

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!



SIXTEENTH SUNDAY IN ORDINARY TIME July 17, 2022

15-4

MASS INTENTIONS

<i>Mon Jul 18</i>		<i>Sat Jul 23</i>	
<i>8:00 am</i>	For the Poor	<i>4:30 pm</i>	+Emil Jung (Anna Puzio) +Rocco Tantalo (Family)
<i>Wed Jul 20</i>		<i>Sun Jul 24</i>	
<i>8:00 am</i>	+Bienvenido & +Catalina DeBlois (Betty DeBlois)	<i>9:00 am</i>	+Franco & +Michelina Caronchia (Maria Caronchia)
<i>Thurs Jul 21</i>			
<i>8:00 am</i>	Pro Populo		+Letizia & +Ergolo Vento (Family) +Luisa Verderosa (Anna Filice)
<i>Fri Jul 22</i>		<i>11:00 am</i>	
<i>8:00 am</i>	+Alenka Markez (Family)		+Margaret Lee (Josie & Family)



WE WELCOME INTO OUR CHRISTIAN FAMILY

Emily Marie Vadori daughter of Matthew & Victoria
 Mila Hasiak daughter of Ali & Marlena
 Sophia Charlotte Savo daughter of Christopher & Nicole
 Benjamin Curtis MacKinnon son of Liam & Lauren



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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.



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

SIXTEENTH SUNDAY IN ORDINARY TIME July 17, 2022



Ideas for a Delicious Plant-Based Meal

BANANA COCONUT FRENCH TOAST

A loaf of bread, a ripe banana, and a can of coconut milk. Those are the basic ingredients you need to make this super flavorful vegan french toast.

INGREDIENTS

1 lb loaf crusty French bread cut into $\frac{3}{4}$ slices or toast bread
1 very ripe banana
1 (14 oz) can coconut milk
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
1/2 teaspoon salt
coconut oil

INSTRUCTIONS

- In a container large enough to accommodate a slice or two of bread, mash the banana until its smooth. Add the coconut milk, cinnamon, vanilla extract, and salt and whisk to combine. You want this batter to be as smooth as possible.
- Heat a non-stick skillet over medium heat.
- Dip a slice of bread into the batter and let it soak for a few seconds on each side. Let the excess drip off and then fry it in the skillet until golden and crispy on each side, about 3 minutes per side.
- Repeat with the rest of the bread, adding coconut oil to the skillet as needed.
- Serves 4. Serve with syrup, fresh blueberries, and shredded coconut. Enjoy!

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

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



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Sixteenth Sunday in Ordinary Time - July 17, 2022

We are like Martha. There's plenty to be anxious about but only one thing that is required of us. For five minutes today be like Mary, rest with Jesus and ask Him what He requires of you. 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.vocations.ca



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