

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!



SEVENTH SUNDAY IN ORDINARY TIME February 20, 2022



<i>Mon Feb 21</i>		<i>Sat Feb 26</i>	
<i>8:00 am</i>	<i>For The Unborn</i>	<i>4:30 pm</i>	+David Furtado (Family)
			+Carmelo Barillaro (Family)
			+Rubenio Agonoy (Family)
			+Elizabeth O'Connor (Catholic Women's League)
<i>Wed Feb 23</i>			
<i>8:00 am</i>	Bella Rocca – Living Intention		
	In Thanksgiving for Prayers Received	<i>Sun Feb 27</i>	
	(Filippo Rocca)	<i>9:00 am</i>	+Mario Filice (Family)
<i>Thurs Feb 24</i>			
<i>8:00 am</i>	For the Sick		
<i>Fri Feb 25</i>		<i>11:00 am</i>	
<i>8:00 am</i>	Pro Populo		Pro Populo



The Sanctuary Lamp burns for 7 days in memory of Clarence and Carmel Goff



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



Seventh Sunday in Ordinary Time - February 20, 2022

The Lord Calls us to do God's Will. Pray that you may know God's Will in your life; especially, if you have the inclination that you are being called to the ordained or consecrated life. If God is calling you, to be a priest, religious or deacon, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997.

Email: vocations@archtoronto.org www.vocationstoronto.ca



Ideas for a Delicious Plant-Based Meal Lemon Asparagus Pasta

Ingredients

spaghetti of choice (around 200g)
2 tbsp. olive oil
1 tbsp. vegan butter
1 medium-sized red onion, minced
2 garlic cloves, minced
1 head of asparagus, cut into 1 inch pieces
1 tsp. sea salt
1/2 tsp. black pepper
zest of 1 lemon, around 1 tbsp.
Juice of 1 lemon
1/2 cup nutritional yeast
1/4 cup reserved pasta water

Instructions

Cook spaghetti as per instructions on the package, salt the boiling water.

In a large pan, heat olive oil and butter on medium-low heat, until the butter is melted. To the pan, add the onions and garlic and cook for 5 minutes or until tender and translucent.

To the pan, add the asparagus, salt, and pepper. Stir until combined and cook for another 5 minutes until asparagus becomes more tender. Now, add the lemon zest and juice. Stir and place the lid on the pan for 2 minutes.

To the pan, add the cooked pasta, nutritional yeast, and reserved pasta water. Stir until perfectly creamy, adding more pasta water as desired to reach your favorite consistency. Serves 4 people, around 200g)

Enjoy!

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

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



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, February 26th at 10:00am.** First Holy Communion mass: **Date and Time: TBA**

Confirmation: Confirmation mass: **Saturday, June 4, 2022**

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.**



FAMILY DAY

The office will be closed for Family Day on Monday, February 21, 2022. Wishing everyone a safe and wonderful long weekend.



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