

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!



PALM SUNDAY OF THE PASSION OF THE LORD March 28, 2021



<i>Mon Mar 29</i>		<i>Sat Apr 3</i>	
<i>8:00 am</i>	<i>For the Poor</i>	<i>4:30 pm</i>	<i>Holy Saturday (Easter Vigil)</i>
<i>Wed Mar 31</i>			
<i>8:00 am</i>	<i>For the Unborn</i>	<i>Sun Apr 4</i>	<i>HAPPY EASTER</i>
		<i>9:00 am</i>	
<i>Thurs Apr 1</i>			
<i>HOLY THURSDAY</i>	<i>No 8:00am Mass</i>		
<i>7:30 pm</i>	<i>Mass & Adoration until 10:00pm</i>		
<i>Fri Apr 2</i>		<i>11:00 am</i>	
<i>Good Friday</i>	<i>No 8:00am Mass</i>	<i>HAPPY EASTER</i>	



Palm Sunday - March 28, 2021

The glorious Feast of the Resurrection of Christ proclaims, forever, that life is greater than death. Jesus commanded us to preach this good news to all peoples in all places at all times. If you feel God is calling you to minister in His Church as a priest, religious or deacon, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto** at 416-968-0997. Email vocations@archtoronto.org www.vocationstoronto.ca



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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 or go to our website.



TO ALL PARISHIONERS:

Please note public masses has resumed with a capacity of 15% (55 people inside the church including Fr. Donatello and volunteers.) However, **Fr. Donatello will still Live Stream on Saturdays at 4:30pm on Youtube. Subscribe to St. Ambrose Toronto channel.** For more information and the link to the YouTube channel please visit our website at stambroseparish.com

PALM SUNDAY OF THE PASSION OF THE LORD March 28, 2021



Ideas for a Delicious Plant-Based Meal **Fish-like Cakes with Chickpeas and Artichoke Hearts**

- 2 14.1 oz (400 g) cans of artichoke hearts, drained and sliced
- 1 15.5 oz (440 g) chickpeas, drained and rinsed
- 3 scallions, white and green sections, thinly sliced
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon celery powder
- 1 cup corn meal
- 1 cup panko Japanese-style bread crumbs (gluten-free if desired)
- 1/4 cup vegan mayo
- 1 4 oz (113 g) can fire roasted green chiles, completely drained
- 1/2 lemon, juice and zest

Cooking spray

Drain the artichoke hearts, squeeze the excess liquid out of them, then slice thinly.

Place chickpeas into a large mixing bowl and mash until most of the chickpeas are fully smashed.

Add sliced artichoke hearts, sliced scallions, and the rest of the ingredients and mix well until everything is well combined. Leave the mixture to soak for 30-45 minutes.

Using your hands, scoop about 1/3 cup of the mixture and make it into a patty, about 1/2 in (1 cm) thick. Place the patties on a plate – this mixture makes about 10-12 patties.

Place a large pan over high heat, spray with cooking spray and add 4-5 patties at a time. Cook for about 4-5 minutes per side, until golden brown.

Serve with some lemon juice, vegan tartar sauce, and/or fresh parsley!

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

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



HOLY WEEK & EASTER SCHEDULE 2021

LENTEN CONFESSION

SATURDAY, MARCH 27 FROM 3:00PM-4:15PM

WEDNESDAY, MARCH 31 FROM 11:00AM-12:00PM

HOLY THURSDAY – April 1

No 8:00am Mass

7:30pm Mass and Adoration until 10:00pm

GOOD FRIDAY – April 2

No 8:00am Mass

12:00pm & 3:00PM

HOLY SATURDAY VIGIL MASS – April 3

No 8:00am Mass

Only 4:30 Vigil Mass

EASTER SUNDAY – APRIL 4

9:00am & 11:00am

EASTER MONDAY – APRIL 5

8:00am Mass



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