

# FIRST SUNDAY OF ADVENT November 29, 2020



<b>Mon Nov 30</b>		<b>Sat Dec 5</b>	
<b>8:00 am</b>	<i>For the Unborn</i>	<b>4:30 pm</b>	<i>Health &amp; Blessings to Children (Parents)</i>
<b>Wed Dec 2</b>		<b>Sun Dec 6</b>	
<b>8:00 am</b>	<i>Sara Fuoco-Living Intention (Family)</i>	<b>9:00 am</b>	<i>+Carmela &amp; +Graziano Abbruzzese (Family)</i>
<b>Thurs Dec 3</b>			
<b>8:00 am</b>	<i>For the Poor</i>		<i>+Luigi Franchin (Tony Russo &amp; Family)</i>
			<i>+Tony &amp; +Rosamaria Cirelli (Emma Cirelli &amp; Family)</i>
<b>Fri Dec 4</b>			
<b>8:00 am</b>	<i>For the Lonely &amp; Afraid</i>	<b>11:00 am</b>	<i>Pro Populo</i>



## **First Sunday of Advent - November 29, 2020**

The season of Advent calls us to be vigilant in anticipation of the Master's return so that we live each day according to the teachings of Christ. Could God's "particular task" for you be a call to a Church vocation? If you think 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](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)**



## **TO ALL PARISHIONERS:**

St. Ambrose Parish will be open only for prayers on Mondays, Wednesdays, Thursdays and Fridays from 7:00am - 9:00am and on Sundays from 8:00am - 11:00am. Confession by appointment only. Please call the office at 416-251-8282.



**CATHOLIC WOMEN'S LEAGUE** - CWL membership fee of \$20.00 now due. Please place envelope clearly marked "CWL Membership Dues" in the collection plate or contact Pat Bester, Membership Convenor (416) 252-3852. Hope to have all membership dues in by middle of Dec. Thank you for your continued support.

# FIRST SUNDAY OF ADVENT November 29, 2020

---



## **Ideas for a Delicious Plant-Based Meal**

### **CREAMY VEGAN PASTA**

#### **Ingredients**

2½ cups small shell pasta  
1 tablespoon extra-virgin olive oil

1 small yellow onion, chopped  
5 cups broccoli florets, chopped stems, and leaves (keep stems separate)  
¼ cup toasted pine nuts  
lemon wedges, for serving

#### **For the creamy vegan pasta sauce:**

1½ cups [cooked white beans](#), drained and rinsed  
¼ cup vegetable broth, more as needed  
3 tablespoons fresh lemon juice  
2 tablespoons extra-virgin olive oil  
¼ cup nutritional yeast\*  
1 garlic clove, minced  
¼ teaspoon onion powder  
½ teaspoon sea salt  
freshly ground black pepper, to taste

#### **Instructions**

-Make the sauce: In a blender, combine the white beans, broth, lemon juice, olive oil, nutritional yeast, garlic, onion powder, salt, and pepper, and blend until smooth. Set aside.

-Bring a large pot of salted water to a boil. Prepare the pasta according to the instructions on the package, cooking until al dente. Drain and set aside.

-Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the onion and sauté until soft, about 5 minutes.

-Stir in the chopped broccoli stems and cook for another 3 to 5 minutes or until tender. Add the broccoli florets and leaves and a splash of water or vegetable broth. Cover and turn off the heat.

-Allow the broccoli to steam for 2 to 3 minutes or until tender but still bright green. Add the pasta, then stir in ¾ of the sauce, adding more broth if the sauce is too dry.

-Season to taste with more salt, pepper and lemon juice, as desired, and portion into bowls. Divide the remaining sauce onto each bowl. Top with the pine nuts and serve with lemon wedges 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/>**



### **BOOKS WRITTEN BY SAINTS**

**Interior Castle** by Teresa Avila,

**On Christian Doctrine and Practice** by Basil the Great,

**The Confession of Saint Patrick** by St. Patrick,

**The Great Means of Salvation and Perfection (The Ascetical Works, #3)** by Alfonso Maria de Liguori,

**The Art of Dying Well: (or, How to Be a Saint, Now and Forever)** by Robert Bellarmine,

**Ascent of Mount Carmel** by John of the Cross,

**The Place Within: The Poetry of Pope John Paul II** by Pope John Paul II,

**Ephrem the Syrian: Hymns** by Ephrem the Syrian