

SECOND SUNDAY IN ORDINARY TIME Jan 15, 2023

MASS INTENTIONS

Mon Jan 16		Sat Jan 21	
8:00 am	+Manuel Linsao (Erlinda Linsao)	4:30 pm	+Stan & +David Ritchie (Mary Ritchie)
			+John Charles Neal (Family)
Wed Jan 18			
8:00 am	For the Poor	Sun Jan 22	
		9:00 am	+Pavel, +Stefania & +Anna Pavlovski (Jack & Kristina Sitarski)
			+Jan & +Teresa Sitarski (“ “)
Thurs Jan 19			
8:00 am	Pro Populo		+Maria Filippa Trigiani (Filomena Fazzari)
Fri Jan 20			
8:00 am	Willie & Joe Gombar – Living Intention (Betty DeBlois)	11:00 am	+Giuseppe & +Filomena Zita (Lucy Passarelli & Family)



SACRAMENT OF FIRST HOLY COMMUNION:

Dear Parents, If your child is celebrating their 1st Holy Communion in 2023 there will be a **Mandatory Meeting & Registration drop off with payment on Saturday, February 25th at 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1st Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register please go to our website at www.stambroseparish.com click on School **Sacrament of 1st Holy Communion will be celebrated on Saturday, June 10, 2023 at 10:30am.**



St. Ambrose Children Liturgy Invitation

All children between 3 and 8 years old are invited to the children's liturgy, which will run in the church basement on the **first and third week** of the month between **January 15 and June 18, 2023 at 11:00am.** For the other weeks, handouts which contain weekly reading and take-home activity will be available at the church entrance for pick up at the 11 am Mass. Registration is required to ensure we prepare enough activities and handouts for all attendees. We also welcome volunteers for the preparation or during the children's liturgy. Please contact st.ambrosechildrenliturgy@gmail.com for more information and registration. **St. Ambrose Children's Liturgy Committee**



Ideas for a Delicious Plant-Based Meal

VEGAN PANCAKES

Ingredients

1 ½ cups all purpose flour
1 tbsp baking powder
½ tsp salt
2 tbsp sugar
1 cup of milk (soya, almond, oat or coconut)
½ cup of water
2 tbsps canola oil

Instructions

In a large bowl, whisk together the flour, baking powder, salt and sugar. Pour the milk, water and oil into the bowl with the dry ingredients, and stir with a large spoon until just combined. A few lumps are okay; do not over mix or your pancakes won't be as fluffy. Heat a large griddle or pan over medium-high heat. Grease the pan with vegan butter or coconut oil, and drop about 1/3 cup of the batter onto it. Cook until bubbles form, then flip and cook until golden brown on the other side, about 1-2 minutes. Repeat with all the remaining batter. Serve with vegan butter, pure maple syrup and perhaps some fresh fruit.

How to Go Vegan? The Best resources for Fun and Easy Transition:
<https://www.kinderworld.org/how-to-go-vegan?>



NEW BEGINNINGS

New Beginnings ministers to those who have suffered a loss through separation, divorce or bereavement. Online Drop-In Bereavement Support Session **January 25, 2023 @ 7:00 pm** Register at: <https://nbbd01.eventbrite.ca> For more information please contact: Arcangelo Limanni, MRE alimanni@cfstoronto.com (647) 215-3978. Share discussions with others in a safe, welcoming and non-judgmental online forum. **Topic: January Grief: Looking back and Looking beyond Moderator: Arcangelo Limanni, MRE**

Online Drop-In Separated/Divorced Support Session **January 26, 2023 @ 7:00 pm** Register at: <https://nbsdd01.eventbrite.ca> For more information please contact: Arcangelo Limanni, MRE alimanni@cfstoronto.com (647) 215-3978. **Topic: January Grief: Looking back and Looking beyond Moderator: Arcangelo Limanni, MRE**



TCDSB Kindergarten Registration

Wednesday, January 25, 2022 – 10 a.m. Kindergarten in the Toronto Catholic District School Board provides children with a variety of learning experiences in a caring, faith-based environment. Students develop a positive attitude about themselves and others, become more independent and responsible, develop self-regulation skills and appropriate social skills, and solve problems. TCDSB looks forward to welcoming new students for the 2023-2024 school year. Children born in 2019 are eligible to attend Junior Kindergarten in September 2023. **REGISTRATION:** SOAR.tcdsb.org **FOR MORE INFORMATION:** www.tcdsb.org/kindergartenregistration