

THIRD SUNDAY IN ORDINARY TIME Jan 22, 2023

MASS INTENTIONS

Mon Jan 23		Sat Jan 28	
8:00 am	+Cipriana Costelo (Gloria & Bernie Buenaventura)	4:30 pm	+Felicia & +Francesco DeCotiis (Family)
	Lynnore & Rafaelito Moreno		+Geraldine Baylon (The Neal Family)
	Living Intention – (Betty DeBlois)		+Tony Ancona (Maria Ancona & Family)
Wed Jan 25		Sun Jan 29	
8:00 am	For the Poor	9:00 am	+Palmerino DeLuca (DeLuca Family)
			+Anna Gennaro (DeLuca Family)
Thurs Jan 26			+Giovanina DeLuca (Mira DeLuca)
8:00 am	Pro Populo		+Margherita Attanasio (Family)
			+Pavel, +Stefania & +Anna Pavlovski (Jack & Kristina Sitarski)
Fri Jan 27			+Jan & +Teresa Sitarski (“ ”)
8:00 am	For the Unborn	11:00 am	For the Parishioners of St. Ambrose



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 from January until 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 No Bake Cookies with Tahini**

Ingredients

3 tablespoons tahini
¼ cup cocoa powder
5 tablespoons coconut oil
5 tablespoons maple syrup
1 teaspoon vanilla extract
½ teaspoon cinnamon
1 pinch salt
1 cup rolled oats
Flaked sea salt, for garnish
Sesame seeds, for garnish (optional)

Instructions

Line a 12-cup muffin tin with cupcake liners.

In a glass measuring cup, place the tahini, cocoa powder, coconut oil, maple syrup, vanilla extract, cinnamon and salt. Microwave 20 seconds, then stir until full combined and smooth but not hot. Stir in the rolled oats.

Spoon about 2 tablespoons each into the cupcake liners and spread if necessary to make flat cookies in the bottom of the cups. Top with sesame seeds and flaked sea salt. Freeze for 20 minutes. Store refrigerated or frozen. Keep refrigerated as close as possible to serving.

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

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



CTK Lakeshore Youth Ministry - What is EDGE and LifeTeen?

A Catholic Youth Ministry for the young people in the Etobicoke area. **EDGE:** for grades 6-8, **LifeTeen:** for grades 9-12 Friday nights from 6:00pm-10:00pm (bi-weekly) **Cost:** FREE (Dinner provided)

Email: ctklakeshoreyouth@gmail.com Edge and LifeTeen are Catholic youth ministry programs. They provide a safe and fun place for youth to find solid Catholic community, to get answers to their questions about the faith, and most importantly, to experience Jesus in a profound and personal way. Our programming speaks to the physical, psychological, cognitive, relational and spiritual maturation of the youth. The resources present Catholic teaching in a way that young people can understand.



Mary, Mother of God School - Now Registering for 2023/2024

Have you heard of Mary, Mother of God School? We are an affordable private school (Grades K-12), deeply rooted in the Catholic tradition with a special devotion to Our Lady located in the Roncesvalles/Parkdale area. We have an excellent academic program, a dynamic and joyful student life, and small classes where each student is known and loved. **We are now interviewing for September 2023:** please visit our website at www.marymotherofgodschool.org or call us at 416-531-7897.