

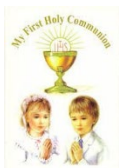
# THE EPIPHANY OF THE LORD January 7, 2024

## MASS INTENTIONS

<b>Mon Jan 8</b>		<b>Sat Jan 13</b>	
<b>8:00 am</b>	<i>Feast Day of The Baptism of the Lord</i> <i>+Emilio Alcaraz (Family)</i>	<b>4:30 pm</b>	<i>+Joseph MacDonald (C.W.L.)</i> <i>+Vince McGovern (Linda Linsao)</i>
<b>Wed Jan 10</b>		<b>Sun Jan 14</b>	
<b>8:00 am</b>	<i>Pro Populo</i>	<b>9:00 am</b>	<i>+Joe Sanginesi (Ida &amp; Biagio Abbruzzese)</i> <i>Catherine Villania – Living Intention (Family)</i>
<b>Thurs Jan 11</b>		<b>Fri Jan 12</b>	
<b>8:00 am</b>	<i>For the Sick</i>	<b>8:00 am</b>	<i>+Anthony Laksmana</i> <i>+Ricciotto Rizzuti (Family)</i>
		<b>11:00 am</b>	<i>+Lucia Cacciaccaro (Family)</i> <i>+Armando Perry Mazzucco (Family)</i>



**SACRAMENT OF CONFIRMATION: Dear Parents,** If your child is celebrating their Confirmation in 2024 there will be a **Mandatory Meeting + Registration drop off with payment on Saturday, January 27, 2024 @ 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of Confirmation are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at [www.stambroseparish.com](http://www.stambroseparish.com) **Sacrament of Confirmation will be celebrated on May 18, 2024 @ 11:00am.**



**SACRAMENT OF FIRST HOLY COMMUNION: Dear Parents,** If your child is celebrating their 1<sup>st</sup> Holy Communion in 2024 there will be a **Mandatory Meeting + Registration drop off with payment on Saturday, February 24, 2024 @ 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1<sup>st</sup> Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at [www.stambroseparish.com](http://www.stambroseparish.com) **Sacrament of 1<sup>st</sup> Holy Communion will be celebrated on Saturday, April 27, 2024 @ 10:30am.**

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**Are you a senior? Do you need help with phone calls or a ride to get your medication, grocery shopping, doctors appointments, church, family/friends house...if so please call the parish office 416-251-8282.**



### **ST. AMBROSE FORMED**

**FORMED** on Demand is the revolutionary digital platform that gives you unprecedented access to video-based study programs, feature films, audio

presentations and eBooks from the Church's foremost presenters. Whether fallen away or deeply engaged, at the parish or on the go, **FORMED** helps you reach your flock anytime, anywhere. To register please enter [www.stambroseparish.formed.org](http://www.stambroseparish.formed.org) or go to our website.



### **Ideas for a Delicious Plant-Based Meal** **Cauliflower Stir-Fry**

#### **Ingredients**

- 1 medium head cauliflower (2 pounds)
- 1 red bell pepper
- 1 orange bell pepper
- 1 medium white onion
- 3 green onions
- 3 tablespoons rice vinegar\*
- ¼ cup soy sauce
- 1 tablespoon light miso
- 2 tablespoons sugar (or maple syrup)
- 2 tablespoons sesame oil (regular)
- 1 teaspoon cornstarch
- 3 tablespoons neutral oil for stir frying, divided

#### **Instructions**

Chop the cauliflower into small florets. Thinly slice the bell peppers. Thinly slice the white onion. Thinly slice the green onion.

In a medium bowl, whisk together rice vinegar, soy sauce, miso, sugar, sesame oil, and cornstarch

In large skillet, heat 2 tablespoons neutral oil over medium high heat. Add the cauliflower and a pinch of salt and cook unstirring, for 3 to 4 minutes until charred. Flip the florets and continue cooking for 2 minutes.

Add the bell peppers, white onion, a pinch of salt and the remaining 1 tablespoon oil and cook 4 to 6 minutes until tender.

Turn off the heat. Pour in the sauce and add the green onions. Stir until the sauce coats everything and thickens. Serve immediately.

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

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