

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!



SEVENTH SUNDAY OF EASTER May 16, 2021



<i>Mon May 17</i>		<i>Sat May 22</i>	
<i>8:00 am</i>	For the Poor	<i>4:30 pm</i>	+Harry Kilti (Tolentino Family) +Bernard Araullo (Patti DeAngelis)
<i>Wed May 19</i>		<i>Sun May 23</i>	
<i>8:00 am</i>	For the Lonely & Afraid	<i>9:00 am</i>	+Oliver Amo (DeAbreu Family) +Emilio Marchese (Lisa Marchese & Family)
<i>Thurs May 20</i>		<i>Fri May 21</i>	
<i>8:00 am</i>	Pro Populo	<i>8:00 am</i>	Ted & Terry DeBlois-Living Intention (Betty DeBlois & Family)
		<i>11:00 am</i>	+Angelo, +Manuel & +Gloria Garcia In Thanksgiving to Our Lady of Fatima (Matos Family) In Thanksgiving for all the Blessings Received (Maria Korth)



The Sanctuary Lamp burns for 7 days
in memory of Emilio Marchese



We Welcome into our Christian Family

Amelia Carmen Williams daughter of Preston & Desiree
Thomas Holanda-Andrade son of Endoly & Andressa



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SEVENTH SUNDAY OF EASTER May 16, 2021



Ideas for a Delicious Plant-Based Meal **Vegan Pasta Dish**

Ingredients

1 pound dry pasta (any type you like)
1 25 oz. jar tomato sauce
1 pound assorted vegetables, like zucchini, broccoli, cauliflower, bell peppers, tomatoes and red onion
olive oil, as needed
1/4 cup prepared hummus
salt, to taste

Instructions

Bring a large pot of salted water to a boil, and preheat the oven to 400°F. While they are heating up, chop the vegetables and arrange them in a single layer on a large baking sheet. Drizzle with olive oil and salt, and toss to coat well. Roast the vegetables in the oven until tender, about 15 minutes. When the water is boiling, add the pasta and cook as directed on the package. When it is tender, drain the water and set the pasta aside in a colander. Use the large pot that you just cooked the pasta in to assemble the final dish. Over medium heat, stir together the marinara sauce and hummus to create a creamy sauce. (I usually use 2 heaping spoonful of hummus, which is roughly 1/4 cup, but you can add it to taste.) To the sauce, add in the cooked vegetables and pasta, and toss well until everything is coated with the sauce. Season to taste with additional salt, if needed, then serve warm. Add some cashew Parmesan cheese on top, if desired. Leftover pasta can be stored in an airtight container in the fridge for up to a week. You can quickly reheat this in a skillet for another fast meal in the future. Serves 6

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

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



FREE WEBINAR!!!

ESTATE PLANNING FROM A CATHOLIC PERSPECTIVE

Saturday, May 22, 2021 at 9:30 am

Join this webinar and learn about the importance of a Will, Powers of Attorney & Estate Planning as well as Catholic teachings and traditions around cremation. The Archdiocese of Toronto estate planning team will share:

- How to protect your loved ones with a proper Will
- How to ensure that your wishes are legally protected
- About Powers of Attorney
- Estate Trustee selection
- Finding lawyers and estate planning advisors
- Our Catholic traditions around wills, cremation, burial and funeral

An estate planning guide will be mailed to all attendees at no cost.

To register, send us an email to: development@archtoronto.org Please include **'webinar May 22'** in the subject line and provide your **name and mailing address in the body of a message** (otherwise we won't be able to send you your copy of the Estate Planning guide!). Also, we would be grateful if, for the sake of our statistics, you could let us know whether you are planning to watch this webinar alone or together with a family member. You will receive a link to the webinar on May 17th, and in a couple of reminders closer to the date of the presentation.



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