

# 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](mailto: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!



## FIFTH SUNDAY OF EASTER May 2, 2021

# MASS INTENTIONS

<i>Mon May 3</i>		<i>Sat May 8</i>	
<i>8:00 am</i>	<b>For The Poor</b>	<i>4:30 pm</i>	<b>+Harry Kilty (Tolentino Family)</b>
<i>Wed May 5</i>			
<i>8:00 am</i>	<b>For The Lonely &amp; Afraid</b>		
		<i>Sun May 9</i>	
		<i>9:00 am</i>	<b>+Franco &amp; +Giuseppe Caronchia (Maria Caronchia)</b>
<i>Thurs May 6</i>			
<i>8:00 am</i>	<b>Pro Populo</b>	<b>+Alba Rizzuti (Family)</b>	
		<b>+Gus Rinella (Family)</b>	
		<b>+Margherita Attanasio (Family)</b>	
<i>Fri May 7</i>			
<i>8:00 am</i>	<b>For the Unborn</b>	<i>11:00 am</i>	<b>+Lurdes Costa (Manuel &amp; Maria Costa)</b>
		<b>+Maria Viveiros ( “ ” )</b>	
		<b>+Bernard Araullo (Sonny &amp; Beth Udasco)</b>	



**The Sanctuary Lamp burns for 7 days  
in memory of Pietro Fuoco**



### **Fifth Sunday of Easter – May 2, 2021**

Our second Scripture reading reminds us that we are to love, not in word and speech only, but in truth and action. If God is calling you 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](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)



### **ST. AMBROSE FORMED**

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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](http://www.stambroseparish.formed.org) or go to our website.

## FIFTH SUNDAY OF EASTER May 2, 2021

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### Ideas for a Delicious Plant-Based Meal

## Lentils and Rice with Caramelized Onions

### Ingredients

4 medium cloves garlic, smashed and peeled  
2 bay leaves  
1 tablespoon ground cumin  
1 ¾ teaspoons fine sea salt, divided  
Freshly ground black pepper  
5 cups water  
1 cup brown basmati rice (regular, not quick-cooking), rinsed and drained  
1 cup regular brown or green lentils\*, rinsed and drained  
⅓ cup extra-virgin olive oil  
2 medium-to-large yellow onions, halved and thinly sliced  
½ cup thinly sliced green onions (1 bunch), divided  
½ cup chopped fresh cilantro or flat-leaf parsley, divided  
Oat milk, for serving  
Spicy sauce, for serving (optional) chili-garlic sauce or even sriracha

### Instructions

In a large Dutch oven or soup pot, combine the garlic, bay leaves, cumin, 1 ½ teaspoons of the salt and about 20 twists of freshly ground black pepper. Add the water and bring the mixture to a boil over medium-high heat.

Once boiling, stir in the rice and reduce the heat to medium. Cover and cook, stirring occasionally and adjusting the heat as necessary to maintain a controlled simmer, for 10 minutes.

Stir in the lentils and let the mixture return to a simmer. Cover again, reduce the heat to medium-low, and cook until the liquid is absorbed and the rice and lentils are tender, about 20 to 23 minutes.

Meanwhile, warm the olive oil in a large (12-inch) skillet over medium-high heat. When it's warm enough that a slice of onion sizzles on contact, add the remaining onions. Stir to combine.

Stir only every 3 minutes or so at first, then more often once the onions at the edges of the pan start browning. If the onions are browning before they have softened, turn down the heat to give them more time. Cook until the onions are deeply caramelized and starting to crisp at the edges, about 20 to 30 minutes. In the meantime, line a large plate or cutting board with a couple paper towels.

Using a slotted spoon or fish spatula, transfer the onions to the lined plate and spread them evenly across. Sprinkle the remaining ¼ teaspoon salt over the onions. They'll crisp up as they cool.

When the lentils and rice are done cooking, drain off any excess water (if there is any) and return the mixture to the pot, off the heat. Lay a kitchen towel across the top of the pot to absorb steam, then cover the pot and let it rest for 10 minutes.

Remove the lid, discard the bay leaves, and smash the garlic cloves against the side of the pan with a fork. Add about ¾ths of the green onions and cilantro, reserving the rest for garnish. Gently stir and fluff the rice with a fork. Season to taste with additional salt and pepper, if necessary.

Transfer the rice and lentil mixture to a large serving platter or bowl. Top with the caramelized onions and the remaining green onions and cilantro. Serve hot, warm or at room temperature, with the spicy sauce (optional) on the side. Serves 4

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

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

### TO ALL PARISHIONERS:



Please note: due to the new restrictions, public masses are temporarily cancelled. The church will remain open for private prayer only: Monday, Wednesday, Thursday & Friday from 7:00am-12:00pm and on Sunday from 8:00am-10:30am. Closed on Tuesdays and Saturdays. The office will be closed, please call or email for assistance.

**Phone:** 416-251-8282 **Email:** [rose@stambroseparish.com](mailto:rose@stambroseparish.com). However, **Fr. Donatello will be celebrating Sunday Mass Live Stream on Youtube. Subscribe to St. Ambrose Toronto channel. Mass will be celebrated on Sundays at 11:00am.**

For more information please visit our website at [stambroseparish.com](http://stambroseparish.com)





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