

# 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!



# NINETEENTH SUNDAY IN ORDINARY TIME August 8, 2021

## MASS INTENTIONS

<i>Mon Aug 9</i>		<i>Sat Aug 14</i>	
<i>8:00 am</i>	<b>Pro Populo</b>	<i>4:30 pm</i>	<b>+Antonio Mignano (Family)</b>
<i>Wed Aug 11</i>		<i>Sun Aug 15</i>	
<i>8:00 am</i>	<b>For the Poor</b>	<i>9:00 am</i>	<b>+Antonio Attanasio (Family)</b>
			<b>+Verna Belanger (Family)</b>
			<b>50th Wedding Anniversary</b>
<i>Thurs Aug 12</i>			<b>Living Intention (Family)</b>
<i>8:00 am</i>	<b>For the Lonely &amp; Afraid</b>		
<i>Fri Aug 13</i>		<i>11:00 am</i>	<b>+Ildina Galati-Ferrante</b>
<i>8:00 am</i>	<b>+Antonio Di Franco (Lucia Di Franco)</b>		<b>+Ilda Scarlato (Lisa Kamrath)</b>



The Sanctuary Lamp burns for 7 days  
in memory of Stan, David & Gregory Ritchie



### ST. AMBROSE **FORMED**

**FORMED** on Demand is the revolutionary digital platform that gives you unprecedented access to video-based study programs, feature films, audio presentations and eBooks 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](http://www.stambroseparish.formed.org) or go to our website.



### **Nineteenth Sunday in Ordinary Time - August 8, 2021**

"I am the living bread that came down from heaven." Each of us must be a living sign and symbol of God's presence within us. If you are willing to witness Christ with your life as a priest, religious or deacon, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto** at **416-968-0997**. [vocations@archtoronto.org](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)



## **Ideas for a Delicious Plant-Based Meal** **Vegan Banana Pancakes**

### **Ingredients**

1 tablespoon ground flaxseed  
3 tablespoons water  
½ cup mashed banana, about 1 large  
2 tablespoons extra-virgin olive oil, more for brushing  
1 teaspoon vanilla  
¾ cup + 2 tablespoons almond milk, more if needed  
1½ cup whole wheat pastry flour\*  
½ cup oat flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
¼ teaspoon heaping sea salt  
Maple syrup, banana slices, pecans, for serving

### **Instructions**

In a large bowl, combine the flaxseed, water, and banana. Mash and stir until well combined. Let the mixture sit for 5 minutes to thicken.

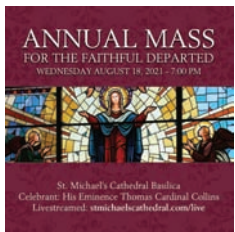
Add the olive oil, vanilla, and almond milk and whisk. Add the flour and sprinkle the baking powder, baking soda, cinnamon, nutmeg, and salt evenly over the top. Stir until all the ingredients are combined, but the batter is still a bit lumpy. The batter will be a bit thick but if it's too thick to scoop, stir in an additional 1 tablespoon almond milk.

Heat a nonstick skillet or griddle to medium heat. Brush the skillet with a little olive oil and use a ½-cup measuring cup to pour the batter onto the pan. Use the back of the cup to gently spread the batter a little more. Cook the pancakes until bubbles appear, about 1½ minutes per side, turning the heat to low as needed so that the middles cook without burning the outsides. I usually start with medium heat and move to low heat as my pan starts to hold residual heat after each batch. Serves 4.

Serve with maple syrup, sliced bananas, blueberries, raspberries and pecans, if desired.

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

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



## **Annual Mass for the Faithful Departed**

**Wednesday, August 18, 2021 7:00 PM - 8:00 PM**

Due to the protocols surrounding COVID-19, this year's Annual Mass for the Faithful Departed has unfortunately been cancelled at our seven Catholic cemeteries. His Eminence Thomas Cardinal Collins, Archbishop of Toronto, will celebrate and livestream a special Mass in honour of our faithful departed on Wednesday, August 18, at 7 p.m. at St. Michael's Cathedral Basilica. The Mass can be viewed here: [www.stmichaelscathedral.com/live](http://www.stmichaelscathedral.com/live) Thank you for your ongoing support of Catholic Cemeteries & Funeral Services and for your continued prayers.



**RE/MAX**  
West Realty Inc.  
Brokerage



**Frank Leo**  
Broker  
Guaranteed Home Selling System

www.GetLeo.com  
416-917-5466

**Remember...**  
Let our advertisers know you saw their ad here.



**PEEL**  
LAKESHORE AT MISSISSAUGA RD.  
NOBODY BEATS A DEAL FROM PEEL!  
212 Lakeshore Rd. W. 905-278-6181

**Remember...**  
Let our advertisers know you saw their ad here.




STONEGATE  
**DENTURE CLINIC**  
935 THE QUEENSWAY 416-878-9353

IT'S WISE TO ADVERTISE!

*Tara Neal*  
*McNally*  
B.ENG., MBA, SRES  
SALES REPRESENTATIVE



**ROYAL LEPAGE**  
Porritt Real Estate  
BROKERAGE  
INDEPENDENTLY OWNED AND OPERATED

416-259-9639 tmcnally@royallepage.ca taranealmcnally.ca

*Imagine!*  
A celebration of life your way!  
Celebrate your life in a way that reflects your personality, the way you live your life! Create a service exactly how you would Imagine it. Pre-plan your Celebration today, contact us for your Free Plan-at-Home Guide.




**IL PAESANO PIZZERIA**  
396 Brown's Line, Etobicoke  
416-251-7080 (Restaurant - LCBO)

*Joan's Blooming Place*




Flowers For All Occasions  
416-251-5128  
3609 Lake Shore Blvd W



**RIDLEY FUNERAL HOME**  
"Exceeding expectations for over 90 years"

SINCE 1921  
3080 Lake Shore Blvd. W. 416-259-3705 www.RidleyFuneralHome.com




**WEBER**  
*Dental Laboratory*  
Full Service Dental Lab  
Dentures • Cast Partials • Repairs  
Denturist on site by appointment • Walk ins Welcome  
3647 Lake Shore Blvd W 416-239-5380 weberdentallaboratory.com

Jeff, Rose & Herb's  
**nofrills**  
lower food prices




3730 Lakeshore Blvd. W. at Brown's Line

**THE PERFECT SPOT TO ADVERTISE YOUR BUSINESS!**



**TO ADVERTISE IN THIS SPACE PLEASE CALL 905-624-4422**

**Scholars**  
Individualized Tutoring  
Online & In-Person  
ALL GRADES | ALL SUBJECTS  
Call today to book a free assessment or trial.  
416-252-5177  
827 Brown's Line  
ScholarsEd.com

**Active Green + Ross**  
COMPLETE TIRE & AUTO CENTRE

215 Islington Ave. (at Birmingham)	416-354-2300
859 Kipling Ave. (S. of Dundas)	416-236-2453
580 Evans Ave.	416-259-8473
186 The Queensway (Opp. Food Terminal)	416-259-4684
779 The Queensway (W. of Royal York)	416-251-3333

**CATHOLIC CEMETERIES**  
FUNERAL SERVICES  
www.catholic-cemeteries.com  
Assumption Cemetery 905-670-8801  
Queen of Heaven Cemetery 905-851-5822  
Catholic Cremation Services 905-670-8801  
Funeral • Cremation • Burial



FUNERAL HOME  
Jarret M. Florecki  
Managing Funeral Director  
MISSISSAUGA CHAPEL  
420 Dundas St. E.  
905-272-4040  
Il personale parla anche l'Italiano



Experienced staff familiar with all customs and practices



Natural Health Rehab  
Reflexology  
Pain Stress Relief  
Deep Tissue RMT Massage  
3713 Lake Shore Blvd W  
647-345-8896

**Shopping Locally Saves Gas**

**Essential Oils - You are so WORTH it!**  
Chemical-free Lifestyle, Better Sleep, Healthier Skin  
Immune System Support, Emotional Balance



Get Your Premium Starter Kit Today!  
www.get-oiling.com

Lynda - 416-949-5710



**AA FLOORS & More Ltd.**  
Hardwood Flooring Specialists  
524 Evans Ave Etobicoke 416-201-9611  
bestfloor@yahoo.com www.aafloors.ca  
Largest Wholesaler for Hardwood, Laminate & Vinyl Flooring



**G.H. HOGLE**  
FUNERAL HOME LIMITED  
Making it Easier for Families Since 1931  
416-251-7531  
63 Mimico Ave. www.hogle.ca