

# FOURTH SUNDAY IN ORDINARY TIME January 28, 2024

## MASS INTENTIONS

<b>Mon Jan 29</b>		<b>Sat Feb 3</b>	
<b>8:00 am</b>	+Treyes Rubrico (Willie & Joe Gombar)	<b>4:30 pm</b>	+Joseph MacDonald (Marilyn MacDonald & Family)
			+Michele Cotoia (Annette Cotoia & Family)
<b>Wed Jan 31</b>			
<b>8:00 am</b>	For the Poor	<b>Sun Feb 4</b>	
		<b>9:00 am</b>	+Giuseppe & +Domenic Sabatino (Giovanna Sabatino & Family)
<b>Thurs Feb 1</b>			
<b>8:00 am</b>	+Antonio DiFranco (Lucia DiFranco) +Donato Dalessia ( “ “ )		+Pavel. +Stefania & +Anna Pavlovski +Jan & +Teresa Sitarski (Family) +For all the Deceased Members of St. Ambrose Church
<b>Fri Feb 2</b>			
<b>8:00 am</b>	Penny & Jake DeBlois – Living Intention (Family)	<b>11:00 am</b>	+Bruce Grantier (Sharon Grantier & Family)



**SACRAMENT OF CONFIRMATION: Dear Parents,** As part of their catechism preparation children who will be receiving the Sacrament of Confirmation are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at [www.stambroseparish.com](http://www.stambroseparish.com) **Sacrament of Confirmation will be celebrated on May 18, 2024 @ 11:00am.**



**SACRAMENT OF FIRST HOLY COMMUNION: Dear Parents,** If your child is celebrating their 1<sup>st</sup> Holy Communion in 2024 there will be a **Mandatory Meeting + Registration drop off with payment on Saturday, February 24, 2024 @ 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1<sup>st</sup> Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at [www.stambroseparish.com](http://www.stambroseparish.com) **Sacrament of 1<sup>st</sup> Holy Communion will be celebrated on Saturday, April 27, 2024 @ 10:30am.**



## **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.



**Are you a senior? Do you need help with phone calls or a ride to get your medication, grocery shopping, doctors appointments, church, family/friends house...if so please call the parish office 416-251-8282.**



## **Idea for a Delicious Plant-Based Meal** **Creamy Spinach Pasta (Vegan)**

### **Ingredients**

Pasta of choice (use gluten-free if desired)  
Spinach  
Onion  
Garlic  
Chickpeas or other beans  
Oil or Vegetable broth  
Hummus  
Nutritional Yeast (optional)  
Lemon juice

### **Instructions**

Start by boiling a large pot of water and follow the instructions on the package to cook 4 servings of pasta (al dente). At the same time, prepare the spinach by rinsing them, cutting the onions thinly and mincing the garlic to your liking.

Next, drain and rinse a can of chickpeas and leave to the side.

While cooking the pasta, separately heat up a large non-stick pan with oil, and add in the onions and garlic to saute for a couple of minutes. You can also add any other vegetables like mushrooms or peppers based on your preference or what you have available at home.

Add in the spinach and mix together to wilt and then add in hummus and nutritional yeast (optional). This will create the mixture of the pasta sauce.

Strain the pasta and save ½ cup of the pasta water. Add in the pasta to the pan along with a small splash of pasta water and mix everything together. Add more pasta water as needed and cook for a couple more minutes.

Turn the heat down, and mix in the can of chickpeas and lemon juice. Add salt and pepper to taste. And enjoy your vegan spinach pasta!

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