

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!



CORPUS CHRISTI Sunday, June 6, 2021



<i>Mon Jun 7</i>		<i>Sat Jun 12</i>	
<i>8:00 am</i>	For the Unborn	<i>4:30 pm</i>	For the Poor
<i>Wed Jun 9</i>		<i>Sun Jun 13</i>	
<i>8:00 am</i>	Lily & Isagani Umali-Living Intention <i>(Betty DeBlois & Family)</i>	<i>9:00 am</i>	+Antonio Mignano (Family) +Antonio Testa (Family) +Franco & +Giuseppe Caronchia <i>(Maria Caronchia)</i>
<i>Thurs Jun 10</i>		<i>11:00 am</i>	
<i>8:00 am</i>	For the Lonely & Afraid	+Angelo, Manuel & Gloria Garcia <i>(Maria Garcia)</i>	
<i>Fri Jun 11</i>		Rosemarie Tyson & Family	
<i>8:00 am</i>	Pro Populo	Living Intention (Friends) In honour of St. Anthony <i>(Maria Korth & Family)</i>	



Solemnity of the Body and Blood of Christ - June 6, 2021

Receiving Eucharist is a real sign of unity in our Church. God nourishes us with the "Bread from Heaven" if we have ordained priests to celebrate the Liturgy. If you feel the inclination 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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SUMMER RETREAT – SACRED HEART OF JESUS

NEWMAN CENTRE CATHOLIC MISSION 89 St. George Street, Toronto

Saturday, June 26, 2021 | 10:30 am -12:00 pm LIVE WEBINAR Presented by Fr Jacques Philippe Registration: <https://summer2021retreat.eventbrite.ca> All are welcome. (Suggested offering \$10 per person)



Ideas for a Delicious Plant-Based Meal

VEGAN BIG MAC

Ingredients

1 Beyond Meat burger [4 oz]
1/8 tsp salt distributed per patty side
1/4 tsp pepper distributed per patty side
1/4 tsp garlic powder distributed per patty side
1/8 white onion chopped
1/4 cup iceberg lettuce shredded
1-2 dill or sour dill pickles sliced
1 piece vegan Cheddar cheese

Special Sauce

1/4 cup vegan mayo
1 tbsp sweet dill or dill relish
1 tsp maple syrup
1 tsp onion powder
1 tsp apple cider vinegar
2 tbsp vegan ketchup
1/8 tsp salt
1 1/2 sesame seed buns 1 top and 2 bottoms

Instructions

Prepare special sauce by adding all ingredients into a bowl. Mixing well together until sauce turns light orange and refrigerate. Can be refrigerated for up to 3-4 days.

Prepare all the vegetables by chopping onions, vegetables and cucumbers if need be.

Take 1 Beyond Beef patty and cut it in half.

Using a fork mold the patties into thinner, smaller patties. Top with garlic powder, salt and pepper.

Bring it over to a non-stick pan (if you use a regular pan, you may want to add a drop of oil) and put the seasoned side down. Then add the remaining seasonings to the same side.

Cook for 3-4 minutes per side until brown. Flip once so each side gets cooked. Extra oil is really not required as there already is a lot of oil in the Beyond Meat patties. If using a different patty with less oil you may want to add a dot of oil.

Once the patties are cooked turn off pan and remove one patty. Add a piece of vegan cheese to the patty to lightly melt and add the buns into the pan to lightly toast.

Assemble the burger according to a Big Mac. Start by taking one bottom bun and spreading some special sauce. Add lettuce, the vegan cheese, a patty and some onion. Add the second bottom bun, you may need to cut this in half depending on how thick it is. Spread special sauce, lettuce and pickles. Then add the remaining patty, top with more onion and finally the top bun. You may need to squish the burger down a bit.

Pair with fries if you like and enjoy! 1 Serving.

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

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



CORPUS CHRISTI – June 6, 2021

Living the Gospel by supporting the Deaf community

ShareLife funded agencies have been working on the front line of the Covid-19 pandemic. One of them, Silent Voice, has been continuing to offer programs in ASL (American Sign Language) to the Deaf community. "You are indeed agents of change, enabling Silent Voice to provide entirely accessible programming, in ASL, that open the world to vulnerable Deaf adults, youth, children, and their families." — *Kelly MacKenzie, Silent Voice* **Sunday, June 20 is the next ShareLife Sunday. Please give generously.**



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