

# 28<sup>th</sup> Sunday in Ordinary Time October 13, 2019

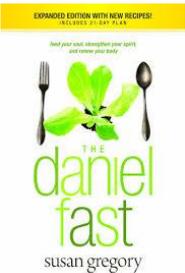


<b>Mon Oct 14</b>		<b>Sat Oct 19</b>	
<b>8:00 am</b>	Pro Populo	<b>4:30 pm</b>	+Camilla Ford (Kolenko Family)
			+Paul & +Dorothy Stewart (Family)
			+Mildred Stephens (DeAngelis Family)
<b>Wed Oct 16</b>			For Sick Parishioner (Living Intention)
<b>8:00 am</b>	For the Unborn	<b>Sun Oct 20</b>	(Family)
		<b>9:00 am</b>	+Ergolo Vento (Family)
<b>Thurs Oct 17</b>			+Filippo Falcone (Donata Falcone Family)
<b>8:00 am</b>	For the Sick		+Antonio Falcone (Carmela Capobianco)
			+Giuseppina Sabatino (Family)
<b>Fri Oct 18</b>		<b>11:00 am</b>	+Marcin Rasiewicz (Danuta Rasiewicz)
<b>8:00 am</b>	For the Poor		+Filomena Nait (Nait Family)
			+Joseph Anthony Ferreira (Family)
<b>Sat Oct 19</b>			+Donato Luisi (Daughters)
<b>8:00 am</b>	FOR THE SOULS IN PURGATORY		+Aires & +Maria Viveiros (Manuel & Maria Costa)

The Sanctuary Lamp burns for 7 days  
in memory of Antonio Falcone



The parish office will be closed Monday, October 14, 2019 for Thanksgiving Holiday and will re-open on Wednesday, October 16, 2019. Wishing everyone a peaceful Thanksgiving with your family, giving thanks to God for all the gifts he has given us. Let's keep the lonely, the sick and the poor in our prayers that the good Lord nourish them.



**The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body With Whole Plant-Based Food** We read in Scripture "Daniel resolved that he would not defile himself with the royal rations of food and wine...Then Daniel asked...'Let us be given vegetables to eat and water to drink'... At the end of ten days it was observed that they appeared healthier and better nourished than all the young men who had been eating the royal rations." – Daniel 1:8, 11-12, 15

What if you could grow closer to God and improve your health in just 21 days? The principles you learn from *The Daniel Fast* will change the way you view food, your body, and your relationship with the one who created you. Participants will receive one or two books and will meet with Fr. Donatello 3 times within the 21 days. If you are interested in following The Daniel Fast please call the office or email Fr. Donatello at [stambrose.office@gmail.com](mailto:stambrose.office@gmail.com) For more information visit [www.daniel-fast.com](http://www.daniel-fast.com) The next meeting will be on Wed, October 23, 2019.



## 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.

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## **Honouring God's Creation Society:**

Join Fr. Donatello if you are interested in changing the world by living a peaceful vegan lifestyle. We will study Scripture, keep up to date with vegan Christian movements, support animal advocacy events, volunteer or visit farm sanctuaries and much more. This group will meet once or twice a month in the evenings during the week. The next meeting will be on Wednesday, October 23, 2019 @ 7:30p.m. in parish hall. Please call the office or email Fr. Donatello to confirm your attendance. [stambrose.office@gmail.com](mailto:stambrose.office@gmail.com)  
Our Plant-Based option for Thanksgiving Meal! Try this recipe:

## **VEGAN LENTIL SOUP**

### **Ingredients**

2 tbsp. extra-virgin olive oil  
2 carrots, peeled and diced  
2 celery stalks, diced  
1 small onion, diced  
3 cloves garlic, minced  
2 tsp. cumin  
1 tsp. coriander  
1/4 tsp. crushed red pepper flakes, plus more if desired  
kosher salt  
Freshly ground black pepper  
1 14-oz. can diced tomatoes, with juices  
10 oz. lentils  
2 tsp. fresh thyme  
4 c. vegetable broth  
4 c. baby spinach

### **Directions**

In a large pot over medium-high heat, heat olive oil. Add carrots, celery, and onion and cook until beginning to soften, 5 minutes. Add garlic, cumin, coriander, and red pepper flakes, and cook 1 minute, stirring constantly, then season with salt and pepper. Add tomatoes, lentils, thyme and vegetable broth and bring to a boil. Reduce heat, cover partially, and simmer until lentils are tender and soup has thickened, 20 minutes. (If most of liquid has been absorbed, add in 1/2 to 1 cup more water.) Stir in spinach and continue cooking until wilted, 2 minutes, then season with salt and pepper.

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

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



## **ANNUAL BAZAAR**

**Saturday, October 26<sup>th</sup>, 9:30am to 3:00pm and Sunday, October 27<sup>th</sup>, 10:00am to 1:00pm.** On our **WISH LIST** we are in need of Jewellery and jewellery boxes. There will be 2 large gift bags at each entrance of the church to accept these donations. You can bring your **baked goods** into the church hall on Friday, October 25<sup>th</sup> from 12:00noon until 8:00pm. Our **WISH LIST** for baked goods are Banana Loaves, Pies, and Vegan desserts. **PLEASE SPECIFY IF THE PRODUCT CONTAINS NUTS.** Many thanks for your continued support. **The Bazaar Committee.**



**THANK YOU!** The Good Shepherd Ministries' would like to thank you for your generosity towards the Thanksgiving Food Drive.