

SECOND SUNDAY OF ADVENT December 6, 2020

MASS INTENTIONS

Mon Dec 7		Sat Dec 12	
8:00 am	<i>For the Unborn</i>	4:30 pm	+Valerie Lockyer Halley (Family) +Carmel & +Clarence Goff (Family)
Wed Dec 9		Sun Dec 13	
8:00 am	+Pasquale Tedesco (Teresa Tedesco) +Joseph Wuebbolt (Family) +Jan Forczek (Dubek Family)	9:00 am	+Franco & +Giuseppe Caronchia (Maria Caronchia) +Ricciotto & +Alba Rizzuti (Family)
Thurs Dec 10			
8:00 am	<i>For the Poor</i>		
Fri Dec 11			
8:00 am	<i>For the Lonely & Afraid</i>	11:00 am	+Lucia & +Vito Roberto (Family)



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John the Baptist is sent by God to prepare the way for His Son. In our present time God sends priests, religious and deacons to prepare the people to receive His Son. If you think God is calling you to a Church vocation, **call Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. Email vocations@archtoronto.org www.vocationstoronto.ca**



TO ALL PARISHIONERS:

St. Ambrose Parish will be open only for prayer from Monday through Friday from 7:00am - 11:00am and on Sundays from 8:00am – 12:00 noon. Closed on Tuesdays. Confession by appointment only. Please call the office at 416-251-8282.



CATHOLIC WOMEN'S LEAGUE - CWL membership fee of \$20.00 now due. Please place envelope clearly marked "CWL Membership Dues" in the collection plate or contact Pat Bester, Membership Convenor (416) 252-3852. Hope to have all membership dues in by middle of Dec. Thank you for your continued support.

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Ideas for a Delicious Plant-Based Meal **3-Ingredient Vegan Pancakes (Gluten-free)**

Ingredients

3 cups gluten-free rolled oats
2 1/4 cups unsweetened almond milk (or plant-based milk of choice)
2 medium spotty bananas*

Recommended add-ins:

2 tablespoons sugar or 2 medjool dates, pitted
1/2-1 teaspoon cinnamon
1/4 teaspoon vanilla extract
1/2 cup of: chocolate chips or blueberries or crushed nuts, etc (or a combination of each) – stir in at end

Instructions

-Heat a non-stick pan on medium low.
-Add all of the ingredients to a high speed blender and blend until smooth.
-Use a 1/3 cup measuring up to scoop the batter onto the heated pan. We recommend only cooking 1 pancake to start to see if you need to modify the heat of the pan. Allow the pancake to cook until bubbles appear around the edges, then flip and cook until golden.
-Serve immediately. Serves 4.

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

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



THE RED DOOR FAMILY SHELTER

During the season of Advent St. Ambrose Parish is collecting gift cards for families at The Red Door Family Shelter. Gift cards from Walmart, Dollarama and Grocery Stores will be very helpful for the families. Since 1982, the Red Door Family Shelter has provided emergency shelter and support for women and children

affected by domestic abuse, families experiencing a housing crisis, and refugee claimants with nowhere else to turn. In the early 80's there was only one other shelter operating in Toronto. Responding to the growing need for shelter space for homeless families, the Red Door was opened in the basement of the Wood Green United Church by a group of volunteers. We have now grown to be one of the largest family shelters in the city, providing shelter and support to over 350 families every year. Please visit the website: www.reddoorshelter.ca



BOOKS WRITTEN BY SAINTS

Interior Castle by Teresa Avila,

On Christian Doctrine and Practice by Basil the Great,

The Confession of Saint Patrick by St. Patrick,

The Great Means of Salvation and Perfection (The Ascetical Works, #3) by Alfonso Maria de Liguori,

The Art of Dying Well: (or, How to Be a Saint, Now and Forever) by Robert Bellarmine,

Ascent of Mount Carmel by John of the Cross,

The Place Within: The Poetry of Pope John Paul II by Pope John Paul II,

Ephrem the Syrian: Hymns by Ephrem the Syrian