

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!



SEVENTEENTH SUNDAY IN ORDINARY TIME July 25, 2021



<i>Mon Jul 26</i>		<i>Sat Jul 31</i>	
<i>8:00 am</i>	Pro Populo	<i>4:30 pm</i>	For the Parishioners of St. Ambrose
<i>Wed Jul 28</i>		<i>Sun Aug 1</i>	
<i>8:00 am</i>	For the Poor	<i>9:00 am</i>	+Pavel & +Stefania & +Anna Pavlovski (Jack & Kristina Sitarski)
<i>Thurs Jul 29</i>		+Jan & +Teresa Sitarski (“ ”)	
<i>8:00 am</i>	For the Lonely & Afraid	+Luigi Franchin (Mary Franchin & Family)	
<i>Fri Jul 30</i>		<i>11:00 am</i>	
<i>8:00 am</i>	For the Poor	Pro Populo	



WE WELCOME INTO OUR CHRISTIAN FAMILY

Arianna Carmela Vono (daughter of Mauro & Vincenza)
 Noah Lito Asayas son of Kristoffer & Kristie
 Victoria Angela Patricia Cacciaccaro (daughter of Antonio & Katie)



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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Ideas for a Delicious Plant-Based Meal

Roasted Cauliflower Salad

Ingredients

1 head cauliflower
¼ cup grape seed oil
1 tsp turmeric
Salt and Pepper to taste
Baby Spinach
Chopped shallots
Cherry tomatoes
Cilantro
Fresh lemon
Jalapeno chopped (optional)

Instructions

Mix cauliflower with oil
Season with garlic powder, turmeric, salt and pepper
Roast on a parchment lined baking tray on 400F for 30 minutes

To Serve

Line each salad plate with chopped baby spinach
Add cooled cauliflower
Add finely chopped shallots and sliced tomatoes
Add Cilantro, squeeze lemon and grape seed oil over salad
Add Jalapenos for a kick!
Salt & Pepper to taste

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 Philip was born to a respected couple that had been childless for many years. At the age of thirteen, he was sent to Paris to study medicine, and by the age of nineteen, had earned degrees in both medicine and philosophy. After years of practicing medicine in Florence, he began to study the Bible, as well as the lives of the saints. It was then that he began to feel a religious calling. He left

his career as a physician to join a group of seven Servites, a new religious Order, who had chosen to live in great austerity in small cells surviving mostly on alms. Philip had a vision that he had been called to work on a high hill. He went to a mountain church, and began performing manual labor, working there as a gardener. He lived cheerfully and obscurely in a tiny cave behind the church, until people began to recognize his innate ability to settle disputes between others. They also began to notice that he had a positive effect on sinners. After Pope Nicholas III was told of Philip's abilities, he sent him on missions to help facilitate peace between warring factions. Upon the death of the Pope, it was rumored that the local cardinal had proposed Philip as successor to him. When word of this reached Philip, he ran away to the mountains to live the life he preferred—one of austerity consuming only vegetation and water. When the danger of fame passed, Philip returned to his humble, austere, non-violent lifestyle and continued his teachings of brotherly love, saying, "Love one another, reverence one another, and bear with one another." *Mystics, Ascetics & Monks By: Dr. Holly Roberts*



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