

# 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!



# THE MOST HOLY TRINITY Sunday, May 30, 2021



<i>Mon May 31</i>		<i>Sat June 5</i>	
<i>8:00 am</i>	<b>For the Unborn</b>	<i>4:30 pm</i>	<b>+Edmund Chinnery (Gail DSouza &amp; Family)</b>
<i>Wed June 2</i>		<i>Sun June 6</i>	
<i>8:00 am</i>	<b>For the Lonely &amp; Afraid</b>	<i>9:00 am</i>	<b>+Michele Russo (Clementina Russo &amp; Family)</b>
<i>Thurs June 3</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<b>Pro Populo</b>		<b>+Teodora Walker (Cynthia DeBlois &amp; Family)</b>
<i>Fri June 4</i>			
<i>8:00 am</i>	<b>Yazmine &amp; Xyrtzl DeBlois</b>		<b>+Manuel Costa (Manuel &amp; Maria</b>
	<b>Living Intention – (Betty DeBlois &amp; Family)</b>		<b>+Aires Viveiros Costa)</b>



The Sanctuary Lamp burns for 7 days  
in memory of Tony DePalma



The Marian Lamp burns for 7 days  
in memory of Felicia de Cotiis



## Solemnity of the Most Holy Trinity – May 30, 2021

God the Father, Creator; God the Son, Redeemer; God the Holy Spirit, Sanctifier. When we go out to "make disciples of all nations", we have a lot to tell! God is present everywhere. Would you be willing to proclaim the truth of God's love and presence in your life as a priest, religious or deacon? If so, call **Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. Email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)**



## Trinity Sunday - May 30, 2021

**Living the Gospel by providing for those in need**

"Without you, ShareLife could not fulfill its mission to live the Gospel by providing for those in need. Together we are making a real difference! My prayer is that we may continue to respond to God's love by going forth from ourselves to seek the good of others." – *Cardinal Thomas Collins*

**Please make your sacrificial gift through the parish office or [sharelife.org](http://sharelife.org). Please give generously.**

# THE MOST HOLY TRINITY Sunday, May 30, 2021

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## Ideas for a Delicious Plant-Based Meal Brown Rice Risotto with Mushrooms and Fresh Oregano

### Ingredients

3 tablespoons olive oil, divided  
1 small yellow onion, chopped  
2 cloves garlic, pressed or minced  
5 cups (40 ounces) vegetable broth, divided (if your broth comes in 32-ounce containers, Feel free to avoid opening another container by substituting 1 cup water for 1 cup broth in step 3)  
1 ½ cups brown arborio/short-grain brown rice  
12 to 14 ounces sliced Cremini (baby portobello) mushrooms, debris rinsed from mushrooms and drained  
1 cup freshly grated vegan Parmesan cheese  
½ cup dry white wine, optional  
3 tablespoons vegan unsalted butter, diced  
1 teaspoon sea salt, more to taste  
Freshly ground black pepper, to taste  
4 sprigs fresh oregano, leaves removed from stems and larger leaves torn into small pieces

### Instructions

Make sure your oven rack is in the middle position. Preheat oven to 375 degrees.  
Heat 1 tablespoon olive oil in a medium Dutch oven over medium heat until shimmering. Add onion and a pinch of salt. Cook, stirring occasionally, for ten minutes, then add the minced garlic. Cook for another 2 to 4 minutes, until the onions are well browned.  
Add 4 cups broth (or 3 cups broth and 1 cup water), cover, and bring to a boil over medium-high heat. Remove from heat and stir in the rice. Cover the pot and bake until rice is tender and cooked through, about 65 to 70 minutes. It will seem pretty dry when you take off the lid, but don't worry!  
During the last 20 minutes of baking time, prepare the mushrooms. Warm 2 tablespoons olive oil in a large skillet until shimmering. Add the cleaned, sliced mushrooms to the pot with a dash of salt. Cook, stirring occasionally, until the mushrooms are darker in color, fragrant and have soaked up most of their own juices, about 13 minutes.  
Remove the pot from the oven. Pour in the remaining cup of broth, the Parmesan, wine, butter, salt, and a generous amount of pepper. Stir vigorously for 2 to 3 minutes, until the rice is thick and creamy. Stir in the mushroom mixture and any remaining juices. Season to taste with salt and pepper, divide into bowls and top with a generous sprinkling of torn, fresh oregano leaves. Serves 4 to 6.

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

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



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