

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!



SECOND SUNDAY OF LENT February 28, 2021



MASS INTENTIONS			
<i>Mon Mar 1</i>		<i>Sat Mar 6</i>	
<i>8:00 am</i>	For the Poor	<i>4:30 pm</i>	For the Parishioners at St. Ambrose
<i>Wed Mar 3</i>		<i>Sun Mar 7</i>	
<i>8:00 am</i>	For The Unborn	<i>9:00 am</i>	+Maria Casciaro (Joe & Connie Altomari & Family)
<i>Thurs Mar 4</i>			
<i>8:00 am</i>	Pro Populo		+Julia Raposo (Family)
<i>Fri Mar 5</i>		<i>11:00 am</i>	
<i>8:00 am</i>	For the Lonely & Afraid		+Manuel & +Cisaltina Pereira (Maria Garcia)
		+Maria Trigiani (MaryAnne Nigli & Family)	



Second Sunday of Lent - February 28, 2021

If you need examples of persons responding to God's call, look at Abraham and Sarah - called in old age to leave their country and have a child. Then Abraham was asked to sacrifice that child. What faith! Answering God's call to be a priest, brother, sister or deacon is also taking a great risk. If you are willing, and 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



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SECOND SUNDAY OF LENT February 28, 2021



Ideas for a Delicious Plant-Based Meal Beer Battered Vegan Fish Sticks

Ingredients

Fish Sticks

1 can heart of palm, drained and broken into large pieces

1/4 cup panko bread crumbs

1 tablespoon crumbled roasted seaweed

1 teaspoon vegan Worcestershire sauce

salt and pepper, to taste

Beer Batter

2 tablespoon chickpea flour

1/4 cup water

1 cup all purpose flour

1 tablespoon garlic powder

1 tablespoon paprika

2 teaspoons salt

1 teaspoon pepper

1¼ - 1 ½ dark beer

about 2 cups cooking oil

Tartar Sauce

1/2 cup vegan mayonnaise

1 tablespoon fresh lemon juice

1 heaping teaspoon sweet pickle relish

1 teaspoon prepared horseradish

salt and pepper, to taste

Instructions

Combine the ingredients for the tartar sauce and refrigerate until ready to use.

In a **food processor** combine ingredients for fish sticks. Pulse a few times until ingredients are broken down and well combined. There should still be large chunks.

Shape the heart of palm mixture into 8-10 fish sticks and place on a parchment-lined baking sheet, squeezing out excess water. Refrigerate for 1 hour.

To make the beer batter, combine the chickpea flour with water until thick and goopy. Set aside. In a separate bowl combine flour and spices. Mix in chickpea egg. Slowly add beer, about 1/4 cup at a time, while mixing. The batter should be fairly thick but thin enough to evenly coat fish sticks. If your fish sticks are falling apart in the batter, thin it with a little more beer.

Heat oil in a **small cast-iron skillet**, filling enough so that it's about 1" deep.

Once the oil is hot, coat the fish sticks in the batter 2-3 at a time. With a flat utensil, gently place in hot oil and deep fry for about 2 minutes, flipping halfway in between if necessary.

Remove from oil and place on a paper towel to absorb any excess oil.

Serve immediately with prepared tartar sauce. Serve them with Vegan Tartar Sauce & French fries

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

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

TO ALL PARISHIONERS:

St. Ambrose Parish is open only for prayer from Monday through Friday from 7:00am - 11:00am and on Sundays from 8:00am – 10:30am. Closed on Tuesdays and Saturdays. Confession by appointment only. Please call the office at 416-251-8282. **Since there is no public mass, Fr. Donatello is celebrating Sunday Mass Live Stream on YouTube. Subscribe to St. Ambrose Toronto channel. Mass will be celebrated on Sundays at 11:15a.m.** For more information and the link to the YouTube channel please visit our website at stambroseparish.com





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