

TWENTY-FIRST SUNDAY IN ORDINARY TIME August 23, 2020



Mon Aug 24		Sat Aug 29	
8:00 am	<i>Pro Populo</i>	4:30 pm	+Rosina Pietrantuono (Dina Giorgi & Fam) Manuel & Erlinda Linsao (Living Intention)
Wed Aug 26		Sun Aug 30	
8:00 am	<i>For the Poor</i>	9:00 am	+Alenka Markez (Family) +Verna Belanger (Rosemary lamundo)
Thurs Aug 27			
8:00 am	+Lino Confalone (Antonietta Lombardi)	11:00 am	+Andrew Gal (Karena Schneider) +Michele Sbrocchi (Luigi & Filomena) +Filomena & +Ugo Nait Nait +Bernard Domagala (Gail D'Souza & Son)
Fri Aug 28			
8:00 am	<i>For the Sick</i>		



The Marian Lamp burns for 7 days
in memory of Cosmo Bondi



WE WELCOME INTO OUR CHRISTIAN FAMILY

Adriano Stefano Bjelovuk son of Sebastian & Daniela
Avery Lee Ridsdill-Blair daughter of Hogan and Rickey-Lake



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.



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 **Vegan Pulled Jackfruit**

Ingredients

1 tbsp vegetable oil
1 red onion, finely chopped
1 tsp ground cinnamon
1 tsp cumin seeds
2 tsp smoked paprika
2 tsp chipotle Tabasco
1 tbsp apple cider vinegar
4 tbsp BBQ sauce
200g can chopped tomato
2 x 400g cans young jackfruit in salted water

Instructions

-Heat the oil in a frying pan and cook the onion until very soft, for around 10-12 mins. Add the cinnamon, cumin and paprika to the onions and cook for a further 2-3 mins. Next add the Tabasco, vinegar and bbq sauce and mix well before adding in the tomato, the drained jackfruit and 200ml water. Leave to simmer gently, covered, for 30 mins stirring every 5-10 mins to help break down the jackfruit, then take the lid off and cook a further 10 minutes.

-Once cooked, use a fork to make sure all of the jackfruit is well shredded. Check seasoning and add another tbsp of bbq sauce if necessary for extra stickiness.

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

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



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.

PASTORAL
LETTER

PASTORAL LETTER

For those requesting a Pastoral Letter when applying for the Catholic School Board, Fr. Donatello Iocco will only fill out forms if you attend Mass regularly on Sundays.