

THIRD SUNDAY OF ADVENT December 15, 2019



Mon Dec 16		Sat Dec 21	
8:00 am	+Pavel Milovan (DeBlois Family)	4:30 pm	+Stan & +David Ritchie (Family)
			+Jack Piazza (Family)
			Health & Blessings to Mother & Family (Living Intention)
Wed Dec 18		Sun Dec 22	
8:00 am	Amanda DSouza – Living Intention (DSouza Family)	9:00 am	+Antonio DePalma (Lucia DiFranco)
			+Antonio Jesus Austria Jr (Austria & Reyes Family)
Thurs Dec 19			
8:00 am	+Anthony DSouza (DSouza Family)		
	+Alba Rizzuti (Family)		
Fri Dec 20			
8:00 am	+Erlinda Bartlome (Family)		
Sat Dec 21		11:00 am	+Filomena Nait (Vito & Dina Paoletta)
8:00 am	PRO POPULO		+Nicola Iocco (Family)
			+Ricciotto & +Alba Rizzuti (Family)
			+Michele Mazzulla (Family)

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



THE ADVENT WREATH

3RD Candle – (pink) **THE SHEPHERD CANDLE OR THE CANDLE OF JOY** – The angels sang a message of JOY! (Luke 2:7-15)



CHRISTMAS SCHEDULE

ADVENT CONFESSION

Wed. Dec 18th 1:00pm – 2:00pm

Sat. Dec 21st 3:00pm – 4:15pm

Christmas Eve

Tues. Dec 24, 2019

7:00pm & 11:00pm

NO 8:00AM MASS

Christmas Day Mass

Wed. Dec 25, 2019

9:00am & 11:00am

Solemnity of Mary, Mother of God

Tues. Dec 31, 2019

4:30pm Vigil Mass

Wed. Jan 1st, 2020

9:00am & 11:00am



ATTENTION CATHOLIC WOMEN'S LEAGUE

CWL Membership fee of \$20.00 now due for 2020. Please place envelope clearly marked "CWL Membership Dues" in the collection plate or contact Pat Bester Membership Convenor at (416) 252-3852. Notice of January meeting date to follow.

THIRD SUNDAY OF ADVENT December 15, 2019



Ideas for Christmas Dinner!! Creamy Vegan Mushroom Pasta

Ingredients

500 g / 1 lb spaghetti or pasta of choice
1 tablespoon / 15 mls olive oil, OPTIONAL - use water to sauté to make the recipe oil-free
300 g / 10 oz mushrooms (white, cremini or portobello), wiped clean and sliced
200 g / 7 oz fresh baby spinach
Salt and freshly ground black pepper to taste

For the sauce

340 g / 12 oz oz silken or soft tofu (not firm or extra firm)
½ cup / 35 g [nutritional yeast](#) make sure it's a good tasting one
1½ teaspoon [onion powder](#)
½ teaspoon [garlic powder](#)
¼ teaspoon [smoked paprika](#) or chipotle powder
2 teaspoons Dijon mustard
1 tablespoon [white wine vinegar](#)
1 teaspoon salt
½ cup / 120 mls soy milk gives the best result taste wise

Instructions

Fill a large pan with water and bring it to a boil on the stove top. While it is heating, wash the spinach and wipe the mushrooms clean then slice them ready for cooking. Get a large skillet or frying pan ready with a tablespoon of oil in it on the stove top. Blend up the sauce ingredients. Add the pasta to the boiling water. Warm the frying pan over a medium heat and sauté the mushrooms for about 7 minutes until golden on each side. Add the spinach and allow it to wilt. You will struggle to fit it all in the pan but squish it down and it will melt down to more manageable levels very quickly. Season them with a pinch of salt and pepper. Turn the heat down to medium low. Drain the pasta, reserving about ½ cup of the starchy water. Just keep it to one side for now. Add the pasta to the pan with the mushrooms and spinach, then pour over the sauce. Stir everything together really well. Check the seasoning and add more salt and pepper if necessary. Allow it to warm through over the heat, adding a little of the reserved starchy water if you want to thin the sauce a little. You shouldn't need much, if any at all. Serve immediately.

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

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



FAITH CORNER DURING ADVENT – THE LIVES OF THE SAINTS

Saint Fintan was brought up in a life of piety in the town of Leister, Ireland. During his youth, he was taught great respect for spiritual teachings by a wise, holy sage who helped to raise and guide him. Upon reaching adulthood, he felt drawn toward a religious life and eventually founded a famous monastery that drew many others to the faith over the ensuing years. Many disciples joined him in the hope of learning from his wise teachings. The rules he set for himself and his monks were wise and compassionate. They were to refrain from consuming all kinds of meat, butter and milk, and to live solely upon the vegetation of the land. All were to perform strenuous manual labor in the fields and to till the soil with their own hands. Although Fintan was remembered for many miracles, some believe tales of these miracles may have evolved as mere legendary symbols of his many acts of kindness and mercy, rather than as historically accurate events. Yet it is known that so many disciples gathered around him to learn from his wisdom that it was stated, "There is no room to enumerate them by reason of their multitude." Fintan was best known for his humility, kindness, and wisdom concerning the value of living free of wants or possessions. He sought to live a life of austerity, compassion, and peace, seeking to give more to creation than his humble existence required taking. **Mystics, Ascetics & Monks By:**

Dr. Holly Roberts