

# 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](mailto: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!



# THIRTEENTH SUNDAY IN ORDINARY TIME June 27, 2021

## MASS INTENTIONS

<i>Mon Jun 28</i>		<i>Sat Jul 3</i>	
<i>8:00 am</i>	<b>+Pietro Fuoco (Family)</b>	<i>4:30 pm</i>	<b>+Mauro Vono (Vincenza &amp; Arianna Vono)</b>
<i>Wed Jun 30</i>		<i>Sun Jul 4</i>	
<i>8:00 am</i>	<b>For the Poor</b>	<i>9:00 am</i>	<b>+Pavel, +Stefania &amp; +Anna Pavlovski</b>
<i>Thurs Jul 1</i>			
<i>8:00 am</i>	<b>For the Unborn</b>		<b>+Jan &amp; +Teresa Sitarski (Jack &amp; Kristina Sitarski)</b>
<i>Fri Jul 2</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<b>Pro Populo</b>		<b>+Manuel Korth (4th year of death (Maria Korth) Anniversary)</b>
			<b>+Aurora &amp; +John Patrick Caume (Arturo &amp; Arcilen Tejano)</b>



### WE WELCOME INTO OUR CHRISTIAN FAMILY

Morgan Helen Mariani daughter of Michael & Megan  
 Claire Jean Cresswell daughter of Trevor & Amy



### Thirteenth Sunday in Ordinary Time – June 27, 2021

Jesus healed Jairus's daughter by saying "Talitha cum" which means "little girl, get up!". Has the Lord called you to get up and walk? Perhaps Jesus wants you to help others get up and walk. If you feel God is calling you to priesthood, religious life or the diaconate, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. Email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)**



### ST. AMBROSE FORMED

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## **Ideas for a Delicious Plant-Based Meal** **One Bowl Vegan Banana Bread**

### **Ingredients**

#### **For the wet ingredients:**

1 1/3 cups (320 g) mashed very ripe banana (about 4 medium or 3 large)  
2 tablespoons (15 g) ground flaxseed  
1/3 cup (80 mL) plant-based milk  
1/3 cup (80 mL) coconut oil, melted  
2 tablespoons (30 mL) pure maple syrup  
2 teaspoons (10 mL) pure vanilla extract

#### **For the dry ingredients:**

1/4 cup plus 2 tablespoons (60 g) coconut sugar  
1/2 cup (50 g) rolled oats  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon fine sea salt  
1 1/2 cups (210 g) light/white spelt flour or whole-grain spelt flour  
Sliced banana, chopped walnuts, and/or chocolate chips, for topping (optional)

### **Instructions**

Preheat the oven to 350°F (180°C). Lightly spray a 9x5-inch loaf pan with oil and set aside.

In a large bowl, mash the banana until almost smooth, and make sure you have 1 1/3 cups.

Stir the wet ingredients (ground flax, milk, melted oil, maple syrup, and vanilla) into the banana until combined.

Stir the dry ingredients (sugar, oats, baking soda, baking powder, salt, and flour) into the wet mixture, one by one, in the order listed. Stop stirring when there are no flour patches at the bottom of the bowl.

Spoon the dough into the loaf pan and spread out evenly. Add your desired toppings and gently press them into the dough to adhere.

Bake the loaf, uncovered, for 45 to 55 minutes, until lightly golden and firm on top. The top of the loaf should slowly spring back when touched.

Place the loaf pan on a cooling rack for 30 minutes. Then, slide a knife around the loaf to loosen it and gently remove it from the pan, placing it directly onto the cooling rack until completely cooled.

Slice the loaf once cooled. The loaf will keep in the fridge tightly wrapped for 3 to 4 days, or it can be frozen for 4 to 6 weeks.

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

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



## **Thirteenth Sunday in Ordinary Time - June 27, 2021**

### **ShareLife agencies are there for you, too**

Please remember that ShareLife organizations are also there to help you. If you, your family or other loved ones are in need of support from the services of a ShareLife funded agency, visit [sharelife.org](http://sharelife.org) and click on the "Need Help?" button. **For those who are able, please give to ShareLife through the parish office or [sharelife.org](http://sharelife.org).**



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