

TWENTY-THIRD SUNDAY IN ORDINARY TIME September 6, 2020

MASS INTENTIONS

Mon Sept 7		Sat Sept 12	
8:00 am	Manuel & Linda Linsao (Living Intention) (Friends at St. Ambrose Church)	4:30 pm	+Enza Nocera (Family) +Lucy & +Wally Dolegowski (Family)
Wed Sept 9			+Peter Carlton (Stella Filice)
8:00 am	+Rosina Pietrantuono (Ida Falcone)	Sun Sept 13	
		9:00 am	+Verna Belanger (Theresa Bridel) +Franco & +Giuseppe Caronchia (Maria Caronchia)
Thurs Sept 10			
8:00 am	+Lino Confalone (Lucia DiFranco)		
Fri Sept 11			
8:00 am	+Margaret & +Clara Lee (Cynthia DeBlois) Blessings for the Tyson Family (Living Intention)	11:00 am	+Jim Avery (Patty McCarthy) +Clarence McCauley (Weglicki Family)



The Parish office will be closed on Monday, September 7th for Labour Day and will re-open on Wednesday, September 9th. Have a safe long weekend.



ST. AMBROSE FORMED

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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 or go to our website.



ST. AMBROSE BAZAAR

DUE TO THE SPREAD OF THE CORONAVIRUS (COVID 19) OUR YEARLY BAZAAR 2020 HAS BEEN CANCELLED. PLEASE DO NOT BRING OR LEAVE BAZAAR ITEMS AT THE CHURCH. THANK YOU!



PASTORAL LETTER

For those requesting a Pastoral Letter when applying for the Catholic School Board, Fr. Donatello Iocco will only fill out forms if you attend Mass regularly on Sundays.



Ideas for a Delicious Plant-Based Meal **Quinoa Stuffed Peppers (Vegan)**

Ingredients

1/2 cup dry quinoa
1 cup water
4 bell peppers, sliced in half lengthwise, seeds and white pith removed
1 tablespoon coconut oil
1 small onion, chopped
1 clove garlic, minced
1 cup chopped mushrooms (about 4 ounces)
1 zucchini, chopped
1 (15-ounce) can white cannellini beans (about 1 1/2 cups cooked beans)
1 cup marinara sauce, plus more for serving
Sea salt and black pepper

Instructions

-Preheat the oven to 350F. Combine the quinoa and water in a small saucepan and bring the water to a boil. Cover and reduce the heat, cooking until the quinoa is tender, about 15 minutes. Fluff with a fork and set aside.

-Place the bell peppers cut-side down on a baking sheet and bake them for 10 minutes. Remove from the oven and set aside.

-In the meantime, melt the coconut oil in a large pot over medium heat and saute the onion until it starts to become translucent, about 5 minutes. Add in the garlic, mushrooms and zucchini, and saute until all of the vegetables are tender, about 6 to 8 minutes. Season with salt and pepper.

-Add in the cooked quinoa, beans, and marinara sauce, and stir well to combine and adjust the seasoning to taste. Arrange the cooked bell peppers cut-side-up and spoon the filling into each pepper. It should generously fill 4 bell peppers. Spoon additional marinara sauce over each pepper to help prevent them from drying out, then bake for 30 minutes at 350, until the peppers are very tender. Serve warm, with additional marinara sauce, if you like. Serves 4.

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

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



SHARELIFE 2020

We are pleased to provide an update on the continuation of the 2020 ShareLife campaign. We will continue into the fall of this year. ShareLife has scheduled three collection weekends for the fall, the dates are as follows: **September 12-13, 2020, October 10-11, 2020 Thanksgiving weekend and November 7-8, 2020.** Parishioners can drop their contribution at the parish or mail to the ShareLife office. (1155 Yonge Street, Toronto or call 416-934-3411) This is being done to allow parishioners to support the campaign if they are unable to attend Mass, and to allow the ShareLife office to assist with processing these contributions. We will also be including the option to contribute by credit card and direct debit, giving parishioners the opportunity to support ShareLife in this manner.