

THIRD SUNDAY OF EASTER May 5, 2019

MASS INTENTIONS

Mon May 6		Sat May 11	
8:00 am	<i>Pro Populo</i>	4:30 pm	+Michelina Moraio (Sandra Dubeau & Robert Ward)
			+Valerie Lockyer Halley (Family)
			+Adoracion Escueta Naval (Family)
Wed May 8		Sun May 12	
8:00 am	<i>For the Poor</i>	9:00 am	+Lynard Santos (Family)
Thurs May 9		Sun May 12	
8:00 am	<i>For the Unborn</i>	9:00 am	+Margherita Attanasio (Family)
			+Marie McAuliffe (Sue Gallagher)
			+Franco & +Giuseppe Caronchia (Family)
Fri May 10		Sun May 12	
8:00 am	<i>For the Sick</i>	11:00 am	+Lurdes Costa (Manuel & Maria Costa)
			+Maria Viveiros (Manuel & Maria Costa)
Sat May 11		Sun May 12	
8:00 am	<i>FOR THE SOULS IN PURGATORY</i>		+Lucia & +Vito Roberto (Family)



The Sanctuary Lamp burns for 7 days in memory of Stan Ritchie



Totus Tuus Summer Camp is Coming to St. Ambrose! Youth of the parish are invited to join us for Totus Tuus this summer from **August 6 to August 9, 2019**.

Totus Tuus (Latin for Totally Yours) is an Archdiocesan camp program whereby seminarians and college students travel to different parishes, spreading the Good

News of our Lord through catechetical instruction, Mass, confession, songs and games! The day camp, for children entering grades 1-6, runs Tuesday-Friday from 9:00am-2:30pm. The evening program for Grades 7-12 runs Tuesday-Friday from 7:00p.m.-9:00pm. The cost is only \$50.00 per person for the week. To register or for more information, please contact **MaryAnne Nigli**, email: maryanne.n23@gmail.com Phone: 416-618-0486. More information about the camp is also available at totustuutoronto.ca.



Thank you to all the courageous and conscientious parishioners who attended the 8 sessions of **Honouring God's Creation Documentaries Series** and for taking on the challenge of Going Vegan for Lent! We realized that choosing a peaceful way to eat can greatly benefit the planet, ourselves and animals. We also acknowledged that being a Christian and eating a plant-based diet can go hand in hand and may help us live a more virtuous and healthy life. After all God has given us such an abundance of different types of fruits, vegetables, legumes, seeds and grains for food! (Gen 1:29-30). Also thank you for all your positive feedback on how this series and time together opened your eyes and hearts! For those who were

not able to attend you can stream or view some of the documentaries we watched on Netflix or Youtube like **Forks Over Knives, Cowspiracy, and What the Health**. Other films can be streamed online for free like **Peaceable Kingdom: The Journey Home** go to: <http://www.peaceablekingdomfilm.org/> **Dominion** <https://www.dominionmovement.com/> and can also be viewed on Youtube. I urge you to watch these documentaries with friends and family. Learn the truth of where your food comes from.

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HONORING GOD'S CREATION: Plant-Based Recipe!

The recipe below is in keeping with God's creation intent (Genesis 1:29): Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." (NIV)

Let no animal suffer or die that we may live! Continue with your vegan

journey and make a Plant-Based Easter Meal! Try this recipe:

VEGETABLE & LENTIL SOUP

Ingredients

85g dried red lentils
2 carrots, quartered lengthways then diced
3 sticks [celery](#), sliced
2 small leeks, sliced
2 tbsp tomato purée
1 tbsp fresh thyme leaves
3 large garlic cloves, chopped
1 tbsp vegetable bouillon powder
1 heaped tsp ground coriander

Instructions

Tip 85g dried red lentils, 2 quartered and diced carrots, 3 sliced celery sticks and 2 sliced leeks into a large pan with 2 tbsp tomato purée, 1 tbsp fresh thyme leaves, 3 chopped garlic cloves, 1 tbsp vegetable bouillon powder and 1 heaped tsp ground coriander.

Pour over 1½ litres boiling water from the kettle, then stir well.

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a [food processor](#).

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

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



Feature length documentary ***A Prayer for Compassion***, **June 2, 2019** at St. Ambrose Church hall @ 3:00 p.m. This film strives to inspire and encourage those already on a religious or spiritual path, to expand their circle of compassion to embrace all life, regardless of species, and make choices in alignment with this value. No charge but free will offering accepted. Please

R.S.V.P. by email stambrose.office@gmail.com or call the office 416-251-8282. *Fr. Donatello has received the licensing from the director and producer of this production.* For more information about the film go to www.aprayerforcompassion.com



St. Ambrose FORMED

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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.