

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.

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!



FOURTH SUNDAY IN ORDINARY TIME January 30, 2022



<i>Mon Jan 31</i>		<i>Sat Feb 5</i>	
<i>8:00 am</i>	<i>For the Poor</i>	<i>4:30 pm</i>	+Michele Cotoia (Family)
			+A.V. & +Leela Kunjuvareed (Family)
			+Debbie Baker (Patti, Cathy & Roy)
<i>Wed Feb 2</i>		<i>Sun Feb 6</i>	
<i>8:00 am</i>	+Glecy Roxas (Nanette De Vera)	<i>9:00 am</i>	+Giovanni Colantonio (Family)
			+Antonio Menecola
<i>Thurs Feb 3</i>		<i>Fri Feb 4</i>	
<i>8:00 am</i>	Luisa Freitas - Living Intention – In Thanksgiving for prayers received (Elizabeth Rocca)	<i>4:30 pm</i>	+Anna Lucia DeFranco
			+Mariantonia Capuano (Joe & Mary DeLuca)
			+Luigi Franchin (Mary Franchin & Family)
		<i>11:00 am</i>	+Emilio Alcaraz (Family)
			+Giovanni Colantonio (Family)



ATTENTION PARENTS:

Confirmation **First Holy Communion:** If your child is in grade 2 and receiving their First Holy Communion there will be a **Mandatory Information meeting and drop off Registration form with payment TBA. First Holy Communion mass: Saturday, May 28, 2022 Time: TBA**

Confirmation: If your child is in grade 7 and receiving their Confirmation there will be a **Mandatory Information meeting and drop off Registration form with payment on Saturday, December 11, 2021 at 10:00am. Confirmation mass: Saturday, June 4, 2022 at 10:00am.** As part of their catechism preparation children who will be receiving the sacraments of **First Holy Communion and Confirmation are required to attend Sunday 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 click on Forms and download Registration Form. Also, please read attached letter. **Please type all information, hand written forms are not accepted.**



Ideas for a Delicious Plant-Based Meal **Easy Vegan Spinach Pasta**

Ingredients

- 2 tablespoons olive oil
- 3 shallots, chopped
- 2 garlic cloves, minced
- 1/4 teaspoon red pepper flakes
- 8 ounces spinach leaves
- 8 ounce linguine
- 1/4 cup vegan parmesan cheese (you can it keep in the freezer)

Instructions

- Bring a large pot of salted water to a boil.
- Heat the oil in a large skillet over medium heat. Add the shallots and cook until soft and caramelized, about 5 minutes. Stir in the garlic, red pepper flakes and pinch salt/pepper.
- Add in the spinach and cook until wilted.
- Meanwhile, add the pasta to the salted water and cook a little more than half of the recommended time. For instance, if al dente is 10 minutes, cook for 6.
- Add the slightly uncooked pasta to the skillet along with 2 ladles of pasta water. ---The pasta water has starches to help the sauce cling to the pasta, so don't substitute regular water. Bring to a simmer and cook, stirring often, until the water has evaporated. Continue to add more pasta water, one ladle at a time (might only need 1-2 more) until pasta is al dente/cooked through.
- Stir in the parmesan cheese and season to taste, if needed. Serves 4

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

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



Pope Francis has launched the Synod on Synodality: a two-year global process of listening to the faithful that will help the Church reflect on how we can do God's will in the world today. The comments of the faithful will ultimately be

discussed at a meeting of the bishops in the Vatican in 2023. To learn more about the Synod on Synodality and to share your thoughts, please visit: www.archtoronto.org/synodality



MASS INTENTIONS

If you have a mass intention for a loved one and you would like for us to post a picture, on our Youtube Live Stream at the 4:30p.m Vigil mass, St. Ambrose Toronto please send us a picture on the Wednesday before the intention is announced. If possible, please don't send a picture if your intention is 2 to 3 weeks before the date.



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