

FOURTEENTH SUNDAY IN ORDINARY TIME July 5, 2020



Mon Jul 6		Sat Jul 11	
8:00 am	<i>Souls in Purgatory (Family & Friends)</i>	4:30 pm	<i>For the Poor</i>
Wed Jul 8			
8:00 am	+Giuseppina, +Matteo & +Celeste <i>Sabatino (Lucia DiFranco)</i>	Sun Jul 12	
		9:00 am	+Vincenzo Checchia (<i>Maria Checchia</i>) +Franco & +Giuseppe Caronchia (<i>Maria Caronchia</i>)
Thurs Jul 9			
8:00 am	<i>Pro Populo</i>		+Anna Keating (<i>Maria Checchia</i>) +Antonio & +Rosamaria Cirelli (<i>Family</i>)
Fri Jul 10			
8:00 am	+Nicola & +Tony Falcone (<i>Ida Falcone</i>)	11:00 am	+Donato Luisi (<i>Carmela DiFranco</i>) +Luigia lamundo (<i>Lubelia lamundo</i>) +Mario DeMatta (<i>Family</i>) +Lucia & +Vito Roberto (<i>Family</i>)

The Sanctuary Lamp burns for 7 days
in memory of Arlene Kubas



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 **Cauliflower Steaks with Roasted Red Pepper & Olive Salsa**

Ingredients

- 1 [cauliflower](#)
- ½ tsp smoked paprika
- 2 tbsp [olive oil](#)
- 1 roasted red pepper
- 4 black olives, pitted
- small handful [parsley](#)
- 1 tsp [capers](#)
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds (optional)

Instructions

-Heat oven to 220C/425F line a [baking tray](#) with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as its larger, and save the rest for another time. Rub the paprika and 1/2 tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through.

-Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds (optional).

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

Only tiny fragments of information have been gathered and recorded concerning the life of Saint Hospitius (also known as Saint Hospice). These have it that he resided in an old tower during the latter part of the sixth century. The Tower was located on a narrow strip of land jutting out from a peninsula between Villefranche and Beaulieu. He chose to live a physically strenuous life. He bore heavy burdens in his daily workload, yet subsisted on a small pittance of bread and dates. For all of his physical poverty, however, he was exceedingly rich in spirit. He endowed with the gifts of both prophecy and miracles. Because he was able to predict that people called the Lombards were going to attack the city, the citizens of his region were able to flee prior to the invasion. Hence the lives of many were saved. During the war, other monks at a nearby monastery were only concerned about saving themselves and left Hospitius alone to incur the wrath of invading forces. Hospitius assured them this would not occur, as he had experienced a vision showing otherwise. When the enemy forces invaded, one soldier raised his sword to strike the wise old sage. But the attacker's arms remained raised, powerless and unable to either strike or return to his side. The saint was a man of peace and non-violence, who was able through his cautious thought and visionary gifts to save the lives of numerous people. He chose to live as a vegetarian, as a man of strenuous physical labor, and as a man giving all he could, while taking as little as possible in return. His dedication to non-violence and mercy pervaded his gentle demeanor and were valued by all whose lives he touched.

Mystics, Ascetics & Monks Dr. Holly Roberts