

FIRST SUNDAY OF LENT March 1, 2020



Mon Mar 2		Sat Mar 7	
8:00 am	<i>Pro Populo</i>	4:30 pm	<i>For the Souls in Purgatory</i>
Wed Mar 4		Sun Mar 8	
8:00 am	<i>For the Sick</i>	9:00 am	+Vincenzo Checchia (Family) +Giuseppe & +Franco Caronchia (Maria Caronchia)
Thurs Mar 5		11:00 am	
8:00 am	<i>For the Poor</i>		+Luigia lamundo (Lubelia lamundo) +Lucia & +Vito Roberto (Family) +Perry & +Armando Mazzucco (Family)
Fri Mar 6			
8:00 am	<i>For the Unborn</i>		
Sat Mar 7			
8:00 am	<i>PRO POPULO</i>		



The Sanctuary Lamp burns for 7 days in memory of Ricciotto & Alba Rizzuti

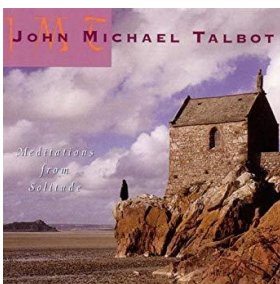


Stations of the Cross will be held every Friday during Lent until Friday, April 3 at 7:00pm



ST. AMBROSE **FORMED**

FORMED on Demand is the revolutionary digital platform that gives you unprecedented access to video-based study programs, feature films, audio presentations and eBooks from the Church's foremost presenters. Whether 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.



"Come away by yourselves to a lonely place, and rest a while." (Mark 6:31) Come to pray in church during Lent on Saturday, February 29, March 14, 21 & 28 from 9:00am to 2:00pm while meditation music by John Michael Talbot plays in the background. Come to spend some time in mediation and solitude.

FIRST SUNDAY OF LENT March 1, 2020



Let's eat Plant-Based for Lent! Discover how eating a whole food plant-based diet can be a life changing experience for Christians. Ideas for Lent! Ratatouille Spaghetti (Vegan + GF)

Ingredients

1 tbsp olive oil
1/2 white onion, diced
3 cloves of garlic, minced
1 medium courgette, zucchini, diced
1/2 aubergine, eggplant, diced
1 red pepper, diced
400 g tin of chopped tomatoes
480 ml boiled water
1 tsp balsamic vinegar
150 g dried gluten-free spaghetti, (I used Explore Cuisine Chickpea Spaghetti)
1 tbsp chopped basil
Salt and pepper, to taste
2 tbsp nutritional yeast flakes, (optional - for a cheesy taste)

Instructions

Heat the olive oil in a frying pan. Add the onions, garlic, courgette, aubergine and peppers. Cook for a few minutes on a high heat until lightly browned.
Add the chopped tomatoes, water, vinegar and spaghetti. Bring to a boil then simmer for 10 minutes until the pasta is cooked and the sauce has thickened.
Stir in the chopped basil and add salt and pepper, to taste. Add the nutritional yeast, if using.
Serve and enjoy!

How to eat Plant-Based? The best resources for Fun and Easy Transition:

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

Catalogue of the Vatican International Exhibition

**The Eucharistic
Miracles
Of the World**

COMING SOON THIS LENTEN SEASON AT ST. AMBROSE PARISH!! Eucharistic Miracles of the World Exhibit Friday, March 27, 2020 9:00am to Sunday, March 29, 2020 2:00pm at St. Ambrose Catholic Church 782 Browns Line, Etobicoke. Please join

us as we host the Vatican approved Eucharistic Miracles of the World Exhibit. The exhibit, which was designed and created by Venerable Carlo Acutis, features panels that each tell the story of a Eucharistic miracle and allow you to "virtually visit" the places where the miracles took place. **PHONE:** 416-251-8282 **WEB:** <http://www.stambroseparish.com/>



GOOD NEWS! MARK YOUR CALENDARS!

The Totus Tuus Summer Camp is returning to St. Ambrose, from August 9-14, 2020 for youth Grades 1-12. More information to follow.