

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!



SIXTEENTH SUNDAY IN ORDINARY TIME July 18, 2021



<i>Mon Jul 19</i>		<i>Sat Jul 24</i>	
<i>8:00 am</i>	+Fr. Eugene Bugala (Joanne Cierpich) +Luduina Cunha (Family)	<i>4:30 pm</i>	Xyrtzl & Yasmine DeBlois Living Intention (Betty DeBlois & Fam) +Joe Andreazza (Family)
<i>Wed Jul 21</i>			
<i>8:00 am</i>	+Helen Panerio +Bienvenido & +Catalina DeBlois Charlotte & John DeBlois-Living Intention (Betty DeBlois & Family)	<i>Sun Jul 25</i>	
<i>Thurs Jul 22</i>			
<i>8:00 am</i>	+Alenka Markez (Sonja Markez)	<i>11:00 am</i>	+Luduina Cunha (Family) +Angelo Garcia (Maria Garcia) +Manuel & +Cizaltina Pereira (Maria Garcia)
<i>Fri Jul 23</i>			
<i>8:00 am</i>	PRO POPULO		



The Sanctuary Lamp burns for 7 days
in memory of Antonio DePalma



The Marian Lamp burns for 7 days
in memory of Felicia DeCotiis



Dear Parishioners of St. Ambrose – NEW: Friday, July 16, 2021. We are now accepting parishioners with no capacity limit. However, physical distancing of 2 metres (6ft.) is still required between parishioners attending Mass who are not from the same household. Parish office will be closed, please call or email for assistance. **Phone:** 416-251-8282 **Email:** rose@stambroseparish.com However, Fr. Donatello will still Live Stream on Saturday @ 4:30p.m. on YouTube. Subscribe to St. Ambrose Toronto channel.



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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.



Ideas for a Delicious Plant-Based Meal **Chickpea Pancakes with Kale and Fennel**

Ingredients

½ cup chickpea flour
6 Tbsp. extra-virgin olive oil, divided
Kosher salt
3 garlic cloves, divided
1 15-oz. can chickpeas, drained
1 Tbsp. za'atar (or curry powder, chile powder, or frankly any other combination of mild dried ground spices)
1 small bunch Tuscan kale, stemmed, leaves torn
1 small fennel bulb, very thinly sliced crosswise
¼ cup tahini
2 Tbsp. fresh lemon juice

Instructions

Whisk chickpea flour, 1 Tbsp. oil, a pinch of salt, and ½ cup water in a medium bowl. Let socca batter sit at least 10 minutes or up to 1 hour to let flour hydrate.

Meanwhile, heat 2 Tbsp. oil and 2 garlic cloves in a medium nonstick skillet over medium, tossing occasionally, until garlic is lightly browned, about 3 minutes. Add chickpeas and increase heat to medium-high. Cook, tossing occasionally, until chickpeas are lightly browned, 6–8 minutes. Add za'atar and toss several times to coat chickpeas; season with salt. Add kale and continue to cook, tossing occasionally, until kale wilts, about 2 minutes. Transfer to a medium bowl, add fennel, and toss to combine. Reserve skillet. Finely grate remaining garlic clove into a small bowl. Whisk in tahini, lemon juice, 2 Tbsp. oil, and 2 Tbsp. water until thick and smooth. Season with salt.

Heat 1½ tsp. oil in reserved skillet over medium-high. Add half of reserved socca batter to center of skillet and tilt skillet so that it spreads out to a thin 6"–7" pancake. Cook, undisturbed, until well browned and crisp underneath, 2–3 minutes (crank up the heat to high if needed to get crunchy edges and nice browning). Turn and cook just until lightly browned on second side, about 1 minute. Transfer to a plate. Repeat with remaining 1½ tsp. oil and batter. 2 Servings

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

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



FAITH CORNER – THE LIVES OF THE SAINTS

Saint Procopius was said to have been the first of the martyrs of Palestine. He was a man who devoted his life to prayer and holiness, and who had come to the assistance of many in need. He filled his days with meditation of the divine word. He was able to cast out evil spells by laying his hands upon people afflicted with diseases. Although he might have used these gifts for his own purposes, his only

goal was to share his abilities with others. In his quest to live mercifully, he chose to live on a diet devoid of animal flesh. Although he was a small, thin man, he consumed only bread and water, and ate only every two to three days. He was a man filled with goodness and peace, yet he regarded himself as the least of men. One day, he went with some of his companions to Caesaria and had scarcely passed the city gates when he was caught by soldiers and brought in front of the governor. Although he was urged by the judge to sacrifice to pagan gods, he refused saying there is but one God, the creator and the author of all things. On July seventh, in the year 303, the authorities beheaded this humble cleric. Procopius was a man who would harm no other being, and who sacrificed his life to preserve the name of Jesus Christ.

Mystics, Ascetics & Monks By: Dr. Holly Roberts



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