

NINETEENTH SUNDAY IN ORDINARY TIME August 9, 2020

MASS **INTENTIONS**

Mon Aug 10		Sat Aug 15	
8:00 am	<i>Berta & Shane Byrne (Living Intention)</i>	4:30 pm	+Zofia Pokora (Family) +Violante Marra (Family)
Wed Aug 12		Sun Aug 16	
8:00 am	<i>Pro Populo</i>	9:00 am	The Assumption of the Blessed Virgin Mary
Thurs Aug 13		11:00 am	
8:00 am	+Antonio DiFranco (Lucia DiFranco)	9:00 am	+Antonio Attanasio (Family) +Francesco & +Michelina Caronchia (Maria Caronchia)
Fri Aug 14		11:00 am	
8:00 am	<i>For the Unborn</i>	11:00 am	+Antonio Mignano (Family) +Angelo Garcia (Maria Garcia) +Manuel & +Cizaltina Pereira “ “ +Lucia & +Vito Roberto (Family)



ST. AMBROSE **FORMED**

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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 **Spaghetti Puttanesca with Red Beans & Spinach**

Ingredients

100g wholemeal spaghetti
1 large onion finely chopped
1 tbsp rapeseed oil
1 red chili, deseeded and sliced
2 garlic cloves, chopped
200g cherry tomatoes, halved
2 tsp cider vinegar
1 tbsp capers
5 Kalamata olives, halved
1 tsp smoked paprika
210g can kidney beans, drained
60g spinach leaves
small handful of chopped parsley
small handful of basil leaves

Instructions

Cook the spaghetti in simmering water for 10-12 mins until al dente. Meanwhile, fry the onion in the oil in a large non-stick frying pan with a lid until tender and turning golden. Stir in the chili, garlic and cherry tomatoes.

Add the vinegar, capers, olives and paprika with a ladleful of pasta water. Stir in the beans and cook until warmed through.

Add the spinach to the pasta water to wilt, then drain well. Toss with the tomato and bean mixture and the parsley and basil, then pile onto plates or in shallow bowls to serve.

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 Joseph was born into an exceptionally poor family. His mother actually had to give birth to him in a shed because his father sold their house to pay debts. To add to these tragedies, his father died while he was still an infant. Joseph suffered an unspecified illness for three years, after which he remained lethargic and absent-minded. At the age of seventeen he sought to lead a religious life, but was refused admission to a religious Order. But Franciscans, moved by compassion, received Joseph into their monastery, where he gained great admiration because of his commitment to prayer, penance, and sincere devotion. After entering the priesthood, Joseph decided to spend the rest of his life existing on only herbs and dried fruit. His scholastic aptitude was weak, yet he seemed to have been gifted with great spiritual powers of levitation. Many people, including dukes and princes, swore under oath to have witnessed these actions. In addition, Joseph possessed the power to heal others through his prayers. His superiors were frightened of his gifts, and although Pope Urban III cleared Joseph of any attempts to feign holiness, Joseph was removed from his parish, not allowed to say mass, and not even permitted to give advice. Pope Alexander VII said one Saint Francis of Assisi was enough! Joseph was forced to live in seclusion. He subsequently suffered depression due to this rejection. Joseph died a humble death, without having been restored to his full position. The memory, however, of this spiritual, compassionate, and non-violent man has remained a legacy of the power attainable by one who sees God in all and seeks to share God's love with all creation. ***Mystics, Ascetics & Monks by Holly Roberts***