

FIFTH SUNDAY IN ORDINARY TIME Feb 5, 2023

MASS INTENTIONS

| Mon Feb 6 | | Sat Feb 11 | |
|--------------------|---|-------------------|--|
| 8:00 am | +Antonio DiFranco (Lucia DiFranco) +Donato D'Alessio (" ") | 4:30 pm | +Linda Marinos (Family) +Jose Simas (Maria Korth) For Deceased & Living Members of the Simas Family |
| Wed Feb 8 | | | +Souls in Purgatory (Maria Korth) +Rosina Marchese (Family) |
| 8:00 am | +Emilio Alcaraz (Family) | | |
| | | Sun Feb 12 | |
| Thurs Feb 9 | | 9:00 am | +Rosamaria & +Antonio Cirelli (Emma Cirelli & Family) +Rosanna Farace (Antonio Farace & Family) |
| 8:00 am | For the Poor | | |
| Fri Feb 10 | | | |
| 8:00 am | Pro Populo | 11:00 am | +Francesca DeMarco (Daughter) |
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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 Schools. **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. The next liturgy is on **Sunday February 5 at 11 am. Registration is required by Tuesday January 31** to ensure we prepare enough activities and handouts for all attendees. For the other weeks, handouts which contain weekly reading and take-home activity will be available at the church entrance before each mass (including Saturday afternoon). Please contact st.ambrosechildrenliturgy@gmail.com for more information and registration.



CWL REMINDER

Ladies wishing to become a member of the Catholic Women's League, please note dues are now \$30.00. Please place an envelope in the collection plate marked "CWL DUES" with your name clearly visible. Thank you to those members who have already renewed.



Ideas for a Delicious Plant-Based Meal

Vegan Pesto Pasta

Ingredients

300g pasta of choice
2 Courgettes (Zucchini) sliced
4 large tomatoes grated
2 handfuls of cherry tomatoes sliced
30g kalamata olives (cut in half)
3 tbsp capers + 1 tbsp brine
4 cloves garlic finally chopped
Extra Virgin Olive Oil
Vegan Parmesan Cheese
Salt & Pepper to taste

Pesto

30g toasted pine nuts
2 garlic cloves
Large handful of basil
Juice of one lemon
3 tbsp olive oil
Dash of water
Salt & Pepper to taste

Instructions

-Roast the courgette (zucchini) for 200c for 15-20 mins with olive oil, salt & pepper. Fry the grated garlic and both types of tomatoes in oil with salt and pepper for 5 mins. Then add the olives, capers and brine. Meanwhile, cook the pasta and add a cup of the cooking water to the pan.

-For the pesto, lightly blend all the ingredients into a paste. Add the pasta to the sauce and mix well, then plate the pasta and add dollops of pesto and sprinkle with vegan parmesan cheese.

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.