

St. Ambrose Catholic Church

Fr. Donatello Iocco, Pastor



Mission Statement:

In Christ we are all things, He is everything to us. If you have wounds to heal, He is a physician; if fever scorches you, He is a fountain. Would you punish evil doing, He is justice, If you need help, he is strength; if you fear death, He is life; if you hunger, He is food.

- St. Ambrose

MASS TIMES

Sunday Liturgy
Saturday (Vigil) 4:30 pm
Family Mass with Youth Choir
Sunday 9:00 am Cantor & Organ
11:00 am Choir & Organ

Daily Mass

Monday-Friday 8:00 am (no Mass Tuesdays)

Devotions

Holy Hour Eucharistic Adoration
First Friday 8:30 am - 9:30 am
"Can you not watch an hour with me?" Matthew 26:40
Holy Rosary Monday - Saturday 7:30 am
Divine Mercy Chaplet Monday - Saturday 8:30 am
Devotion to Our Lady of Perpetual Help
Wednesdays 8:45 am

BECOME A FRIENDLY VISITOR!

Under the direction of the pastor, Friendly Visitors serve those in the parish and surrounding community who are in need of social interaction. Must attend a 1 day training session when available.

PARISHIONERS

Please contact the parish office to update address/phone #s or to volunteer in ministries.

Office Hours: Mon, Wed, Thurs, Fri 10 am - 3 pm
Closed Tues, Sat, Sun

New Parishioners

Welcome! To register please call the office or email rose@stambroseparish.com.

SACRAMENTS

Reconciliation

Saturday: 3:45-4:15 pm (or by appointment)

Marriage

Couples wishing to arrange a wedding are required to contact the parish 1 year in advance and must be registered parishioners. The date needs to be confirmed with the pastor. A Marriage Preparation Course is required and can be taken at any parish. Request for Marriage forms are found on the parish website. Please contact the parish office for more information.

Sacrament of Baptism

People seeking Baptism for their children must be registered in the parish for at least three months, and must speak to the Pastor after Mass. Baptism is celebrated every 3rd Sunday of the month. Baptism forms are found on the parish website.

Sacrament of the Sick and Care for the Elderly & Shut-ins

For the Anointing of the Sick please call the parish office to arrange a visit by the Priest. Those confined to their homes by illness, infirmity or age, who would like to receive Communion contact the office.

Religious Instruction

Sacramental Preparation is offered to all registered and active parishioners. Information is provided through bulletin and pulpit announcements.

PARISH MINISTRIES

Extra-Ordinary Ministers of the Eucharist, Lectors, Lay Pastoral Visitors, Friendly Visitors, Greeters, Ushers, St. Ambrose Choir and Youth Choir, Catholic Women's League, Knights of Columbus & Honouring God's Creation Society

WE WELCOME YOU TO JOIN US!



ELEVENTH SUNDAY IN ORDINARY TIME June 13, 2021



<i>Mon Jun 14</i>		<i>Sat Jun 19</i>	
<i>8:00 am</i>	For the Unborn	<i>4:30 pm</i>	Elsie & Mike Vinzon-Living Intention (Betty DeBlois & Family)
			+Marzia Zangrilli (Maria Zangrilli)
<i>Wed Jun 16</i>		<i>Sun Jun 20</i>	
<i>8:00 am</i>	For the Poor	<i>9:00 am</i>	+Nicola Iocco (Family)
			+Michele Mazzulla (Family)
			+Ricciotto Rizzuti (Family)
			+Delfino Rossetti (Family)
<i>Thurs Jun 17</i>			
<i>8:00 am</i>	For the Lonely & Afraid		+Antonio Attanasio (Family)
			+Pietro Fuoco (Family)
<i>Fri Jun 18</i>		<i>11:00 am</i>	
<i>8:00 am</i>	Pro Populo		+Michelina & Francesco Caronchia
			+Manuel Santos Costa (Manuel & Aires Viveiros Maria Costa)
			+Rubinio Agonoy (Lupe Picio)
			+Shane Dugena (Lupe Picio)



Eleventh Sunday in Ordinary Time - June 13, 2021

Today's readings remind us that great things often have small beginnings. If you feel God is calling you to be a priest, religious, or permanent deacon, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. Email: vocations@archtoronto.org www.vocationstoronto.ca**



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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 or go to our website.



CATHOLIC FAMILY SERVICES

New Beginnings Presents: Online Separated/Divorced Introductory Program, Start date & time: Thursday, July 8, 2021 @ 7:00 pm **Total cost:** no charge **Contact:** For more information and to register please contact: Arcangelo

Limanni, MRE (416) 921-1163 ext. 2225 alimanni@cfstoronto.com

New Beginnings Presents: Online Bereavement Introductory Program, Start date & time: Wednesday, July 7, 2021 @ 7:00 pm **Total cost:** no charge, **Contact:** For more information and to register please contact: Arcangelo Limanni, MRE (416) 921-1163 ext. 2225 alimanni@cfstoronto.com

ELEVENTH SUNDAY IN ORDINARY TIME June 13, 2021



Ideas for a Delicious Plant-Based Meal Vegan Alfredo Sauce Pasta

Ingredients

1–2 tablespoons olive oil
1/2 white onion
4 fat garlic cloves
1/2 cup raw cashews, soaked – (for nut allergies use hemp seeds)
1 cup veggie broth (or 1 cup water and bouillon)
2 tablespoons nutritional yeast
1/2 teaspoon white miso paste
1/2 teaspoon salt
1/8 teaspoon nutmeg
5 ounces dry pasta, cooked to package directions
1 cup fresh peas (or frozen, or sub snow peas or steamed broccoli)
8 ounces mushrooms, sauteed, or try smoked mushrooms!

Garnish: pepper, chili flakes, lemon zest, Italian parsley or Vegan cheesy sprinkle

Instructions

Cook Pasta: Set salted water to boil in a large pot and cook pasta according to directions. If using fresh or frozen peas, feel free to add to the pasta water, during the last minute of cooking.

Make Alfredo Sauce: Heat oil over med low heat, and saute onion and garlic until tender and golden. Place it in a blender along with cashews, veggie broth, nutritional yeast, miso, salt, nutmeg. Blend until creamy and smooth.

Saute or smoke the mushrooms. If sauteing, heat olive oil in a skillet over medium heat. Add mushrooms and saute 6-7 minutes, until golden and tender, seasoning with salt.

Combine: Drain the pasta, add to a large pan along with the alfredo sauce, toss, and gently warm over low heat. Add the mushrooms and toss to coat (leaving a few for the top for garnish if you like).

Garnish with lemon zest, pepper, chili flakes and chopped parsley. Serves 2

Notes: Cashews—need to be soaked 4-8 hours in water (and drained) or use a high-powered blender. Or alternatively, simmer the cashews in water boiling water for 10-15 minutes until tender-but soaking is best. For nut allergies, hemp seeds are a good substitution (and no need to soak).

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

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



Eleventh Sunday in Ordinary Time June 13, 2021

Our parish goal for this year's campaign is \$36,700.00. Thus far we have received \$9,015.00. We encourage you to donate at the parish or online at sharelife.org. Monthly Pre-Authorized Giving (PAG) is a convenient way to spread your ShareLife contribution throughout the year. To enroll, please fill out a ShareLife envelope at your parish or contact ShareLife at slife@archtoronto.org or call 416-934-3411. Please note: The Archdiocese will be changing the second and third collection dates for ShareLife: **ShareLife 2nd collection – the weekend of October 2-3, 2021 and ShareLife 3rd collection – the weekend of October 30-31, 2021.**



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