

TWENTIETH SUNDAY IN ORDINARY TIME August 16, 2020



Mon Aug 17		Sat Aug 22	
8:00 am	+Deceased Members of the Binias Family (Betty DeBlois)	4:30 pm	+Cosimo Bondi (Family)
	+Zosima Villas (Bernie & Gloria Buenaventura)		+Health & Blessing to Mother & Family-Living Intention (Family)
Wed Aug 19		Sun Aug 23	
8:00 am	+Tony & +Nicola Falcone (Family) Rose Rossetti (Living Intention)	9:00 am	+Irene DosSantos (Family)
			+Catalina & +Crisanto Binias (Cynthia DeBlois)
Thurs Aug 20			
8:00 am	+Bienvenido & +Catalina DeBlois (Betty DeBlois)	11:00 am	+Luduina Cunha (Manuel & Saleotina)
	+Fr. Eugene Bugala (Jerzy & Joanne Cierpich)		+Michele Sbrocchi (Luigi & Filomena)
Fri Aug 21			+Filomena & +Ugo Nait Nait
8:00 am	+Bienvenido & +Catalina DeBlois (CYNTHIA DEBLOIS)		+Manuel Santos Costa (Manuel & +Lurdes Costa Maria Costa)
	+JOSE & +ASUNSION MAGSALAY (FAMILY)		



WE WELCOME INTO OUR CHRISTIAN FAMILY

Domenic James McDonald son of Andrew & Jonalyn Joy
Valentino Antonio Gallo son of Rocco & Nancy



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*Compassionate
Community Care*

COMPASSIONATE COMMUNITY CARE

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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

Lemon Spaghetti with Spinach

Ingredients

1 onion
3 cloves of garlic, minced
2 ½ cups vegetable broth
1 cup canned coconut milk
9 oz Spaghetti (225 grams)
Lemon juice of ½ lemon
3 cups fresh spinach
1 teaspoon lemon zest
salt, pepper, and red pepper flakes

Instructions

In a large pot, heat some oil and sauté the onion for 3 minutes until it becomes translucent. Then add the garlic and cook it for another minute.

Add the uncooked spaghetti, the vegetable broth, the coconut milk, and the lemon juice.

Stir a couple of times and gently push the spaghetti in the liquid when they're soft enough (this might take a couple of minutes. Try not to break them when they're still too hard).

Cook for 15-18 minutes.

When the spaghetti are al dente, stir in the spinach and the lemon zest. Cook for 2 more minutes and season with salt, pepper, and red pepper flakes. Serves 2 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 SAINT

Saint Albert came from a well-established family in Parma, Italy. Little is known of his early life except that he completed studies in both theology and law, and then joined the priesthood. He seemed to possess a natural ability to resolve conflicts diplomatically and subsequently became an invaluable mediator. By the age of thirty-five, he was made bishop. He was chosen to mediate a dispute between the government and Pope Clement III, as well as between Pope Innocent III and leaders of two other cities in their

attempts to secure peace. Eventually, when others recognized his abilities in understanding human nature, he was sent to become patriarch of Jerusalem. By this time, the third crusade was over, and Albert's talents in diplomacy and reconciliation had been very advantageous in securing peace between Christians and Moslems. Albert was most remembered, however, for his hermitic endeavors. The prior of the hermits who lived in Mount Carmel asked Albert to translate their way of life into a set of rules. He defined sixteen rules concerning obedience to superiors, accommodations for each hermit, sharing of facilities, manual work for all, silence from unnecessary words, living in constant prayer, and perpetual abstinence from meat. His defining rules made Albert the first legislator, if not the founder, of the Carmelite Order. Although it is not specifically stated whether Albert lived by the same dietary standards that he set for his monks, his apparent reverence for the value of vegetarianism amongst Carmelites demonstrated his support and respect for his principle. ***Mystics, Ascetics & Monks by Holly Roberts***