

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!



THIRTY-THIRD SUNDAY IN ORDINARY TIME Nov 14, 2021



<i>Mon Nov 15</i>		<i>Sat Nov 20</i>	
<i>8:00 am</i>	+Anthony DSouza (Family)	<i>4:30 pm</i>	+Jean DeAngelis (DeAngelis Family)
	+Emilio Alcaraz (Family)		+Eileen McCormick (Carmela & John Ionno)
<i>Wed Nov 17</i>			
<i>8:00 am</i>	+Henrich Roxas (Nanette deVera)		+Ron Stevenson (Patti DeAngelis)
	+Emilio Alcaraz (Family)		+Doris Pickles (Pat & Gerry Bester)
			+Giuliana Chiocchio (Giulio Chiocchio)
			+Dora Machado (Family)
<i>Thurs Nov 18</i>			
<i>8:00 am</i>	+Emilio Alcaraz (Family)		+Emilio Alcaraz (Family)
<i>Fri Nov 19</i>		<i>Sun Nov 21</i>	
<i>8:00 am</i>	+Emilio Alcaraz (Family)	<i>9:00 am</i>	For the Unborn
		<i>11:00 am</i>	+Emilio Alcaraz (Family)



The Sanctuary Lamp burns for 7 days in honour of St. Anthony



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ATTENTION PARENTS: Sacrament of Confirmation 2022

If your child is in grade 7 and receiving their Confirmation there will be a **Mandatory Information meeting and drop off Registration form with payment on Saturday, December 11, 2021 at 11:00am**. As part of their catechism preparation children who will be receiving the Sacrament of Confirmation are required to attend Sunday mass. If your child attends Private/Public School please call the office for more information. To register please go to our website at www.stambroseparish.com click on Forms and download Confirmation Registration Form. **Please type all information, hand written forms are not accepted. Date of Sacrament will be celebrated on Saturday, June 4, 2022 at 10:00am.**



Ideas for a Delicious Plant-Based Meal **Black Bean Burgers**

Ingredients

2 cans black beans, rinsed and drained
1 onion, minced
3 cloves garlic, minced
2 carrots, shredded
½ cup quick-cook oats (50g)
1 tablespoon soy sauce
Recommended seasoning:
1 teaspoon cumin
½ teaspoon coriander
½ teaspoon chili powder
¼ teaspoon cayenne pepper
salt, to taste
pepper, to taste

Instructions

Heat one tablespoon of olive oil in a pan. Combine onions, garlic, salt, and pepper and cook until onions are translucent.

Add carrots, and seasonings of choice until carrots are tender. Remove pan from heat.

In a bowl, mash the beans and then add the contents of the pan along with the soy sauce and quick oats.

Mix and form four patties. Place in freezer for 30 minutes to set.

Cook patties on a pan coated in cooking spray over medium heat, flipping halfway.

Use patties to create your dream veggie burger.

Enjoy! 4 Servings

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

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



FAITH CORNER – THE LIVES OF THE SAINTS

Saint Felix was born into a very devout peasant family. At the age of twelve, he had been hired out as a shepherd and also as a ploughman. While working in the fields, he suffered a severe accident. He was plowing with two young bullocks, when they became frightened, bolted, and ran the plough over his fragile body. Others thought that definitely he would die from such severe trauma, yet his life was spared. In gratitude for the miraculous sparing of his life, he resolved to live in a monastery and repay God for His mercy. Felix spent the next forty years of his life begging for food and alms, obtaining rations that enabled the older infirm friars to exist. Any extra alms he received, he shared with the poor. He often suffered insults, discomfort, and fatigue in this capacity, yet he never swayed from performing these worthwhile deeds. He was a man of great spirituality and sensed that God was always present with him. He shared concern for everyone and everything, saying "All earth's creatures can lift us up to God...if we know how to look at them with an eye that is single." He sought a life of poverty and humility, assisting the poor with alms, tending to the sick with his own hands, and consoling the dying with his peaceful words. For a good part of his life, he lived on no more than bread and water, and always offered thanks to God for these meager gifts. Most of all, Felix loved creation as one unified whole, and lived a life of non-violence in the sincere belief that all creatures are one in the eyes of God. **Mystics, Ascetics & Monks By: Dr. Holly Roberts**



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