

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!



FIRST SUNDAY OF LENT February 21, 2021



<i>Mon Feb 22</i>		<i>Sat Feb 27</i>	
<i>8:00 am</i>	For the Poor	<i>4:30 pm</i>	For the Parishioners at St. Ambrose
<i>Wed Feb 24</i>		<i>Sun Feb 28</i>	
<i>8:00 am</i>	For The Unborn	<i>9:00 am</i>	+Violetta Cartaginense (“ “ “”)
<i>Thurs Feb 25</i>			
<i>8:00 am</i>	Pro Populo		+Antonio Falcone (Family)
		+Felicitas Salas (Tolentino Family)	
		+Reynaldo Tolentino (“ “ ”)	
		+Teresita Duran (Ernesto & Sheryl Duran)	
<i>Fri Feb 26</i>			
<i>8:00 am</i>	For the Lonely & Afraid	<i>11:00 am</i>	+Roy Taylor (Family)
		+Maria Trigiani (Gail DSouza & Fam)	
		+Ruth & +Aloysius DSouza	
		(MaryAnne Nigli & Family)	



The Marian Lamp burns for 7 days in memory of Rosina Marchese



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fallen 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 or go to our website.



TO ALL PARISHIONERS:

St. Ambrose Parish is open only for prayer from Monday through Friday from 7:00am - 11:00am and on Sundays from 8:00am – 10:30am. Closed on Tuesdays and Saturdays. Confession by appointment only. Please call the office at 416-251-8282. **Since there is no public mass, Fr. Donatello is celebrating Sunday Mass Live Stream on YouTube. Subscribe to St. Ambrose Toronto channel. Mass will be celebrated on Sundays at 11:15a.m.** For more information and the link to the YouTube channel please visit our website at stambroseparish.com

FIRST SUNDAY OF LENT February 21, 2021



Ideas for a Delicious Plant-Based Meal **Vegan Tuna Salad - Vegan Tuna Melt**

Ingredients

½ cup boiling water

1 tsp kelp flakes

¼ tsp salt

¾ cup TVP crumbles

½ cup vegan mayo

¼ cup finely chopped celery optional

2 tbsp pickle relish optional

vegan cheese like Tofutti or Daiya shreds or slices optional

bread of choice

1 tsp vegan butter optional (for tuna melt)

Instructions

Boil water and pour it into a bowl.

Add the kelp flakes and salt then stir well.

Add the TVP to the water and kelp mixture and stir.

Allow it to sit for about 15 minutes until it absorbs all of the water and cools off.

Add the mayo and mix well.

Add celery and/or pickle relish if desired.

Use as you would tuna salad.

Store unused tuna salad in a sealed container in the refrigerator.

For tuna melt:

Put 2-3 tbsp of tuna salad mixture and vegan cheese of choice between 2 slices of bread.

Spread vegan butter on the outsides of the bread and grill in a skillet on medium low for a few minutes on each side until golden brown and cheese is melted. Serves 6.

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

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



NEW BEGINNINGS

New Beginnings Presents:

Online Drop-In Bereavement Support Session

Share discussions with others in a welcoming, non-judgmental online forum. Topic: Transitional Grief—reflecting on the past year and the present year Facilitator: Arcangelo Limanni, MRE Date & Time: Wednesday, February 24, 2021 @7:00pm Register at: <https://rpyy.eventbrite.ca> or for more information please email: Arcangelo Limanni, MRE alimanni@cfstoronto.com

Online Drop-In Separated/Divorced Support Session

Share discussions with others in a welcoming, non-judgmental online forum. Topic: Transitional Grief—reflecting on the past year and the present year Facilitator: Arcangelo Limanni, MRE Date & Time: Thursday, February 25, 2021 @7:00pm Register at: <https://sdrpyy.eventbrite.ca> or for more information please email: Arcangelo Limanni, MRE alimanni@cfstoronto.com



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