

FIFTEENTH SUNDAY IN ORDINARY TIME July 12, 2020

MASS INTENTIONS

Mon Jul 13		Sat Jul 18	
8:00 am	<i>For the Poor</i>	4:30 pm	+Helena Dolegowska (Family)
Wed Jul 15			
8:00 am	+Buenaventura & +Carmelita Bernardo (Betty DeBlois)	Sun Jul 19	
		9:00 am	+Silvio Paoletta (Wife & Family) +Franco & +Giuseppe Caronchia (Family)
Thurs Jul 16			
8:00 am	<i>Pro Populo</i>		<i>La Madonna del Carmine</i> (Associazione Famiglia Abbrossiano)
Fri Jul 17			
8:00 am	+Giuseppe & +Maria Farace & Family (Family)	11:00 am	+Michele Sbrocchi (Luigi & Filomena Nait) +Filomena & +Ugo Nait “ “ +Manuel & +Lurdes Costa (Manuel & Maria) Honoring Mary Queen of Hearts & the Universe (Mary Laffradi)



The Sanctuary Lamp burns for 7 days
in memory of Nicola Iocco



ST. AMBROSE **FORMED**

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ST. AMBROSE BAZAAR

DUE TO THE SPREAD OF THE CORONAVIRUS (COVID 19) OUR YEARLY BAZAAR 2020 HAS BEEN CANCELLED. PLEASE DO NOT BRING OR LEAVE BAZAAR ITEMS AT THE CHURCH. THANK YOU!



Ideas for a Delicious Plant-Based Meal **Vegan Breakfast Quesadilla**

Ingredients

Olive Oil
½ onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 block extra firm tofu, pressed & crumbled into small bite-sized pieces
½ teaspoon turmeric
½ teaspoon garlic powder
½ teaspoon cumin powder
1 teaspoon sea salt, more to taste
1-2 cups vegan cheese shreds, more if preferred
3-4 10 inch tortillas

Instructions

-Heat 2-3 teaspoons of olive oil in a large skillet over medium heat. Add onions, red bell pepper, green bell pepper. Sprinkle with salt. Sauté for 5-6 minutes, until veggies are tender. Remove from pan and set aside.

-Wipe out the same pan and return to stove on medium heat. Add 1 tablespoon olive oil & stir in turmeric, garlic powder & cumin, combine well. Now add crumbled tofu and sprinkle with salt. Toss to coat. Cook for 5-6 minutes, until heated through and lightly browned. Taste for seasoning and add more as needed.

-Heat a separate large non-stick pan or griddle over medium heat. When heated, place one tortilla in the pan and heat for 30 seconds. Flip the tortilla and prepare to assemble. Add ¼ cup cheese (or more) to half of the tortilla. Now add a layer of tofu eggs on top, then a layer of onions & peppers, and top with another ¼ cup (or more) of cheese. Don't overfill. Fold over to close.

-Lightly press down tortilla with the spatula. Cook for about 1 minute and flip. Cook other side for 1 ½ minutes, or until cheese is melted & tortilla is lightly browned. Lightly press with spatula again. Be careful not to burn. Remove from pan. Place in oven on low heat to keep warm. Repeat process for remaining tortillas. Cut in half to serve. Makes 3-4 quesadillas using 10 inch tortillas

Optional topping ideas: Pico de gallo, Salsa, Vegan sour cream, Fresh-cut cilantro, Guacamole, Sliced avocado

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

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



FONTBONNE MINISTRIES - FAITH CONNECTIONS

We're inviting you to join us for our first "Creativity of Love Town Hall" on Wednesday, July 15, 2020 at 7:00pm. We're inviting all young adults to join us and our special guests to discuss, ask questions, and learn

about what young Canadian Catholics need to know about "Stepping on to the Path of Radical Reconciliation". Please help us spread the word and share the news about this event widely. [Join the Zoom Meeting](#), Meeting ID: 885 1668 9777. We look forward to welcoming you to on Wednesday. Podcast Now Available! <https://anchor.fm/faith-connections>. More details on Faith Connections' Facebook page under "Events"