

St. Ambrose Catholic Church

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Fr. Donatello Iocco, Pastor



Epiphany of the Lord

THE EPIPHANY OF THE LORD January 7, 2024

MASS INTENTIONS

<i>Mon Jan 8</i>		<i>Sat Jan 13</i>	
<i>8:00 am</i>	Feast Day of The Baptism of the Lord	<i>4:30 pm</i>	+Joseph MacDonald (C.W.L.)
	+Emilio Alcaraz (Family)		+Vince McGovern (Linda Linsao)
<i>Wed Jan 10</i>			
<i>8:00 am</i>	Pro Populo		
<i>Thurs Jan 11</i>		<i>Sun Jan 14</i>	
<i>8:00 am</i>	For the Sick	<i>9:00 am</i>	+Joe Sanginesi (Ida & Biagio Abbruzzese)
			Catherine Villania – Living Intention (Family)
<i>Fri Jan 12</i>			
<i>8:00 am</i>	+Anthony Laksmana	<i>11:00 am</i>	+Lucia Cacciaccaro (Family)
	+Ricciotto Rizzuti (Family)		+Armando Perry Mazzucco (Family)



SACRAMENT OF CONFIRMATION: Dear Parents, If your child is celebrating their Confirmation in 2024 there will be a **Mandatory Meeting + Registration drop off with payment on Saturday, January 27, 2024 @ 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of Confirmation are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at www.stambroseparish.com **Sacrament of Confirmation will be celebrated on May 18, 2024 @ 11:00am.**



SACRAMENT OF FIRST HOLY COMMUNION: Dear Parents, If your child is celebrating their 1st Holy Communion in 2024 there will be a **Mandatory Meeting + Registration drop off with payment on Saturday, February 24, 2024 @ 11:00am in the church.** As part of their catechism preparation children who will be receiving the Sacrament of 1st Holy Communion are required to attend mass. If your child attends Private/Public School please call the office for more information. To register go to the website at www.stambroseparish.com **Sacrament of 1st Holy Communion will be celebrated on Saturday, April 27, 2024 @ 10:30am.**

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Are you a senior? Do you need help with phone calls or a ride to get your medication, grocery shopping, doctors appointments, church, family/friends house...if so please call the parish office 416-251-8282.



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 or go to our website.



Ideas for a Delicious Plant-Based Meal **Cauliflower Stir-Fry**

Ingredients

- 1 medium head cauliflower (2 pounds)
- 1 red bell pepper
- 1 orange bell pepper
- 1 medium white onion
- 3 green onions
- 3 tablespoons rice vinegar*
- ¼ cup soy sauce
- 1 tablespoon light miso
- 2 tablespoons sugar (or maple syrup)
- 2 tablespoons sesame oil (regular)
- 1 teaspoon cornstarch
- 3 tablespoons neutral oil for stir frying, divided

Instructions

Chop the cauliflower into small florets. Thinly slice the bell peppers. Thinly slice the white onion. Thinly slice the green onion.

In a medium bowl, whisk together rice vinegar, soy sauce, miso, sugar, sesame oil, and cornstarch

In large skillet, heat 2 tablespoons neutral oil over medium high heat. Add the cauliflower and a pinch of salt and cook unstirring, for 3 to 4 minutes until charred. Flip the florets and continue cooking for 2 minutes.

Add the bell peppers, white onion, a pinch of salt and the remaining 1 tablespoon oil and cook 4 to 6 minutes until tender.

Turn off the heat. Pour in the sauce and add the green onions. Stir until the sauce coats everything and thickens. Serve immediately.

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

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

