

# 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!



# CORPUS CHRISTI Sunday, June 19, 2022

## MASS INTENTIONS

|                     |  |  |  |
|---------------------|--|--|--|
| <i>Mon June 20</i>  |  | <i>Sat Jun 25</i>  |  |
| <i>8:00 am</i>      | <b>Erlina Balamquit – Living Intention</b><br>(Linda Linsao) | <i>4:30 pm</i>   | <b>+Elizabeth Quinlan (Sheila Briffa)</b><br><b>+Kathleen M. Bridel (Mary Bucar)</b> |
| <i>Wed Jun 22</i>   |  | <i>Sun Jun 26</i>  |  |
| <i>8:00 am</i>      | <b>For the Unborn</b>  | <i>9:00 am</i>   | <b>+Francesco &amp; +Michelina Caronchia</b><br>(Maria Caronchia)                    |
| <i>Thurs Jun 23</i> |  | <i>Sun Jun 26</i>  |  |
| <i>8:00 am</i>      | <b>Rose &amp; Bruno – Living Intention</b><br>(Family)       | <i>11:00 am</i>  | <b>+Luigi &amp; +Ersilia DePalma</b><br>(Carmela Paoletta)                           |
| <i>Fri Jun 24</i>   |  | <i>Sun Jun 26</i>  |  |
| <i>8:00 am</i>      | <b>Xyrtzl DeBlois – Living Intention</b><br>(Betty DeBlois)  | <i>11:00 am</i>  | <b>+Immacolata &amp; +Antonio Falcone</b><br>(Carmela Capobianco)                    |
|                     |  | <b>+Cosimo Zavaglia (Rosa &amp; Vincenzo Longobardi)</b> |  |

### WE WELCOME INTO OUR CHRISTIAN FAMILY



Jack Frederick Yurichuk son of James & Daniela  
 Julia Luiza Yurichuk daughter of James & Daniela  
 Leonardo Louis Sousa Viana son of Leonardo & Daiane  
 Stella Bess Yurichuk daughter of Sarah Yurichuk



### 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

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## Ideas for a Delicious Plant-Based Meal Peanut Butter Bars

### Ingredients

½ cup + 2 tablespoons creamy peanut butter  
¼ cup + 1 tablespoon melted coconut oil  
¼ cup + 1 tablespoon maple syrup  
2 teaspoons vanilla extract  
½ teaspoon sea salt  
2½ cups almond flour  
1 cup vegan chocolate chips

### Cacao Layer

1½ cups walnuts  
2 tablespoons cacao or cocoa powder  
¼ teaspoon sea salt  
10 soft medjool dates  
2 tablespoons water  
Sea salt to sprinkling on top, optional

### Instructions

Line an 8x8-inch baking pan with parchment paper.

In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt until combined. Add the almond flour and stir to combine (mixture will be thick). Fold in the chocolate chips and press into the pan. Place in the freezer so that it firms up a bit while making the next layer.

In a small food processor, pulse the walnuts, cacao powder, and sea salt until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 tablespoons water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into bars. Store remaining bars in the fridge. **Please note:** These bars freeze well. To thaw, let sit at room temperature for about 15 minutes.

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

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

## HAPPY FATHER'S DAY

Let us offer prayers this weekend for all father's in our parish community, that they may follow the example of St. Joseph in caring for and loving their children. May God bless you!

*Fr. Donatello Iocco*



## 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) or call the parish office at 416-251-8282





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