

St. Ambrose Catholic Church

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Fr. Donatello Iocco, Pastor

Let us be thankful ...

Let us be thankful for

the blessings we receive.

Let us be thoughtful of others.

Let us remember dear and close friends.

Let us have faith in tomorrow.

Let us live life as a Golden Rule.

Let us find sunlight through the clouds.

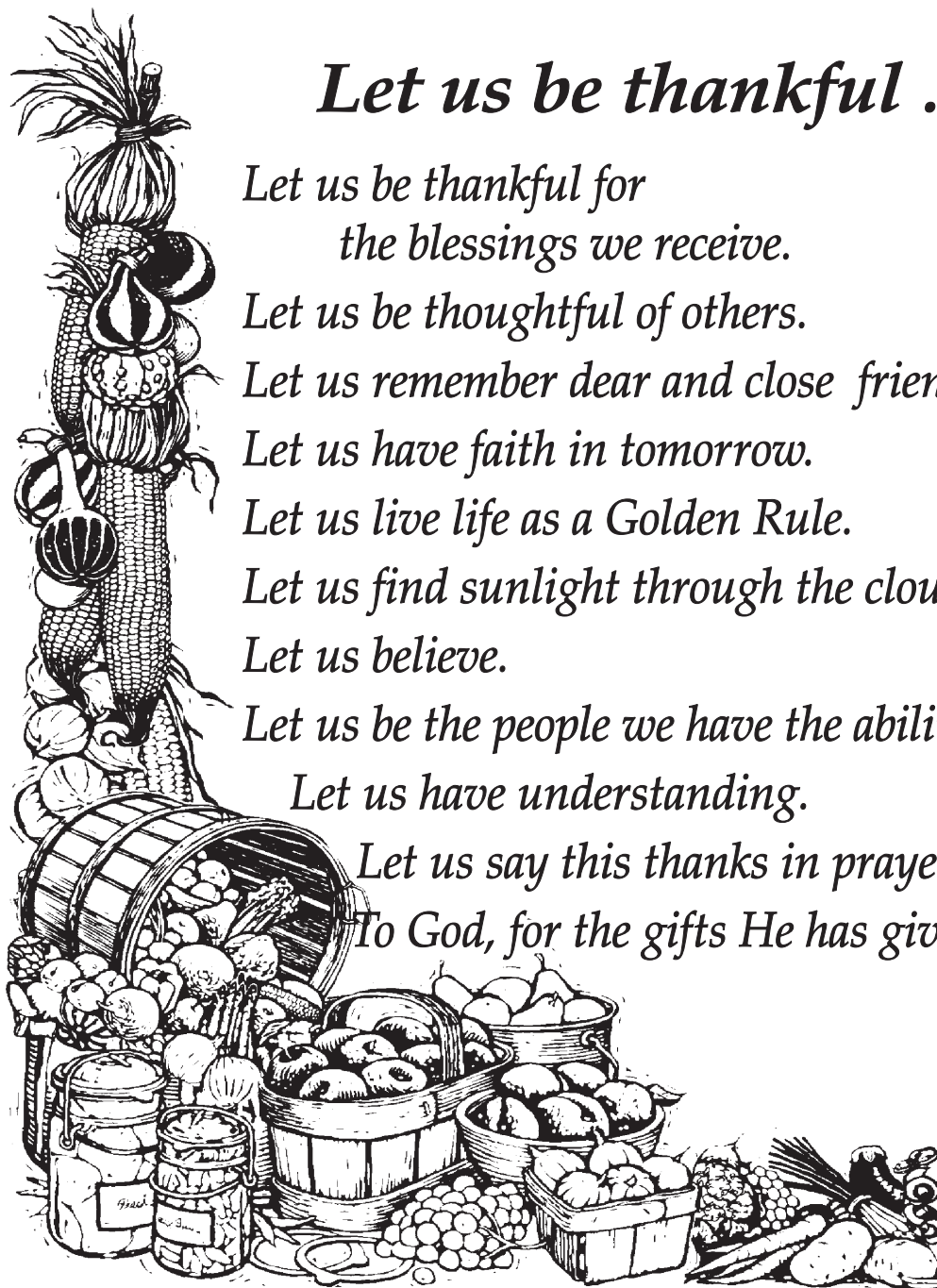
Let us believe.

Let us be the people we have the ability to be.

Let us have understanding.

Let us say this thanks in prayer

To God, for the gifts He has given.



TWENTY-EIGHTH SUNDAY IN ORDINARY TIME Oct 10, 2021



<i>Mon Oct 11</i>		<i>Sat Oct 16</i>	
<i>8:00 am</i>	For the Unborn	<i>4:30 pm</i>	+Marcin Rasiewicz (Wife & Son's & Family)
			+Joe Andrezza (Andrezza Family)
<i>Wed Oct 13</i>			
<i>8:00 am</i>	+Carmela Checchia (Lucia DiFranco)		+Martiniana Nunuez (Gloria & Bernie Buenaventura)
		<i>Sun Oct 17</i>	
<i>Thurs Oct 14</i>		<i>9:00 am</i>	
<i>8:00 am</i>	For the Poor		Pro Populo
<i>Fri Oct 15</i>			
<i>8:00 am</i>	+Gabriel Michael Galante (Grandparents Krystyna & Matt Merwart)	<i>11:00 am</i>	+Aires & +Maria Viveiros (Manuel & Maria Costa)



The Sanctuary Lamp burns for 7 days in honour of St. Anthony



The parish office will be closed on Monday, October 11, 2021 for Thanksgiving Holiday and will re-open on Wednesday, October 13, 2021. 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.



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Ideas for a Delicious Plant-Based Meal **Vegan Burrito**

Ingredients

For the black beans and corn:

1 can black beans
1 can sweet corn
1 teaspoon paprika powder
1/2 teaspoon smoked paprika powder
1 teaspoon cumin
2 teaspoons fresh lime juice
2 green onions, cut into rings
1/2 cup freshly chopped cilantro
salt, to taste
black pepper, to taste

For the filling:

1 cup guacamole (homemade or store-bought)
1 cup salsa (homemade or store-bought)
3/4 cup vegan sour cream
1/2 cup vegan shredded cheese
3 cups shredded lettuce
3 cups cooked brown rice (seasoned with salt and 1 teaspoon of cumin)
6 large flour tortillas (use gluten-free ones if needed)

Instructions

Drain and rinse the black beans and the corn. In a medium bowl, combine them with the paprika powder, cumin, smoked paprika powder, lime juice, salt, and pepper. Add the chopped green onions and the fresh cilantro and stir well.

Lay a tortilla down flat on a plate. Add some rice in the center of the tortilla. Then add some of the bean corn salad on top. Next comes some salsa, lettuce, vegan cheese, vegan sour cream, and avocado. If you want you could also sprinkle some red pepper flakes on top.

Fold in the sides and then roll the burrito up and wrap it in foil. Then cut it into half with a sharp knife. Enjoy!

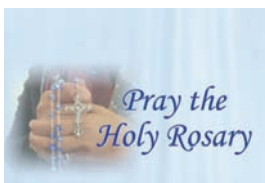
How to Go Vegan? The Best resources for Fun and Easy Transition:

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



Project Rachel at St. Mary of Egypt Refuge

Project Rachel is a ministry of healing for adults who are suffering from an abortion experience in the past. For further information, contact St. Mary of Egypt Refuge in confidence, at 289-691-6840, or by e-mail projectrachel@stmarysrefuge.org. Our web page is www.stmaryrefuge.org/rachel.



INVITATION TO PRAY THE ROSARY

Honour Our Blessed Mother in the Month of October and pray the Rosary with your friends and parish family on Saturday, October 16, 2021 at 12:30pm on the front lawn of St. Ambrose Church. Our Rosary will be joined by 1,000 across Canada. All are invited from youngest to the eldest. Dress warmly as the wind is cold. This prayer will be in memory of the last apparition of Mother Mary to the 3 children in Fatima 1917.



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