

St. Ambrose Catholic Church

Fr. Michael Machacek, Pastor

Fr. Brian Shea, In Residence



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:

Monday, Wednesday, Thursday & Friday - 10:00 a.m. - 3:00 p.m.
Closed Tuesday, Saturday, Sunday & Statutory Holidays
To schedule an appointment, please call the office during business hours. (If planning to drop in between 12:00 noon & 1:00 pm please call before)

New Parishioners: Welcome to St. Ambrose! Registration Forms and Pre-Authorized Giving (PAG) Forms can be found on our website at www.stambroseparish.com under the **Contact** tab or you can email stambroseET@archtoronto.org

SACRAMENTS

Reconciliation

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

Marriage

Couples wishing to arrange a wedding must contact the Pastor One year in advance and be registered with the parish. Please do not set the date until you have met with the Pastor. Marriage Information Guidelines can be found on the parish website, under "Sacraments".

Baptism

Baptisms for infants and young children are celebrated every 3rd Sunday of the month, immediately following the 11:00 a.m. mass. Baptism Registration and Preparation Instructions can be found on the parish website, under "Sacraments".

Anointing of the Sick and Care for the Elderly & Shut-Ins

If you or a loved one are in a hospital and wish for a visit from a priest for the sacrament of the anointing of the sick, please contact the Nurses' station and ask them to contact the "Priest on call". For other locations, please contact the parish office. Those who are confined to their homes by illness, infirmity or age, who would like to receive communion, please contact the office.

PARISH MINISTRIES

Altar Servers, Children's Liturgy, 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!

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ELEVENTH SUNDAY IN ORDINARY TIME

MASSES & INTENTIONS JM

Monday, June 15

8:00 a.m. †Christine Niggeman
req. by Carol & Kevin McAuliffe

Wednesday, June 17

8:00 a.m. †Jean Garnier, req. by C & K McAuliffe
†Jacek Sitarski, req. by Krystyna Sitarski

7:00 p.m. St. Ambrose Grade 8 Graduation Mass

Thursday, June 18

8:00 a.m. †Roland Wilson
req. by Carol & Kevin McAuliffe

Friday, June 19, St. Romuald, Abbot

8:00 a.m. †Lucena & †Mario Dematta, req. by Family
Birthday blessings for Elizabeth & Miguel
Vinzon, req. by Betty DeBlois
50th Wedding Anniversary Blessings for
Isagami & Lily Umali

Saturday, June 20

4:30 p.m.

Sunday, June 21, XII Sunday of Ordinary Time

9:00 a.m. †Marguerite Forcier
req. by Carol & Kevin McAuliffe
†Francesco DelVicario, req. by Family
†Dalfred Belanger & †Frank lamundo
Req. by Rosemary & Tony lamundo
†Joseph & †William, req. by M. MacDonald
†Fabio Capobianco, req. by Family
†Antonio & Vittorio Attanasio, req. by Nifo
11:00 a.m. †Asuncion and †José Magsalay
req. by Family
†Domenic and †Giuseppe Sabatino
req. by Family

*The Marian Lamp burns for 7 days
In Memory of Perry Waghorn and
Roy DeAngelis, req. by the Family*



*The Sanctuary Lamp burns for 7 days
In Memory of Fabio Capobianco
req. by the Family*



YOUR GIFT TO SHARELIFE ENCOURAGES INCLUSION AND BELONGING

For John, life raising two Deaf sons has been filled with love—but also deep fears. He’s watched them struggle in a world that often overlooks and isolates them. With your gift to ShareLife, families like his have found hope and belonging through life-changing support in a welcoming American Sign Language environment—something still out of reach

for too many others. Silent Voice Canada, a Catholic Charities agency you support through ShareLife, facilitates connection and provides family-based resources that combat isolation, remove barriers, enhance skills, and encourage inclusion and belonging. Your generous heart helped shape the future for John and his sons—giving them courage, a sense of belonging, and the opportunity to embrace all that life has to offer. You can continue to uplift Deaf children and their parents, providing them with the confidence to see themselves as capable, strong, and full of potential. Please give at the parish using a ShareLife envelope, online through our parish website, or at www.sharelife.org/donate

PRAYING WITH THE SACRED SCRIPTURES



Lectio Divina will resume again in September.

HELP NOT HARM: TAKE ACTION TO SUPPORT

BILL C-218 In recent weeks, Cardinal Leo has invited Catholics to reach out to their federal Member of Parliament (MP), asking them to support Bill C-218 – An Act to Amend the Criminal Code (medical assistance in dying), The Right to Recover Act. Write your Member of Parliament Today. Visit HelpNotHarmCanada.ca where you can e-mail your MP, asking for their support of Bill C-218, which would amend the Criminal Code to prevent Medical Assistance in Dying (MAiD) from being provided when mental illness is the sole underlying condition. Without this change, MAiD will be available for those suffering from mental illness alone beginning in March 2027. As Catholics and Canadians, we are called to offer care, hope, and protection — not death — to those who are suffering and most vulnerable. Visit HelpNotHarmCanada.ca today and ask your MP to support Bill C-218.

ST. AMBROSE PARISH – SUMMER DAY CAMP

St. Ambrose Parish is excited to offer a **Full-Day Summer Day Camp** for children in **Grades 1–8** on July 20–24. **Cost: \$150 Regular Registration, \$20 sibling discount** for each additional child. Join us for a fun and faith-filled week of games, crafts, prayer, and group activities in a safe parish environment. Contact **Agnes, Youth Minister** at amirga@archtoronto.org for more details.

EDGE CAMP WEST 2026 Registration for **EDGE Camp West 2026, August 15-19**, is ongoing. Spaces are limited, so we encourage families to register early to avoid missing out on this amazing experience of faith, friendship, and fun! For more information and to register, please visit the registration link provided.

<https://edgecamp.campbrainregistration.com/>

Register today and join us at **EDGE Camp West 2026!**

LAKESHORE YOUTH MINISTRY



- June 19 – Life Teen
- June 26 – Youth Picnic

RETREAT FOR THOSE LIVING WITH CANCER AND THEIR CAREGIVERS

– **Saturday, June 20**, from **9:30 a.m.–2:30 p.m.** at **Our Lady of the Miraculous Medal Church**, Etobicoke ON. A spiritual retreat for those living with cancer. Fr. Lui Santi invites you to come for a time of prayer, reflection and quiet time to hear God's gentle voice. To seek comfort and healing. You are not walking alone in these difficult times of treatments. Space is limited. Registration required by email at: luicpps@yahoo.ca or 416-347-4013. Fee: \$20, refreshments provided, **must bring your own bag lunch.**

HANDS ON – SKILLS TRADE CAMP (Grades 7-12)

Boys & Girls welcome, no experience required. July 6-10 and July 13-17 at St. Ambrose Church. Registration opens June 10th. For more information contact Joe Grande at 647-969-1714. Flyers with all the information are also available in the Narthex.

JUNE IS MEN'S HEALTH AWARENESS MONTH

June 15–21 marks International Men's Health Week, a time to highlight the importance of physical, mental, and emotional well-being for men of all ages. Men are often less likely to seek preventive care or talk about health concerns early. This month is a reminder that good health is built through consistent habits, not just reactions to illness. Ways to Support Men's Health:

- Book regular check-ups and screenings --Preventive care helps catch health issues early when they are most treatable.
- Stay physically active -- Aim for regular movement such as walking, strength training, or recreational sports.

- Eat and drink for energy and balance --Focus on whole foods, balanced meals, and staying properly hydrated.
- Prioritize sleep -- Consistent, quality sleep supports heart health, mood, and energy levels.
- Manage stress in healthy ways -- This may include exercise, prayer, time outdoors, journaling, or relaxation practices.
- Stay socially connected -- Maintaining friendships and family relationships supports both mental and physical health.
- Take mental health seriously -- Talking openly about stress, anxiety, or mood changes is a sign of strength. Support can include trusted friends, faith communities, or professional care when needed.
- Set one realistic wellness goal this month -- Examples: take a daily walk, drink more water, book an overdue appointment, or reduce screen time before bed. Healthy habits don't need to be extreme to be effective. Small, consistent steps lead to long-term change. Let's use Men's Health Awareness Month to encourage the men in our lives to take care of themselves — physically, mentally, and emotionally. For more information, wellness tips, and support resources, visit the [Canadian Men's Health Foundation](#), [Movember Foundation](#), or [CAMH](#) websites.



THANK YOU FROM FATHER BRIAN

I would like to thank all the parishioners who attended the mass and my 40th Anniversary reception, and for all their good wishes, prayers, cards and gifts given to me this past weekend. A special thanks goes to the members who organized a wonderful reception on Saturday. *With all my heart, God bless & thank you, Fr. Brian*

CWL MEETING

Please come join – the next meeting is Thursday, June 18th from 7-8 pm, downstairs in the Church hall.



BUNDLE UP WEEKEND

June 20-21 at Christ the King parish. Saturday 11-6pm and Sunday 9-2pm. Please drop off donations of new or gently used clothing, shoes, textiles, bedding, draperies, and small household items in the POD container at the side of the church. We appreciate your support for those in need in our community. Call 416 486 1115 for more info. SSVP



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