

# THIRD SUNDAY OF LENT March 15, 2020

## **MASS INTENTIONS**

<b>Mon Mar 16</b>		<b>Sat Mar 21</b>	
<b>8:00 am</b>	<i>Pro Populo</i>	<b>4:30 pm</b>	+David Angelis (DeAngelis Family) +Romeo Salvano (Family)
<b>Wed Mar 18</b>			
<b>8:00 am</b>	+Catalina & +Bienvenido DeBlois (DeBlois Family)		
		<b>Sun Mar 22</b>	
		<b>9:00 am</b>	+Kathleen Smith (Family)
<b>Thurs Mar 19</b>			
<b>8:00 am</b>	+Giuseppe/+Matteo/+Celeste Sabatino (Lucy DiFranco)		
<b>7:30 pm</b>	<i>Mass for the Feast of St. Joseph</i>	<b>11:00 am</b>	+Filomena & +Ugo Nait (Luigi & +Michele Sbrocchi Filomena Nait)
<b>Fri Mar 20</b>			
<b>8:00 am</b>	<i>For the Sick</i>		+Manuel & +Lurdes Costa (Manuel & Maria Costa)
<b>Sat Mar 21</b>			
<b>8:00 am</b>	<i>FOR THE POOR</i>		



**The Sanctuary Lamp burns for 7 days  
in memory of Giuseppe Basile**



### WE WELCOME INTO OUR CHRISTIAN FAMILY

Mila Rose Fuoco daughter of Bruno & Antonella  
Zoey Cardoso Petsinis daughter of Anthony & Kris  
Julius Checchia son of Frank & Melissa



**Stations of the Cross** will be held every Friday during Lent until **Friday, April 3 at 7:00pm**



### **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.



### **TOTUS TUUS SUMMER CAMP!!**

The Totus Tuus Summer Camp is returning to St. Ambrose, from August 9-14, 2020 for youth Grades 1-12. **Day Camp:** Grades 1 to 6 Monday, August 10 – Friday, August 14, 2020 from 9:00am-2:30pm. **Evening Camp:** Grades 7 to 12 Sunday, August 9 – Thursday, August 13, 2020 from 7:00pm-9:00pm. To Register: email: [ambrosetotustuus@gmail.com](mailto:ambrosetotustuus@gmail.com) or visit the parish office.

## THIRD SUNDAY OF LENT March 15, 2020

---



### **Ideas for St. Patrick's Day Dinner!** **Vegan Shepherd's Pie**

#### **Ingredients**

4 medium potatoes, diced  
2 Tbsp. margarine (Vegan)  
1/4 cup soy milk or liquid nondairy creamer  
Salt, garlic powder, and pepper, to taste  
1 medium onion, finely chopped  
1 Tbsp. vegetable oil  
12 oz. vegan ground beef-style crumbles or cooked lentils  
1 1/4 cups vegan gravy of your choice  
1 6-oz. can mixed peas and carrots, drained  
Paprika, for garnish (optional)

#### **Instructions**

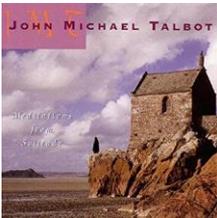
Boil the potatoes for 20 minutes, or until tender. Drain and mash with the margarine and soy milk or nondairy creamer. Season with salt and pepper.

In a medium pan, sauté the onion in the oil until translucent.

In a medium bowl, mix the cooked onions, vegan beef crumbles or lentils, mushroom gravy, peas and carrots, and spices. Pour into a pie pan. Top the crumble mixture with the potatoes, spreading to the edges. Bake in a 350°F oven for 30 to 40 minutes, until the potatoes are browned and the crumble mixture bubbles out the edges. **Makes 6 to 9 servings**

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

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



**Come away by yourselves to a lonely place, and rest a while." (Mark 6:31)** Come to pray in church during Lent on Saturday, March 21 & 28 from 9:00am to 2:00pm while meditation music by John Michael Talbot & Steven Halpern plays in the background. Come to spend some time in mediation and solitude.



#### **MASS IN HONOUR OF ST. JOSEPH**

Mass will be celebrated on Thursday, March 19, 2020 at 7:30p.m. in honour of the Feast of St. Joseph.



#### **Archdiocese of Toronto – Proposed Expansion of Euthanasia - February 2020**

On Monday, February 24, 2020, the federal government introduced Bill C-7, an Act to Amend the Criminal Code (Medical Assistance in Dying). **Contact Your Member of Parliament! New Euthanasia Legislation Introduced in Canada** Legislation that would expand access to euthanasia in our country has been introduced by the federal government. Among the alarming changes are amendments to expand euthanasia to those without a terminal illness, including those with disabilities. Only 30 percent of Canadians have access to quality palliative care which would significantly reduce the number of people wanting to end their lives. Every life has value – visit [www.helptheliving.ca](http://www.helptheliving.ca) to send a letter (prepared for you) to your Member of Parliament. The process takes less than 5 minutes. More information can also be found at [www.archtoronto.org/euthanasia](http://www.archtoronto.org/euthanasia). We continue to pray and advocate for the vulnerable among us.