

THE EPIPHANY OF THE LORD Jan 8, 2023

MASS INTENTIONS

Mon Jan 9		Sat Jan 14	
8:00 am	<i>Feast of the Baptism of the Lord</i>	4:30 pm	+Joe Andrezza (Family)
			+Feliciana Maranelli (Family)
			+Angus Reid (Family at Franklin Horner Community Ctr.)
Wed Jan 11		Sun Jan 15	
8:00 am	+Aloysius Dsouza (Family)	9:00 am	+Pavel, +Stefania & +Anna Pavlovski (Jack & Kristina Sitarski)
			+Jan & +Teresa Sitarski (“ “)
Thurs Jan 12			+Maria Filippa Trigiani (Filomena Fazzari)
8:00 am	+Elizabeth O'Connor (The O'Grady Family)		
Fri Jan 13		11:00 am	+Ricarte Bartolome (Family)
8:00 am	<i>For Unborn</i>		



SACRAMENT OF FIRST HOLY COMMUNION:

Dear Parents, If your child is celebrating their 1st Holy Communion in 2023 there will be a **Mandatory Meeting & Registration drop off with payment on Saturday, February 25th at 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1st Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register please go to our website at www.stambroseparish.com click on School **Sacrament of 1st Holy Communion will be celebrated on Saturday, June 10, 2023 at 10:30am.**



St. Ambrose Children Liturgy Invitation

All children between 3 and 8 years old are invited to the children's liturgy, which will run in the church basement on the **first and third week** of the month between **January 15 and June 18, 2023.** For the other weeks, handouts which contain weekly reading and take-home activity will be available at the church entrance for pick up at the 11 am Mass. Registration is required to ensure we prepare enough activities and handouts for all attendees. We also welcome volunteers for the preparation or during the children's liturgy. Please contact st.ambrosechildrenliturgy@gmail.com for more information and registration. **St. Ambrose Children's Liturgy Committee**

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Ideas for a Delicious Plant-Based Meal

3 INGREDIENT BANANA OATMEAL MUFFINS

INGREDIENTS

3 very ripe bananas - mashed thoroughly
2 cups oat flour (or 2 cups oats blended into flour)
¼ cup + 1 tbsp plant milk of your choice

Optional extras

1 tsp baking powder (recommended for fluffiness)
1 cup chopped chocolate or chocolate chips

INSTRUCTIONS

Preheat oven to 350 degrees.

Add banana, oat flour, plant milk, and baking powder (if using) to a bowl and mix until just combined. If using chocolate chips, fold in last.

Spoon ⅓ of batter per slot into a lined or silicone muffin tray.

Bake for 15-17 minutes.

Let muffins cool for 10 minutes and then dig in.

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

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



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“On entering the house, they saw the child with Mary his mother; and they knelt down and paid Him homage. Then, opening their treasure chests, they offered Him gifts of gold, frankincense and myrrh.” God asks us to give our lives. What treasures have been given to you to share with others in Christ’s

name? If God is calling you to be a priest, deacon, brother or sister contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. **Email:** vocations@archtoronto.org www.vocationstoronto.ca



TCDSB Kindergarten Registration

Wednesday, January 25, 2022 – 10 a.m. Kindergarten in the Toronto Catholic District School Board provides children with a variety of learning experiences in a caring, faith-based environment. Students develop a positive attitude about

themselves and others, become more independent and responsible, develop self-regulation skills and appropriate social skills, and solve problems. TCDSB looks forward to welcoming new students for the 2023-2024 school year. Children born in 2019 are eligible to attend Junior Kindergarten in September 2023. **REGISTRATION:** SOAR.tcdsb.org **FOR MORE INFORMATION:**

www.tcdsb.org/kindergartenregistration