

# 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](mailto: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!



# FIFTH SUNDAY OF LENT March 21, 2021



<i>Mon Mar 22</i>		<i>Sat Mar 27</i>	
<i>8:00 am</i>	<i>For the Poor</i>	<i>4:30 pm</i>	<i>For the Parishioners of St. Ambrose</i>
<i>Wed Mar 24</i>		<i>Sun Mar 28</i>	
<i>8:00 am</i>	<i>For the Unborn</i>	<i>9:00 am</i>	<b>+Don Kennedy (Family)</b>
			<b>+Georgette Van Uffelen (Gloria Buenaventura &amp; Family)</b>
<i>Thurs Mar 25</i>			
<i>8:00 am</i>	<i>Pro Populo</i>		<b>+Ruzbey Mistri (Betty DeBlois &amp; Family)</b>
<i>Fri Mar 26</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<i>For the Lonely &amp; Afraid</i>		<b>Norma Palma &amp; Family - Living Intention (Manuel Linsao &amp; Family)</b>
			<b>Manuel Linsao – Living Intention (Family)</b>



## Fifth Sunday of Lent - March 21, 2021

Unless a seed first dries out and dies, it cannot be planted in the earth to grow. Unless we die to our selfish ways, we cannot expect to be people who will “lay down their lives for their friends”. If you think God is calling you to lay down your life as a priest, religious or deacon for His Church, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto** at **416-968-0997**. Email [vocations@archtoronto.org](mailto:vocations@archtoronto.org)  
[www.vocationstoronto.ca](http://www.vocationstoronto.ca)



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### TO ALL PARISHIONERS:

Please note public masses has resumed with a capacity of 15% (55 people inside the church including Fr. Donatello and volunteers.) However, **Fr. Donatello will still Live Stream on Saturdays at 4:30pm on Youtube. Subscribe to St. Ambrose Toronto channel.** For more information and the link to the YouTube channel please visit our website at [stambroseparish.com](http://stambroseparish.com)

## FIFTH SUNDAY OF LENT March 21, 2021

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### **Ideas for a Delicious Plant-Based Meal** **VEGAN FISH FILLETS MADE WITH MUSHROOMS**

#### **Ingredients**

##### **FOR THE FISHLESS FILETS:**

300g oyster mushrooms (or white shimeji)  
1/2 cup of all-purpose flour (or rice flour)  
1 teaspoon of salt  
1 tablespoon of lemon juice  
1 teaspoon of kelp powder or nori powder (optional)  
1/4 cup all-purpose flour for coating the fishless filets  
Vegetable oil for frying

##### **TARTAR SAUCE:**

1 cup vegan mayo  
1½ tbsp sweet pickle relish or finely minced pickles and a pinch of sugar  
1 tbsp minced onion  
2 tbsp lemon juice or vinegar  
Salt and pepper to taste.  
Mix all the ingredients together until well combined.

##### **Instructions**

Shred the oyster mushrooms and add them to the food processor along with the salt, kelp, and lemon, pulse it 3 or 4 times, scrape the sides and pulse it twice more.  
Add the flour, pulse it 3 times, scrape the sides if necessary, pulse it twice more.  
Make the shapes you prefer then coat them with the flour,  
Add a layer of Glad cling wrap to a plate, place the files filets to the plate and put in the freezer for at least 20 minutes  
Remove the fishless filets from the freezer and immediately fry them in hot oil, 3 minutes per side on medium heat.  
Serve it with lemon wedges and your favorite sauce!

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

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



### **HOLY WEEK & EASTER SCHEDULE 2021** **LENTEN CONFESSION**

**SATURDAY, MARCH 27 FROM 3:00PM-4:15PM**

**WEDNESDAY, MARCH 31 FROM 11:00AM-12:00PM**

#### **HOLY THURSDAY – April 1**

**No 8:00am Mass**

**7:30pm Mass and Adoration until 10:00pm**

#### **GOOD FRIDAY – April 2**

**No 8:00am Mass**

**12:00pm & 3:00PM**

#### **HOLY SATURDAY VIGIL MASS – April 3**

**No 8:00am Mass**

**Only 4:30 Vigil Mass**

#### **EASTER SUNDAY – APRIL 4**

**9:00am & 11:00am**

#### **EASTER MONDAY – APRIL 5**

**8:00am Mass**





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