

TWENTY-SEVENTH SUNDAY IN ORDINARY TIME Oct 2, 2022

MASS INTENTIONS

Mon Oct 3		Sat Oct 8	
8:00 am	+Candida & +Miguel Buenaventura (Gloria & Bernie Buenaventura)	4:30 pm	+Emilio Alcaraz (Family) +Marcin Rasiewicz (Danuta, Jack & Michael Rasiewicz) Franca Di Stefano – Living Intention (Family)
Wed Oct 5		Sun Oct 9	
8:00 am	For the Unborn	9:00 am	+Franco & +Giuseppe Caronchia (Maria Caronchia) +Nick Falcone (Giulia Vicario) +Filippo Cirelli (Emma Cirelli) +Concetta Sabatini (“ ”)
Thurs Oct 6			
8:00 am	Pro Populo		
Fri Oct 7			
8:00 am	For the Souls in Purgatory	11:00 am	For the Parishioners of St. Ambrose



Mary, Mother of God School

Introducing Merrymakers, a dynamic afternoon program for 3-5 year olds.

Mary, Mother of God School is now registering children for 2 1/2 hours of enriched programming on Wednesday afternoons, 1:00-3:30 pm. Join us for songs, stories, poems, nursery rhymes, instruments, games, classical music, mime, drama, and lots of play. For more information, call the school office at 416-531-7897. **Location:** 1515 Queen St W. Come and make merry with us!



INVITATION TO PRAY THE HOLY ROSARY – OCTOBER 15, 2022

You are invited to Honour the Month of the Holy Rosary by joining a Public Square Rosary. On **October 15, 2022 at 12:00 noon** we will be joining 1,000's across Canada as we pray. Public Square Rosaries are offering reparation for the sins and offenses committed against the Immaculate Heart of Mary and for the conversion of Canada. All are invited to come, the program takes about 45 minutes. Program format will be given to assist in following: the songs and prayers, help is needed to assist with holding the Banner and someone to take 2 or 3 pictures of the group in prayer. Prayers recited in a language other than English are welcomed. Invite your friends and relatives.



Marian Retreat-Queen of Apostles Renewal Centre Invites all Women to a Marion Day of Retreat

Spend the day with Mother Mary, the mother of Jesus, and our mother too. **When:** Wednesday, October 19th, 9:00am to 3:00pm Registration begins at 9:00am **Where:** Queen of Apostles Renewal Centre, 1617 Blythe Road, Mississauga **Cost:** \$45.00 lunch included **Contact:** Jean 905-278-5229 or office@qoa.ca **Facilitated By:** Anne Hales, Betty Dotzko and Questa Fernandes



Ideas for a Delicious Plant-Based Meal **Lentil & Bean Chili**

Ingredients

2 tablespoons olive oil
large onion, diced
2 carrots, diced
2 celery stalks, diced
1 red bell pepper, diced
6 garlic cloves, minced
Salt and pepper
2 tablespoons chili powder
1 tablespoon ground cumin
1/2 teaspoon ground coriander
2 teaspoons smoked paprika
1 teaspoon dried oregano
1/2 teaspoon cayenne pepper
1 28-ounce can crushed tomatoes
2 heaping tablespoons of tomato paste
2 cups vegetable broth
2 bay leaves
1 cup dried lentils
1 15 ounce can of black beans, drained
1 15 ounce can of chickpeas, drained
Half of a 15 ounce can of corn, drained
1-2 teaspoons of apple cider vinegar
2-3 tablespoons chopped cilantro

Instructions

Heat the olive oil in a large Dutch oven over medium heat. Once hot, add the onion, carrot, celery, and bell pepper. Season with salt & pepper. Cook for 5 minutes until the vegetables begin to soften.

Add the garlic, season with salt and pepper, and cook for 1 minute. .

Add the crushed tomatoes, tomato paste, broth, bay leaves, and a few pinches of salt and pepper. Stir to combine and allow the mixture to come to a simmer.

Once simmering, add the lentils. Reduce the heat to low and simmer for 15-20 minutes.

Add the black beans and chickpeas. Bring to a gentle boil. Then, reduce the heat to low and add the corn. Cover the pot and simmer for 20-25 minutes. Taste for seasonings. Once off heat, stir in the apple cider vinegar and cilantro.

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

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

<https://www.all-creatures.org/what-to-eat.html>



THANKSGIVING FOOD DRIVE FOR THE HOMELESS

We will be having a Thanksgiving Food Drive for the **Good Shepherd Ministry**. Help provide meals for homeless and at-risk individuals in our community. Items that are needed the most are: tomato sauce, canned tomatoes, vegetable soup, jams, granola bars, mustard, beans, chickpeas, canned corn, breakfast cereals and peanut butter. We will also accept gift cards and/or money. Gift cards that have been requested are Tim Hortons, McDonald's any Dollar Store, President's Choice, No Frills and Longo's. **Please bring your items the weekend of October 8th & 9th.**