

SOLEMNITY OF MARY, MOTHER OF GOD January 1, 2021



Mon Jan 4		Sat Jan 9	
8:00 am	<i>Pro Populo</i>	4:30 pm	<i>For the Poor</i>
Wed Jan 6		Sun Jan 10	
8:00 am	<i>For The Unborn</i>	9:00 am	+Ricciotto Rizzuti (Family) +Adriano Tolentino (Family)
Thurs Jan 7		11:00 am	
8:00 am	+Nicoletta Meffe (Family)		+Aires & +Maria Viveiros (Manuel & Maria Costa)
Fri Jan 8			
8:00 am	<i>For the Lonely & Afraid</i>		+Rosa Simas & +Jose Simas +Manuel Korth (Family)

Mary, Mother of God - January 1, 2021



Mary treasured all that God had done for her, and pondered these things in her heart. Do you treasure God's gifts and ponder what He wants from you? You may have a vocation to a life in the Church serving Christ. If you think God is calling you to be a priest, religious, or permanent deacon, call **Fr. Matt McCarthy**,

Director of Vocations, Archdiocese of Toronto at 416-968-0997.
Email: vocations@archtoronto.org www.vocationstoronto.ca



TO ALL PARISHIONERS:

St. Ambrose Parish will be 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 will be 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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Ideas for a Delicious Plant-Based Meal

Vegan Couscous Stuffed Bell Peppers

Ingredients

1/2 cup couscous (uncooked)
1 cup water

6 whole bell peppers (any color)
2 red or yellow bell peppers (diced)
4 to 6 green onions (scallions, sliced)
2 tbsp. fresh lemon juice
2 tbsp. olive oil
1/4 cup fresh parsley (chopped)
salt and pepper to taste

Instructions

First, place the 1 cup of water in a medium-sized saucepan and bring the water to a rolling boil. Once the water is boiling, add in the couscous, give it a quick stir, then cover the pan. Turn off the heat and allow the couscous to sit, covered, for about 10 minutes, or until the couscous becomes fluffy when stirred with a fork. Allow couscous to cool completely. Preheat oven to 350 F.

While your couscous is sitting or cooling, slice the stems and tops off of the whole bell peppers and carefully remove the cores and seeds from the inside of each bell pepper.

Next, in a large bowl, combine the diced bell peppers with the cooled couscous and the sliced green onions.

In a separate small bowl, whisk together the lemon juice (fresh is always best!), olive oil and chopped fresh parsley until well combined. Pour this dressing over the couscous mixture and gently toss to combine.

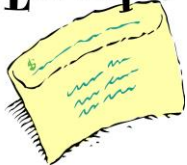
Spoon couscous into each whole green bell pepper, and sprinkle a dash of salt and pepper on top.

Roast the stuffed bell peppers in a pre-heated oven for about 35 minutes or until your bell peppers are just barely tender. **Recipe Variation:** To turn this into a crockpot or slow cooker recipe, you can also place the stuffed bell peppers in a crockpot and cook on low for about 5 to 6 hours.

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

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

Offering Envelopes



SUNDAY OFFERING ENVELOPES 2021

We have set up our Sunday offering envelopes for those who are already registered. For those who do not have envelopes and would like to obtain them, please call the office. If you had envelopes in the past and did not regularly use them, we have reclaimed those numbers and it can potentially be registered to someone else. We ask that you please, do not take envelopes if you will not use them regularly. **PLEASE DO NOT USE YOUR 2021 ENVELOPES UNTIL JANUARY 1, 2021: also include your name and full address on each envelope.** Thank you for supporting St. Ambrose.