

THIRTIETH SUNDAY IN ORDINARY TIME October 25, 2020



Mon Oct 26		Sat Oct 31	
8:00 am	+Gord & +Doreen Power (Wuebbolt Family)	4:30 pm	+Giuseppe Sabatino (Family) Let's Pray for the Finelli Family (Family)
Wed Oct 28		Sun Nov 1	
8:00 am	For the Unborn	9:00 am	+Marcyjanna Dolegowski (Family)
Thurs Oct 29		11:00 am	
8:00 am	For the Parishioners at St. Ambrose		Pro Populo
Fri Oct 30			
8:00 am	For the Sick		



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30th Sunday in Ordinary Time – Oct 25, 2020

"You shall love the Lord your God with all your heart, and with all your soul and with all your mind." Live in that love in the priesthood, diaconate or consecrated life. **Contact Fr. Matt McCarthy, Director of Vocations,**

**Archdiocese of Toronto at 416-968-0997. Email: vocations@archtoronto.org
www.vocationstoronto.ca**



MASS FOR THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED All Souls Mass – **Monday, November 2, 2020 @ 7:30pm**

All Souls envelopes are available at both entrances of the parish and you can put your envelope in the collection basket on Sunday's. The mass intentions will be placed on the altar throughout the month of November.



Ideas for a Delicious Plant-Based Meal Vegan Lasagna

Ingredients

1 ½ cups chopped onions
3 tbsp minced garlic
4 cans stewed tomatoes (14.5 ounce)
1/3 cup tomato paste
½ cup chopped fresh basil
½ cup chopped parsley
1 tsp salt
1 tsp black pepper
1 package lasagna noodles (16 ounces)
2 pounds firm tofu
2 tbsp minced garlic
¼ cup chopped fresh basil
¼ cup chopped parsley
½ tsp salt
Black pepper to taste
3 packages frozen chopped spinach, thawed and drained (10 ounces)

Instructions

-Make the sauce in a large heavy saucepan, over medium heat, heat the olive oil. Place the onions in the saucepan and saute them until they are soft, about 5 minutes. Add the garlic; cook 5 minutes more.
-Place the tomatoes, tomato paste, basil and parsley in the saucepan. Stir well, turn the heat to low and let the sauce simmer covered for 1 hour.
-While the sauce is cooking bring a large pot of salted water to a boil. Boil the lasagna noodles for 9 minutes, then drain and rinse well.
-Preheat the oven to 400 F (200 C)
-Place the tofu blocks in a large bowl. Add the garlic, basil and parsley. Add the salt and pepper, and mash all the ingredients together by squeezing pieces of tofu through your fingers. Mix well.
-Assemble the lasagna, cover the pan with foil and bake the lasagna for 30 to 40 minutes. Serves 8.

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

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



SHARELIFE 2020

We are pleased to provide an update on the continuation of the 2020 ShareLife campaign. We will continue into the fall of this year. The last weekend to donate to ShareLife is: **November 7-8, 2020**. Parishioners can drop their contribution at the parish or mail to the ShareLife office. (1155 Yonge Street, Toronto or call 416-934-3411) This is being done to allow parishioners to support the campaign if they are unable to attend Mass, and to allow the ShareLife office to assist with processing these contributions. We will also be including the option to contribute by credit card and direct debit, giving parishioners the opportunity to support ShareLife in this manner. Please give generously!



FIRST HOLY COMMUNION

Congratulations to all the children who received their Sacrament of Holy Communion on Saturday, October 24, 2020. May God Bless you! **Fr. Donatello Iocco**. Information for 2021 First Holy Communion will be coming soon.