



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*

February 2023 VOLUME 2 #3
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Clergy Serving the People of God

Most Rev. William R. Cavins bishop@apfcwp.com

Rev. Mr. Lucas G. Brown lucas.brown@apfcwp.com

Rev. Mr. Christopher M. Larsen dcnchris@apfcwp.com

Volunteer Staff Serving the Parish
Gene L. Thompson II – Technology
Dennis Last – JMB Crock Pot Ministry

Upcoming Dates

- Feb 1 Home with the Word Lectionary Discussion Group 7 PM
Feb 2 Divine Worship Solemnity of the Presentation 6:30 PM
Intention: RIP Most Rev. Joseph D. Finnegan, CSFD
Feb 5 Divine Worship 5th Sunday of the Christian Year
Intention: RIP Michael Leroy Cavins
Feb 6 Seminary Class: 7 PM
Feb 8 Home with the Word Lectionary Discussion Group 7 PM
Feb 12 Divine Worship 6th Sunday of the Christian Year 10 AM
Intention: RIP Samuel James Cavins
Feb 13 Seminary Class: 7 PM
Feb 15 At Home with the Word Lectionary Discussion Group 7 PM
Feb 19 Divine Worship 7th Sunday of the Christian Year 10 AM
Intention: RIP Harriet Elizabeth Cavins
Feb 20 Seminary Class 7 PM
Feb 22 Ash Wednesday Stations of the Cross 12 Noon
Divine Worship Ash Wednesday 6:30 PM
Intention: The People of the Parish
Feb 24 Stations of the Cross 12 Noon and 6:30 PM
Feb 26 Divine Worship 1st Sunday of Lent 10 AM
Communal Celebration of the Anointing of the Sick
Intention: People of the Parish
Feb 27 Seminary Class 7 PM

SCAP = Sunday Celebration in the Absence of a Priest

Mass Intentions & Prayer Requests

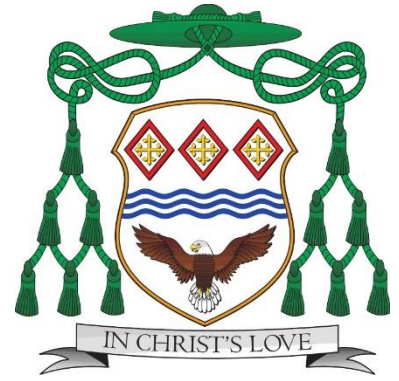
Please email the bishop if you want someone remembered at Mass or added to the Prayer Lists. The amount of offering is at your discretion. We also have Mass Cards for you to send to the recipients.

Online Giving

Donations can now be made online through our website. To make sure we get your full donation please utilize the **Zelle** method. If you choose one of the others, please send as if to an individual. Thank you for your generosity.

From the Bishop's Desk

In 1 Corinthians, Paul compares Christ's disciples to a body—the Body of Christ. Every Christian is a part of this body. Every part needs the others, and every part should be concerned for the wellbeing of the others. Further, no part of the body — no member of the church — can claim to be self-sufficient unit. It is through local church that God has chosen for us to join together and live like a cohesive body. Therefore church attendance is very important.



All Christians make up the universal church. God uses smaller local churches in very specific, important ways. The local church is where we learn about God. It is also how we build each other up through encouragement, exhortation, service, honor, and compassion.

Church attendance is not a requirement of the RCC, especially since the Covid Pandemic. We don't have to go to church to be saved. But staying away from church is dangerous. When we avoid other believers and reject their encouragement, the world is more likely to influence our beliefs and thoughts than the Word of God. In the church, however, God has provided people who can remind us Who He is and how much He loves us. Most importantly, we can grow in love for God and others.

In this month of love and friendship try to attend Mass in person and invite others to come with you.

In Christ's Love

+ *William*

Pastor

Happy St Valentine's Day

The Clergy and Board of Directors of Abiding Presence Faith Community wish its members and supporters a very Happy St. Valentine's Day!

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

You should have received your Letter of Contributions for 2022. If you have **not**, please contact the pastor.

February Drawing

Watch for our next Drawing for Valentine's Day, February 12, 2023. Tickets are \$5 apiece.

Deacon Data by Deacon Chris Larsen

St Mary of Egypt

This is the beginning of a series called "Lives of the Saints", which involve Saints who gave up their livelihoods to answer God's calling. Oftentimes, this involved going on faith or physical journeys where they had no idea where they were going to or what would meet them. Knowing this, these faithful individuals took on the task of following God and risking temptations to fall back. Some even lost their lives for the service of God, believing wholeheartedly that the reward would be great in heaven. These saints took the beatitudes to heart to start their journey. Some rejoiced when they saw their fate and even thanked their persecutors for allowing them to choose death rather than renouncing their love for God.

This is the story of St. Mary of Egypt. She is mostly commemorated in the Eastern Orthodox Church, particularly the Coptic Church. She was born in Alexandria in the year 334 AD. At the age of 1, she ran away to live a life of a prostitute paid or unpaid. She also earned her living by begging or sewing. This lasted until she was 17.

It was at this time that she had the opportunity to join a pilgrimage to Jerusalem for the Great feast of the Exaltation of the True Cross. Her intention was at first for the opposite of a holy experience. In fact, she thought this would be perfect for her lust. However, as she passed the Church of the Resurrection, she felt overwhelming remorse. She has tried multiple times to enter the church but there was a force that would not let her in. She then realized that she needed to atone for her sin. She came across the icon of the Mother of God and she prayed in front of it begging for forgiveness for the wrong she had done.

After several times of doing this, she attempted to go into the church, and miraculously she was let in. When she saw the True Cross, she immediately went back to the icon to

give thanks. She was instructed by a voice to go to a monastery by the banks of the Jordan river to receive absolution and communion, She immediately obeyed then afterwards departed for the desert to live her life in poverty for penance. She took with her three loaves of bread and lived off whatever she can find. Years later she passed away only after she saw the hermit St Zosimus of Palestine who clothed her and gave her communion.

What is the moral of this story? Simple, really. We are here to serve the Lord in whatever capacity we can. The difficulty is that we don't take the time to hear the call. We are so busy with our own lives that we forget to pray or listen to God. Quite often we hear God, but we feel that the task is too hard or we are afraid of the outcome. we are afraid of being criticized for our service to God and want to be liked by society.

It is my prayer that we look beyond all that and listen and do God's will even if it is hard. My advice for the future is to read about the saints and look at the stories of their sacrifices and miracles. The saints are role models for us. Do we have to do exactly what they did? Of course not. Let us challenge ourselves to go the extra mile to be the eyes of Christ.

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

One of the things you hear quite often whenever you mention a catholic church to someone is "I can't stand all of that up, down, kneel, sit, and so forth." But have we ever taken a moment to look at why in many churches you assume a certain posture during a certain point in the mass?

For many Catholics, kneeling is one of the most distinctive physical gestures of prayer during the celebration of Mass. In fact, for many centuries the lay faithful of the Roman Rite would kneel for almost the entire duration of Mass.

Why is that?

While it's true that standing during prayer was a common posture of the early Christians and is currently maintained by many Eastern Christians during the Divine Liturgy, kneeling was also part of early Christian tradition.

Catholics kneel because Jesus kneeled during prayer.

Elsewhere, like in many of the healing narratives, the person is presented kneeling in supplication, asking to be healed.

For these reasons the Roman Rite instructs the faithful to kneel during Mass specifically when Jesus is made present on the altar. According to the General Instruction of the Roman Missal, "In the Dioceses of the United States of America, the faithful should kneel beginning after the singing or recitation of the Sanctus (Holy, Holy, Holy) until after the Amen of the Eucharistic Prayer."

This physical posture is meant to express a spiritual attitude of adoration before the triune God, truly and substantially present in the Holy Eucharist. It is an act of humility, recognizing our own littleness before the Creator of the world. The act of kneeling prepares our hearts to receive God within our souls, striking down our pride with a physical reminder of what our soul should be like spiritually.

In this way, kneeling in the context of the liturgy is directly tied to Jesus' presence in the Eucharist. While not officially part of the Rite, it is a common custom in some churches to maintain a kneeling posture until the consecrated hosts are placed back within the tabernacle.

Why do Catholics genuflect in a church?

It is easy to "go through the motions" as Catholics, and one of the easiest gestures to forget the meaning of is the genuflection. Often, we will find ourselves mindlessly walking into church, finding a pew, and kneeling quickly on one knee before sitting down. We sometimes do it so much without thinking that when we walk down the aisle of a movie theater, we end up genuflecting before we sit down for the show!

So why do Catholics genuflect when they walk into a church?

Historically speaking, the act of genuflecting on one knee comes from court etiquette and was done while in the presence of a medieval king or noble. It was a sign of respect as well as a pledge of service.

Christians adopted this custom over time, and it became fully integrated into the liturgy of the Roman Rite by the 16th century. The left knee was always used to give reverence to a king and so to distinguish the Christian usage of the custom, Christians would genuflect in church on the right knee to God.

God has always been known to Jews and Christians as a king who is rich in mercy and boundless in love. To give honor to that “King of Love,” Christians thought it fitting to pay respect and honor to him by genuflecting every time they entered his “court.” This meant bending on one knee whenever they passed in front of the tabernacle — the little house in every Catholic church that holds the Blessed Sacrament.

As Catholics we believe that Jesus is truly present, Body, Blood, soul, and divinity in the Holy Eucharist and so when we genuflect, we do so because we are in God’s presence. This also means that Catholics should only genuflect when there is a tabernacle present with the Precious Body within it. There are times in the liturgical year, Good Friday, for example, when the tabernacle is emptied, and the doors are open. Since the Eucharist is not within the tabernacle, Catholics do not need to genuflect before getting into the pew. A simple bow is substituted whenever the Eucharist is not present.

In the end, we do these bodily actions because, as the late Pope Benedict XVI wrote:

“Our religion, our prayer, demands bodily expression. Because the Lord, the Risen One, gives himself in the Body, we must respond in soul and body ... all the spiritual possibilities of our body are necessarily included in celebrating the Eucharist: singing, speaking, keeping silence, sitting, standing, kneeling.”

Fabulous February Saints

The month of February 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 the celebration of Saint Brigid on February 1 and the Presentation of the Lord on Feb 2. Saint Blaise of Sebaste follows on February 3 and Saint Paul Miki and Companions on February 6. February 8 marks Sts Jerome Emiliani and Josephine Bakhita, On February 10, the Benedictine Saint Scholastica. February 14 sees two feasts, Sts Cyril and Methodius as well as Saint Valentine. The Seven Founders of the Order of Servites is observed on February 17. Saint Peter Damian is February 21. St Polycarp is remembered on February

23. Which one of these saints is your favorite for the month of February? Go to our Facebook group or page and post your answer with a picture of your favorite.

February Recipes

Saint Brigid's Oaten Bread

Ingredients:

- 1 cup flour
- 1 Tablespoon sugar
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3 Tablespoons butter, in small pieces
- 3/4 cup uncooked oatmeal (old fashioned)
- 1 egg
- 1/2 cup buttermilk

Directions:

- Preheat your oven to 425 degrees Fahrenheit.
- Grease a baking sheet.
- Mix flour, sugar, baking powder, baking soda and salt in a bowl. Add butter bits and cut in with knife until mixture is crumbly. Add oats and mix well.
- Beat the egg with the buttermilk in a separate bowl.
- Make a "well" in the dry ingredients, then pour in the egg mixture and mix all with a fork until the crumbs hold together. Form the dough into a ball and knead (on a floured surface, about 20-25 times). Add flour if the mass is still too sticky to work with.
- Form the doughball into an 8-inch round and transfer it to the baking sheet.
- Score a deep cross into the bread but do not cut through.
- Bake for fifteen to twenty minutes, or until medium brown and a tester comes out clean.



Candlemas Crepes (Sweet Cream and Berry Crepes)

serves 6 (12 filled crepes -- two for each)

Ingredients

- 1 cup all-purpose flour
- 1 cup milk
- 1/2 cup lukewarm water
- 4 large eggs
- 4 Tablespoons butter, melted
- 3 Tablespoons sugar
- pinch salt
- baking spray or a bit of butter for the crepe pan
- 1 bag frozen mixed berries, thawed.
- 4 Tablespoons sugar
- 1 1/2 cup whipping cream.
- 4 Tablespoons powdered sugar.
- 4 Tablespoons juice from the sweetened berries



Directions:

- Sprinkle thawed berries with 4 Tablespoons sugar. Cover and refrigerate for several hours.

Make crepes:

- Place flour, milk, water, eggs, butter, 3 Tablespoons sugar, and pinch salt in blender.
Blend until well whipped.
- Pour batter into a container with a pouring spout (if your blender doesn't have one).
- Heat a non-stick crepe pan (omelet pan) over med. high heat
Spray with baking spray or lightly butter.

When the pan is hot, pour two Tablespoons of batter into the pan and rotate the pan until the bottom is coated with a thin, but not paper-thin, layer.

- Cook until the top is set and the bottom is lightly golden browned.
- Flip, using your fingers, or a spatula. This might take a few times to get it right, if you've never made crepes before. Just sacrifice a few for practice.
- After turning, cook until the other side is lightly browned.
- Remove from pan and cool on wax paper.
- Place wax paper between each finished crepe.
- You may have a little more batter than you need for this recipe, depending on the size of your pan. You can make them and freeze them or just pitch the extra batter.

Crepes can be made hours, or even days ahead, refrigerated, and then assembled at the last minute. Or you can make them just before assembling them.

- Whip whipping cream with a mixer, adding powdered sugar and berry juice until soft peaks form (the berry juice is really just for pink color -- this step can be omitted if you don't care about the color).
- Place two crepes on each plate.
- Place 2-3 TABLESPOON whipping cream down the center.
- Roll the crepe and place the seam on the bottom. Repeat with other crepes.
- Spoon several spoons of berries and juice across both crepes.
- Repeat with five more plates.

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.

Shrimp over Pasta

Ingredients:

- Spaghetti
- Fresh parsley finely minced.
- 2 tablespoons butter
- 1-2 teaspoons smoked paprika.
- 1 clove garlic, finely minced (1/2 teaspoon)
- A handful of cherry tomatoes — cut in half.
- Shrimp (3-4 per person)
- Salt and pepper to taste.



Directions:

- Cook pasta according to instructions and reserve 1/4 cup of the starchy water. Put aside.
- Melt butter until at smoking point.
- Add garlic and sauté.
- Add smoked paprika and cook, then add tomatoes, some chopped parsley, and shrimp, and cook for a few more minutes.
- Add the pasta and mix it all together.
- Add salt and pepper to taste and add water if necessary.
- Sprinkle with the rest of the parsley. Serves four.

Frittata Sardegna (Omelet Sardinian)

Ingredients

- 1 medium zucchini, chopped.
- 1 tablespoon breadcrumbs soaked in:

- 1/2 cup milk
- 1 tablespoon grated Parmesan cheese
- 1/8 teaspoon of sugar
- 1/2 teaspoon grated lemon rind
- 4 eggs lightly beaten.
- 2 tablespoons vegetable oil
- 1/2 cup fine dry breadcrumbs.

Directions:

- Mix together zucchini, breadcrumbs soaked in milk, Parmesan cheese, sugar, and lemon rind.
- Add eggs; mix well.
- Grease baking dish with oil; coat with breadcrumbs.
- Pour the egg mixture into the casserole.
- Bake for 20 minutes at 400°. Yield, 4 servings

Family Faith Activities

February 5, 2023, Fifth Sunday of the Christian Year

- Reflect on the first five lines in the reading from Isaiah. Which is harder in your life and in your family system: to “share your bread with the hungry, shelter the oppressed and the homeless, clothe the naked,” or “not turn your back on your own”?
- Paul speaks of the fact that it is through “demonstration,” not words, that he sought to bring to the community of Corinth. What do you think of this distinction? Why is it significant?
- In this vivid Gospel, Jesus exhorts us to be salt and light. Why were these particularly powerful metaphors in Jesus’ time? How are they still relevant?
- Participate in an activity of service or justice related to physical need in your community this week.
- If there is someone in your family who is marginalized or alienated, consider reaching out to them in some small way, perhaps with a call or a loving note.
- Give up salt completely for one day. What do you notice?

February 12, 2023, the Sixth Sunday of the Christian Year

- This week's reading reminds us of the central importance of following the ten commandments. Is there a commandment that is harder than another in your life?
- Jesus presents anger as a form of killing. What is your reaction to this? How do you handle anger—your own or that of others? What would Jesus have us do?
- In several stories, teachings, and parables in the Gospels, Jesus speaks of the least becoming the greatest. What is your reaction to this? In what ways is this countercultural in our times?
- How does reading about a difficult text expand your understanding?
- Jesus speaks of fulfilling the law and the promise of the prophets. He is not about abolishing Judaism. Read the Roman Catholic Document, "Nostra Aetate, the Declaration on the Relation of the Church to Non-Christian Religions" (available at https://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-ii_decl_19651028_nostra-aetate_en.html). It is brief. Does any aspect of it come as a surprise to you?
- This Gospel challenges us to constant reconciliation with one another. Do you avail yourself of the sacrament of penance (sometimes called reconciliation) regularly? Why or why not? How can you expand your participation and thereby receive the grace available in this sacrament more regularly?

February 19, 2023, the Seventh Sunday of the Christian Year

- Leviticus speaks of holding hatred in our hearts. Reflect on how holding negative emotions within affects your spiritual and/or physical well-being. Is it possible to appear one way on the outside, and yet feel another way on the inside?
- Jesus asks people to set aside the notion that humanity should take "an eye for an eye and a tooth for a tooth." In what ways do we still make this demand? Do you ever hold grudges or exact a penalty rather than come to a conflict willing to forgive?

- We are asked to love our enemies and pray for those who persecute us. Have you ever tried doing this? Why or why not? Is there someone you could be praying for this week?
- The Golden Rule, “Do unto others . . .,” is another way of saying, “Love your neighbor as yourself.” Investigate how many faith traditions have a version of the Golden Rule as a central spiritual teaching.
- Paul tells the people that they are the “temple of God.” What is the significance of the temple in Jewish life? What happens to the temple? What is significant about Paul’s metaphor within this context? How is this metaphor still relevant?
- Do you understand why the Catholic Church does not support the death penalty? Find out more about this. Watch or read, perhaps again, *Dead Man Walking*, by Helen Prejean, CSJ, this week.

February 26, 2023, the First Sunday of Lent

- On this First Sunday of Lent, we start with the story of creation and sin coming into the world. Three characters stand out: Adam, Eve, and the serpent. The serpent is one of God’s creatures, and he represents all that is hostile to humanity. What is hostile to humanity today? Do you see any tempting serpents at work in the world?
- Notice that Eve tries to correct the distortion of God’s instructions suggested by the serpent. Still, she is persuaded to act against God’s direction. In what ways does distortion of the truth contribute to our sinfulness?
- Jesus journeys to the desert and encounters the devil. Satan tempts him three times. Visualize this story in your imagination. What does Jesus see when he is tempted? Where does he turn to counter Satan’s invitations? Are you ever tempted? What does this text reveal to us as a possible way to react when tempted?
- Some elements of the creation story do not appear in this lectionary reading. Take some time this week to read the entirety of the story in the second and third chapters of Genesis. Do you gain any insights from reading this vivid story in its full context? What are they?
- Notice that Jesus goes into the desert for forty days. It is also the number of years that the Israelites wandered in the desert. This is the number of days in the season of Lent. Create a reminder of this holy season in your home using the liturgical color, violet, or objects that remind you of the desert.

- What is your reaction to reading that even Jesus could experience temptation? What does it mean when we say he was fully God and fully human? Write your thoughts in your journal.



"Love, love, love! That's all you ever talk about! Do you think the rest of the world operates this way?"