

# 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-FOURTH SUNDAY IN ORDINARY TIME Sept 12, 2021



<i>Mon Sept 13</i>		<i>Sat Sept 18</i>	
<i>8:00 am</i>	<b><i>For the Poor</i></b>	<i>4:30 pm</i>	<b>+Giuseppe Cambria (Family)</b>
			<b>+Gerardo Nicoletta (Family)</b>
			<b>+Georgina Stokoe (Erlyne Borgonia &amp; Family)</b>
<i>Wed Sept 15</i>			
<i>8:00 am</i>	<b><i>For the Parishioners of St. Ambrose</i></b>		<b>+Agustina Dacquel (Family)</b>
			<b>In Thanksgiving (Family)</b>
		<i>Sun Sept 19</i>	
<i>Thurs Sept 16</i>		<i>9:00 am</i>	<b>+Anna Micco (Clementina Russo)</b>
<i>8:00 am</i>	<b><i>For the Unborn</i></b>		<b>+Luigi &amp; +Ersilia DePalma</b>
			<b>+Lorenzo &amp; +Marta Paoletta</b>
			<b>(Paoletta Family)</b>
<i>Fri Sept 17</i>			
<i>8:00 am</i>	<b><i>Pro Populo</i></b>	<i>11:00 am</i>	<b>+Ildina Galati-Ferrante</b>
			<b>+Ilda Scarlato (Lisa Kamrath)</b>
			<b>+Viviane, Doc &amp; Mitch Dawkins</b>
			<b>(Family)</b>
			<b>+Humberto Furtado (Family)</b>



### ST. AMBROSE FORMED

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### MARY, MOTHER OF GOD SCHOOL

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## **Ideas for a Delicious Plant-Based Meal** **KALE QUINOA SALAD**

### **Ingredients**

1 cup dry quinoa (3 cups cooked)  
1 bunch Tuscan kale  
15-ounce can chickpeas, drained and rinsed  
¼ cup finely chopped shallot (or red onion or green onion)  
1 bell pepper  
2 carrots  
¼ cup olive oil  
⅓ cup apple cider vinegar  
1 tablespoon Dijon mustard  
1 small pinch curry powder  
1 large garlic clove, peeled and grated  
½ teaspoon salt plus fresh ground black pepper to taste

### **Instructions**

**Make the quinoa:** Go to Stovetop Quinoa. Make it in advance or if serving immediately, bring the quinoa to room temperature: spread it in a single layer on a baking sheet and freeze it for 2 to 3 minutes until it cools.

**Prep the kale:** Chop the kale. Sprinkle the kale with 1 pinch salt. Coat your hands with a few drops of olive oil and massage the kale leaves for 2 to 3 minutes until all pieces are tender.

**Prep the other veggies:** Finely chop the onion or shallot. Dice the pepper. Peel and dice the carrots.

**Mix the dressing:** In a medium bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, curry powder, and grated garlic.

**Mix the salad:** Mix the quinoa, chickpeas, and vegetables together with the dressing and the ½ teaspoon salt and fresh ground pepper. Stores up to 3 days refrigerator (you may need to add a pinch of salt before serving since it loses saltiness over time). **ADD IN:** Parmesan vegan cheese, chopped almonds or other nuts, dried cherries, cranberries or raisins, chopped apples, chopped cucumber, etc.

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

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



### **Twenty-fourth Sunday in Ordinary Time – Sept 12, 2021**

“Who do people say that I am?” Who do you think Jesus is? The depth of our faith is rooted in our answer. Is God calling you to be a priest, religious, or deacon? If you think you are being called 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.



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