

THIRD SUNDAY OF ADVENT December 13, 2020

MASS INTENTIONS

Mon Dec 14		Sat Dec 19	
8:00 am	+Joseph Wuebbolt	4:30 pm	+Anthony DSouza (DSouza Family) +Alba Rizzuti (Family) +Stan & +David Ritchie (Family)
Wed Dec 16		Sun Dec 20	
8:00 am	For The Unborn	9:00 am	+Donald Kennedy (Leone Kennedy)
Thurs Dec 17		11:00 am	
8:00 am	+Rocco Codirenzi (Family)	11:00 am	+Angelo Garcia +Manual & +Gloria Garcia (Maria Garcia & Family)
Fri Dec 18			
8:00 am	For the Lonely & Afraid		



**The Sanctuary Lamp burns for 7 days
in honour of St. Anthony**



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There was a man named John, sent by God, who came as a witness to testify to the Light, so that through this person all people might believe. Is it possible God could be calling your name to witness to the Light of Christ in our day? If you think God is calling you to be a priest, religious or 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 **Smoky Sweet Potato Tempeh Scramble**

Ingredients

2 tbsp. olive oil
1 small or 1/2 large sweet potato finely diced

1 small onion diced
2 garlic cloves minced
8 oz. package of tempeh crumbled
1 small red bell pepper diced
1 tbsp. soy sauce
1 tbsp. ground cumin
1 tbsp. smoked paprika
1 tbsp. maple syrup
juice of 1/2 lemon

For Serving (Optional)

1 avocado sliced
2 scallions chopped
4 tortillas
hot sauce

Instructions

-Heat olive oil over medium heat in a large skillet. Add sweet potato and saute until lightly browned, about five minutes.
-Add onion and continue to saute until softened, about five minutes. Add garlic and saute another minute. Add tempeh and saute until browned, about five minutes. You may need to break up some bits of tempeh with a spatula.
-Add pepper, soy sauce, cumin, paprika, maple and lemon juice. Saute about two more minutes. Serve in tortillas or in bowls. Top with avocado, scallions and hot sauce. Serves 4.

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

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



THE RED DOOR FAMILY SHELTER

During the season of Advent St. Ambrose Parish is collecting gift cards for families at The Red Door Family Shelter. Gift cards from Walmart, Dollarama and Grocery Stores will be very helpful for the families. The last day to drop off your gift cards is Monday December 14th. Since 1982, the Red Door Family Shelter

has provided emergency shelter and support for women and children affected by domestic abuse, families experiencing a housing crisis, and refugee claimants with nowhere else to turn. In the early 80's there was only one other shelter operating in Toronto. Responding to the growing need for shelter space for homeless families, the Red Door was opened in the basement of the Wood Green United Church by a group of volunteers. We have now grown to be one of the largest family shelters in the city, providing shelter and support to over 350 families every year. Please visit the website: www.reddoorshelter.ca



CATHOLIC WOMEN'S LEAGUE - CWL membership fee of \$20.00 now due. Please place envelope clearly marked "CWL Membership Dues" in the collection plate or contact Pat Bester, Membership Convenor (416) 252-3852. Hope to have all membership dues in by middle of Dec. Thank you for your continued support.