

EIGHTEENTH SUNDAY IN ORDINARY TIME August 2, 2020



Mon Aug 3		Sat Aug 8	
8:00 am	<i>For the Poor</i>	4:30 pm	<i>Betty DeBlois & John DeBlois In Thanksgiving (Living Intention)</i>
Wed Aug 5		Sun Aug 9	
8:00 am	<i>For all the Parishioners</i>	9:00 am	<i>+Franco & +Giuseppe Caronchia (Maria Caronchia)</i>
Thurs Aug 6			<i>+Alessandro Cappello (Ida Abbruzzese & Family)</i>
8:00 am	<i>The Feast of the Transfiguration of The Lord</i>		
Fri Aug 7		11:00 am	<i>+Lucia & Vito Roberto (Family)</i>
8:00 am	<i>For the Unborn</i>		<i>+Silvio Saravo (Franca Saravo & Family)</i>
			<i>+Maria Rinaldi (Filomena & Luigi Nait)</i>
			<i>+Michele Sbrocchi “ “</i>



The office will be closed on Monday, August 3rd for Civic Holiday and will re-open on Wednesday, August 5th. Have a safe weekend.



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*Compassionate
Community Care*

COMPASSIONATE COMMUNITY CARE HOTLINE #1-855-675-8749

Compassionate Community Care (CCC) is a registered charity comprised of health care professionals and volunteers who provide support to clients and their families during times of illness and crisis. We aim to provide a complete circle of care that recognizes and respects the physical, social, psychological and spiritual needs of those involved.

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.



Ideas for a Delicious Plant-Based Meal **Bliss Bites (Healthy No Bake Cookies)**

Ingredients

6 tablespoons coconut oil, divided
¼ cup plus 2 tablespoons peanut butter, divided
¼ cup plus 1 tablespoon Grade A dark maple syrup, divided
¼ cup dutch process (or dark) cocoa powder
1 teaspoon vanilla extract
1 pinch [kosher salt](#)
1 cup rolled oats

Instructions

-Place 9 cupcake liners into a muffin tin (or 18 liners in a mini-muffin tin).
-In a small saucepan over low heat, melt 5 tablespoons coconut oil and stir together 2 tablespoons peanut butter, ¼ cup maple syrup, ¼ cup cocoa powder, 1 teaspoon vanilla extract, and 1 pinch [kosher salt](#). When fully combined, remove from heat and stir in 1 cup rolled oats. Spoon into cupcake liners. Refrigerate while making the peanut butter topping.
-In a small saucepan over low heat, stir together ¼ cup peanut butter, 1 tablespoon maple syrup, and 1 tablespoon coconut oil. Spoon the warm peanut butter mixture over the chocolate oat mixture. Freeze for 15 to 20 minutes until set, or refrigerate until serving. Store refrigerated. Makes 18 mini bites.

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 SAINT

Saint Lupus was born into a well-established French family in Gaul. He was educated in the finest schools and was trained to be eloquent in speech. Having attained such skills, he became an attorney. He married a sister of Saint Hilary of Arles, but after six or seven years of marriage, the couple parted as mutual friends, with his joining a monastery and her becoming a nun. Lupus renounced possession of all his goods and sold the greater part of his estate to benefit the poor. He joined the priesthood and chose to live in the simplest of monasteries. During his later years, he was appointed as bishop of Troyes. Over the entire fifty years during which he held this position, he continued to live an austere life dressing simply, fasting often, and spending untold hours in prayer. Although he fasted frequently, it was particularly during times of prayer that he lived on no more than barley and bread. Never did he swerve from his decision to avoid consumption of animal flesh. When Attila the Hun overran the country causing massive calamities, Lupus prayed fervently to God, even lying prostrate on the ground, for many days. Finally, he went to meet Attila himself, followed by a procession of his fellow clergy carrying a cross. Lupus said to Attila: "Let us respect whatever comes to us from God...remember you are to do nothing but what that almighty hand which governs and moves you permits." Attila was struck with these words and promised to spare the city of Troyes, so long as Lupus accompanied him on some of his invasions. This was because he wanted the holy man present at his side. Upon Lupus' return, although it had been his actions that saved the city of Troyes, the government forced him to spend two years in exile for accompanying Attila. Eventually, he was permitted to return to his beloved hermitage and live his remaining years in peaceful prayer. ***Mystics, Ascetics & Monks by Holly Roberts***