

St. Ambrose Catholic Church

782 Brown's Line, Toronto ON M8W 3W2

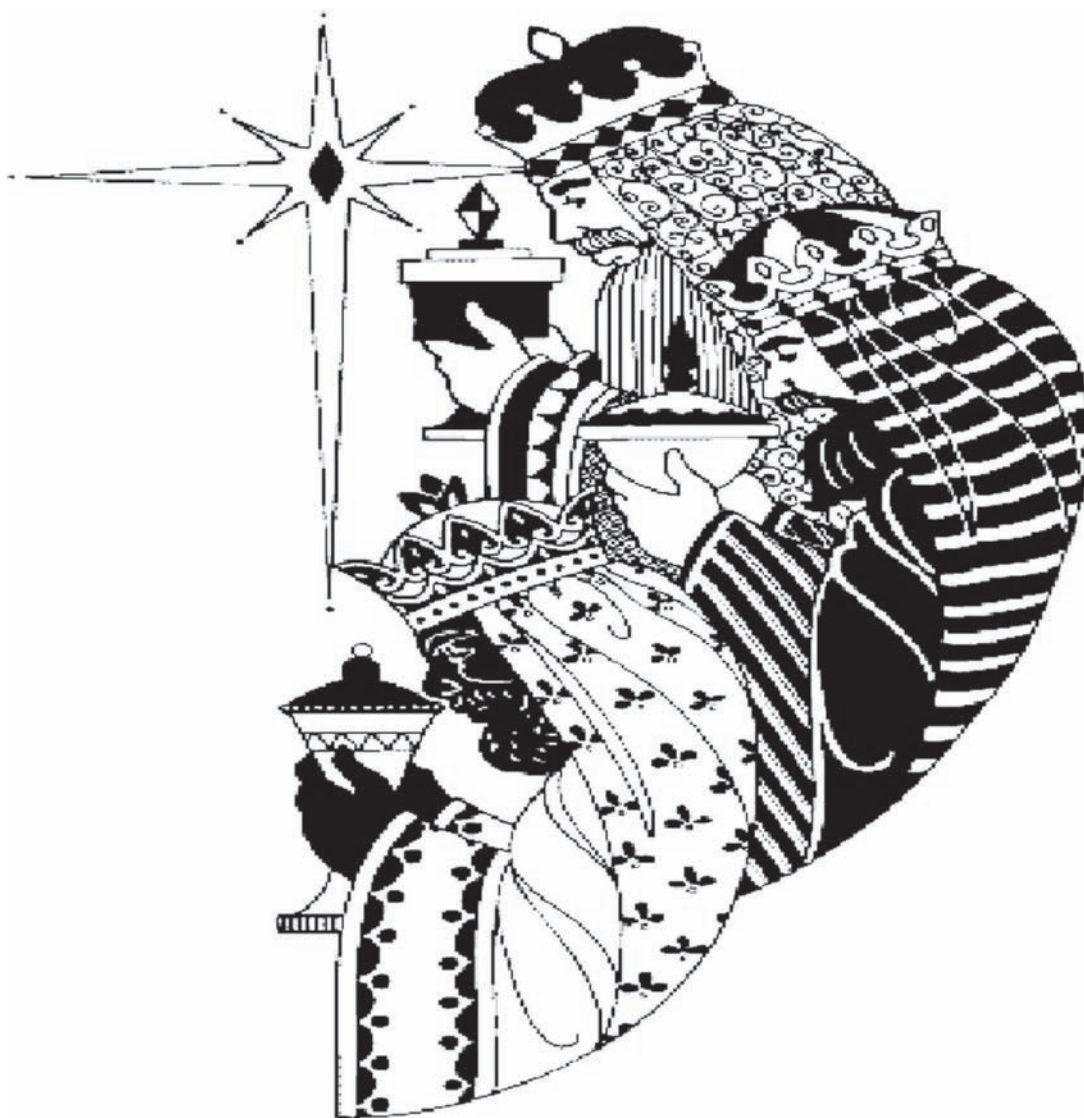
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E-mail: rose@stambroseparish.com, stambrose.office@gmail.com

Fr. Donatello Iocco, Pastor



*Father, You revealed Your Son to the nations
by the guidance of a star. Lead us to
Your Glory in Heaven by the Light of Faith.*

EPIPHANY OF THE LORD January 2, 2022



<i>Mon Jan 3</i>		<i>Sat Jan 8</i>	
<i>8:00 am</i>	<i>Irving DeBlois (Living Intention)</i>	<i>4:30 pm</i>	<i>+Josephine Bondi (Natalie Bondi)</i>
	<i>In Thanksgiving & Better Health</i>		<i>+Lidia Lucente (Family Friends)</i>
	<i>(Betty DeBlois)</i>		<i>+Mario Spagnuolo (Emilia Belmonte & Lisa Kamrath)</i>
<i>Wed Jan 5</i>		<i>Sun Jan 9</i>	
<i>8:00 am</i>	<i>Ted & Terry DeBlois (Living Intention)</i>	<i>9:00 am</i>	<i>+Rosa Simas & Deceased Family Members (Maria Korth)</i>
	<i>(Betty DeBlois)</i>		
<i>Thurs Jan 6</i>		<i>Sun Jan 9</i>	
<i>8:00 am</i>	<i>For the Poor</i>	<i>9:00 am</i>	<i>+Antonella Zita Papatheodorou (Ida Falcone)</i>
<i>Fri Jan 7</i>		<i>Sun Jan 9</i>	
<i>4:30 pm</i>	<i>For the Unborn</i>	<i>11:00 am</i>	<i>+Angelo, +Manuel & +Gloria Garcia (Maria Garcia)</i>
			<i>+Aires & +Maria Viveiros (Manuel & Maria Costa)</i>

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, January 8, 2022 at 10:00am.** First Holy Communion mass: **Saturday, May 28, 2022 Time: TBA**

Confirmation: If your child is in grade 7 and receiving their Confirmation there will be a **Mandatory Information meeting and drop off Registration form with payment on Saturday, December 11, 2021 at 10:00am.** Confirmation mass: **Saturday, June 4, 2022 at 10:00am.**

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. If your child attends Private/Public School please call the office for more information.** To register please go to our website at www.stambroseparish.com click on Forms and download Registration Form. Also, please read attached letter. **Please type all information, hand written forms are not accepted.**

Epiphany of the Lord - January 2, 2022



"On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh." God asks us to give our lives. What treasures have been given to you to share with others in Christ's name? 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

EPIPHANY OF THE LORD January 2, 2022



Ideas for a Delicious Plant-Based Meal Vegan Sweet Potato Shepherd's Pie

Ingredients

Mashed Sweet Potatoes

2 ½ pounds (3 large) sweet potatoes

¾ cup plant milk

2 teaspoons garlic powder

Salt & pepper to taste

¼ cup tasteless coconut oil or vegan butter (optional)

For the Filling:

1 ½ tablespoon olive oil

1 medium white onion, diced

6 cremini mushrooms, diced

3 small stalks celery, diced

2 large carrots, diced

3 cloves garlic, minced

3 tablespoons tamari

2 ½ tablespoons tomato paste

1 400-gram can diced tomatoes

1 ½ cups dry green or brown lentils, soaked overnight

3 cups vegetable broth, divided

1 bay leaf

1 tablespoon corn starch

2 teaspoons fresh rosemary, minced

2 teaspoons fresh thyme, minced

Salt & pepper to taste

Instructions

Mashed sweet potatoes

Bring a large stockpot of salted water to boil. In the meantime, peel your sweet potatoes and roughly chop them into 2 or 3-inch chunks. Once the water is boiling, add the potatoes in and simmer for 15-20 minutes, or until very tender when pierced with a knife.

Drain the potatoes and transfer them back into the pot. Add plant milk, garlic powder, salt, pepper, and vegan butter or tasteless coconut oil (optional for a richer texture).

Mash until smooth, adding more plant milk as needed. Taste and adjust seasonings to your liking. Serves 8.

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

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



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.



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