

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!



SIXTH SUNDAY IN ORDINARY TIME February 14, 2021



<i>Mon Feb 15</i>		<i>Sat Feb 20</i>	
<i>8:00 am</i>	<i>For the Poor</i>	<i>4:30 pm</i>	<i>For the Parishioners at St. Ambrose</i>
<i>Wed Feb 17</i>		<i>Sun Feb 21</i>	
<i>8:00 am</i>	<i>For The Unborn</i>	<i>9:00 am</i>	<i>+Domenico Maraio (Maria Ancona)</i>
			<i>+Nieves Kiamco (Betty DeBlois)</i>
<i>Thurs Feb 18</i>			<i>+Maria Trigiani (CWL)</i>
<i>8:00 am</i>	<i>Pro Populo</i>		<i>+Dorothy Stewart (Family)</i>
		<i>11:00 am</i>	<i>+Carmelo Barillaro (Family)</i>
<i>Fri Feb 19</i>			<i>+Gerry Laffradi (Mary O'Connor)</i>
<i>8:00 am</i>	<i>+Dorothy Stewart</i>		<i>Gani & Lily Umali & Corazon</i>
			<i>Biscocho & Family – Living Intention</i>
			<i>(Manuel Linsao & Family)</i>



The Sanctuary Lamp burns for 7 days in honour of St. Anthony



The Marian Lamp burns for 7 days in memory of Rosina Marchese



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TO ALL PARISHIONERS:

St. Ambrose Parish is 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 is 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

SIXTH SUNDAY IN ORDINARY TIME February 14, 2021



Ideas for a Delicious Plant-Based Meal

Vegan Pumpkin Nuggets

½ Hokkaido pumpkin (2 cups/280g pumpkin chunks)
1 tablespoon olive oil for the pan

Ingredients for the batter

½ cup all-purpose flour
½ cup water
¼ teaspoon salt

Ingredients for the breading

½ cup panko flakes
½ cup fine breadcrumbs
½ teaspoon salt
¼ teaspoon paprika powder
1 teaspoon dried rosemary

Instructions

Cut the pumpkin in half. Spoon out the seeds. Cut them into rings. Peel them using a veggie peeler. Then cut them into chunks.

Boil the pumpkin in a pot with water until they get softer (approx. 10 mins), they shouldn't be mushy. Strain and drain the boiled pumpkin bites. Let them cool off.

Mix the ingredients for the batter in own bowl.

In another bowl, mix the ingredients for the breading.

Dip them into the batter first, then toss them in the breadcrumbs until they are evenly coated.

Heat a pan with olive oil, and pan-fry the pumpkin pieces over medium to high heat on each side until they are nicely golden brown. Let them cool off a bit before serving. Serves 2.

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

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



FAITH CORNER – THE LIVES OF THE SAINTS

Saint Angela was born to a family of farmers in Lombard, Italy the fifth of six children. While still exceptionally young, she witnessed the death of her older brother and three sisters, and shortly thereafter, both her parents. She and her surviving sister became wards of her uncle.

Not much is known concerning the rest of her childhood except that she was a pious child and was fascinated by stories of Saint Ursula. The deaths of her family members obviously came as a great shock to her. One day, she received a vision from her beloved older sister, and decided to consecrate her life to God. She followed a life of extreme austerity, modeled after the life of Saint Francis, taking no possessions as her own and living entirely as vegetarian--consuming only bread, vegetables and water. After the death of her uncle, when Angela was but twenty-two of age she took it upon herself to educate the poorer children of the town. She gathered together the little girls of the neighborhood and gave them regular and systematic instructions. This work that started humbly began to flourish, and soon, the leading families of the town brought their daughters to her for education. Her works of charity became widely recognized throughout the city. Angela recognized that these young women of poverty would be forced into the most menial of services, prostitution, or begging. To remedy this, she began by setting up refuges for these poor women who had not found husbands. Then she created homes for them, run by older matrons, often widows, to protect them. Finally, she made sure that neither the younger women were exploited sexually, nor the older women exploited financially. Although Angela had her ardent supporters, she also had many enemies. Through all her trials, she held firm in her commitment to educate and protect the young women of her city as if they were her own. In 1535, she, and twenty-eight other young women, consecrated themselves to the service of God. She placed these women under the protective blessing of Saint Ursula, the patroness of medieval universities who was venerated as a leader of women. Hence evolved the name Ursulines for her followers, the name under which her Order was born. Going about in her Franciscan habit, she became a well-respected figure, known for her compassion toward all in need, her belief in non-violence toward all creatures, her physical austerities, her devout religious convictions, and her life saving assistance to all women in need.

Mystics, Ascetics & Monks – Dr. Holly Roberts



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