

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!



NINETEENTH SUNDAY IN ORDINARY TIME August 7, 2022

MASS INTENTIONS

Mon Aug 8		Sat Aug 13	
8:00 am	Elizabeth Rocca – Living Intention (Luisa Freitas)	4:30 pm	+Rocco Tantalo (Family)
	Living Intention – In Thanksgiving to		+Oriana Baker (Ester Furtado)
	Our Lady of Perpetual Help for Betty		+Antonio DiFranco (Lucia DiFranco)
	DeBlois		+Paul Stewart (Family)
Wed Aug 10		Sun Aug 14	
8:00 am	+Paul Stewart (Family)	9:00 am	+Palmerino DeLuca (Domenic & Maryanne Zita)
	+Visitacion & +Tomas DeBlois (Family)		+Verna Belanger (Rosemary lamundo)
Thurs Aug 11			
8:00 am	Bella Rocca – Living Intention (Elizabeth Rocca)		+Carmine Romano (Michele Romano & Family)
			+Letizia & Ergolo Vento (Family)
Fri Aug 12			
8:00 am	John DeBlois – Living Intention	11:00 am	+Antonio Mignano (Family)
	In Thanksgiving & Good Health (Betty DeBlois)		Liz Rybka (Living Intention)



START SPREADING THE NEWS THE BAZAAR IS BACK!! ST. AMBROSE ANNUAL MINI BAZAAR October 1, 2022

Dear Parishioners of St. Ambrose. Our mini bazaar will be only be a one day event. As in the past we rely on donations from the parish for items for the various tables. **PLEASE NOTE NO COMPUTERS, MAGAZINES, FURNITURE, CLOTHING OR BOOKS! We ARE STILL GOING TO BE FOLLOWING, The Health and Safety Guidelines set by Toronto and Ontario.** Items donated can be brought on **WEEKENDS ONLY IN MANAGEABLE BOXES & BAGS**, this will help volunteers sorting and pricing of items ahead of time. Donations only on these three weekends: Saturday, Aug 13th & Sunday, Aug 14th, Saturday, Aug 20th & Sunday Aug 21st and Saturday, Aug 27th & Sunday, Aug 28th, Drop off Time on Saturdays from 2:00pm-5:00pm and on Sundays from 8:00am-12:00noon. We will be giving you updates and progress in future bulletins and pulpit announcements. Thank you from The Bazaar Convener, Marg Gombita.



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 or go to our website.



Ideas for a Delicious Plant-Based Meal **Banana Cranberry Cookies with Raisins**

Ingredients

1 cup Whole Wheat or Spelt Flour
3 cups Rolled Oats (oatmeal - quick oats)
2 cups Raisins
4 tsp. Cinnamon, ground
4 Bananas
2 cups Cranberries
8-10 Dates, pitted

Instructions

Place the whole wheat or spelt flour in a mixing bowl. Add the rolled oats and cinnamon and mix well to evenly disperse the cinnamon. Add the raisins and mix together to make sure that the raisins are not sticking together and that each is coated with the flour mixture.

In a high speed blender, place the peeled bananas, cranberries and dates. Cover and run the blender at high speed until the contents are creamy smooth.

Add the banana cranberry mixture to the dry ingredients and mix thoroughly. If the cookie dough is too stiff, rinse out the blender with a little water and add to the cookie dough and mix together until the cookie dough is the proper consistency to allow a tablespoon to stand upright in the dough without immediately falling, and that the dough can be formed into heaping tablespoon clumps.

Preheat the oven to 350 degrees F. Sprinkle the cookie sheet with a light coating of rolled oats, and place the cookie dough on top of the rolled oats in mounded heaping tablespoon-sized clumps so that there are 24 nearly equal sized cookies on the baking sheet, and slightly flatten out the cookies with the back of the tablespoon.

Bake for 20 minutes. Remove the baked banana cranberry cookies from the oven and let them cool on a plate. Serve and Enjoy!

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

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

<https://www.all-creatures.org/what-to-eat.html>



ST. AUGUSTINES'S SEMINARY

Join Us in Celebrating the Feast of St. Augustine

Visit the Seminary! **Tuesday, August 30th, 2022 from 4:00pm – 8:00pm.** Parish groups & families are welcome! Join a guided tour, meet seminarians, explore the Seminary grounds, and enjoy the BBQ for all registered guests! If you have any questions, please email Chere MacLean at chere.maclean@staugustines.on.ca **Registration required by August 15, 2022** at staugustines.on.ca/news-events \$25.00 per person, \$60.00 family rate (2 adults + kids), \$200.00 group rate (10 people) St. Augustine's Seminary of Toronto,

2661 Kingston Rd., Scarborough, ON Phone: 416-261-7207, ext. 357

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