

# 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](mailto: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!



# EIGHTEENTH SUNDAY IN ORDINARY TIME July 31, 2022



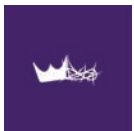
<i>Mon Aug 1</i>		<i>Sat Aug 6</i>	
<i>8:00 am</i>	<b>For the Poor</b>	<i>4:30 pm</i>	<b>+Rocco Tantalo (Family)</b>
<i>Wed Aug 3</i>		<i>Sun Aug 7</i>	
<i>8:00 am</i>	<b>+Miguel Senior &amp; +Candida</b>	<i>9:00 am</i>	<b>+Nick Falcone (Marilyn MacDonald)</b>
	<b>Buenaventura (Gloria &amp; Bernie)</b>		<b>+Giovanni Colantonio (Maria</b>
	<b>Elizabeth Rocca - Living Intention</b>		<b>Colantonio &amp; Family)</b>
<i>Thurs Aug 4</i>			
<i>8:00 am</i>	<b>In Thanksgiving to St. Anthony for</b>		<b>+Franco &amp; +Giuseppe Caronchia</b>
	<b>answered prayers (Joseph MacDonald)</b>		<b>(Maria Caronchia)</b>
<i>Fri Aug 5</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<b>Liz Rybka – Living Intention</b>		<b>+Emilio Alcaraz (Family)</b>
			<b>+Czeslaw Biliniak (Anna Puzio)</b>

## **START SPREADING THE NEWS THE BAZAAR IS BACK!!**



### **ST. AMBROSE ANNUAL MINI BAZAAR October 1, 2022**

Dear Parishioners of St. Ambrose. Our mini bazaar will be only be a one day event. As in the past we rely on donations from the parish for items for the various tables. **PLEASE NOTE NO COMPUTERS, MAGAZINES, FURNITURE, CLOTHING OR BOOKS! We ARE STILL GOING TO BE FOLLOWING, The Health and Safety Guidelines set by Toronto and Ontario.** Items donated can be brought on **WEEKENDS ONLY IN MANAGEABLE BOXES & BAGS**, this will help volunteers sorting and pricing of items ahead of time. Donations only on these three weekends: Saturday, Aug 13<sup>th</sup> & Sunday, Aug 14<sup>th</sup>, Saturday, Aug 20<sup>th</sup> & Sunday Aug 21<sup>st</sup> and Saturday, Aug 27<sup>th</sup> & Sunday, Aug 28<sup>th</sup>, Drop off Time on Saturdays from 2:00pm-5:00pm and on Sundays from 8:00am-12:00noon. We will be giving you updates and progress in future bulletins and pulpit announcements. Thank you from The Bazaar Convener, Marg Gombita.



### **THRONEWAY '22**

#### **Throneway '22 Renewal Conference Noble Hall, Oakville**

A vibrant ministry of Catholic youth dedicated to building a culture of worship through the arts.

**Featuring:** Steadfast Worship Fr. Kevin Belgrave

**When:** Saturday, August 20th, 2:00 - 7:00 PM

**Where:** Noble Hall, 2273 Royal Windsor Dr, Oakville, ON L6J 7V7

**Hosted by:** Jesus Youth Ontario & the Archdiocese of Toronto

**Program:** Social, Praise & Worship, Keynote Speaker, Eucharistic Adoration

**Cost:** \$5.00 **Email:** [contact@throneway.com](mailto:contact@throneway.com) **Facebook & Instagram:** @throneway



## Ideas for a Delicious Plant-Based Meal Bok Choy Broccoli Daikon Mushroom Stir Fry

### Ingredients

4 lbs. Bok Choy  
2 lbs. Onions  
1 lb. Broccoli, florets  
1 lb. Daikon (radish)  
1 lb. Carrots  
1 lb. Mushrooms  
1 lb. Peppers, green bell  
4 Celery, large ribs  
3-4 cloves Garlic (optional)  
3 tbsp. Corn Starch  
1 tbsp. Ginger, ground  
1/4 cup Sesame Seeds  
1/4 cup Soy Sauce  
4-5 Dates, pitted  
1 Chipotle Pepper  
3 cups Brown Rice cooked in 6 cups water

### Instructions

Prepare the bok choy, broccoli, daikon and mushroom stir fry in a large frying pan, which allows us to make enough to make 8 hearty servings over a bed of brown rice. Begin by placing the rice pot on the stovetop with the water, and bring to a boil.

While the water is heating, wash and clean the fresh veggies, remove the seeds and stem from the peppers, and peel the onions, carrots, daikon and garlic.

When the rice water begins to boil, reduce the heat to simmer, add the rice, cover the pot, and simmer until all the water is absorbed into the rice; then turn off the heat.

Cut the veggies into bite-sized pieces, place in pan, crush the garlic and add to the pan, add the ginger, and a little water (1/4 cup) to keep the veggies from burning. Cut the celery and any broccoli stems into julienne strips.

In the container of a high speed blender, place 1 cup water, chipotle pepper, dates, corn starch, sesame seeds, and soy sauce. Cover the container, and run the blender at high speed until the contents are smooth. Stir-fry the veggies until they become tender, but still retain some of their crunchiness.

Lower the heat of the pan to simmer, and add the contents of the blender; continue stir-frying until the sauce thickens, then turn off the heat. Serve over a bed of brown rice and enjoy.

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

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

<https://www.all-creatures.org/what-to-eat.html>



### **ST. AMBROSE FORMED**

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