

# 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!



# THE EPIPHANY OF THE LORD Jan 8, 2023

## MASS INTENTIONS

<i>Mon Jan 9</i>		<i>Sat Jan 14</i>	
<i>8:00 am</i>	<b>Feast of the Baptism of the Lord</b>	<i>4:30 pm</i>	<b>+Joe Andreazza (Family)</b>
			<b>+Feliciana Maranelli (Family)</b>
			<b>+Angus Reid (Family at Franklin Horner Community Ctr.)</b>
<i>Wed Jan 11</i>		<i>Sun Jan 15</i>	
<i>8:00 am</i>	<b>+Aloysius Dsouza (Family)</b>	<i>9:00 am</i>	<b>+Pavel, +Stefania &amp; +Anna Pavlovski (Jack &amp; Kristina Sitarski)</b>
			<b>+Jan &amp; +Teresa Sitarski ( " " )</b>
			<b>+Maria Filippa Trigiani (Filomena Fazzari)</b>
<i>Thurs Jan 12</i>			
<i>8:00 am</i>	<b>+Elizabeth O'Connor (The O'Grady Family)</b>		
<i>Fri Jan 13</i>		<i>11:00 am</i>	
<i>8:00 am</i>	<b>For Unborn</b>		<b>+Ricarte Bartolome (Family)</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** of the month between **January 15 and June 18, 2023.** 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**

## THE EPIPHANY OF THE LORD Jan 8, 2023

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### Ideas for a Delicious Plant-Based Meal

### 3 INGREDIENT BANANA OATMEAL MUFFINS

#### INGREDIENTS

3 very ripe bananas - mashed thoroughly  
2 cups oat flour (or 2 cups oats blended into flour)  
¼ cup + 1 tbsp plant milk of your choice

#### Optional extras

1 tsp baking powder (recommended for fluffiness)  
1 cup chopped chocolate or chocolate chips

#### INSTRUCTIONS

Preheat oven to 350 degrees.

Add banana, oat flour, plant milk, and baking powder (if using) to a bowl and mix until just combined. If using chocolate chips, fold in last.

Spoon ⅓ of batter per slot into a lined or silicone muffin tray.

Bake for 15-17 minutes.

Let muffins cool for 10 minutes and then dig in.

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

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



#### The Epiphany of the Lord - January 8, 2023

"On entering the house, they saw the child with Mary his mother; and they knelt down and paid Him homage. Then, opening their treasure chests, they offered Him gifts of gold, frankincense and myrrh." God asks us to give our lives. What treasures have been given to you to share with others in Christ's

name? If God is calling you to be a priest, deacon, brother or sister contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. **Email:** [vocations@archtoronto.org](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)



#### TCDSB Kindergarten Registration

Wednesday, January 25, 2022 – 10 a.m. Kindergarten in the Toronto Catholic District School Board provides children with a variety of learning experiences in a caring, faith-based environment. Students develop a positive attitude about

themselves and others, become more independent and responsible, develop self-regulation skills and appropriate social skills, and solve problems. TCDSB looks forward to welcoming new students for the 2023-2024 school year. Children born in 2019 are eligible to attend Junior Kindergarten in September 2023. **REGISTRATION:** [SOAR.tcdsb.org](http://SOAR.tcdsb.org) **FOR MORE INFORMATION:**

[www.tcdsb.org/kindergartenregistration](http://www.tcdsb.org/kindergartenregistration)



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