

# 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!



# BAPTISM OF THE LORD January 9, 2022



Mon Jan 10		Sat Jan 15	
8:00 am	<b>For the Poor</b>	4:30 pm	<b>+Joe Andreezza (Family)</b>
			<b>+Feliciana Maranelli (Andreezza Fam)</b>
			<b>+Mario Spagnuolo (Emilia Belmonte &amp; Lisa Kamrath)</b>
Wed Jan 12		Sun Jan 16	
8:00 am	<b>+Ricciotto Rizzuti (Family)</b>	9:00 am	<b>+David Morrone (Ida &amp; Biagio Abbruzzese)</b>
	<b>+Adriano Tolentino (Family)</b>		
	<b>+Westley Ned Magtoto (Tolentino Family)</b>		
	<b>+Amelia Udasco (Living Intention) (Sonny Udasco &amp; Family)</b>		
Thurs Jan 13			
8:00 am	<b>For the Unborn</b>	11:00 am	<b>+Emilio Alcaraz (Family)</b>
Fri Jan 14			
4:30 pm	<b>PRO POPULO</b>		



The Sanctuary Lamp burns for 7 days in memory of Carmel & Clarence Goff



## **ATTENTION PARENTS:**

**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](http://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 Vegan Peach Cobbler

### Ingredients

#### Filling:

7 Large ripe peaches, pitted and sliced into 1/3-inch pieces  
2 tablespoons pure maple syrup  
4 teaspoons arrowroot powder  
2 teaspoons pure vanilla extract  
½ tsp ground cinnamon

#### Topping:

¼ cup unsweetened almond milk or soy milk  
1 tsp fresh lemon juice  
2 ½ cups whole spelt flour  
1 ½ teaspoons baking powder  
1 teaspoon cinnamon  
¾ teaspoon baking soda  
¾ cup coconut sugar  
¼ teaspoon sea salt  
¼ cup extra-virgin coconut oil, melted  
1 tablespoon pure maple syrup

### Instructions

-For the filling: Preheat the oven to 350 F. Add the peaches, maple syrup, arrowroot, vanilla and cinnamon to a large bowl, and mix thoroughly to combine. Transfer the fruit mixture to an 8x11 inch baking dish, and spread out in an even layer.

-For the topping: Combine the almond milk and lemon juice in a small bowl, and set aside for 5 minutes to curdle. Sift the flour, baking powder, cinnamon and baking soda into a medium bowl; add the coconut sugar and salt, and whisk to combine. Drizzle the coconut oil into the flour mixture, and use your hands to work the oil in until all the flour is moistened. Add the clabbered almond milk and the maple syrup, and stir until just incorporated.

-Crumble the topping over the filling, and bake until the fruit is bubbling and the topping is browning around the edges, 20 to 25 minutes. Remove the cobbler from the oven, and set aside for 10 minutes before serving. Serves 8 to 10.

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](http://www.archtoronto.org/synodality)



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