

SEVENTEENTH SUNDAY IN ORDINARY TIME July 26, 2020



Mon July 27		Sat Aug 1	
8:00 am	<i>For the Poor</i>	4:30 pm	+Orlando Caccamo (Family)
Wed July 29		Sun Aug 2	
8:00 am	+Mario Filice (Anna Filice & Family) Elsie Moreno & Mike Vinzon (Living Intention) Betty DeBlois	9:00 am	+Franco & +Giuseppe Caronchia (Maria Caronchia)
Thurs July 30			
8:00 am	<i>Pro Populo</i>		
Fri July 31		11:00 am	
8:00 am	<i>For the Unborn</i>		+Lurdes Costa (Manuel & Maria Costa) +Maria Viveiros “ “ +Filomena & +Ugo Nait (Filomena & +Michele Sbrocchi Luigi Nait)



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



ST. AMBROSE **FORMED**

FORMED on Demand is the revolutionary digital platform that gives you unprecedented access to video-based study programs, feature films, audio presentations and eBooks from the Church's foremost presenters.

Whether fallen away or deeply engaged, at the parish or on the go, **FORMED** helps you reach your flock anytime, anywhere. To register please enter www.stambroseparish.formed.org or go to our website.



*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.

SEVENTEENTH SUNDAY IN ORDINARY TIME July 26, 2020



Ideas for a Delicious Plant-Based Meal

Jalapeno Chickpea Lentil Burgers w/Sweet Mango Avocado Pico

Ingredients

1/2 cup dried red lentils, rinsed and drained
1 - 15 oz can of chickpeas, rinsed and drained
1 tsp ground cumin
1 tsp chili powder
1 tsp sea salt, plus more to taste
1/2 cup packed cilantro
2 garlic cloves, minced
1 jalapeno, de-seeded and finely chopped
1/2 small red onion, minced
1 red bell pepper, very finely diced
1 large carrot, very finely chopped or shredded
1/4 cup oat bran or oat flour, gluten-free if desired
Lettuce or Hamburger Buns, to place patty in

For pico:

1 large ripe mango, diced
1 ripe avocado, diced
1/2 small red onion, finely diced
1/2 cup chopped cilantro
1/2 tsp fresh lime juice
sea salt, to taste

Instructions

To make mango avocado pico: Place all ingredients in a bowl and stir to combine. Add salt to taste. Place in refrigerator until ready to serve.

Place a medium saucepan over medium high heat, add lentils and 1 1/2 cups of water; bring water to a boil, then cover, reduce heat to low and simmer lentils for about 10-15 minutes or until the liquid is absorbed and lentils are very soft and a bit mushy. Drain any excess water and set aside.

Place the chickpeas, cooked lentils, garlic, cilantro, sea salt, cumin, and chili powder in a food processor and blend until the beans and lentils are very smooth.

Transfer mixture into large bowl. Stir in onion, jalapeno, red pepper and carrot. Taste and adjust seasonings as necessary. Add in oat bran a little at a time, and work into mixture with your hands. You want to be able to form patties, but you don't want too much oat bran, or the burgers will fall apart. So use as much as you feel necessary. Because these burgers do not use an egg to bind them, you'll have to firmly shape the patties but still keep them pretty thick so that they don't easily fall apart. Divide into 6 equal portions and shape into thick patties with your hands. Heat skillet over medium high heat; add in a 1/2 tablespoon of olive oil (sometimes I spray both sides of the burger with olive oil cooking spray too). Place a few burgers in at a time and cook for a few minutes on each side, or until golden brown and crisp. Repeat with remaining patties and continue to add olive oil as needed. Place patties in lettuce or in a bun and top with mango avocado pico.

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

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



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!