



Abiding Press

Abiding Presence Faith Community

A PARISH OF THE REFORMED CATHOLIC CHURCH
AN INCLUSIVE CATHOLIC COMMUNITY
MAKING GOD'S LOVE KNOWN IN CENTRAL FLORIDA

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Clergy Serving the People of God

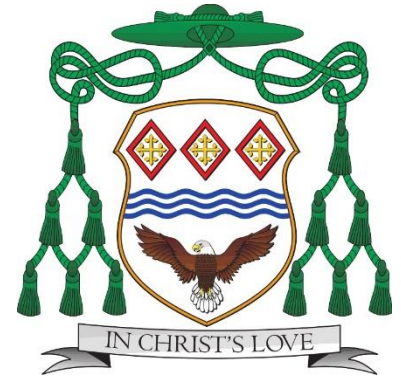
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From the Bishop's Desk

We look forward to the celebration of a new year each January 1. Many of us make resolutions. Some decide to stop smoking. Others consider going to the gym more often. Still, others are going to eat healthier. All are worthy goals to set for ourselves in this life.



Yet what has happened to our Christian Resolutions we began last month as we entered the new Liturgical Year? Is not our spiritual well-being just as important as our physical health? Here are ten possible resolutions we should each consider from a presentation by Jenny Ewing.

First, we should keep our lives simple. We don't need to keep up with the Smiths and Jones. Instead of rushing into the world's mantra of bigger and better; step back and live simpler.

Second, take the time to read at least one spiritual nook each month. Yes, it can be a book from the Bible, but one might enjoy a few modern texts as well. I can recommend: Finding Our Way Again: The Return of the Ancient Practices, By Brian D. McLaren; God Is Not a Christian And Other Provocations, By Desmond Tutu; If the Church Were Christian: Rediscovering the Values of Jesus, By Philip Gulley; The Naked Now: Learning to See as the Mystics See, By Richard Rohr; and A New Christianity for a New World: Why Traditional Faith is Dying and How a New Faith Is Being Born, by John Shelby Spong.

Attend a Weekend Retreat. You can always book a room at a retreat center for a weekend and spend time sleeping, reading, meditating, and communing with God.

Pray Daily. So many times Catholics get stuck in the formula prayers we were taught as children. It's time to expand into a more personal conversation with God. He'll listen to you. Then you must stop talking and listen for God's response.

Volunteer. It can be in any area. Meals on Wheels, mentoring a student, our nutritional ministry, Ministry to the Sick. Pick your area of interest and just do it.

Keep the Sabbath Holy. Since Covid, many of us have developed the habit of not attending church in person. We can all understand why. However, it is good to gather with those who believe as you do to support each other as well as worship our God. If you can't be at church on Sunday, you do have the option to watch live on either Zoom or Facebook Live. The key part is to keep the day Holy. Spend it with God, your Church Family, and your Family.

Go to Confession Once a Month. Yes, I know I give general absolution at the beginning of every Mass. However, going to confession isn't about a laundry list of what you've done or haven't done. It is a way to touch base with your spiritual side. To get additional graces from God to help you with your journey.

Start a Prayer Journal. We're not telling you to write a book. A simple notepad would be enough. It would be a place to write down things that inspire you from your daily prayer and spiritual readings. Perhaps a list of people for whom you are praying. Or maybe a list of the people and things for which you are grateful. Maybe it's an inspiring quote from scripture or even a homily. You can also look back on it over time and see your journey.

Speak Less and Listen More. Think before you respond or give advice.

Give everything to God. Surrendering all our cares, worries, and sins to our Creator and Savior is surprisingly hard to do. We want to be in control. The fact is we're not. Oh yes, we create our problems and sins. Yet it is only through God that we can conquer those weaknesses in our lives.

Now it is up to each of us to choose our resolutions. I hope that we'll each choose a few from the list I've given you to help strengthen our spiritual lives.

In Christ's Love

+ *William*

Pastor

Happy New Year

The Clergy and Board of Directors of Abiding Presence Faith Community wish its members and supporters a very Blessed, Happy, and Merry Happy, Healthy, and Prosperous New Year!

Exploring Our Faith

We continue to break open the Word for the upcoming Sunday each Wednesday at 7 PM. The class dates are found in the calendar. The book *At Home with the Word 2023* may purchase directly from Liturgical Training Publications at www.ltp.org.

Tax Letters

We sincerely appreciate everyone's contributions this past year. We will issue your Tax Letters by January 31, 2023.

December Drawing

Our December Drawing for a basket of three wines was won by K. Balboni. Watch for our next Drawing for Valentine's Day, February 12, 2023.

Deacon Data by Deacon Chris Larsen

The Essence of Prayer

When we think of prayer, what do we pray about? Do we know whether there is a right way or wrong way to pray? Do we pray just to ask for something or wish someone well or just talk to God about what we may perceive to be silly things? Well, in hindsight there is no real wrong way or right way to pray. Just make sure the spirit and heart are in it.

I did say there was no specific way of prayer, but that is not altogether true. As Catholics, we have different prayers for every different need. We, of course, have the "Our Father", or ". Lord's prayer". One other example would be the "Hail Mary" among others. There is a prayer attributed to every need and concern. The question remains; Why even worry about what prayer it is? If we pray, that should suffice. Right? There is no right answer to this because prayer is in simple terms a conversation with God. We are conveying to him our feelings, whether they be concerns or needs or praising him. It is a very personal act. The other question we ask ourselves is how often we should pray.

It is interesting to note that if you are of the religious or clergy. There are set times of prayer. In the monasteries, They have Morning Noon Evening night prayers. Muslims that strictly adhere to their practices pray five times a day following the call to prayer. Jews have set times as well. But the best answer to this is to pray as much as you can Give God an hour or two. One of the things that amaze me is how we sometimes feel that we don't have time to pray. We let our lives get the better of us, this can be scurrying off to get to school or work, or for those who have children, getting them to school or homework is done to getting them showered and in bed. Due to these events, we sometimes forget God even exists. We sometimes tend to pray but haphazardly just to get the requirements in before bed i.e., the rosary. We need to be reminded that if we pray, God will help us get through all the stress of life. He will take our worries from us so we can live without fear.

One prime example of this is when I was in college, I spent a lot of time with Muslim students as well as the Newman Center (Catholic student union). I was amazed at how even in conversation or doing an activity. They invoke the name of GOD When they go into the car “Bismillah” In the name of God. When They cook “Bismillah” Before they start eating “. ”. It is a part of their routine and sometimes they even told me, it’s so common that they even forget they are saying it but mostly that if everything we do in the name of God everything will eventually come smoothly. I thought that was a beautiful concept.

We need to understand that prayer is not a waste of time. Yes, it may not come true what we pray for right away or things keep happening. There is a blessing feeling though to get those concerns off your chest. It is like when we contact a friend about issues that concern us. One of those concerns should be addressed to God who loves us.

As the new year approaches and we set new goals for the year, let us make sure that God is in the midst of them. It is MY prayer that everyone who reads this has a Happy and safe New Year and remembers that God is there. He wants to spend quality time with each one of us.

God Bless you all!

JMB Crockpot Ministry

The ministry is utilizing the summer break to test recipes and stockpile crockpots. To donate a crockpot or volunteer to conduct a class contact Dennis Last at 321-388-1572.

Prayer for Vocations

Creating God and Father, we thank you for calling men and women to serve in Christ's Kingdom as priests, deacons, and consecrated persons. Send your Holy Spirit to help others to respond generously and courageously to your call. May our community of faith support vocations of sacrificial love in our youth and young adults. Through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

Let's Get to Know the Liturgy by Deacon Lucas G. Brown

(in the voice of Jan Brady) “Mary, Mary, Mary!” Here we are at the beginning of a new year and the first thing on our liturgical calendar is yet another feast day for Mary. You and so many others may ask “why does the catholic church have so many days set aside to Mary?” This is what I hope we can look at a little bit in this month’s article.

The earliest feasts that relate to Mary grew out of the cycle of feasts that celebrate the Nativity of Jesus Christ. Given that according to the Gospel of Luke forty days after the birth of Jesus, along with the Presentation of Jesus at the Temple, Mary was purified according to Jewish customs, the Feast of the Purification began to be celebrated by the 5th century and became the Feast of Simeon in Byzantium. The origin of Marian feasts is lost to history. Although there are references to specific Marian feasts introduced into the liturgies in later centuries, there are indications that Christians celebrated Mary very early on.

In the 7th and 8th centuries four more Marian feasts were established in the Eastern Church. Byzantine Emperor Maurice selected August 15 as the date of the feast of Dormition and Assumption. The feast of the Nativity of Mary was perhaps started in the first half of the 7th century in the Eastern Church. In the Western Church a feast dedicated to Mary, just before Christmas was celebrated in the Churches of Milan and Ravenna in Italy in the 7th century. The four Roman Marian feasts of Purification, Annunciation, Assumption and Nativity of Mary were gradually and sporadically introduced into England and by the 11th century were being celebrated there.

Over time, the number and nature of feasts (and the associated Titles of Mary) and the venerative practices that accompany them have varied a great deal among diverse Christian traditions. Overall, there are significantly more titles, feasts, and venerative Marian practices among Roman Catholics than any other Christian traditions. Feasts continue to be developed, e.g. the feast of the Queenship of Mary was declared in 1954 in the papal encyclical *Ad Caeli Reginam* by pope Pius XII.

The most prominent Marian feast days in the General Roman Calendar are:

January 1: Solemnity of Mary, Mother of God

May 31 (in some locations July 2): The Visitation of the Blessed Virgin Mary

August 15: The Assumption of the Blessed Virgin Mary

November 21: The Presentation of Mary

December 8: The Immaculate Conception of the Blessed Virgin Mary

Mystery Behind the Music by Deacon Lucas G. Brown

This month for our article on the Mystery Behind the Music, I would like to look at the question, “Why do we sing in Church?”

First, when we gather with other Believers, we sing together praise to God or remind each other just who this God is that we serve. Because hymns are intended to reflect the qualities of God, they must have poetry that is beautiful, reverent, simple, accurate, and pure.

A hymn is a type of song, usually religious, specifically written for the purpose of adoration or prayer, and typically addressed to a deity or deities, or to a prominent figure or personification. The word hymn derives from Greek ὕμνος (hymnos), which means “a song of praise”. A writer of hymns is known as a hymnist.

The word sing appears in the scriptures over 400 times and at least 50 are commands. The Bible never says, “Let only those who have beautiful voices sing,” as if natural talent were required to praise God. The Bible just says “Sing!” Over and over, dozens of times, we are commanded to sing: sing to the Lord, sing praises, sing joyfully, sing a new song. Come into God’s presence with singing.

Joyous January Saints

The month of January provides us opportunities to reflect on the lives of the saints in heaven. You may use Google or an encyclopedia to research each. We begin the month with Mary, the Mother of God, on January 1. St. Basil follows on January 2 and St. Elizabeth Ann Seton on January 4. January 15 (the Third Sunday of January) our brothers and sisters in the Philippines celebrate the Feast of Santo Niño de Cebú (The Infant Jesus). January 21 sees two feasts. Our Lady of Altagracia as well as St. Agnes. St. Timothy is remembered on January 26. St. John Bosco is remembered on January 31. Go to our Facebook group or page and post your answer with a picture of your favorite.

January Recipes

“Jewel Cake” for St. Basil

Ingredients:

To make this cake, here’s what you’ll need:

- 4 packages of Jell-O (3 oz each) in different colors
- 1 can of sweetened condensed milk
- 2 envelopes of unflavored (Knox) gelatin

To make the whipped frosting, here’s what you’ll need:

- 1 cup heavy cream
- 1/2 teaspoon unflavored (Knox) gelatin
- 4 tablespoons powdered sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon anise seeds (optional)

Directions:

The Cake

- With each package of Jell-O, mix with 1 cup of hot water, stir until it dissolves, and put it in the fridge. You'll need 4 separate containers for the 4 different colors. Let this chill until it turns to gelatin.
- To make your white filling, add both of your Knox gelatin packets to 2 cups of hot water and stir until it dissolves. Stir in a can of sweetened condensed milk, and then let this sit and come to room temperature.
- While waiting, prepare your Jell-O "jewels" by cutting the Jell-o into squares
- Pour the squares into the pan (springform pan, any Jell-O mold, or just a glass dish)
- Once the jewels are in place, pour the white filling over them.
- Place the dish in the fridge and allow it to set up. It will take at least 3 hours.
- When it's ready, loosen the edges by running a butter knife around, and place it on your serving dish.

Now it's time to make your whipped topping!

- One could just use Cool Whip or create a whipped frosting to be a little more stable to hold up longer.
- Put 1/2 tsp of Knox gelatin in a coffee mug with 1 tablespoon of cold water and let it soften for several minutes.
- Heat 2 cups of hot water in a small saucepan, and then hold the bottom of the mug in the hot water to dissolve the gelatin.
- Once dissolved, allow to cool to room temperature.
- While it's cooling, whip heavy cream into whipped cream.
- Add the gelatin mixture at the same time as the powdered sugar, and vanilla.
- Frost the cake immediately, and then chill.

King Cake Recipe

Ingredients

For the Brioche Dough:

- 1/2 cup water (lukewarm, 110 to 115 degrees)
- 2 packages active dry yeast (about 4 1/2 teaspoons)
- 4 1/2 to 5 1/2 cups flour (sifted, all-purpose)
- 1/2 cup sugar (granulated)
- 1/2 teaspoon nutmeg (freshly, grated)
- 2 teaspoons salt
- 1 teaspoon lemon rind (grated)
- 1/2 cup milk (lukewarm)
- 3 large eggs
- 4 large eggs (the yolks)

- 1/2 cup plus 2 tablespoons butter (softened)
- 1 large egg (lightly beaten with 1 tablespoon milk for the egg wash)
- 1 bean (dried, or a coin, or a tiny China baby doll)

For the Vanilla Glaze:

- 1/2 cup sugar (sifted confectioners')
- 2 teaspoons milk
- 1/4 teaspoon vanilla

Garnish: colored sugars (purple, yellow, and green)

Garnish: candied cherries (and other fruits, as desired)

Directions

Make the Brioche Ring

- Gather the brioche dough ingredients.
- Soften yeast in water in a small bowl.
- Combine flour, sugar, nutmeg, and salt in a separate large mixing bowl.
- Stir in lemon peel.
- Make a well in the center of the dry ingredients and pour into it the yeast mixture and milk.
- Add eggs and egg yolks, and with a large wooden spoon gradually incorporate dry ingredients into liquid ones.
- Beat in butter and continue beating until the dough forms a ball.
- Place the dough on floured board and sprinkle with more flour if necessary to keep it from sticking to the bowl or surface.
- Knead by hand or with the mixer with the dough hook attachment until smooth and elastic.
- Brush the inside of a large bowl with 1 tablespoon of softened butter.
- Set the dough in the bowl and turn it to coat the entire surface with the butter.
- Cover the bowl and set aside for 1 1/2 hours or until doubled in bulk.
- Brush a large baking sheet with the remaining butter.
- Punch dough down on a lightly floured surface.
- Knead for a few minutes, then pat and shape the dough into a long roll about 14 inches long.
- Place on a baking sheet and form into a circle.
- Brush with the egg and milk mixture.
- Press the bean, coin, or doll into the dough so that it is hidden.
- Set aside again to rise for about 45 minutes to 1 1/4 hours, until doubled.
- Position an oven rack in the center of the oven. Heat the oven to 375 F (190 C/Gas 5).
- Bake the cake for 25 to 30 minutes, or until golden brown.
- Slide the cake onto a wire rack to cool.

Decorate the King Cake

- Gather the king cake glaze ingredients.
- In a small mixing bowl combine 1/2 cup sifted confectioners' sugar with 2 teaspoons milk and 1/4 teaspoon vanilla.
- Stir until smooth.
- Once the cake has cooled, decorate it by drizzling the glaze on the cake and topping it with colored sugars while the glaze is still wet. Embed the candied fruit "jewels" in the King's "crown."

Slow Cooker Chicken Adobo Recipe

Adobo Chicken is a classic Filipino recipe cooked in soy sauce, garlic, vinegar, and peppercorns that makes the most delicious braised chicken ever.

Ingredients:

- 6 chicken thighs bone-in and skin-on
- 1/2 cup soy sauce
- 1/2 cup white vinegar
- 4 cloves garlic crushed
- 1 tablespoon black peppercorns
- 4 bay leaves

Directions:

- Add all the ingredients and the chicken skin side up into a large slow cooker and cook on low heat for 6-7 hours.
- Remove the chicken and place it on a sheet pan and place it under the broiler to crisp.
- Remove the remaining sauce from the slow cooker and reduce on your stovetop in a small saucepan until thickened.

Morir Soñando (Milk and Orange Juice drink)

Ingredients

- 4 cups evaporated milk
- ¾ cup sugar (white, granulated), (may not use it all)
- 1 tablespoon clear vanilla extract, (optional)
- 2 cups of ice cubes, (may be crushed ice)
- 2½ cup orange juice, (best fresh, but without pulp)

Directions

- Chill the milk in a large pitcher.
- Add sugar to milk to taste. Stir in vanilla. Add ice and stir.
- Slowly, pour in the orange juice while stirring vigorously.

TIP - The trick for the milk not to curdle is keeping the milk (and the whole drink afterward) at a very low temperature.

Agnesenplätzchen (St. Agnes Cookies)

Ingredients:

- 1 1/3 cups butter, room temperature
- 1/2 cup sugar
- 3 cups flour
- 1 jar apricot jam

Directions:

- Cream the butter with the sugar. Gradually incorporate the flour until it becomes a smooth dough. Refrigerate for about 10 minutes.
- On a clean work surface, work in small batches and roll out the dough to 1/4-inch thick.
- Using a 2-inch round cookie cutter, cut out an even number of circles.
- Place on a lightly greased baking sheet. Refrigerate for half an hour.
- Bake in a preheated oven at 350 degrees F for 10-12 minutes or until golden brown.
- Remove from the oven, transfer the cookies to a wire rack and cool completely.
- Spread the jam on one side of a cookie and sandwich it with another.

Yield: Approximately 2 1/2 dozen sandwich cookies.

Notes: The original recipe yielded a dry, crumbly dough. So we added a few tablespoons of water at a time to make it more pliable.

Chicken St. Timothy

Ingredients

- 1 lb. sliced mushrooms
- 2 bunches of scallions (Chopped into very thin pieces. Save all white and a little bit of green)
- 5 cloves of garlic (pressed)
- 1.5 sticks of butter
- Flour (Seasoned with a little pepper, salt, and Old Bay)

- Milk & eggs for egg wash
- 3 lbs. of boneless chicken breast (prefer Bell & Evans)
- Very Good Chardonnay – Have the bottle handy
- ½ pint of heavy cream
- ½ pint of light cream

Directions

- Trim chicken breasts and cut them into small cubes. Set aside in the fridge.
- Set up flour and egg wash in two separate bowls.
- Soak chicken cubes in egg wash and dredge in seasoned flour. Set aside.
- Sauté mushrooms and garlic in butter. (You may want to use 2 large skillet)
- Add floured chicken once the mushrooms are cooked.
- Cook one side of chicken and then flip each cube until partially done
- Chicken will soak up all the butter, so add enough Chardonnay so that the chicken continues to simmer.
- Add chopped scallions
- Once the chicken is almost completely cooked, add the light cream and the heavy cream.
- Simmer until the chicken is done.
- Serve hot with Emeril's Kicked Up Bacon Cheese Mashed Potatoes and your favorite steamed green vegetable.

Bosco's Bachelor Buttons

Ingredients

- ¾ C. butter
- 1 C. brown sugar
- 1 egg
- 2 C. flour
- 1 tsp. baking soda
- ½ tsp. ginger
- ¼ tsp. cinnamon
- 1 tsp. vanilla
- 1 C. nuts, chopped (optional)

Directions:

- Cream butter and sugar.
- Add egg and beat well.
- Mix in dry ingredients.
- Stir in nuts. For
- Chill for several hours.

- Shape into balls.
- Roll in granulated sugar.
- Cook 2 inches apart at 375 degrees for 8 - 10 minutes.

TIP Use a mix of walnuts, almonds, pecans, etc... for a special treat.

Family Faith Activities

January 1, 2023, Solemnity of Mary the Mother of God

- In the past month, have you experienced God looking upon you kindly and giving you peace? What were the circumstances?
- What is an event in your life that changed everything? Was it for the better or worse? As you look back, do you perceive the presence of God in the situation?
- What is one of your treasured memories, something you keep and reflect on in your heart? How is it a memory of God?
- Think of a person upon whom you can look kindly and to whom you can bring a greater measure of peace. Decide what concrete actions you will take to bring that about.
- Shepherds were among the outcasts of their day, yet they announced the birth of Christ. Be mindful of the outcasts you run into during your day, and pay attention to what they may be announcing to you about the ways of God.
- On this solemnity of Mary, resolve to learn and pray a Marian prayer you don't already know, such as the Memorare, the Angelus, or the Magnificat.

January 6, 2023 Solemnity of the Epiphany

- The prophet Isaiah lifts the hearts of those in exile with this glorious vision of God's promise fulfilled. What do you think of a promise of glory coming to those who are experiencing darkness? Where in the world do we need to receive this message?
- Paul writes to the Ephesians that he is aware of God's mystery through revelation. We often forget that St. Paul never actually met Jesus personally; like us, he is drawn to follow Jesus by faith. In what way have you also received the promise of Christ Jesus?

- Matthew recounts a beautiful tale of the wise Magi of the east seeking Jesus. Look at this story. What is asked of the Magi as they make their way to Jesus? How is this similar or dissimilar to what is asked of each of us?
- In the Gospel, we see the prophecy of old fulfilled. The Messiah has come to Israel, not by way of the rich and splendid Jerusalem, but through humble, unassuming Bethlehem. Think about where you live. Where is Jerusalem? Where is Bethlehem in your world? What is your reaction to imagining the Messiah coming to a humble location near you?
- The Magi are called to follow a star. Go outside one night and look skyward. After soaking in the sky, pray that God will bring you “stars” to follow.
- The Magi bring “gold, frankincense, and myrrh.” Through the internet or the public library, find out more about these gifts. What would be comparable today? Discuss your discovery with someone.

January 15, 2023, the Second Sunday of the Christian Year

- Isaiah recounts the Lord’s promise to come to Israel and make them a “light to the nations.” What does this image evoke for you?
- The psalmist speaks of “waiting on the Lord.” Have there been times in your life when you felt like you had to wait for God? What were those times like? What did you do? Are you in such a time now? What is your reaction to the psalmist’s experience of restoration and return of God’s favor?
- Here, John the Baptist not only recounts what happened at the baptism of the Lord but interprets its meaning. What is he saying about the significance of Jesus?
- The psalmist says that sacrifice is not what God asks, but “ears open.” As you move through your day, attend to how you listen. What do you hear? When do you phase out and ignore the world? Make “listening” a discipline this week.
- When John the Baptist sees Jesus approaching, he says, “Behold, the Lamb of God, who takes away the sin of the world.” Attend to this phrase in the Mass and reflect on its meaning in the Eucharist and in your life.

January 22, 2023, the Third Sunday of the Christian Year

- We hear the first part of this reading proclaimed at Mass at midnight on Christmas Eve. It is a messianic prophecy of great beauty and power. Which of these promises feels most resonant to you right now? Why?
- Paul exhorts the community at Corinth to remember that they are one community, not a fragmented group of rivals. What does being “united in the same mind and in the same purpose” mean to you?
- In the Gospel, we hear the verses from Isaiah echoed. They affirm that Jesus is the fulfillment of this promise. He then calls the first disciples, James and John. What is your reaction to their response to him? What do you think of them leaving their boats and their father?
- The prophet Isaiah speaks of smashing the yoke and rod of the taskmaster. While many of us think of slavery as something that has been abolished, people are enslaved all over the world, including secretly in the United States. Take some time this week to learn something about contemporary abolition efforts.
- Paul addressed the people of Corinth in a time of interior crisis. They are splitting into factions, and Paul exhorts them to unity. Do you see the parish, or the national or global Church, splitting into factions in any way? Pray for the healing and unity of the Church this week.
- Jesus calls James and John from their work. They must put down their nets to follow him. Are there any nets standing between you and Jesus? What reasons keep you from putting them down? Bring this inquiry to your prayer this week.

January 29, 2023, the Fourth Sunday of the Christian Year

- Some baptized Christians might consider that the first line of today’s first reading doesn’t apply to them, since they are already established in a faith community. They might think that seeking must be for others who have not yet found their place. In what way could you apply today’s encouragement to “seek” to yourself or your community as a whole?
- In today’s second reading, Paul seems to ascribe rather uncomplimentary qualities to Christian disciples. The more foolish, weak, lowly, and despised we are, the better Christ’s wisdom can work through us. In your spiritual life, how have you experienced your weaknesses as places where Christ can enter more

fully into your life? Have you ever noticed that your human successes or achievements could be barriers to receiving God's wisdom?

- To which of the groups called "blessed" do you identify most closely at this moment of your life? Or to which do you most aspire?
- Discuss in your group or write in your journal about the "faithful remnant"—the people you know or hear of who are truly "humble and lowly" and faithful. What have they stirred in you? Admiration, confusion, guilt, worry, excitement, inspiration? If you have been consciously trying to be part of that remnant, how is it going? What is it like to choose the "humble and lowly" road in a society focused on achievement and power?
- The beatitudes have inspired music, from a choral and string piece by Russian composer Vladimir Martynov, (<https://www.youtube.com/watch?v=BzqjhC2OYnM>) to various church hymns and songs that may be familiar to you. Using a hymnal from your church or searching on the internet, look for music related to the beatitudes that might inspire you. Themes from the beatitudes can also be found in films. If you would appreciate reflecting on topics raised by the lectionary readings in films (including the beatitudes), consult *Lights, Camera, Action . . . Faith! A Movie Lectionary, Cycle A* by Peter Malone and Rose Pascatte (2002).



"This year, I resolve to stay away from unnecessary risks."