

SEVENTH SUNDAY IN ORDINARY TIME February 23, 2020



Mon Feb 24		Sat Feb 29	
8:00 am	+Valerie Lockyer Halley (Family)	4:30 pm	+Carmelo Barillaro (Family)
			+Lou & +Thelma Spence (Family & Friend)
Wed Feb 26		Sun Mar 1	
8:00 am	Ash Wednesday Mass	9:00 am	+Anello DeNicola (Family)
7:30 pm	Ash Wednesday Mass		+Antonio & +Rosaria Sbrocchi
Thurs Feb 27			
8:00 am	+Jack Piazza (Lucy Piazza)		+Caterina Converso (Family)
Fri Feb 28			
8:00 am	For the Unborn	11:00 am	+Filippo De Nicola (Family)
Sat Feb 29			
8:00 am	PRO POPULO		



The Sanctuary Lamp burns for 7 days
in memory of Pietro Fuoco



ASH WEDNESDAY – FEBRUARY 26TH Masses will be celebrated at 8:00am & 7:30pm, ashes will be distributed at both masses.

Stations of the Cross will be held every Friday beginning **Friday, February 28th until Friday, April 3 at 7:00pm**

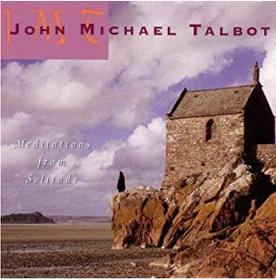
DAYS OF PENANCE DURING LENT – The time of Lent and all Fridays of the year are, throughout the universal Church, days and times especially appropriate for spiritual exercises; penitential liturgies; pilgrimages as signs of penance; voluntary self-denial, such as fasting and almsgiving. Abstinence from meat (or some other food) or another penitential practice, according to the prescriptions of the conference of bishops, is to be observed on each Friday of the year unless it is a solemnity. Fast and abstinence from meat are to be observed on Ash Wednesday and on Good Friday. All persons who have completed their fourteenth year are bound by the law of abstinence. All adults (eighteen years or older) are bound by the law of fast up to the beginning of their sixtieth year. Pastors and parents are to see to it that minors who are not bound by a law of fast or abstinence are educated nevertheless in an authentic sense of penance. It is for the conference of bishops to determine more precisely the observances of fast and abstinence and to substitute in whole or in part for fast or abstinence other forms of penance, especially works of charity and exercises of piety and missionary works.

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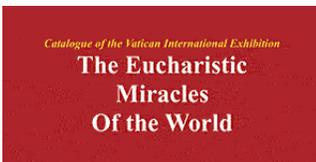


ST. AMBROSE **FORMED**

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"Come away by yourselves to a lonely place, and rest a while." (Mark 6:31) Come to pray in church during Lent on Saturday, February 29, March 14, 21 & 28 from 9:00am to 2:00pm while meditation music by John Michael Talbot plays in the background. Come to spend some time in mediation and solitude.



COMING SOON THIS LENTEN SEASON AT ST. AMBROSE PARISH!! Eucharistic Miracles of the World Exhibit Friday, March 27, 2020 9:00 am to Sunday, March 29, 2020 6:00 pm at St. Ambrose Catholic Church 782 Browns Line, Etobicoke. Please join us as we host the Vatican

approved Eucharistic Miracles of the World Exhibit. The exhibit, which was designed and created by Venerable Carlo Acutis, features panels that each tell the story of a Eucharistic miracle and allow you to "virtually visit" the places where the miracles took place. **PHONE:** 416-251-8282 **WEB:** <http://www.stambroseparish.com/>



FAITH CORNER – THE LIVES OF THE SAINTS

Saint Gundelinis, otherwise known as Saint Gwynllyw, has been honored as a saint throughout Wales. He was the eldest son of a royal chieftain. After his father's death, Saint Gundelinis divided the inheritance among his six brothers. It was said that while he was young, he lived a reckless life, kidnapping his wife and becoming enamored with trivial worldly possessions. This changed when his wife, Gladusa, and he witnessed the presence of a spiritual voice stating: "I will show you the way you must walk to obtain God's inheritance. Lift up your hearts and do not imperil your souls by what is perishable." Both Gundelinis and his wife left their home, built separate small hermitage cells in caves on the side of a river, and gave their lives over to prayer, mortification, and labor. They lived eating only those foods that could be obtained without aggression, predominantly barley-bread and water, and wore only sackcloth. Their lives were filled with prayer and contemplation, as well as with reverence for all creation. After their deaths, many miracles of healing were said to have occurred at the site of their tombs. Both Gundelinis and Gladusa remain examples of dedicated holy individuals who sought to live in simplicity and in harmony with all of nature, and who believed strongly that one must live without inflicting harm upon other beings. ***Mystics, Ascetics & Monks By: Dr. Holly Roberts***