

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!



FIFTEENTH SUNDAY IN ORDINARY TIME July 10, 2022

MASS INTENTIONS

Mon Jul 11		Sat Jul 16	
8:00 am	<i>For the Poor</i>	4:30 pm	+Manuel Linsao (Lourdes Alcaraz) +Daniel Little Jr (De Angelis-Waghorn Families)
Wed Jul 13		Sun Jul 17	
8:00 am	<i>For the Sick</i>	9:00 am	La Madonna del Carmine (Famiglia Abbrossiane) +Manuel Linsao (Family) +Palmerino DeLuca (Domenic & Maryanne Zita) +Silvio Paoletta (Carmela Paoletta)
Thurs Jul 14			
8:00 am	<i>Pro Populo</i>		
Fri Jul 15			
8:00 am	+Giuseppe & +Maria Farace +Giacomo & +Angela Farace (Antonio & Rosaria Farace)	11:00 am	+Emilio Alcaraz (Family)



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HOSTING A UKRAINIAN FAMILY

If you are interested in supporting the "Parish Sponsorship Program" of a Ukrainian family, please email or call the office. **Email:** rose@stambroseparish.com **or call the parish office at 416-251-8282**



Ideas for a Delicious Plant-Based Meal **Minestrone Soup**

Ingredients

1 tablespoon olive oil
1 large yellow onion, minced
1 celery rib, chopped
1 large carrot, chopped
3 garlic cloves, minced
2 cups shredded cabbage
1 can (14 ounces) diced tomatoes
1 ½ cups cooked or 1 can dark red kidney beans, drained and rinsed
¼ cup pearl barley
¼ cup dried split peas
6 cups of vegetable broth or water
½ teaspoon dried oregano
½ teaspoon dried basil
3 tablespoons chopped fresh parsley
Salt and black pepper to taste

Instructions

-Heat the oil in a large pot over medium heat. Add the onion, celery, carrot and garlic. Cover and cook until softened, about 5 mins. Stir in the cabbage, tomatoes, kidney beans, barley and split peas. Add the broth, oregano and basil and season with salt and pepper.
-Bring to a boil, then decrease the heat to low and simmer, partially covered for 1 hour or longer until the vegetables are tender.
-Taste and adjust the seasonings, if needed. Add a bit more broth if the liquid reduces too much. Just before serving, stir in the parsley. Serves 4 to 6. Enjoy!

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

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



MASS FOR THE FAITHFUL DEPARTED

Our Annual Mass for the Faithful Departed will be celebrated on **Wednesday, August 17, 2022 at 7:00 p.m.** Masses throughout the GTA and Barrie will take place for the souls of the deceased buried at our Catholic Cemeteries. **Assumption Cemetery, Mississauga – Christ the King Cemetery, Markham – Holy Cross Cemetery, Thornhill – Mount Hope Cemetery, Toronto – Queen of Heaven Cemetery, Woodbridge – Resurrection Cemetery, Whitby – St. Mary’s Cemetery, Barrie. IN THE EVENT OF RAIN:** Mass will be held in Our Lady of Fatima Mausoleum at Assumption, Holy Family Mausoleum at Holy Cross, St. Anthony’s Mausoleum at Queen of Heaven and the main Mausoleum at Resurrection Cemetery. Christ the King will celebrate Mass in the Reception Centre. Mount Hope Cemetery to St. Monica’s Parish at 44 Broadway, Toronto and St. Mary’s Cemetery to St. Mary’s Parish, 65 Amelia St, Barrie. For more information contact the cemetery office or the Central Business Office and speak to Amy Profenna at 416-733-8544, ext. 2031 or 1-800-974-4619 or visit our website at catholic-cemeteries.com



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