Rosie Lee Ellsworth daughter of Ryan & Katie
James Dennis Barr son of Michael & Brigitte
Ava Rose Gerardi daughter of David & Nina
Alba Sade daughter of Besnik & Antoneta
Thomas Cole Kim Heppell son of Flo
Penelope Ava Maiorano daughter of Steve & Krista



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 totustuutoronto.ca.

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For those who were not able to attend **Honouring God's Creation Series**, you can stream them on Netflix or Youtube like **Forks Over Knives, Cowspiracy and What the Health**. Other films can be streamed online for free like **Peaceable Kingdom: The Journey Home** go to: <http://www.peaceablekingdomfilm.org/>

Dominion <https://www.dominionmovement.com/> **Have you watched any of these documentaries? Have you any questions? Please email stambrose.office@gmail.com**

Honouring God's Creation Group: This group will provide supporting guidance for those who 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 animal farm sanctuaries and much more. This group will meet once or twice a week in the evenings during the week. If you are interested please email Fr. Donatello at stambrose.office@gmail.com

For those who have requested more plant-based recipes:

Sesame-Ginger Orange Chickpea Stir-Fry loaded with veggies.

Ingredients

For the sauce:

3/4 cup freshly squeezed orange juice
2 tablespoons agave nectar
2 tablespoons gluten free soy sauce
1 teaspoon freshly grated ginger
1 tablespoon cornstarch (organic, preferred)
zest of 1 orange

For the stir-fry:

1 1/2 tablespoon toasted sesame oil, divided
1 (15 oz) can chickpeas, rinsed and drained
1/2 red onion, coarsely chopped
3 garlic cloves, minced
1 large red bell pepper, sliced into thin strips
8 oz fresh green beans, trimmed and cut into 2 inch pieces
Green onion, for garnish
Toasted sesame seeds, for garnish
Red pepper flakes, if you like a little heat!
Cooked Quinoa or brown rice, for serving if desired

Instructions

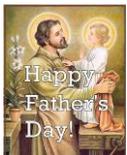
First make the sauce: Add the orange juice, agave nectar, soy sauce, ginger, cornstarch, orange zest to a large bowl; whisk until the cornstarch is dissolved. Set aside for later.

Next preheat a large skillet or pan over medium-high heat and add in 1 tablespoon of the sesame oil. Add chickpeas, stir frequently and cook until they begin turning slightly golden brown, about 5 minutes. Once chickpeas are cooked, transfer to a large bowl or plate and set aside for later. Keep the heat in the pan. Add the other 1/2 tablespoon of sesame oil to the pan (over medium-heat); add in onion and saute until onions become slightly translucent and golden brown, about 3-4 minutes. Next add in garlic and bell pepper; cook for about 3 minutes until slightly softened. Next add in the green beans and saute for 3-4 minutes. You want them to still have a little bit of crunch!

Pour the sauce into the pan. Stir frequently as the sauce will start to thicken up. Add in chickpeas and stir again. Reduce heat to medium low and let the sauce simmer and thicken some more, about 3-4 minutes. Serve immediately over quinoa or brown rice. Garnish with toasted sesame seeds, green onion and a little red pepper flakes, if desired. Serves 4.

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

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



HAPPY FATHER'S DAY!

Let us offer prayers this weekend for all the father's in our parish community, that they may follow the example of St. Joseph in caring for and loving their children. May God bless you! Fr. Donatello Iocco