

THE EPIPHANY OF THE LORD Sunday January 5, 2020

MASS INTENTIONS

Mon Jan 6		Sat Jan 11	
8:00 am	<i>Pro Populo</i>	4:30 pm	+ <i>Michelina Maraio (Sandra DuBeau & Robert Ward)</i>
			+ <i>Eleanor Fasciano (Mary Ritchie & Family)</i>
Wed Jan 8			
8:00 am	<i>For the Sick</i>		+ <i>Claudette Tremblay Maris (Sebastian & Family)</i>
		Sun Jan 12	
Thurs Jan 9		9:00 am	+ <i>Armando Mazzucco (Alma Mazzucco)</i>
8:00 am	<i>For the Poor</i>		+ <i>Franco & +Giuseppe Caronchia (Family)</i>
			+ <i>Camilla Ford (Fabbri/Ford/Durst Fams)</i>
Fri Jan 10			
8:00 am	+ <i>Rosa & +Jose Simas (Maria Korth)</i>		
	+ <i>Manual Korth (Maria Korth)</i>	11:00 am	+ <i>Donato Luisi (Rosa Ruggiero)</i>
Sat Jan 11			+ <i>Ricciotto Rizzuti (Family)</i>
8:00 am	<i>PRO POPULO</i>		+ <i>Aires & +Maria Viveiros (Manuel & Maria Costa)</i>



The Sanctuary Lamp burns for 7 days
in Thanksgiving to St. Anthony



The Marian Lamp burns for 7 days
in memory of Ricciotto & Alba Rizzuti



Do you or does a loved one experience same-sex attraction? **Courage** (Spiritual support for adults who experience same-sex attraction and who desire to develop a life of interior chastity in union with Christ) & **Encourage** (Spiritual support for family and friends of those who experience same-sex attraction; faithful to Church teaching on chastity) provide spiritual support and pastoral guidance in full accordance with authentic Catholic teaching on homosexuality and chastity. For more information, please contact 416-928-5094 to speak to either Fr. Kevin Belgrave (**Courage**) or via email at couragetoronto@yahoo.ca or Fr. Eric Rodrigues (**Encourage**) via email at encouragetoronto@yahoo.com



JOIN THE CHOIR

We are in need of new choir members for the 11:00am Sunday mass. We have some members that are on sick leave and we need to maintain the choir with new members. Our Thursday evening practices are very rewarding and fun too! If you want to praise God in that special way, and give the gift of your voice to your church, come up to the choir loft and introduce yourself to Greg the Organist. God bless you!

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Ideas for Dinner!! Maple-Sriracha Roasted Brussel Sprouts with Cranberry Wild Rice

Ingredients

1 small red onion, diced
5 Tbsp. extra-virgin olive oil
3 cloves garlic, minced
2 bay leaves
1 1/2 cups uncooked wild rice
3 1/2 cups vegetable stock
1/2 cup dried cranberries
1/2 cup maple syrup
3 Tbsp. Sriracha
1 1/2 Tbsp. Bragg Liquid Aminos or low-sodium soy sauce
Juice of 1 lime
1 lb. Brussels sprouts, trimmed and halved lengthwise
1/4 cup chopped raw walnuts or pecans
Salt and freshly ground black pepper, to taste
2 Tbsp. minced fresh rosemary
Chopped fresh flat-leaf parsley, for garnish

Instructions

-Add the onion, 2 tablespoonfuls of the olive oil, garlic, bay leaves, wild rice, vegetable stock, and cranberries to a rice cooker* and cook on the brown rice setting.
-While the rice is cooking, preheat the oven to 375°F. In a large bowl, combine the maple syrup, remaining olive oil, Sriracha, liquid aminos, and lime juice and whisk until well blended. Add the Brussels sprouts and toss until evenly coated.
-Using a slotted spoon, transfer the Brussels sprouts to a nonstick baking sheet and spread in a single layer. Reserve the excess liquid. Bake for about 25 to 35 minutes, or until tender and browned.
-When the rice cooker has 5 minutes left of cooking time, add the walnuts without stirring and allow the rice to finish cooking. Add the rosemary, then season with salt and pepper.
-Serve the Brussels sprouts over the rice, garnished with a healthy drizzle of the reserved maple-Sriracha dressing and a sprinkling of parsley. **Makes 6 to 8 servings**

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

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



FAITH CORNER – THE LIVES OF THE SAINTS

Saint Gregory was born into a large well established Armenian family, yet longed for a life of solitude and prayer. He found his way to a monastery, joined the community, and after having been ordained a priest, felt a deep spiritual calling to heal the sick. He spend many years devoting himself to the care of the sick and the dying. After having achieved this sense of fulfillment, he recognized that he must return once again to a life of solitude. He sensed a resurgence of a need to spend time in solitude, so as to attain higher levels of understanding of God. He joined two wandering Greek monks on a pilgrimage seeking the same solitude. This spiritual journey led them to Orleans, France where Gregory built a small cell so he might pattern his life after the Desert Fathers. On many days, Gregory abstained totally from all foods, and on others ate merely a handful of lentils. On rare occasions he supplemented this diet with barley bread and a few raw roots. A man of his presence, however, was not destined to remain in solitude for long, as many sought him out for his spiritual wisdom and for his miracles of healing. He was able to assist numerous people in attaining inner peace. When his passing came, peasants throughout the countryside were filled with a profound sense of loss. Gregory had lived a life of inner peace, dignity, and purpose. He used his innate ability to read the needs of others so as to assist the masses, both physically and spiritually. He was remembered as a peace-loving messenger of God. **Mystics, Ascetics & Monks by Dr. Holly Roberts**