

St. Ambrose Catholic Church

Fr. Donatello Iocco, Pastor



Mission Statement:

In Christ we are all things, He is everything to us. If you have wounds to heal, He is a physician; if fever scorches you, He is a fountain. Would you punish evil doing, He is justice, If you need help, he is strength; if you fear death, He is life; if you hunger, He is food.

- St. Ambrose

MASS TIMES

Sunday Liturgy
Saturday (Vigil) 4:30 pm
Family Mass with Youth Choir
Sunday 9:00 am Cantor & Organ
11:00 am Choir & Organ

Daily Mass

Monday-Friday 8:00 am (no Mass Tuesdays)

Devotions

Holy Hour Eucharistic Adoration
First Friday 8:30 am - 9:30 am
"Can you not watch an hour with me?" Matthew 26:40
Holy Rosary Monday - Saturday 7:30 am
Divine Mercy Chaplet Monday - Saturday 8:30 am
Devotion to Our Lady of Perpetual Help
Wednesdays 8:45 am

BECOME A FRIENDLY VISITOR!

Under the direction of the pastor, Friendly Visitors serve those in the parish and surrounding community who are in need of social interaction. Must attend a 1 day training session when available.

PARISHIONERS

Please contact the parish office to update address/phone #s or to volunteer in ministries.

Office Hours: Mon, Wed, Thurs, Fri 10 am - 3 pm
Closed Tues, Sat, Sun

New Parishioners

Welcome! To register please call the office or email rose@stambroseparish.com.

SACRAMENTS

Reconciliation

Saturday: 3:45-4:15 pm (or by appointment)

Marriage

Couples wishing to arrange a wedding are required to contact the parish 1 year in advance and must be registered parishioners. The date needs to be confirmed with the pastor. A Marriage Preparation Course is required and can be taken at any parish. Request for Marriage forms are found on the parish website. Please contact the parish office for more information.

Sacrament of Baptism

People seeking Baptism for their children must be registered in the parish for at least three months, and must speak to the Pastor after Mass. Baptism is celebrated every 3rd Sunday of the month. Baptism forms are found on the parish website.

Sacrament of the Sick and Care for the Elderly & Shut-ins

For the Anointing of the Sick please call the parish office to arrange a visit by the Priest. Those confined to their homes by illness, infirmity or age, who would like to receive Communion contact the office.

Religious Instruction

Sacramental Preparation is offered to all registered and active parishioners. Information is provided through bulletin and pulpit announcements.

PARISH MINISTRIES

Extra-Ordinary Ministers of the Eucharist, Lectors, Lay Pastoral Visitors, Friendly Visitors, Greeters, Ushers, St. Ambrose Choir and Youth Choir, Catholic Women's League, Knights of Columbus & Honouring God's Creation Society

WE WELCOME YOU TO JOIN US!



FOURTH SUNDAY IN ORDINARY TIME January 31, 2021

MASS INTENTIONS

<i>Mon Feb 1</i>		<i>Sat Feb 6</i>	
<i>8:00 am</i>	For the Poor	<i>4:30 pm</i>	+Manuel Korth (Maria Korth)
			+Jose & +Rosa Simas & Deceased Families (Maria Korth)
<i>Wed Feb 3</i>		<i>Sun Feb 7</i>	
<i>8:00 am</i>	For The Unborn	<i>9:00 am</i>	Willie & Joe Gombar Living Intention (Betty DeBlois & Family)
			Ida Ver & Family - Living Intention
<i>Thurs Feb 4</i>			
<i>8:00 am</i>	Pro Populo		Noli & Virginia Gutierrez “ “
			Gloria & Anthony Ferlaire & Fam “ “
			(Linsao Family)
<i>Fri Feb 5</i>		<i>11:00 am</i>	Lynnore & Rafaelito Moreno
<i>8:00 am</i>	For the Lonely & Afraid		Living Intention (Betty DeBlois & Fam)
			Penny & Jake DeBlois
			Living Intention (Betty DeBlois & Fam)
			+Gerry Laffradí (The St. Ambrose Lakeshore Lodge Spiritual Care Team)



The Sanctuary Lamp burns for 7 days in memory of Leon Ralph Piedalue



The Marian Lamp burns for 7 days in memory of Leon Ralph Piedalue



Fourth Sunday in Ordinary Time - January 31, 2021

Pray to know how God wants to use your talents and abilities. Could it be He is calling you to consider priesthood, religious life or diaconate? If God is calling you to be a priest, religious, or permanent deacon, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto** at **416-968-0997**. Email: vocations@archtoronto.org www.vocationstoronto.ca



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FOURTH SUNDAY IN ORDINARY TIME January 31, 2021



Ideas for a Delicious Plant-Based Meal Kale Quinoa Salad with Apples and Chickpeas

Ingredients

3 cups cooked Quinoa (1 ¼ cup dry)
1 tablespoon fennel seeds
1 tablespoon coriander seeds

1 bunch Lacinato Kale, de-stemmed, cut into one-inch pieces
2 teaspoons olive oil
pinch of salt
1 bunch flat leaf Italian parsley, rinse and finely chop
1 large apple, chopped into small bite sized pieces.
2 scallions, chopped
1 ½ cups chickpeas, (15 ounce can, drained and rinsed, if using canned)
⅓ cup dried currants
1 ½ teaspoons lemon zest (about 1 medium lemon)
*Fennel and Coriander are both amazing for supporting the digestive system.

Vinaigrette:

⅛ cup lemon juice
⅛ cup apple cider vinegar, plus more to taste
1 tablespoon vegan maple syrup
1 teaspoon miso paste white, red or brown
¼ teaspoon smoked paprika
1 teaspoon salt
¼ teaspoon black pepper
⅛ cup extra virgin olive oil

Instructions

Get quinoa cooking and cool to room temperate. (Quinoa can also be made ahead of time and refrigerated until ready to use.)

Make the vinaigrette: whisk all ingredients together, except the oil, in a small bowl, then slowly drizzle in the olive oil while whisking.

Toast fennel and coriander seeds in a cast iron skillet (or any pan will do) and give them a few stirs until they just start to give off their lovely fragrance, about 30 seconds. Grind with mortar and pestle or spice grinder. Rinse and pat dry kale leaves and remove ribs and stems. Place in a large bowl and add the 2 teaspoons olive oil and a pinch salt. Rub the salt and oil in the leaves with your hands to tenderize the kale. Add the cooled quinoa, parsley, apple, scallions, chickpeas, currants, lemon zest and ground spices to the bowl with the kale and toss gently with the vinaigrette.

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

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

TO ALL PARISHIONERS:

St. Ambrose Parish will be open only for prayer from Monday through Friday from 7:00am - 11:00am and on Sundays from 8:00am – 10:30am. Closed on Tuesdays and Saturdays. Confession by appointment only. Please call the office at 416-251-8282. **Since there is no public mass, Fr. Donatello will be celebrating Sunday Mass Live Stream on YouTube. Subscribe to St. Ambrose Toronto channel. Mass will be celebrated on Sundays at 11:15a.m.** For more information and the link to the YouTube channel please



visit our website at **stambroseparish.com**



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