

# THIRTEENTH SUNDAY IN ORDINARY TIME June 28, 2020



| <i>Mon Jun 29</i>  |   | <i>Sat Jul 4</i> |   |
|--------------------|---|------------------|---|
| <i>8:00 am</i>     | <i>Living &amp; Deceased Members of the Bozzelli &amp; Franchino Families</i> | <i>4:30 pm</i>   | <i>+Jean DeAngelis (Patti/Cathy/Roy)</i><br><i>+Doreen Power (Family)</i>   |
| <i>Wed Jul 1</i>   | <i>(Rosa Franchino)</i>   |                  |   |
| <i>8:00 am</i>     | <i>Pro Populo</i>   |                  |   |
|                    |   | <i>Sun Jul 5</i> |   |
|                    |   | <i>9:00 am</i>   | <i>+Franco &amp; +Giuseppe Caronchia</i><br><i>+Luigi Melfi (Maria Caronchia)</i><br><i>+Antonio DePalma (Clementina Russo)</i><br><i>+Lorenzo &amp; +Marta Paoletta</i><br><i>(Carmela Paoletta)</i> |
| <i>Thurs Jul 2</i> | <i>+Joel Esslinger (Family)</i>   |                  |   |
| <i>8:00 am</i>     |   |                  |   |
| <i>Fri Jul 3</i>   |   |                  |   |
| <i>8:00 am</i>     | <i>For the Poor</i>   | <i>11:00 am</i>  | <i>+Angelo Garcia</i><br><i>+Manuel &amp; +Cizaltina Pereira</i><br><i>(Maria Garcia)</i>   |
|                    |   |                  |   |
|                    |   |                  |   |

The Sanctuary Lamp burns for 7 days  
in memory of Pasquale Tedesco



## 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!**

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### **Ideas for a Delicious Plant-Based Meal – ULTIMATE VEGAN CHILI**

#### **Ingredients**

2–28 ounce cans fire roasted diced tomatoes, divided

1 small carrot

1 cup parsley leaves and tender stems, loosely packed

2 tablespoons vegan Worcestershire sauce

1 tablespoon adobo sauce (from 1 can chipotle peppers in adobo sauce), plus more to taste

1 large yellow onion

1/2 green bell pepper

2 tablespoons olive oil

1 15-ounce can crushed tomatoes, fire roasted if possible

1 15-ounce can pinto beans, drained

1 15-ounce can black beans, drained

1/2 cup dry quinoa

1 tablespoon each chili powder and garlic powder

1 teaspoon each onion powder, cumin and oregano

1 1/2 teaspoons [kosher salt](#), plus more to taste

1/4 teaspoon ground black pepper

**Garnishes:** [Pickled Jalapenos](#) (or Pickled Onions), [Vegan Sour Cream](#), lime wedges, sliced radishes

#### **Instructions**

In a blender, blend the one can of diced tomatoes, carrot (peeled and chopped into a few pieces), parsley, Worcestershire sauce, and adobo sauce until fully combined.

[Dice the onion](#) and green pepper. In a large pot or Dutch oven, heat the olive oil over medium high heat.

Add the onion and green pepper and sauté for about 6 to 7 minutes until tender.

Carefully add the blended vegetables, the second can of diced tomatoes, the crushed tomatoes, drained beans, quinoa, spices, [kosher salt](#), and 1/2 cup water. Simmer gently for 25 to 30 minutes until the quinoa is tender and cooked through, stirring occasionally. Taste and add additional salt and adobo sauce as desired (we added 1 teaspoon adobo sauce and 1/4 teaspoon [kosher salt](#)). Serves 6 to 8 people.

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

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



### **FAITH CORNER – THE LIVES OF THE SAINTS**

Saint Senoch was born to pagan parents in Tours, France. During his younger years, he had been converted to Christianity and had decided to leave his home with the intention of becoming a religious hermit. He journeyed to a small village and settled in some old ruins that were said to have been the remains of a monastery. Using some of the dismantled stones, he built two small cells—one for his quarters and another for a chapel. Eventually, others came to join Senoch as disciples. He preferred, however to spend most of his time as a recluse within his own cell. He existed on the most meager of vegetarian diets including barley-bread and water, always went barefoot, and performed manual labor daily to earn his keep. When people from the surrounding villages heard of this wise contemplative saint, they came seeking his advice and guidance. He helped all in need. When villagers offered him reimbursement for his services, he accepted these so he could pay for the release of slaves and to aid other needy people. Often when Senoch was traveling, large masses would gather around to hear his teachings. His friend and contemporary, Saint Gregory, advised him that such accolades would lead him on a path of vanity and would detract from his spiritual growth. Senoch heeded Gregory's words and humbly recognized that although his gifts may have come through him, they were not of him. He took great solace in accepting the blessings of simplicity, including the peace of a life of poverty and compassion.

***Mystics, Ascetics & Monks Dr. Holly Roberts***