

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!



SEVENTEENTH SUNDAY IN ORDINARY TIME July 24, 2022



<i>Mon Jul 25</i>		<i>Sat Jul 30</i>	
<i>8:00 am</i>	+Maria Angela Carrescia (Lucia Di Franco)	<i>4:30 pm</i>	+Rocco Tantalo (Family)
			In Thanksgiving for my Family for Blessings Received (Hilda Silva)
<i>Wed Jul 27</i>			
<i>8:00 am</i>	In Thanksgiving to the Immaculate Heart of Mary for favours received (Joseph MacDonald)	<i>Sun Jul 31</i>	
		<i>9:00 am</i>	+Pavel, +Stefania & +Anna Pavlovski (Jack & Kristina Sitarski)
<i>Thurs Jul 28</i>			+Jan & +Teresa Sitarski (" ")
<i>8:00 am</i>	Pro Populo		+Violanta Muzzillo (Rosa Casaluce & Family)
<i>Fri Jul 29</i>		<i>11:00 am</i>	+Jan & +Maria Puzio (Anna Puzio)
<i>8:00 am</i>	For all Parishioners		



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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.



Seventeenth Sunday in Ordinary Time - July 24, 2022

"Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you." Try it! Then listen, look, and enter. Perhaps priesthood, diaconate or consecrated life awaits 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



Ideas for a Delicious Plant-Based Meal **One Pot Lentil Soup**

Ingredients

½ cup of dried porcini mushrooms, roughly chopped
1 cup of dried brown lentils
1 ½ tbsp chopped rosemary
3 tbsp rapeseed oil
2 large onions, roughly chopped
2/3 cup of baby button mushrooms
4 garlic cloves, finely grated
2 tbsp vegetable bouillon powder
2 large carrots, cut into chunks
3 celery sticks, chopped
Approx. 2 ½ cups of potatoes, cut into chunks
1 cup Lacinato Kale (cavolo nero), shredded

Instructions

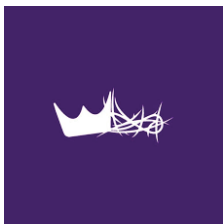
-Cover the mushrooms in boiling water and leave to soak for 10 mins. Boil the lentils in a pan with plenty of water for 10 mins. Drain and rinse, then tip into a pan with the dried mushrooms and soaking water (don't add the last bit of the liquid as it can contain some grit), rosemary and 2 litres water. Season, cover and simmer for 20 mins.

-Meanwhile, heat the oil in a large pan and fry the onions for 5 mins. Stir in the fresh mushrooms and garlic and fry for 5 mins more. Stir in the lentil mixture and bouillon powder, then add the carrots, celery and potatoes. Cover and cook for 20 mins, stirring often, until the vegetables and lentils are tender, topping up the water level if needed.

-Remove any tough stalks from the Kale, then add to the pan and cover and cook for 5 mins more. Serves 4. Enjoy!

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

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



THRONWAY '22

Throneway '22 Renewal Conference Noble Hall, Oakville

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Hosted by: Jesus Youth Ontario & the Archdiocese of Toronto

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