

SIXTEENTH SUNDAY IN ORDINARY TIME July 19, 2020

MASS INTENTIONS

<i>Mon Jul 20</i>		<i>Sat Jul 25</i>	
<i>8:00 am</i>	<i>John & Charlotte DeBlois (Living Intention) Betty DeBlois</i>	<i>4:30 pm</i>	<i>+Irena Jakiela (Family)</i>
<i>Wed Jul 22</i>		<i>Sun Jul 26</i>	
<i>8:00 am</i>	<i>+Bienvenido & +Catalina DeBlois (Betty DeBlois)</i>	<i>9:00 am</i>	<i>+Giovanni & +Vincenzo Di Nitto (Ida Abbruzzese & Family)</i>
<i>Thurs Jul 23</i>		<i>+Mario Filice (Anna Filice & Family)</i>	
<i>8:00 am</i>	<i>Pro Populo</i>		
<i>Fri Jul 24</i>			
<i>8:00 am</i>	<i>Family of Jake & Penny DeBlois (Living Intention) Betty DeBlois</i>	<i>11:00 am</i>	<i>+Michele Sbrocchi (Luigi & Filomena Nait) +Filomena & +Ugo Nait “ “ +Angelo Garcia (Maria Garcia) +Manuel & +Gloria Garcia (Maria Garcia)</i>



The Sanctuary Lamp burns for 7 days
in memory of the Rizzuti Family



WE WELCOME INTO OUR CHRISTIAN FAMILY

Elliana Morgan Baker daughter of Sami & Kristen



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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 **Kale Quinoa Salad**

Ingredients

1 cup dry quinoa (3 cups cooked)
1 bunch Tuscan Kale (also labeled as Lacinato Kale, Dinosaur Kale, or Cavolo Nero Kale)
15-ounce can chickpeas
1/4 cup finely chopped shallot (or red onion or green onion)
1 bell pepper
2 carrots
1/4 cup olive oil
1/3 cup apple cider vinegar
1 tablespoon Dijon mustard
1 small pinch curry powder*
1 large garlic clove, peeled and grated
1/2 teaspoon kosher salt plus fresh ground black pepper to taste**

Instructions

Make the quinoa: Make it in advance OR if serving immediately, bring the quinoa to room temperature: spread it in a single layer on a baking sheet and freeze it for 2 to 3 minutes until it cools.

Prep the kale: Chop the kale. Sprinkle the kale with 1 pinch kosher salt. Coat your hands with a few drops of olive oil and rub it in the kale leaves for 2 to 3 minutes until all pieces are tender.

Prep the other veggies: Finely chop the onion or shallot. Dice the pepper. Peel and dice the carrots.

Mix the dressing: In a medium bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, curry powder, and grated garlic.

Mix the salad: Mix the quinoa and vegetables together with the dressing and the 1/2 teaspoon kosher salt and fresh ground pepper. Add more kosher salt to taste. Stores up to 3 days refrigerated (you may need to add a pinch of salt before serving since it loses saltiness over time).

Notes: *A small pinch adds complexity without the flavor of curry in the salad. *Optional add-ins: Chopped almonds or other nuts, dried cherries, cranberries or raisins, chopped apples, chopped cucumber, etc.

How to Go Vegan? The Best resources for Fun and Easy Transition:
<https://www.kinderworld.org/how-to-go-vegan/>



*Compassionate
Community Care*

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We at CCC believe that all human life has equal dignity, and that every person deserves to be treated with respect and compassion while receiving the care they need and deserve. Whether you are facing a chronic condition, disability or end-of-life situation, we are here to help.