

# 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!



# PENTECOST SUNDAY June 5, 2022



<i>Mon Jun 6</i>		<i>Sat Jun 11</i>	
<i>8:00 am</i>	<b>Pro Populo</b>	<i>4:30 pm</i>	<b>+Gregory Ritchie (Mom)</b>
			<b>+Michael Falcone (Ester Furtado)</b>
			<b>+Adolfo Falcone ( “ ” )</b>
<i>Wed Jun 8</i>			
<i>8:00 am</i>	<b>For the Unborn</b>		
		<i>Sun Jun 12</i>	
		<i>9:00 am</i>	<b>+Manuel &amp; +Glen Marques</b>
			<b>(Maria Caronchia)</b>
<i>Thurs Jun 9</i>			<b>+Palmerino DeLuca (Domenic &amp;</b>
<i>8:00 am</i>	<b>Lily &amp; Isagani Umali – Living Intention</b>		<b>Maryanne Zita)</b>
	<b>(Betty DeBlois)</b>		<b>+Nick Falcone (Michael &amp; Lina</b>
			<b>Romano)</b>
<i>Fri Jun 10</i>			
<i>8:00 am</i>	<b>For the Poor</b>		
		<i>11:00 am</i>	<b>+Antonio Mignano (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

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## **Ideas for a Delicious Plant-Based Meal** **CREAMY VEGAN PASTA**

### **Ingredients**

2½ cups small shell pasta  
1 tablespoon extra-virgin olive oil  
1 small yellow onion, chopped  
5 cups broccoli florets, chopped stems, and leaves  
¼ cup toasted pine nuts  
lemon wedges, for serving  
sea salt and freshly ground black pepper

### **Instructions**

Make the sauce.

Bring a large pot of salted water to a boil. Prepare the pasta according to the instructions on the package, cooking until al dente. Drain and set aside.

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the onion and sauté until soft, about 5 minutes.

Stir in the chopped broccoli stems and cook for another 3 to 5 minutes or until tender. Add the broccoli florets and leaves and a splash of water or vegetable broth. Cover and turn off the heat. Allow the broccoli to steam for 2 to 3 minutes or until tender but still bright green. Add the pasta, then stir in ¾ of the sauce, adding more broth if the sauce is too dry.

Season to taste with more salt, pepper and lemon juice, as desired, and portion into bowls. Divide the remaining sauce onto each bowl. Top with the pine nuts and serve with lemon wedges on the side.

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

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



## **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



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