

St. Ambrose Catholic Church

782 Brown's Line, Toronto ON M8W 3W2

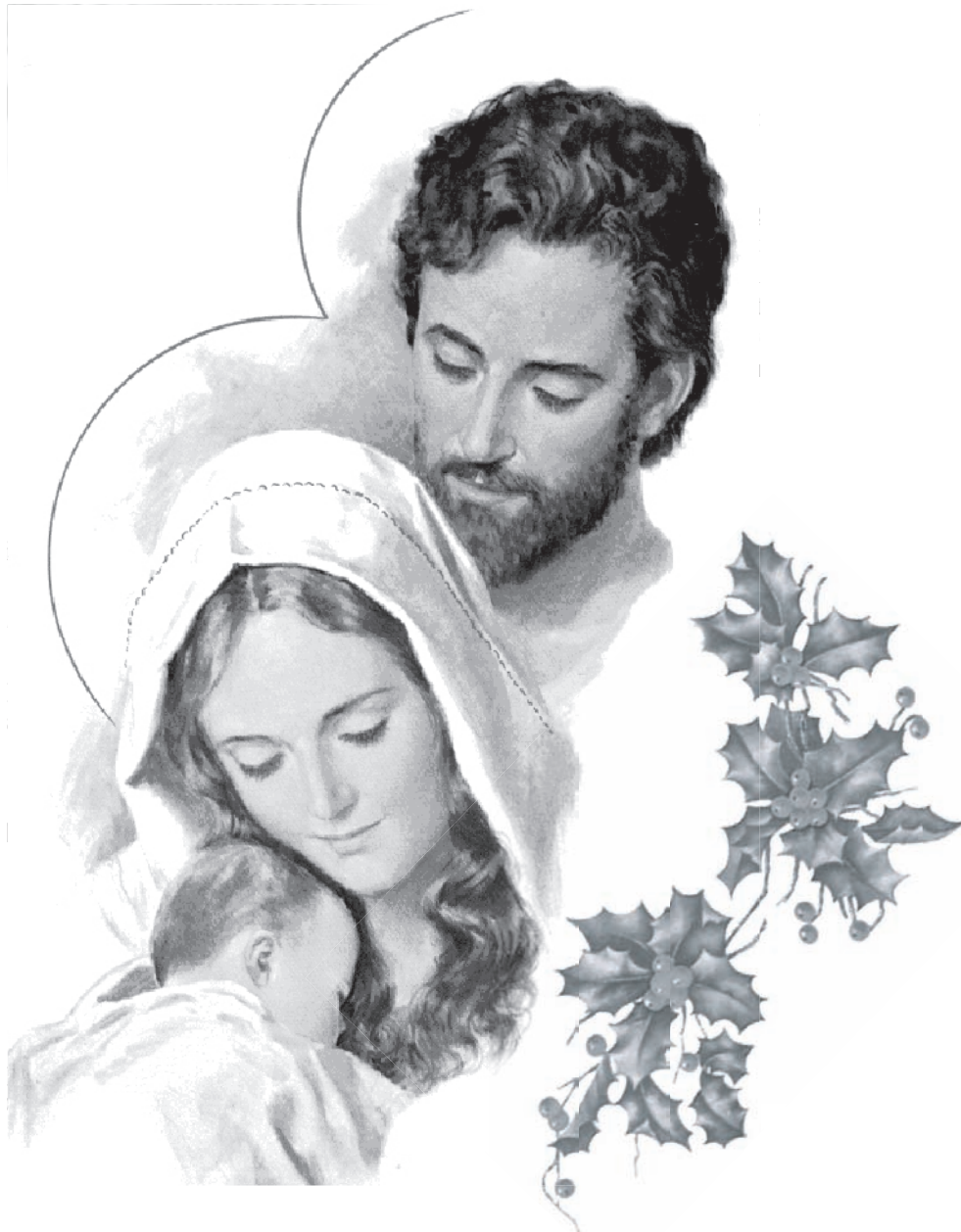
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Fr. Donatello Iocco, Pastor



Feast of the Holy Family

THE FEAST OF THE HOLY FAMILY December 26, 2021



<i>Mon Dec 27</i>		<i>Sat Jan 1</i>	
<i>8:00 am</i>	Jake & Penny DeBlois (Living Intention)	<i>9:00 am</i>	Pro Populo
	Willie & Joe Gombar (Living Intention)	<i>11:00 am</i>	Pro Populo
	<i>(Betty DeBlois)</i>		
	+Manuel Linsao (Family)		No 4:30 pm Mass
<i>Wed Dec 29</i>			
<i>8:00 am</i>	+Antonella Zita Papatheodorou	<i>Sun Jan 2</i>	
	<i>(St. Louis Staff)</i>	<i>9:00 am</i>	Pro Populo
	+Manuel Linsao (Family)		
<i>Thurs Dec 30</i>			
<i>8:00 am</i>	Joe & Willie Gombar (Living Intention)		
	<i>(Betty DeBlois)</i>		
<i>Fri Dec 31</i>			
<i>4:30 pm</i>	+Duarda Lindo (Family)	<i>11:00 am</i>	Pro Populo

ATTENTION PARENTS:



First Holy Communion: If your child is in grade 2 and receiving their First Holy Communion there will be a **Mandatory Information meeting and drop off Registration form with payment on Saturday, January 8, 2022 at 10:00am.** First Holy Communion mass: **Saturday, May 28, 2022 Time:**

TBA

Confirmation: If your child is in grade 7 and receiving their Confirmation there will be a **Mandatory Information meeting and drop off Registration form with payment on Saturday, December 11, 2021 at 10:00am.** Confirmation mass: **Saturday, June 4, 2022 at 10:00am.**

As part of their catechism preparation children who will be receiving the sacraments of **First Holy Communion and Confirmation are required to attend Sunday 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 Forms and download Registration Form. Also, please read attached letter. **Please type all information, hand written forms are not accepted.**



Pope Francis has launched the Synod on Synodality: a two-year global process of listening to the faithful that will help the Church reflect on how we can do God's will in the world today. The comments of the faithful will ultimately be discussed at a meeting of the bishops in the Vatican in 2023.

To learn more about the Synod on Synodality and to share your thoughts, please visit: www.archtoronto.org/synodality.

THE FEAST OF THE HOLY FAMILY December 26, 2021



Ideas for a Delicious Plant-Based Meal Black Bean Burgers

Main Ingredients:

2 cans black beans, rinsed and drained
1 onion, minced
3 cloves garlic, minced
2 carrots, shredded
½ cup quick-cook oats (50 g)
1 tablespoon soy sauce

Recommended seasoning

1 teaspoon cumin
½ teaspoon coriander
½ teaspoon chili powder
¼ teaspoon cayenne pepper
salt, to taste
pepper, to taste

Preparation

Heat one tablespoon of olive oil in a pan. Combine onions, garlic, salt, and pepper and cook until onions are translucent.

Add carrots, and seasonings of choice until carrots are tender. Remove pan from heat.

In a bowl, mash the beans and then add the contents of the pan along with the soy sauce and quick oats.

Mix and form four patties. Place in freezer for 30 minutes to set.

Cook patties on a pan coated in cooking spray over medium heat, flipping halfway.

Use patties to create your dream veggie burger. Serves 4 Enjoy!

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

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



Solemnity of Mary, Mother of God

Friday, Dec 31, 2021

4:30pm Vigil Mass

No 8:00am Mass

Saturday, Jan 1, 2022

9:00am & 11:00am

No 4:30pm Mass



HAPPY NEW YEAR!

May the blessing of our Lord be upon you in the New Year 2022! May God bless you and your family. *Fr. Donatello Iocco*



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