

# St. Ambrose Catholic Church

Fr. Donatello Iocco, Pastor



## Mission Statement:

*In Christ we are all things, He is everything to us. If you have wounds to heal, He is a physician; if fever scorches you, He is a fountain. Would you punish evil doing, He is justice, If you need help, he is strength; if you fear death, He is life; if you hunger, He is food.*

- St. Ambrose

## MASS TIMES

Sunday Liturgy  
Saturday (Vigil) 4:30 pm  
Family Mass with Youth Choir  
Sunday 9:00 am Cantor & Organ  
11:00 am Choir & Organ

### Daily Mass

Monday-Friday 8:00 am (no Mass Tuesdays)

### Devotions

Holy Hour Eucharistic Adoration  
First Friday 8:30 am - 9:30 am  
*"Can you not watch an hour with me?"* Matthew 26:40  
Holy Rosary Monday - Saturday 7:30 am  
Divine Mercy Chaplet Monday - Saturday 8:30 am  
Devotion to Our Lady of Perpetual Help  
Wednesdays 8:45 am

## BECOME A FRIENDLY VISITOR!

Under the direction of the pastor, Friendly Visitors serve those in the parish and surrounding community who are in need of social interaction. Must attend a 1 day training session when available.

## PARISHIONERS

Please contact the parish office to update address/phone #s or to volunteer in ministries.

**Office Hours:** Mon, Wed, Thurs, Fri 10 am - 3 pm  
Closed Tues, Sat, Sun

### New Parishioners

*Welcome! To register please call the office or email [rose@stambroseparish.com](mailto:rose@stambroseparish.com).*

## SACRAMENTS

### Reconciliation

Saturday: 3:45-4:15 pm (or by appointment)

### Marriage

Couples wishing to arrange a wedding are required to contact the parish 1 year in advance and must be registered parishioners. The date needs to be confirmed with the pastor. A Marriage Preparation Course is required and can be taken at any parish. Request for Marriage forms are found on the parish website. Please contact the parish office for more information.

### Sacrament of Baptism

People seeking Baptism for their children must be registered in the parish for at least three months, and must speak to the Pastor after Mass. Baptism is celebrated every 3rd Sunday of the month. Baptism forms are found on the parish website.

### Sacrament of the Sick and Care for the Elderly & Shut-ins

For the Anointing of the Sick please call the parish office to arrange a visit by the Priest. Those confined to their homes by illness, infirmity or age, who would like to receive Communion contact the office.

### Religious Instruction

Sacramental Preparation is offered to all registered and active parishioners. Information is provided through bulletin and pulpit announcements.

## PARISH MINISTRIES

Extra-Ordinary Ministers of the Eucharist, Lectors, Lay Pastoral Visitors, Friendly Visitors, Greeters, Ushers, St. Ambrose Choir and Youth Choir, Catholic Women's League, Knights of Columbus & Honouring God's Creation Society

WE WELCOME YOU TO JOIN US!




## THIRD SUNDAY IN ORDINARY TIME Jan 22, 2023

# MASS INTENTIONS

<i>Mon Jan 23</i>		<i>Sat Jan 28</i>	
<i>8:00 am</i>	<b>+Cipriana Costelo (Gloria &amp; Bernie Buenaventura)</b>	<i>4:30 pm</i>	<b>+Felicia &amp; +Francesco DeCotiis (Family)</b>
	<b>Lynnore &amp; Rafaelito Moreno</b>		<b>+Geraldine Baylon (The Neal Family)</b>
	<b>Living Intention – (Betty DeBlois)</b>		<b>+Tony Ancona (Maria Ancona &amp; Family)</b>
<i>Wed Jan 25</i>		<i>Sun Jan 29</i>	
<i>8:00 am</i>	<b>For the Poor</b>	<i>9:00 am</i>	<b>+Palmerino DeLuca (DeLuca Family)</b>
			<b>+Anna Gennaro (DeLuca Family)</b>
<i>Thurs Jan 26</i>			<b>+Giovanina DeLuca (Mira DeLuca)</b>
<i>8:00 am</i>	<b>Pro Populo</b>		<b>+Margherita Attanasio (Family)</b>
			<b>+Pavel, +Stefania &amp; +Anna Pavlovski (Jack &amp; Kristina Sitarski)</b>
<i>Fri Jan 27</i>			<b>+Jan &amp; +Teresa Sitarski ( “ “ )</b>
<i>8:00 am</i>	<b>For the Unborn</b>	<i>11:00 am</i>	<b>For the Parishioners of St. Ambrose</b>

### SACRAMENT OF FIRST HOLY COMMUNION:

 Dear Parents, If your child is celebrating their 1<sup>st</sup> Holy Communion in 2023 there will be a **Mandatory Meeting & Registration drop off with payment on Saturday, February 25<sup>th</sup> at 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1<sup>st</sup> Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register please go to our website at [www.stambroseparish.com](http://www.stambroseparish.com) click on School **Sacrament of 1<sup>st</sup> Holy Communion will be celebrated on Saturday, June 10, 2023 at 10:30am.**

### St. Ambrose Children Liturgy Invitation



All children between 3 and 8 years old are invited to the children's liturgy, which will run in the church basement on the **first and third week from January until June 18, 2023 at 11:00am.** For the other weeks, handouts which contain weekly reading and take-home activity will be available at the church entrance for pick up at the 11 am Mass.

Registration is required to ensure we prepare enough activities and handouts for all attendees. We also welcome volunteers for the preparation or during the children's liturgy. Please contact [st.ambrosechildrenliturgy@gmail.com](mailto:st.ambrosechildrenliturgy@gmail.com) for more information and registration.

**St. Ambrose Children's Liturgy Committee**



## Ideas for a Delicious Plant-Based Meal Vegan No Bake Cookies with Tahini

### Ingredients

3 tablespoons tahini  
¼ cup cocoa powder  
5 tablespoons coconut oil  
5 tablespoons maple syrup  
1 teaspoon vanilla extract  
½ teaspoon cinnamon  
1 pinch salt  
1 cup rolled oats  
Flaked sea salt, for garnish  
Sesame seeds, for garnish (optional)

### Instructions

Line a 12-cup muffin tin with cupcake liners.

In a glass measuring cup, place the tahini, cocoa powder, coconut oil, maple syrup, vanilla extract, cinnamon and salt. Microwave 20 seconds, then stir until full combined and smooth but not hot. Stir in the rolled oats. Spoon about 2 tablespoons each into the cupcake liners and spread if necessary to make flat cookies in the bottom of the cups. Top with sesame seeds and flaked sea salt. Freeze for 20 minutes. Store refrigerated or frozen. Keep refrigerated as close as possible to serving.

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

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



### **CTK Lakeshore Youth Ministry - What is EDGE and LifeTeen?**

A Catholic Youth Ministry for the young people in the Etobicoke area. **EDGE:** for grades 6-8, **LifeTeen:** for grades 9-12 Friday nights from 6:00pm-10:00pm (bi-weekly) **Cost:** FREE (Dinner provided) **Email:** [ctklakeshoreyouth@gmail.com](mailto:ctklakeshoreyouth@gmail.com)

Edge and LifeTeen are Catholic youth ministry programs. They provide a safe and fun place for youth to find solid Catholic community, to get answers to their questions about the faith, and most importantly, to experience Jesus in a profound and personal way. Our programming speaks to the physical, psychological, cognitive, relational and spiritual maturation of the youth. The resources present Catholic teaching in a way that young people can understand.



### **Mary, Mother of God School - Now Registering for 2023/2024**

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