

## SIXTH SUNDAY OF EASTER May 26, 2019

# MASS INTENTIONS

<b>Mon May 27</b>		<b>Sat June 1</b>	
<b>8:00 am</b>	<i>Pro Populo</i>	<b>4:30 pm</b>	<b>+Karen Ford (Paula O'Brien)</b>
<b>Wed May 29</b>		<b>Sun June 2</b>	
<b>8:00 am</b>	<i>For the Poor</i>	<b>9:00 am</b>	<b>+Antonio D'Agostino (Carmela DeSantis)</b>
<b>Thurs May 30</b>		<b>+Luigi &amp; Ersilia DePalma (Carmela Paoletta)</b>	
<b>8:00 am</b>	<b>+Fausto Confalone (Lucy DiFranco)</b>	<b>+Pasquale Falcone (Frank Falcone &amp; Family)</b>	
<b>Fri May 31</b>		<b>+Eileen &amp; +John Bowie (Family)</b>	
<b>8:00 am</b>	<i>For the Sick</i>	<b>11:00 am</b>	<b>+Victoria &amp; +Don McInnes (Family)</b>
<b>Sat June 1</b>		<b>+Wilfred &amp; +Lilian Carrigan (Family)</b>	
<b>8:00 am</b>	<i>FOR THE SOULS IN PURGATORY</i>		



**The Sanctuary Lamp burns for 7 days  
in memory of Pasquale Tedesco**



**The Marian Lamp burns for 7 days  
in memory of Filomena Nait**



**Totus Tuus Summer Camp is Coming to St. Ambrose!** Youth of the parish are invited to join us for Totus Tuus this summer from **August 6 to August 9, 2019**. Totus Tuus (Latin for Totally Yours) is an Archdiocesan camp program whereby seminarians and college students travel to different parishes, spreading the Good News of our Lord through catechetical instruction, Mass, confession, songs and games! The day camp, for children entering grades 1-6, runs Tuesday-Friday from 9:00am-2:30pm. The evening program for Grades 7-12 runs Tuesday-Friday from 7:00p.m.-9:00pm. The cost is only \$50.00 per person for the week. To register or for more information, please contact **MaryAnne Nigli, email: [maryanne.n23@gmail.com](mailto:maryanne.n23@gmail.com) Phone: 416-618-0486**. More information about the camp is also available at [totustuutoronto.ca](http://totustuutoronto.ca).



**SHARELIFE Living the Gospel by supporting isolated seniors.** In the span of three months, Debbie felt she had lost everything. Her partner of 33 years died, her leg was amputated, and she could no longer care for her beloved pets. She turned to the Society of Sharing, a ShareLife-funded agency, who partnered her with a volunteer named Geoff. Not only did Geoff provide friendship, he used his teaching background to help Debbie fulfill lifelong goal: learning how to properly read. Though it will be impossible for Debbie to regain all she has lost, her life is feeling full again. **Next Sunday, June 2 is the next ShareLife Sunday. Please give generously.**

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### **HONORING GOD'S CREATION: Plant-Based Recipe!**

The recipe below is in keeping with God's creation intent (Genesis 1:29): Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (NIV)

**Let no animal suffer or die that we may live!** Continue with your vegan

journey and make a Plant-Based Meal! Try this recipe:

### **No-Bake Chocolate and Chickpea Vegan Cake**

#### **Ingredients**

½ cup of oats

½ cup of nuts (almond, walnut, cashew...)

1 cup of pitted dates

1 tbsp maple syrup

½ tsp vanilla extract (optional)

1 can of chickpeas (preferably low sodium)

1 extra ripe banana

1,5 tbsp cacao or cocoa powder

2-4 tbsp maple syrup

goji berries, cacao nibs or fresh berries to decorate

#### **Instructions**

Add nuts and oats to your food processor and pulse into powder. Add dates, maple syrup and vanilla extract and process until you get a dough which sticks together.

Press dough into a pie dish or a springform cake pan (I used a 20 cm/8 inch pie form) and put in fridge until you prepare the filling.

Drain and rinse chickpeas very well, then add to the food processor with banana and cacao powder. Blend until completely smooth. Adjust sweetness with maple syrup.

Pour onto your crust and let it set for a few hours in the fridge. You can also keep it in the freezer until serving. Decorate with toppings of your choice. Enjoy! Serves: 6-8

#### **How to Go Vegan? The best resources for Fun and Easy Transition:**

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

**REMINDER:** For those who were not able to attend Honouring God's Creation Discussion-Documentaries, you can stream or view some of the documentaries we watched on Netflix or Youtube like ***Forks Over Knives***, ***Cowspiracy*** and ***What the Health***. Other films can be streamed online for free like ***Peaceable Kingdom: The Journey Home*** go to: <http://www.peaceablekingdomfilm.org/> ***Dominion*** <https://www.dominionmovement.com/> and can also be viewed on Youtube. I urge you to watch these documentaries with friends and family. Learn the truth of where your food comes from.



Feature length documentary ***A Prayer for Compassion***, **June 2, 2019** at St. Ambrose Church hall @ 3:00 p.m. This film strives to inspire and encourage those already on a religious or spiritual path, to expand their circle of compassion to embrace all life, regardless of species, and make choices in alignment with this

value. No charge but free will offering accepted. Please R.S.V.P. by email [stambrose.office@gmail.com](mailto:stambrose.office@gmail.com) or call the office 416-251-8282. Fr. Donatello has received the licensing from the director and producer of this production. For more information about the film go to [www.aprayerforcompassion.com](http://www.aprayerforcompassion.com)