

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!



FOURTEENTH SUNDAY IN ORDINARY TIME July 4, 2021

MASS INTENTIONS

<i>Mon Jul 5</i>		<i>Sat Jul 10</i>	
<i>8:00 am</i>	<i>For the Lonely & Afraid</i>	<i>4:30 pm</i>	+Nicola Falcone (Ida Falcone)
			+Tony Falcone (" ")
			+Mario Falcone (" ")
<i>Wed Jul 7</i>			
<i>8:00 am</i>	<i>For the Poor</i>		Gilda & Alan Penfold-Living Intention
			Betty DeBlois & Family
		<i>Sun Jul 11</i>	
<i>Thurs Jul 8</i>		<i>9:00 am</i>	
<i>8:00 am</i>	<i>For the Unborn</i>		+Franco & +Giuseppe Caronchia
			(Maria Caronchia)
<i>Fri Jul 9</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<i>Pro Populo</i>		+Mario DeMatta (Family)



WE WELCOME INTO OUR CHRISTIAN FAMILY

Simona Arcangela De Marchi-Barone daughter of Michael & Juliet



Fourteenth Sunday in Ordinary Time - July 4, 2021

Today's readings speak of prophets sent by God. Could God be calling you to be His voice in His Church at this time? If so, you could give it a try by responding to that inclination towards priesthood, religious life or the diaconate, 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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Ideas for a Delicious Plant-Based Meal **Vegan Roasted Cauliflower**

Ingredients

vegetable oil 2 tbsp
ground coriander 1 tsp
ground turmeric 1 tsp
ground cumin 1 tsp
chili powder 1 tsp
1 cauliflower, larger leaves trimmed
red wine vinegar 2 tbsp
chili oil 1 tbsp
½ pomegranate, seeds scooped out
coriander a small bunch, leaves torn

HUMMUS

2 tbsp olive oil
½ onion, finely diced
2 garlic cloves, crushed
400 g chickpeas tin, drained and rinsed
2 tbsp tahini
1 lemon, juiced
1 tbsp rose or regular harissa

Instructions

Heat the oven to 200C. Put the vegetable oil and the spices into a bowl with some seasoning and mix. Add the cauliflower and toss really well, making sure the cauliflower is well covered. Put on a baking tray and roast for 1 hour 45 minutes or until the stem is tender when pierced with a knife. Meanwhile, whisk together the red wine vinegar and chili oil with some seasoning, then stir in the pomegranate seeds.

Near the end of the cauliflower's cooking time, heat the olive oil in a pan with the onion and a pinch of salt. Cook gently for 5 minutes until soft, then add the garlic and cook for 1 minute. Stir through the chickpeas and heat for 2 minutes until warm. Tip into a food processor with the tahini, lemon juice, harissa and 150ml of water, and whizz to a purée. Put the hummus in a small pan and keep warm until the cauliflower is ready.

Serve the roasted cauliflower on the warm hummus with the pomegranate seeds and the dressing drizzled over, plus a sprinkling of coriander leaves. Serves 2/3 people

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

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



TO ALL STUDENTS!

Wishing you a safe, healthy and blessed summer! May God bless you and your family! *Fr. Donatello Iocco*



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