

# 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-SECOND SUNDAY IN ORDINARY TIME August 29, 2021



<i>Mon Aug 30</i>		<i>Sat Sept 4</i>	
<i>8:00 am</i>	<b>Joey Gombar – Living Intention</b> <i>(Betty DeBlois)</i>	<i>4:30 pm</i>	<b>+Pietro Franchino (Rosa Franchino &amp; Family)</b>
<i>Wed Sept 1</i>		<i>Sun Sept 5</i>	
<i>8:00 am</i>	<b>Pro Populo</b>	<i>9:00 am</i>	<b>+Pavel, +Stefania &amp; +Anna Pavlovski</b>
<i>Thurs Sept 2</i>		<i>Fri Sept 3</i>	
<i>8:00 am</i>	<b>For the Lonely &amp; Afraid</b>	<i>8:00 am</i>	<b>+Jan &amp; +Teresa Sitarski</b> <i>(Jack &amp; Kristina Sitarski)</i>
<i>8:00 am</i>	<b>Mila Fuoco – Living Intention</b> <i>(From her Nonni)</i>	<i>11:00 am</i>	<b>+Gino Paul Leo (St. Louis Staff)</b>



## WE WELCOME INTO OUR CHRISTIAN FAMILY

Myles Gianfrancesco son of Joseph & Pamela  
 Danilo Francesco Santilli son of Michael & Sabrina  
 Thomas Nelson Kicinski son of Kasper & Samantha



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## Twenty-Second Sunday in Ordinary Time – August 29, 2021

Our second Scripture reading reminds us that "Every generous act of giving, with every perfect gift, is from above, coming down from the Father ...". God's gifts should prompt a response of gratitude, which should be the basis of our daily lives. If you feel God is offering you the gift of priesthood, religious life or deaconate, and you wish to respond generously, trusting in God, 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)**



## **Ideas for a Delicious Plant-Based Meal** **VEGAN CHOCOLATE CHIP COOKIES**

### **Ingredients**

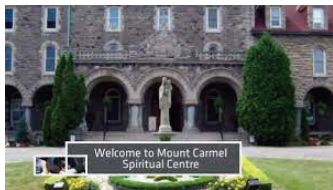
½ cup sugar (100 g)  
¾ cup dark brown sugar (165 g), packed  
1 teaspoon salt  
½ cup refined coconut oil (120 g), melted  
¼ cup non-dairy milk (60 mL)  
1 teaspoon vanilla extract  
1 ½ cups flour (185 g)  
½ teaspoon baking soda  
4 oz vegan semi-sweet chocolate (115 g), chunks  
4 oz vegan dark chocolate (115 g), chunks

### **Instructions**

In a large bowl, whisk together the sugar, brown sugar, salt, and coconut oil until combined. Whisk in non-dairy milk and vanilla, until all sugar has dissolved and the batter is smooth. Sift in the flour and baking soda, then fold the mixture with a spatula, being careful not to overmix. Fold in the chocolate chunks evenly. Chill the dough for at least 30 minutes. Preheat oven to 350°F (180°C). Scoop the dough with vegan ice cream scoop onto a parchment paper-lined baking sheet. Be sure to leave at least 2 inches of space between cookies and the edges of the pan so cookies can spread evenly. Bake for 12-15 minutes, or until cookies just begin to brown. Cool completely. Enjoy! 10 Servings

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

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



### **LIFE CHANGES: Who Am I Now?**


**Saturday, September 11, 2021 9:30 AM – 3:30 PM Cost: \$65.00 – Includes Lunch Coffee and Registration: 9:00 AM.**

Put more joy and more meaning into your life. For anyone going through or anticipating a major life change. We will discover the

components of self-esteem and self-image and find the strength and tools to navigate change. Explore the grieving which may accompany change and the areas that may require healing in order to live out fully who you really are. Mini-presentations, personal reflection and group work. **Presenter:** Anna Racine serves as adjunct faculty at Mount Carmel Spiritual Centre in a facilitator role. Anna also ministers on the St. Thomas More Parish Bereavement Team. In 2015, Anna was the recipient of the Niagara Catholic Award of Distinction for her twenty years of service in Church Ministry and in various roles with the Niagara Catholic District School Board. Mount Carmel Spiritual Centre 7020 Stanley Ave., Niagara Falls, ON L2G 7B7 [www.carmelniagara.com](http://www.carmelniagara.com) Phone: 905-356-4113



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