



# 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

April 2023 VOLUME 2 #5  
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### *Social Media*

Web Site [www.apfcwp.com](http://www.apfcwp.com)

Facebook <https://www.facebook.com/groups/1386619738179316/?ref=bookmarks>

Twitter - AbidingPresenceWP @AbidingWp

YouTube - <https://www.youtube.com/channel/UCP9i133esG31IRPfgk-Jn4w>

### *Clergy Serving the People of God*

Pastor: Most Rev. William R. Cavins [bishop@apfcwp.com](mailto:bishop@apfcwp.com)

Kingsport TN Ministry: Rev. Lucas G. Brown [lucas.brown@apfcwp.com](mailto:lucas.brown@apfcwp.com)

Palm Coast FL Ministry: Rev. Mr. Christopher M. Larsen [dcnchris@apfcwp.com](mailto:dcnchris@apfcwp.com)

### *Volunteer Staff Serving the Parish*

Gene L. Thompson II – Technology  
Dennis Last – JMB Crock Pot Ministry

### **Upcoming Dates**

Apr 1      Divine Worship Ordination of Lucas G Brown to Priesthood 1 PM  
            Intention: Rev. Lucas G. Brown

Apr 2	Divine Worship Palm Sunday 10 AM Intention: Those who suffer Persecution
Apr 3	Divine Worship Palm Sunday 1PM GSS – Florida Lutheran Intention: Residents and Staff
Apr 5	Divine Worship – Chrism Mass 6:30 PM Intention: Clergy of the Reformed Catholic Church
Apr 6	Triduum – Mass of the Lord’s Supper 7 PM Intention: People of the Parish
Apr 7	Good Friday - Stations of the Cross 12 Noon Good Friday - Stations of the Cross 3 PM Triduum – Veneration of the Cross 6:30 PM
Apr 8	Triduum – Easter Vigil 7 PM – First UCC Orlando Intention: Those receiving the Easter Sacraments
Apr 9	Divine Worship Easter Sunday Sunrise 7 AM (Waterford Lakes) Intention: People of the Parish
Apr 12	At Home with the Word Lectionary Discussion Group 7 PM
Apr 16	Divine Worship 2 <sup>nd</sup> Sunday of Easter 10 AM Intention: RIP Ann Witkowski
Apr 19	At Home with the Word Lectionary Discussion Group 7 PM
Apr 23	Divine Worship 3 <sup>rd</sup> Sunday of Easter 10 AM Intention: Bishop Cavins
Apr 26	At Home with the Word Lectionary Discussion Group 7 PM
April 28	Prayers for Bishop Cavins’

SCAP = Sunday Celebration in the Absence of a Priest

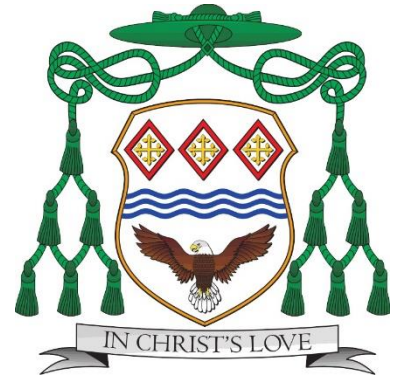
## Mass Intentions & Prayer Requests

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.

## From the Bishop's Desk

"April showers bring May flowers," is another one of adages we learned in our youth.

We in Florida are used to our 2 PM shower pattern starting to set in over the next few months. Some of these showers will be gentle, others will be hard, while still others will be torrential. Eventually the ground brings forth an abundance of plant life that is both beautiful to behold as well as food for our earthly bodies.



Just like the earth absorbs the rain so we too can absorb the grace God sends showering down upon each of us. Sometimes it's just a light sprinkle. Other times we may receive a light shower. Still, there are times when God's grace is heavy or even torrential seemingly overpowering our ability to comprehend it. All we can do is absorb it and let it Word of God take root in our lives.

Such is our experience of Lent, Holy Week, and Easter, God has walked with us along the path of faith. He has spoken intimately with us and blessed us. Each of us has had a unique experience unlike that of any other person who has walked with God. Let God's grace flow in you and through you. Rejoice in the beautiful being you are and continue to become. Let the love of God radiate in you and through you to make His love known in your family, your parish, and your community.

Christos Anesti! Alithos Anesti! Christ is Risen! He is Risen indeed!

In Christ's Love

+ *William*

Pastor

## A Word About our Pastor

You are invited to keep Bishop Cavins in prayer as he undergoes the first of two hip replacement surgeries later this month. During his recuperation, Fr, Lucas Brown will bring us together virtually for Divine Worship and conduct the Breaking Open of the Word each Wednesday.

## Financial Update as of 3/31/2023

Total Income Year to Date: \$1088.83 Total Expenditures Year to Date: \$1171.23 (-\$82.40)  
Balance on hand: \$1,206.81.

## 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 it as if to an individual. Thank you for your generosity.

## Christos Anesti! Alithos Anesti!

The Clergy and Board of Directors of Abiding Presence Faith Community wish its members and supporters a very Happy and Blessed Easter! Christ is Risen! He is Risen Indeed!



## 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](http://www.ltp.org).

## 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 and Music by Rev. Lucas G. Brown**

It is time for a change again. Not on your clocks but for our Liturgical Colors, prayers, and music. Easter brings with it a much more joyful celebration. Spring arrives, flowers bloom, and certain things become ubiquitous in the holiday's religious festivities. Even if we know that Easter is the most important feast of the liturgical year, Christmas still seems like a much bigger deal. Christmas is known for its Carols, Christmas Trees, treats, presents, fires, and family—but we're not quite sure how to celebrate Easter. Pascha (the feast's Latin name) focuses like the original Passover on being spared of death and beginning a new life. The feast happens in Spring (where the word Easter comes from) as a natural sign that we should begin again. All the penances of Lent should culminate in deep joy, not in going back to our old ways, but in living with a new freedom. It's a deeper joy than Christmas, even if we don't have the customs to express it any longer.

There are many customs related to Easter, that help shape Christian culture, though many have been forgotten. Fr. Francis Xavier's Weiser's Handbook of Christian Feasts and Customs, published in 1952, serves as an excellent guide for rediscovering old traditions. In relation to Easter, he speaks of:

**New clothes:** Just as neophytes donned white garments at the Vigil, so it became a custom to wear new clothes for Easter. Thusly where the tradition of having your "Easter Outfit" came from. Not just about looking the best in church.

**Easter laughter:** Coming back to Church in the afternoon, it was a custom in the Middle Ages to tell jolly tales, meant to produce gaiety after the somberness of Lent, with moral conclusions to the tales, of course.

**Easter Colors:** Several colors are associated with Easter and have deep symbolic meanings in Christian contexts. These associations began as early as the 1100s when Pope Innocent III set out descriptions of the appropriate colors to be used during specific liturgical proceedings. Today, many of these colors are still used to celebrate the Easter season. White, the color we all might be used to seeing the most in the church at Easter. On Easter, the color white symbolizes purity, grace, and, ultimately, the resurrection of Jesus Christ, which is the joyful culmination of the Easter season. During the Easter season, white Easter lilies are displayed in many churches and homes, symbolizing the purity of Christ and representing a trumpet sharing the message that Jesus has risen.

Gold is generally the other primary color you will see during the Easter Season. During the Easter season, glimmering gold represents glory and triumph, specifically Jesus' resurrection and triumph over death, which is celebrated during the Easter season. Gold is often used with white in Easter services displayed on vestments and church decorations.

It's clear to see that liturgical colors and the natural beauty of spring have merged to create a season of bright colors, joy and hopeful anticipation. However, you may still be wondering what about the bright pastel colors we see during this season in many churches?. The answer is quite joyful. Pastel hues are used in Easter celebrations because they symbolize the sheer joy that Mary Magdalene and the other women from the Gospels experienced when they discovered that the tomb of Jesus was empty on Easter morning. Easter bells: Some churches in Eastern Europe would ring their bells all day long. This last practice leads into the musical celebration of Easter. If we are truly joyful, we will sing! Singing is part of the way Christians celebrate, rather than giving in to excess: There are many beautiful hymns to sing, even if they're not as well-known as the great Christmas carols.

One of the most beautiful Easter pieces, however, comes from the Lutheran tradition. Bach, as a composer of his Easter Oratorio was performed first on April 1, 1725, although it was reworked in following years. Its libretto is not scriptural, but embodies the reactions of four people to the empty tomb, continuing the drama we saw in Holy Week: Peter (tenor), John (bass), Mary Magdalene (alto), and the other Mary, mother of James (soprano).

The music contrasts the unexpected joy of the Resurrection with the grief that the disciples had prepared for their mourning at the tomb. The "laughter and merriment" of the first duet can be heard in the voices of the singers themselves. And yet, even after this joy, we still sense the anxiety the disciples bring with them, the "myrrh" of which the other Mary sings. In the center of the work, Mary proclaims to John and Peter that the angel announced that Christ has risen and they find the empty shroud. This leads to a beautiful reflection of how our own death will become gentle—with peaceful and soothing music to match in a tenor aria. The following recitative and aria for the female voices express an intense longing and expectation. The trumpets erupt, with the triumphal voices of the choir following, to end on a note of exultant celebration!

So, as you notice a change in colors, music, or prayers this coming season of Easter or while you are dying some eggs with your little ones, remember the meanings of why these things were chosen so many years ago

## **Awesome April Saints**

The month of April 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 Mary of Egypt on April 1. See the article on her in the February newsletter. She is followed on the 2<sup>nd</sup> by Saint Francis of Paola with Saint Joseph the Hymnographer on the 3<sup>rd</sup>. Saint Isidore of Seville is remembered on the 4<sup>th</sup>. Saint Vincent

Ferrer follows on the 5<sup>th</sup>. April 11, we commemorate Saint Stanislaus of Krakow. April 13 sees Saint Caradoc of Wales honored. April 21, we honor Saint Anselm of Canterbury. The Feast of Saint George, patron of England, is marked on April 23. Saint Fidelis of Sigmaringen, a lawyer, is remembered on April 24. April 25, we celebrate the Evangelist Saint Mark. Our Lady of Good Counsel is honored on April 26, followed the next day by Our Lady of Montserrat. Saint Peter Chantel is recalled on April 28. Saint Catherine of Siena is celebrated April 29 followed on the last day of the month by Saint Marie Guyart of the Incarnation Which one of these saints is your favorite for the month of March? Go to our Facebook group or page and post your answer with a picture of your favorite.

## **April Recipes**

### ***Pasta With Chorizo, Chickpeas and Kale in honor of St. Mary of Egypt***

#### **Ingredients:**

- ✓ Kosher salt and black pepper
- ✓ 8ounces fusilli or other short pasta
- ✓ ¼cup olive oil, plus more for drizzling
- ✓ 7 to 8ounces dried chorizo, thinly sliced.
- ✓ 1(15-ounce) can chickpeas, drained and rinsed
- ✓ 1bunch scallions (6 to 8), thinly sliced.
- ✓ 1bunch curly kale, collard greens or mustard greens, stems removed, leaves torn into bite-size pieces.
- ✓ Shaved Manchego, for serving.

#### **Directions:**

- ✓ Step 1 - Bring a large pot of salted water to a boil. Add pasta and cook according to package instructions until al dente.
- ✓ Step 2 - Meanwhile, heat oil in a large skillet over medium-high. Add chorizo and cook, stirring, until blistered and oil is bright orange, about 1 minute. Using a slotted spoon, transfer chorizo to a medium bowl.
- ✓ Step 3 - Add chickpeas and scallions to skillet and cook, stirring occasionally, until chickpeas begin to blister, 2 to 3 minutes. Transfer chickpeas and scallions to the bowl.
- ✓ Step 4 - Add kale to skillet, season with salt and pepper and cook, tossing, until wilted, about 2 minutes. Using a slotted spoon, transfer pasta to skillet along with 1 cup pasta water and cook over medium-high, tossing with kale, until liquid reduces and coats the pasta, about 2 minutes.
- ✓ Step 5 - Return chorizo, chickpeas, and scallions to skillet and toss to combine. Drizzle with a little olive oil and top with Manchego to serve.

## ***St. Francis of Paola's 'Poire bon Chretien' (good Christian pear) Bartlett Pear Tarte Tatin***

### **Ingredients**

- ✓ 7 Bartlett pears (firm)
- ✓ 4 oz granulated sugar
- ✓ 2 oz butter
- ✓ 1 vanilla bean
- ✓ 1 sheet of puff pastry (cut 28 cm circle)

### **Directions:**

- ✓ Step 1 - Preheat the oven to 375°F. Peel the pear, using a Parisian scoop, remove the core and cut into quarters.
- ✓ Step 2 - Place sugar into a frypan, and place on high heat, when the sugar turns to a caramel color add the pears, butter, and vanilla.
- ✓ Step 3 - Cook the pears until they just take color and are coated in caramel. Turn the pears to face down on the pan in a circular pattern and set them aside.
- ✓ Step 4 - Place the pears back in the pan with the caramel and place puff pastry over the top of the pears and tuck down the sides.
- ✓ Step 5 - Place the pears into the oven for 30 - 40 minutes or until the puff pastry is cooked. Turn the pan upside down to flip out. Cut into quarters and serve with French Vanilla ice cream.

## ***Blackberry Opera Torte in honor of St. Joseph the Hymnographer***

### **Ingredients**

#### **Almond Sponge Cake**

- ✓ 3 Tbsp all-purpose flour
- ✓ 1 cup 120g almond flour
- ✓ 3 eggs at room temperature
- ✓ 1/2 cup (100g) superfine sugar, plus 2 Tbsp
- ✓ 3 egg whites at room temperature
- ✓ 1 pinch of kosher salt

#### **Blackberry buttercream**

- ✓ 1 cup (200g) granulated sugar.
- ✓ 8 egg yolks at room temperature
- ✓ 2 cups (440g) unsalted butter, at room temperature
- ✓ 1/4 teaspoon kosher salt
- ✓ 1 tablespoon vanilla extract
- ✓ 3/4 cup blackberry preserves.



### Chocolate Ganache

- ✓ 8 oz (225g) bittersweet chocolate, finely chopped
- ✓ 1 cup (240ml) heavy whipping cream

### Meringue

- ✓ 3/4 cup egg whites about 4 egg whites
- ✓ 1 1/2 cups (300g) sugar
- ✓ Pinch kosher salt
- ✓ 1 teaspoon vanilla

### Garnish

- ✓ 2 pints (240g) fresh blackberries

### Directions

- ✓ Make the Almond Sponge Cake: Preheat oven to 350°F / 175°C. Generously grease an 11 by 16-inch / 41 by 28cm jelly-roll pan, then line the bottom with greased parchment paper.
- ✓ In a large bowl, sift together the all-purpose flour and almond flour. Set aside.
- ✓ In a stand mixer fitted with the whisk attachment, whip the eggs and 1/2 cup / 100g sugar on high speed for about 8 minutes. The batter should be very light in color and texture. When you lift the whisk out of the mixture, the batter should form a ribbon that sits on the surface of the egg foam for several seconds. Turn the speed to medium and continue to whip for 1 minute more. Remove the bowl from the mixer and, using the whisk attachment or a rubber spatula, gently fold the almond mixture into the egg foam in three additions.
- ✓ In a clean mixer bowl with a clean whisk attachment, whip the egg whites and salt on medium speed just until they start to foam. Slowly sprinkle in the remaining 2 tablespoons sugar to create a French meringue, then whip on high speed until glossy, stiff peaks form, 1 to 2 minutes. Remove the bowl from the mixer and, using the whisk attachment or a rubber spatula, gently fold the meringue into the almond batter.
- ✓ Pour the batter into the prepared pan and spread evenly with an offset spatula. Bake until the cake is set and just golden on top, 12-15 minutes. Let the cake cool completely in the pan.
- ✓ Make the buttercream: In the bowl of your stand mixer fitted with the whisk attachment, combine the sugar and egg yolks and beat on medium speed to mix. The mixture will be very thick and grainy.
- ✓ Put 1 inch / 2.5 cm of water in the bottom of a double boiler or a medium saucepan and bring to a gentle simmer over medium-low heat. Place the bowl with the yolk mixture over the simmering water and stir the mixture with a

rubber spatula until the sugar is completely melted. Brush down the sides of the bowl with the spatula to make sure all the sugar is melted. Feel the mixture between your fingers to check for graininess. Once all the sugar has melted and the mixture is smooth, the syrup is hot enough (140°F / 60°C) to be safe to consume.

- ✓ Return the bowl to the stand mixer fitted with a clean whisk attachment and beat on medium-high speed until the egg foam is light, fluffy, and glossy and the bowl feels just about room temperature. (If the egg foam isn't cooled sufficiently, the butter will melt when you add it.)
- ✓ Once the egg foam is whipped and cooled, turn the mixer to medium speed, add the butter, 2 tablespoons at a time, and beat until incorporated. Turn the speed to low, add the vanilla and salt, and mix until incorporated.
- ✓ Combine the buttercream and blackberry preserves and stir until very smooth.
- ✓ Make the ganache: In a medium saucepan over low heat, warm the cream until just simmering. Turn off the heat and add the chocolate. Swirl the pan to make sure all of the chocolate is submerged in the hot cream. Let sit for 3 minutes and then gently stir until smooth. Keep in pot until ready to use. You want the ganache to be a pourable consistency but not so warm that it will melt the buttercream.
- ✓ Assemble the cake: Using an offset spatula, spread the buttercream evenly over the cake. Transfer to the refrigerator and let set until solid, about 20 minutes. Remove the cake from the refrigerator, pour the ganache over the chilled buttercream. Refrigerate again until all layers are solid, about 45 minutes.
- ✓ Remove the cake from the refrigerator, run a knife all the way around the edges of the cake to loosen from the pan, cover with plastic wrap (this will protect the ganache when the cake is inverted), and invert the cake onto the back of a second baking sheet. Peel the parchment from the bottom of the cake and invert again onto a large cutting board.
- ✓ Using a chef's knife, cut the cake in half on the long side and then in three equal sections from the short side, so you have six identical rectangles. Stack the six sections so you have a tall cake with many layers, making sure the layers are straight. Using a knife dipped in hot water, trim any uneven cake. (At this point, you can store in the refrigerator, covered, for up to 48 hours).
- ✓ Make the meringue (prepare just before decorating and serving the cake): In a medium saucepan over medium-low heat, bring 1 inch / 2.5cm of water to a simmer.
- ✓ In the bowl of a stand mixer, combine the egg whites, sugar, and salt; place over the simmering water; and stir with a rubber spatula until the mixture is hot and all of the sugar has dissolved, about 5 minutes.

- ✓ Remove the bowl from the heat and place onto the stand mixer fitted with the whisk attachment, then beat on high speed until very thick and glossy and stiff peaks form, about 5 minutes. If the meringue is not stiff enough, your spikes will slouch and lose the drama. Add the vanilla and mix well.
- ✓ Take a blob of the meringue topping between your fingers and press it against a blackberry. Pull the blob away, it will break off in a wispy curl. Repeat with the remaining meringue and blackberries. Using a kitchen blowtorch, toast the tops of the meringue.

### ***St. Isidore of Saville Solomillo al Whisky***

#### **Ingredients:**

- ✓ 1 pork Solomillo (approx. 400 grams)
- ✓ 6 garlic cloves, unpeeled and mashed
- ✓ 200 ml broth
- ✓ 200 ml whisky
- ✓ 2 tbsp fresh lemon juice
- ✓ 1-2 tsp flour
- ✓ olive oil

#### **Directions:**

- ✓ Slice pork tenderloin into fillets, salt & pepper to taste.
- ✓ Put a couple tbsps. of olive oil in a large skillet, add the garlic cloves and pork fillets and brown the meat on both sides until cooked to the point you like it.
- ✓ Remove to a warm plate.
- ✓ In the same pan, add the lemon juice and stir quickly on medium heat, then add the whisky.
- ✓ Stir well, then add the flour, whisking quickly to cook it slightly and then add the broth.
- ✓ Simmer and stir until you have the consistency of sauce you prefer and then place the Solomillo into the sauce for a minute or so to heat through.
- ✓ Serve with pan seared potatoes topped with olive oil.

### ***Vinnie's Sephardic Jeweled Rice***

#### **Ingredients**

- ✓ 1 1/2 tsp salt
- ✓ 1 tsp sweet paprika
- ✓ 1/2 tsp turmeric
- ✓ 1/4 tsp cumin
- ✓ 1/8 tsp black pepper

- ✓ 4 Tbsp extra virgin olive oil divided, plus 1 teaspoon.
- ✓ 2 medium-size onions diced small.
- ✓ 10 dried apricots, quartered.
- ✓ 6 dried figs, quartered.
- ✓ 1/4 cup dried cherries
- ✓ 1/4 cups pistachios or pumpkin seeds
- ✓ 1 cup long grain rice (Jasmine or Basmati)
- ✓ 1 cup water
- ✓ 1 1/2 tsp fresh lemon or orange zest
- ✓ 1 cup pomegranate seeds

Directions:

- ✓ Combine salt, sweet paprika, turmeric, cumin and black pepper in a small bowl.
- ✓ Set aside.
- ✓ Heat 2 tablespoons of olive oil in a deep, nonstick skillet with a lid. Add rice and spices and stir well.
- ✓ Cook over medium heat for about 3-4 minutes, stirring constantly and making sure the rice gets well coated with the oil and the spices.
- ✓ Add 1 cup of water. Bring to a boil, cover, and reduce heat to low. Cook for 20 minutes, remove from heat, and let it sit for 15 minutes covered.
- ✓ In the meantime, heat the remaining 2 tablespoons of olive oil in a nonstick skillet.
- ✓ Add onions and cook over medium heat for about 20 minutes stirring frequently, adding water 1 tablespoon at a time, if necessary, to prevent from burning.
- ✓ Transfer onions to a plate and in the same skillet, heat 1 teaspoon of olive oil. Add dried fruit and pistachios or pumpkin seeds and cook over medium low for 2-3 minutes, stirring frequently.
- ✓ Once the rice is ready, fluff it with a fork, add onions, dried fruit, pistachios and lemon or orange zest and toss well.

***Polish Papal Cream Cake (Kremówka Papieska)***  
***(Napoleon's Cake)***

Ingredients:

- ✓ 1 cup of butter (230 grams)
- ✓ 2 cups of milk (500 ml)
- ✓ 2/3 cup of sugar (150 grams)
- ✓ 1/3 cup of white flour (85 grams)
- ✓ pinch of salt
- ✓ 6 egg yolks
- ✓ vanilla bean
- ✓ puff pastry

- ✓ icing sugar for decorating

#### Directions:

- ✓ Flour your surface and roll out your puff pastry to 2 mm thick. Cut out two the same size rectangles. (Use a letter-size sheet of paper for guidance). Transfer the pastry onto the baking sheet covered with parchment paper. Cover it with a tea towel and let it rest for at least one hour.
- ✓ After one hour preheat your oven to 200 degrees Celsius and bake your pastry for around 20 minutes or until is nice and golden. Set aside to cool down completely.
- ✓ Pour your milk into the saucepan. Cut your vanilla bean and remove the seeds. Add the seeds and the bean to your milk and bring it almost to a boil.
- ✓ In a mixing bowl put your egg yolks and sugar and beat until it is light yellow and fluffy. Add your flour, and salt, and mix until all is well combined. Slowly add your hot milk, constantly mixing. Transfer the mixture back into the saucepan and bring it back on the stove.
- ✓ Reduce heat and continue to cook and stir until thickened like pudding, at least 2 minutes. Let it cool to room temperature and covered it with plastic wrap not to form a crust. Make sure the filling is completely cool before beating in softened butter.
- ✓ Place one of the baked puff pastries and spread the cream evenly on top. Cover with the second puff pastry and gently press. Even out the sides with spatula and refrigerate overnight.
- ✓ The next day cut into rectangles.
- ✓ When ready to serve, dust heavily with icing sugar.

### ***St. Anselm of Canterbury's Dundee Cake***

#### Ingredients

- ✓ 175 g salted butter
- ✓ 175 g caster sugar or light muscovado sugar
- ✓ 4 tbsp Seville orange marmalade (or 1 tbsp concentrated Seville orange 'jam')
- ✓ Finely grated zest of 1 orange, preferably Seville if in season.
- ✓ 3 free-range eggs, beaten.
- ✓ 225 g plain flour
- ✓ 400 g sultanas
- ✓ 30 g ground almonds
- ✓ 50 g (approx..) whole blanched almonds to decorate.

#### Directions:

- ✓ Grease and line a 20cm round deep cake tin with baking parchment.
- ✓ Preheat oven to 150°C / gas 2 / 300°F

- ✓ Cream the butter and sugar for 3 or 4 minutes until pale and fluffy using an electric mixer.
- ✓ Slowly beat in the beaten eggs a bit at a time, add a little flour to prevent the batter curdling.
- ✓ Mix in the Seville orange marmalade and the orange zest.
- ✓ Sift the plain flour into the batter then add the ground almonds and mix well.
- ✓ Stir in the sultanas to distribute evenly throughout the batter.
- ✓ Transfer to the lined cake tin and level the top with the back of a spoon.
- ✓ Make rings around the top of the cake with the whole blanched almonds, placing them lightly.
- ✓ Bake the cake for 1 hr. 45 mins to 2 hours, a cake tester should come out cleanly if the cake is cooked.
- ✓ If the cake looks like it's browning too much, cover it with a little foil. Also, if the oven is too hot the cake will crack.
- ✓ Allow to cool in the tin for ten minutes then remove and cool completely on a wire rack.
- ✓ Note: You may notice in this recipe there is no other raising agent except the eggs – no baking powder or self-rising flour, fear not, the cake rises!
- ✓ Heat 120g of marmalade and about 50 ml of whisky in a saucepan, stirring continuously. When the baked cake is still hot, pierce it several times with a wooden skewer and brush with the orange and whisky glaze. Remove the cake from the tin and place it on a wire rack to cool. Heat about 3 tbsp of marmalade with 3 tbsp whisky, press the mixture through a sieve, and glaze the cake again.
- ✓ The cake will be at its best after resting for several days. Once it has cooled, wrap it in foil and store in a cool, dry place.

### ***St. George's Cornish Pasty***

#### **Ingredients**

- ✓ 1 tablespoon olive oil
- ✓ 1 small brown onion finely chopped.
- ✓ 2 garlic cloves, crushed.
- ✓ 350g beef mince
- ✓ 1 small potato, peeled, finely chopped.
- ✓ 1 carrot, peeled, finely chopped.
- ✓ 2 teaspoons corn flour
- ✓ 1/3 cup Massel beef stock
- ✓ 1 tablespoon Worcestershire sauce
- ✓ 1 tablespoon tomato sauce

- ✓ 5 sheets of ready-rolled frozen short crust pastry, partially thawed
- ✓ 1 egg, lightly beaten.

Directions:

- ✓ Heat oil in a non-stick frying pan over medium heat. Add onion. Cook, stirring, for 4 minutes or until soft. Increase heat to high. Add garlic and mince. Cook, stirring, for 2 to 3 minutes or until browned. Add potato and carrot. Cook for 3 minutes or until vegetables are just tender.
- ✓ Combine corn flour and 2 tablespoons stock in a small bowl. Add to pan with remaining stock, Worcestershire, and tomato sauce. Bring to a boil. Cook, stirring, for 2 minutes or until slightly thickened. Remove from heat. Season with salt and pepper. Set aside to cool.
- ✓ Preheat oven to 200°C. Cut four 12cm (diameter) rounds from each pastry sheet. Spoon 1 tablespoon of mince mixture onto each round. Brush edges with egg. Bring pastry edges together to form a semi-circle. Pinch edges to seal and form frills.
- ✓ Place pasties on 2 baking trays lined with baking paper. Brush with egg and bake for 25 to 30 minutes or until golden. Set aside to cool.

***San Marco Fritelle alla Veneziane***

Ingredients:

- ✓ Wheat Flour double zero 00 500 g, sifted
- ✓ 4 tablespoons of Sugar
- ✓ 2 large organic Eggs
- ✓ 150 g of dried Raisins
- ✓ 60 g of Pine nuts
- ✓ zest one organic Lemon
- ✓ 25 g of Fresh Yeast
- ✓ 1 pinch of Salt
- ✓ 1/4 cup warm Water
- ✓ 1/4 cup Grappa (substitute Rum if necessary)
- ✓ Peanut Oil for deep frying or Lard
- ✓ powdered Sugar

Directions:

- ✓ Soak the raisins in the Grappa (or Rum). Break up the yeast in the 1/4 cup warm water in a small bowl. Add a teaspoon of sugar and set aside. Put the sifted wheat flour and salt in a large bowl and mix in milk. Add the eggs and mix well. While stirring, add the yeast - water mixture and if you see that the dough is too hard, add an additional 2/3 cup milk. Continue stirring until smooth. This should be a very thick, doughy batter. Add the raisins, pine seeds, and remaining grappa and mix

well. Cover the bowl with a clean damp cloth and place it in a warm spot. Allow the frittelle batter to rise for about 2 or 3 hours.

- ✓ Fill a saucepan half full of peanut oil or lard.
- ✓ Heat the oil. To test the temperature of oil, use a wooden toothpick: when the oil is ready, bubbles will come up from the toothpick (remember do not heat oil to the smoke point: this is dangerous, and it will burn the frittelle).
- ✓ Wet a tablespoon with cold water. Scoop up the batter and push the batter off the spoon into the hot oil (remember the frittelle should not be too big). Repeat with 4 or 5 more spoonfuls of batter. Cook the frittelle until it has a golden brown color, turning it once or twice during cooking.
- ✓ Remove the frittelle from the oil and drain on a paper towel. When the frittelle have cooled, sprinkle them with powdered sugar and place on a platter.

### ***Black Madonna of Montserrat Crown Cake***

#### Ingredients

##### Cake

- 1 cup of sugarless chocolate chips (or bittersweet chocolate, roughly chopped)
- 3/4 cup of butter
- 4 large eggs, separated.
- 1 egg white
- 1½ tablespoons rose water.
- 1 cup granulated sugar (ONLY IF NOT USING SUGARLESS CHOCOLATE)
- 1 cup almond flour/ground almonds
- ¼ teaspoon salt

##### Meringue Topping

- ¾ cup granulated sugar
- ¼ cup water
- ½ cup egg whites (about 4 large egg whites)
- 1 tablespoon rose water.

#### Directions

##### Cake:

- Preheat the oven to 350F. Grease the bottom and sides of an 8-inch springform pan. Wrap the outside bottom and sides of the pan with aluminum foil to prevent leaking.
- Place chocolate and butter in a medium heat-proof bowl and set the bowl over a saucepan of simmering water, and stir occasionally until melted. Set aside.



- In a large bowl, place egg yolks and ½ cup sugar, (if you are using) and beat until pale frothy, and thick. Stir in chocolate mixture, rose water, almond flour, and salt. Beat all egg whites and the remaining ½ cup of sugar (if using) on high speed until thick, shiny, soft peaks form.
- Using a spatula, fold in 2/3 of the egg white mixture into the chocolate mixture until mixed. Pour batter into the prepared cake pan and smooth the top. Add a final layer of egg white to the top of the cake batter, and swirl gently into the top, leaving some “puffy” volume for your meringue crown.

#### Meringue:

- ✓ In a medium-sized saucepan, combine the sugar and water. Heat over low heat, stirring until the sugar has dissolved. Once the sugar has dissolved, turn the heat to medium-high and allow the syrup to come to a boil.
- ✓ In the meantime, add the egg whites to a medium-sized, heatproof bowl and beat (or use a mixer fitted with the whisk attachment) until foamy and the whites are almost able to hold soft peaks.
- ✓ Once the syrup is boiling, clip on a candy (or sugar) thermometer. Cook until the syrup reaches 116°C/240°F, then take the pan off the heat and slowly drizzle the hot syrup into the bowl with the foamy egg whites, mixing continuously to prevent the eggs from scrambling. Once all the syrup has been added, add rose water, and keep mixing until the bottom of the bowl feels cool to the touch and the meringue has cooled down to body temperature.

#### Assembly

- ✓ Spread about half of your egg white mixture over the top of the cake. Bake for 15 minutes.
- ✓ Remove cake from oven. Allow to cool slightly. Meanwhile, place the remaining meringue into a piping bag and pipe your “crown” around the edges of the cake. Return to the oven and bake for 20-25 more minutes. The cake should be set on the sides but just a little jiggly in the middle. Allow to cool on a wire rack, then refrigerate for at least 4 hours until completely set.

Serve with a dusting of icing sugar and rose sugar too.

## Family Faith Activities

### April 2, 2023, Palm Sunday of the Passion of the Lord

- ✚ In this Sunday's liturgy, we begin with the triumphant procession of Jesus into Jerusalem. Think about the images Matthew uses to describe these actions. What is he affirming for the people of Israel? Look for images of humanity and divinity, humble circumstances, and royal circumstances. What do these convey?
- ✚ Paul speaks to the community at Philippi of the great promise of Jesus, the God-man whose perfect obedience to God becomes our redemption. What consolation does this offer sincere Christians? What hope?
- ✚ The Passion account of Matthew offers many characters, and each responds to Jesus in their own way. Notice that all of them are transformed in the process, although one acts tragically on his realization. This story is fraught with tensions. What are a few of them?
- ✚ The entrance of Jesus into the city of Jerusalem is filled with celebration and shouting. What was your experience like at Mass? If you did not truly celebrate this moment, give yourself permission to go somewhere with this reading and read it aloud. Shout Hosanna!
- ✚ Read the part of the Gospel that describes the agony of Jesus in the garden. That he is fully human and fully divine is one of the great mysteries of our faith. Have you ever faced a "cup" that you wished would pass from you? Write in your journal about your experience and God's presence in it.
- ✚ There are many fascinating characters in this Gospel. Seek out some information about this passage from a reliable source, such as a Catholic study Bible or commentary, and discover something you didn't know about Judas, Peter, Pilate, or another figure,

### April 9, 2023, Easter Sunday of the Resurrection of the Lord

- ✚ The first reading from the Acts of the Apostles is part of the story of the conversion of Cornelius, a Roman army officer. This is a powerful story of Peter's first interaction with a Gentile. What does this story convey? Why is it significant?
- ✚ In baptism we die with Christ and are incorporated into his resurrection. Why must we continue to seek what's "above" even in this life? How is it that part of life remains "hidden" from us? What does this mean to you?
- ✚ Mary of Magdala, apostle to the apostles, finds the stone rolled away from the tomb. She rushes back to her brothers, and they return quickly to the tomb. It is empty. What is their reaction? What do you make of the tension of seeing and believing versus not seeing and believing? In what ways is this the core challenge of faith?

- ✚ Read the reading from Acts in its full context to experience the story of Cornelius.
- ✚ In the early Church, people (at first adults) were baptized by immersion. In what ways is going under the water symbolic of death? In what ways might taking a breath after coming up out of the waters of baptism feel like new life? Talk to someone who has experienced immersion baptism and ask them to tell you what it was like for them.
- ✚ Mary of Magdala is one of the most faithful and inspiring female figures of the Gospel. Find out more about her this week, learning to distinguish what the Gospels actually say from ideas that became attached to her in later centuries of Christianity.

## **April 16, 2023, the Second Sunday of Easter**

- ✚ The narrative from Acts describes how the first followers of Jesus related to one another. In what ways are our actions the same? In what ways are they different? Where are you strong in practice? What areas do you need to develop?
- ✚ The disciples have locked themselves away. Why are they so fearful? Think about the locked door. Is there any locked door that can hold back Christ from us? What does he bring when he comes in?
- ✚ Thomas was not with the disciples when they saw Jesus. We sometimes call him “doubting Thomas.” But read again the story of the death of Lazarus in John 11. Notice especially verse 16. What do you make of his lack of believing now? Are there times you find it hard to believe? What does Thomas offer you?
- ✚ Notice the mutual, inclusive love and care that the first followers of Jesus demonstrated. How fervent is your connection to God and your faith community? Why is it essential to not “go it alone” in faith? Write in your journal about this, and if you are not connected to a communal activity in your faith community, consider getting involved—even in some small way.
- ✚ Pray about any situation in which you see fear and a door locked against Christ. Visualize him coming through unimpeded.
- ✚ Doubt is an integral part of the journey of faith. The point is not that we shouldn’t have doubts; it is that we should be faithful despite them and open to transformation. Pray the Prayer of St. Francis each day this week.

## **April 23, 2023, the Third Sunday of Easter**

- ✚ We hear from Peter twice today: first in the reading from Acts, and then in the letter we now call “First Peter.” In Acts, Peter expounds on what the community has experienced. Why do you think he recounts this experience? Do signs need to be explained? Why or why not?

- ✚ Peter speaks a message of hope to the people. He compares their experience to that of the people of Israel as they wandered in exile. Look carefully at this passage for the phrases and themes that echo the Book of Exodus.
- ✚ The story of the “Road to Emmaus” is an icon of our journey with Jesus. Who are you in this story right now? Are you at the start of the journey, the middle, or the end? Is our journey with Jesus always linear? Why or why not?
- ✚ Take time to learn something about Judaism this week through reading, research, conversation, or a visit to someone’s home or synagogue.
- ✚ Close your eyes and recount the story of the Road to Emmaus. Place yourself in it as one of the two travelers, and see if this meditation deepens your experience of the story and your faith.

## **April 30, 2023, the Fourth Sunday of Easter**

- ✚ What is your reaction to the stunning conversion that results from Peter’s Pentecost speech? How have you reacted after witnessing God acting through someone?
- ✚ In the letter from Peter, slaves are addressed. Peter speaks specifically to them, because they bear added and acute suffering. How is this reading helpful to those who suffer? Why do Christians consider suffering a conduit of grace?
- ✚ Jesus addresses the Pharisees right after the story of the healing of the blind man. He distinguishes between good shepherds and those who are evil. In many ways, this Gospel passage teaches us about the nature of truly Christian leadership. What principles for leadership can you glean?
- ✚ Catholics tend to be reluctant to share their faith with others. However, God works through us, and it is through our lives and witness that others will come to know the amazing news of Jesus Christ. If you already are comfortable sharing your faith, do so this week. If you are uncomfortable with sharing your faith, pray for the willingness to do so with someone who would benefit from that act of generosity.
- ✚ Pray for those who are enslaved and pray that their suffering will be eliminated in this world as well as in the next.
- ✚ The Good Shepherd is the model for our lives as leaders. Do one thing in imitation of the Good Shepherd this week.