

# 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!



# THE MOST HOLY TRINITY Sunday, June 12, 2022



<i>Mon Jun 13</i>		<i>Sat Jun 18</i>	
<i>8:00 am</i>	<b>Feast of St. Anthony</b>	<i>4:30 pm</i>	<b>+Melecia Marquez (DaSilva Family)</b>
<i>Wed Jun 15</i>		<i>Sun Jun 19</i>	
<i>8:00 am</i>	<b>For the Unborn</b>	<i>9:00 am</i>	<b>+Antonio Attanasio (Family)</b>
<i>Thurs Jun 16</i>		<b>+Vittorio Nifo (Family)</b>	
<i>8:00 am</i>	<b>+Manuel Linsao (Lourdes Alcaraz)</b>	<b>+Letizia &amp; +Ergolo Vento (Family)</b>	
		<b>+Franco &amp; +Giuseppe Caronchia (Maria Caronchia)</b>	
<i>Fri Jun 17</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<b>For the Poor</b>	<b>+Manuel Santos Costa (Manuel &amp; Aires Viveiros Maria Costa)</b>	
		<b>+Emilio Alcaraz (Family)</b>	



## ALTAR SERVERS

If your child/children are interested in becoming an Altar Server please call the office at 416-251-8282 or go on the website [www.stambroseparish.com](http://www.stambroseparish.com) click on Ministries, fill out the Altar Server Information form and email the office [rose@stambroseparish.com](mailto:rose@stambroseparish.com)



## ST. AMBROSE FORMED

**FORMED** on Demand is the revolutionary digital platform that gives you unprecedented access to video-based study programs, feature films, audio presentations 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](http://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](mailto:rose@stambroseparish.com) **Phone:** 416-251-8282



## Ideas for a Delicious Plant-Based Meal Vegan Banana Pancakes

### Ingredients

1 tablespoon ground flaxseed  
3 tablespoons water  
½ cup mashed banana, about 1 large  
2 tablespoons extra-virgin olive oil, more for brushing  
1 teaspoon vanilla  
¾ cup + 2 tablespoons almond milk or oat milk  
1½ cup whole wheat pastry flour\*  
½ cup oat flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
heaping ¼ teaspoon sea salt  
Maple syrup, banana slices, pecans, for serving

### Instructions

In a large bowl, combine the flaxseed, water, and banana. Mash and stir until well combined. Let the mixture sit for 5 minutes to thicken.

Add the olive oil, vanilla, and almond or oat milk and whisk. Add the flour and sprinkle the baking powder, baking soda, cinnamon, nutmeg, and salt evenly over the top. Stir until all the ingredients are combined, but the batter is still a bit lumpy. The batter will be a bit thick but if it's too thick to scoop, stir in an additional 1 tablespoon almond or oat milk.

Heat a nonstick skillet or griddle to medium heat. Brush the skillet with a little olive oil and use a ⅓-cup measuring cup to pour the batter onto the pan. Use the back of the cup to gently spread the batter a little more. Cook the pancakes until bubbles appear, about 1½ minutes per side, turning the heat to low as needed so that the middles cook without burning the outsides

Serve with maple syrup, sliced bananas, and pecans, if desired.

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

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



### **Mary, Mother of God School**

### **Now Registering for September 2022/2023**

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### **CONFIRMATION**

Congratulations to all the Confirmandi who received their Sacrament of Confirmation on Saturday, June 4, 2022. May the inspiration of the Holy Spirit guide you throughout your lives!

***Fr. Donatello Iocco***



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