

# 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](mailto: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!



# SIXTH SUNDAY OF EASTER May 9, 2021



<i>Mon May 10</i>		<i>Sat May 15</i>	
<i>8:00 am</i>	<b>+Catalina &amp; +Bienvenido DeBlois</b> <i>(Betty DeBlois &amp; Family)</i>	<i>4:30 pm</i>	<b>For the Parishioners</b>
<i>Wed May 12</i>			
<i>8:00 am</i>	<b>Luz &amp; Charles DeBlois-Living Intention</b> <i>(Betty DeBlois &amp; Family)</i>		
		<i>Sun May 16</i>	
		<i>9:00 am</i>	<b>For the Lonely &amp; Afraid</b>
<i>Thurs May 13</i>			
<i>8:00 am</i>	<b>Pro Populo</b>		
		<i>11:00 am</i>	<b>+Bernard Araullo (Loving friends</b> <b>at Franklin Horner Comm. Ctr)</b>
<i>Fri May 14</i>			<b>Tal &amp; Mary Akermanis</b>
<i>8:00 am</i>	<b>For the Unborn</b>		<b>Living Intention-Celebrating</b> <b>50th Wedding Anniversary</b>



**The Sanctuary Lamp burns for 7 days  
in memory of Bernard Araullo**



**The Marian Lamp burns for 7 days  
in memory of Bernard Araullo**



**HAPPY MOTHER'S DAY!**

## **Mother's Day Prayer**

Lord, thank you for all mothers.

For the new ones, who endure sleepless nights with infants in arms.

For the busy ones, who juggle the pressures of home and family life.

For the steadfast ones, who nurture and care for our special vulnerable children.

For the patient ones, who always seek to forgive and engage with their pre-teens.

For the persistent ones, who cleverly find new ways to connect with their mini-adults.

For the mother aunts, who step in to cradle and care for nieces and nephew.

For all grandmothers, who love and support their precious grandchildren.

For the foster mothers, that are called to gather and cover the fragile ones.

For Sunday mothers, who care for our children and lead them in faith.

For the mothers, who give far beyond their own resources, who overcome disability to cherish and love.

Thank you Lord for all our beautiful mothers. Help us to support them and keep them in our prayers. May you bless them now on this their special day. Amen.

## SIXTH SUNDAY OF EASTER May 9, 2021

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### **Ideas for a Delicious Plant-Based Meal** **VEGAN MINESTRONE SOUP**

#### **Ingredients**

1 tablespoon olive oil or ¼ cup water for water saute  
1 medium onion, diced  
2 medium carrots, diced  
2 celery ribs, diced  
3 – 4 cloves garlic, minced  
1 zucchini, cut into half moons  
½ pound green beans (about 1 ½ cup), cut into 1 inch pieces  
1 can (14oz) kidney beans, drained and rinsed  
1 can (14oz) chickpeas (garbanzo beans), drained and rinsed  
1 can (28oz) diced tomatoes, with juices  
2 teaspoons Italian seasoning blend  
generous pinch of red pepper flakes  
2 – 3 bay leaves  
1 cup small pasta (elbow, shells, mini penne, rotini)  
4 cups vegetable broth  
2 – 4 cups water  
2 handfuls fresh spinach  
salt & pepper to taste

#### **Instructions**

**Saute:** In a large dutch oven or pot, add the oil or water and saute the onion, carrot and celery for 5 minutes.

**Cook:** Add remaining ingredients, except the spinach, bring to a boil, cover, reduce heat to low and simmer at a gentle boil for 20 – 25 minutes, stirring occasionally. Soup is done when veggies are tender and pasta is cooked. Add more broth or water as needed.

**Add spinach:** Five minutes before soup is done, add the spinach and stir to mix.

Let soup cool a few minutes and serve with a squeeze of lemon and chopped parsley on top. Serves 4 – 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](mailto: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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