

# 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!



# TWENTY-FIRST SUNDAY IN ORDINARY TIME August 22, 2021



<i>Mon Aug 23</i>		<i>Sat Aug 28</i>	
8:00 am	+ <b>Aquilina Sy</b> (Jorge & Norma See & Family) + <b>Gary Crayden</b> (Lina & Mario Carnevale)	4:30 pm	<b>Nella Amaolo – Living Intention</b> <b>99th Birthday (CWL)</b>
<i>Wed Aug 25</i>			
8:00 am	<b>In Thanksgiving to God for Great Blessings &amp; Mercy for Bernie Buenaventura &amp; also Bernie &amp; Gloria's Retirement</b>	<i>Sun Aug 29</i>	
		9:00 am	<b>Manuel &amp; Erlinda Linsao</b> <b>Living Intention – 61st Wedding Anniversary</b>
<i>Thurs Aug 26</i>			
8:00 am	<b>Nella Amaolo – Living Intention</b> <b>99th Birthday (Marg Gombita)</b>		
<i>Fri Aug 27</i>			
8:00 am	<b>For the Lonely &amp; Afraid</b>	11:00 am	<b>Pro Populo</b>



## ST. AMBROSE **FORMED**

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## Twenty-first Sunday in Ordinary Time - August 22, 2021

Jesus has given us His Body to eat and His Blood to drink so as to nourish us on our journey towards the Kingdom. May we be faithful to Him on our journey as married, single, ordained or consecrated persons. If God is calling you to be a priest, religious, or permanent deacon, 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)



## PASTORAL LETTER

For those requesting a Pastoral Letter when applying for the Catholic School Board, Fr. Donatello will only fill out forms if you attend Mass regularly on Sundays.



## **Ideas for a Delicious Plant-Based Meal** **Chickpea Stew**

### **Ingredients**

5 cups chickpea (from a can)  
1 medium eggplant  
2 medium bell pepper  
1 can (15 oz) tomato sauce  
1 medium onion  
3 cloves garlic  
1 tbsp paprika  
3 tbsp olive oil  
1 tsp ground coriander  
4 cups vegetable stock  
1 handful fresh herbs (we recommend fresh coriander)

### **Instructions**

Preheat the oven to 430F / 220C.

Chop the eggplant and the peppers into small cubes. Place on a baking sheet and bake in the center of the oven for 15 mins.

In the meantime, finely dice the onion and garlic. Add them to a deep non-stick pan and together with the olive oil, sauté over medium heat until the onions are soft and translucent.

Add the paprika, ground coriander, stir, and fry for another minute until they become fragrant.

Add the roasted vegetables from the oven, stir and fry for another minute until coated in spices. Add the chickpeas and the can of tomatoes, pour the vegetable broth and stir until everything is combined.

Cover your pan, bring everything to a boil, then reduce the heat to low to allow your stew to simmer for around 25-30 minutes, stirring occasionally. After 30 minutes, remove the lid of the pan and allow to simmer uncovered for around 5 minutes, stirring occasionally. This is the time to taste the stew and adjust the salt and spices. Serve hot in a bowl with scattered fresh coriander on the top and wholegrain bread on the side. Serves 4.

**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 Albert was born on the island of Sicily. When quite young, Albert felt a calling to become a Carmelite priest. He lived a life of humility and simplicity, making all his religious visitations on foot. He never consumed any foods the taking of which necessitated the loss of life of an animal. Rather, he sustained himself merely on bread and water. Over the years, many individuals had been converted to Christianity because of Albert's teachings and his examples of piety. Eventually, war had broken out and the king of Naples besieged and blockaded the city's harbor. The people were not able to obtain food or water and were in imminent danger of starvation. The city's leaders, as well as the common people, came to Albert beseeching his assistance through prayer. He prayed incessantly, and suddenly, three ships arrived and successfully ran through the blockade. This miracle saved the city and was attributed directly to Albert's prayers. During the final years of his life, Saint Albert lived peacefully as a hermit near Messina and was able to live out his life of simplicity, total non-violence, and peaceful holiness. ***Mystics, Ascetics & Monks By: Holly Roberts***



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