



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

May 2023 VOLUME 2 #6
5330 Poinsetta Ave, Winter Park, FL 32792
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Social Media

Web Site 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

Kingsport TN Ministry: Rev. Fr. Lucas G. Brown lucas.brown@apfcwp.com

Palm Coast FL Ministry: Rev. Mr. Christopher M. Larsen dcnchris@apfcwp.com

Volunteer Staff Serving the Parish

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

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.

Upcoming Dates

- May 1 Divine Worship Feast of St. Joseph the Worker 7 PM
Intention: All Workers
- May 3 At Home with the Word Lectionary Discussion Group 7 PM
- May 7 Divine Worship 5th Sunday of Easter
Intention: RIP Dana Dean Anderson
- May 10 At Home with the Word Lectionary Discussion Group 7 PM
- May 14 Divine Worship 6th Sunday of Easter 10 AM
Intention: All Mothers
- May 17 At Home with the Word Lectionary Discussion Group 7 PM
- May 18 Divine Worship Solemnity of the Ascension 7 PM
Intention: Joan Podunavac's 90th Birthday
- May 21 Divine Worship 7th Sunday of Easter 10 AM
Intention: Bishop Cavins' 70th Birthday
- May 24 At Home with the Word Lectionary Discussion Group 7 PM
- May 28 Divine Worship Pentecost Sunday 10 AM
Intention: Deceased Service Personnel of the USA
- May 31 At Home with the Word Lectionary Discussion Group 7 PM

SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 4/21/2023

Total Income Year to Date: \$2087.6.

Total Expenditures Year to Date: \$1940.58 (147.02)

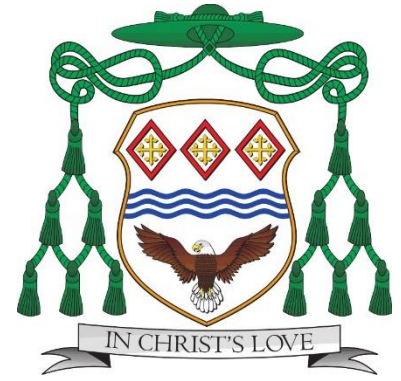
Balance on hand: \$1,436.23

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. The email address to utilize in identifying the parish is Bkpg@apfcwp.com.

From the Bishop's Desk

One of my favorite madrigals is "Now is the Month of Maying," by Thomas Morley. It reminds me of the joys of May. Lilac blooming as well as forsythia, weigela, and snowballs - a variety of hydrangea. This month is packed with celebrations from St. Joseph the Worker, May Crowning, Mother's Day, to Memorial Day. It is a month filled with family birthdays and anniversaries.



After a long winter of terrifying weather and political and financial turmoil, we are all ready to kick back and enjoy the new life springing up around us. Yet we still must be as watchful as we were during Advent when we were preparing to celebrate Christ's first coming as well as looking for signs of his return.

Yes, it's been 2000 years but like the bridegroom that comes in the night, we must be awaiting his unexpected arrival. Our lamps filled with the oil of the Holy Spirit who sustains our faith. That same Spirit made manifest in the church on that first Pentecost.

Don't lock yourself behind a door of fear. Rather step out into the light guided by faith to proclaim the good news of Christ to whomever we encounter and if necessary if our actions fail us, let us use words.

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

In Christ's Love

+ *William*

Pastor



Happy Mother's Day

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

Birthday Wishes

Bishop Cavins and his mother celebrate their birthdays on May 15. The bishop will be 70 and his mother 90. If you wish to send him a card you may do so at the address for the parish. To send a greeting to his mother you may send them to Mrs. Joan Podunavac 450 N. McDonald Ave, DeLand, Florida 32724.

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.

Deacon Data by Deacon Chris Larsen

St Spyridon of Trymithous (AD 270-348)

In my first year of college, I took a class on Cultural Anthropology. And one of the projects I was preparing was a cultural analysis on Greece. One of the major parts of Greek culture is their faith in the Greek Orthodox Church. I decided that going to this church would be a perfect way of finding out about the topic. I journeyed into downtown San Diego and attended St Spyridon Greek Orthodox church. This inspired me to write about the Saint who inspired my interest in the Eastern Church.

St Spyridon is a saint who is recognized by both the Western and Eastern churches. His feast day is December 12 in the Eastern church and December 14 in the West. He was born in Askeia on the island of Cyprus to poor shepherd parents. He was married and had one daughter. After his wife passed away, he decided to go into religious life. He eventually became a Bishop of Tryminthous and presided in the council of Nicaea. Under the persecution of Maximillian, he was exiled but was saved from execution as he died of natural causes.

The miracle during his life occurred when he was evangelizing a pagan Cypriot when he was explaining how the Holy Trinity worked like earth, water, and fire. The clay pot in his hand exploded into flame, then water fell from it. All that was left was dust in his hand.

Centuries after his death, the Saracens (Arabs) invaded the island. To protect the saint's bones the parishioners exhumed his remains. When they did, they found his body undefiled and still intact. The faithful moved it to Constantinople where it remained until 1453 when the Ottomans conquered the city. The relics moved this time to Corfu, where they remains to this day.

St. Spyridon is the patron saint of the Island of Corfu. He is often called St. Spyridon the Keeper of the City. He was given this name because he protected the island from a plague. It is said that the plague scratched the citadel on its way out. There is a scratch still visible there which is visited by tourists.

His intervention is also credited prevented the Turks from taking the Island for the second time in the 1700s. This time the Ottoman soldiers went up a mountain to a church and saw him as a monk threatening them with a torch. They soon left. It is for this reason that the Western church celebrates him as well, as they were in control of Corfu at the time.

There were many other charities and miracles in his lifetime, but these were the ones that stood out for me. Studying saints like him, allows us to look within ourselves and see the humility God gives us each day. Learning about holy people could teach us how to be examples of God's love and mercy to everyone.

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 Rev. Fr. Lucas G. Brown

Smoking or Non-Smoking?

For those of us old enough we remember going to a restaurant and being asked "smoking or non-smoking." Well, if you have been to mass since Holy Thursday (and I hope you have) you have noticed things have been a bit smokier.

For many people, there is something about the smell of freshly burned incense filling the church that is spiritually uplifting. But where did it come from and why do we use it?

The use of incense in religious worship started more than 2,000 years before Christianity even began. The use of incense in China is documented before 2000 BC. Trade in incense and spices was a major economic factor between East and West when caravans traveled the Middle Eastern Incense Route from Yemen through Saudi Arabia. The route ended in Israel and it was here that it was introduced to the Roman Empire.

Religions in the western world have long used incense in their ceremonies. Incense is noted in the Talmud and is mentioned 170 times in the Bible, such as in Exodus: “For burning incense you shall make an altar of acacia wood ...”

The use of incense in Jewish worship continued long after the beginning of Christianity and was a definite influence in the Catholic Church’s use of it in liturgical celebrations. The Church sees the burning of incense as an image of the prayers of the faithful rising to heaven. The symbolism is mentioned in Psalm 141: “Let my prayer be incense before you; my uplifted hands an evening offering.”

Incense is a sacramental, used to sanctify, bless, and venerate. The smoke from the incense is symbolic of the mystery of God. As it rises upward the imagery and smell convey the sweetness of Our Lord’s presence and it reinforces how the Mass is linked to Heaven and Earth, ending in the very presence of God. The smoke also symbolizes the intense faith that should fill us and the fragrance is representative of Christian virtue.

The general instructions for the celebration of the mass permit the use of incense several times. When something is incensed, the censer (thurible) is swung three times, which represents the Three Persons of the Blessed Trinity.

There are different times during the Mass that incense may be used.

- During the entrance procession
- At the beginning of Mass to incense the altar and the cross
- Before the Gospel reading
- After the bread and the chalice are placed on the altar to incense the offerings, the cross, the altar, the priest, and finally the people.

In addition, incense is used at funerals in the church, at the casket, and at the cemetery. It is used on Holy Thursday as the Blessed Sacrament is transferred to the altar of repose. And during the Easter Vigil, five grains of incense are placed into the Paschal Candle.

Finally, let us go to the Book of Revelation: “Another angel came and stood at the altar, holding a gold censer (thurible). He was given a great quantity of incense to offer, along with the prayers of all the holy ones on the gold altar which was before the throne. The smoke of the incense along with the prayers of the holy ones went up before God from the hand of the angel.”

Yes, the use of incense is deeply rooted in our Christian heritage.

Magnificent May Saints

The month of May provides us more opportunities to reflect on the lives of the saints in heaven. You may use Google or an encyclopedia to research each. Let us know which one of these saints is your favorite for this month. Go to our Facebook group or page and post your answer with a picture of your favorite.

We begin the month with the celebration of Saint Joseph the Worker on May 1. He is followed by Saint Athanasius on the 2nd and Saints Philip and James on the 3rd. Saint Damien Joseph de Veuster is celebrated on May 10. May 12 honors three Saints: Nereus, Achilleus, and Pancras. Our Lady of Fatima is commemorated on May 13. May 15 marks the feast of Saint Isidore the Farmer. Saint Bernadine of Siena is remembered on May 20 and Saint Rita of Cascia on May 22. May 25 holds celebrations for three Saints: Venerable Bede, Gregory VII, and Mary Magdalene de Pazzi. Saint Philip Neri is celebrated on May 26 and Saint Augustine of Canterbury on May 27. The Feast of Mary, Mother of the Church occurs on May 29. We remember Saint Joan of Arc on May 30. We end the month on May 31 with the Feast of the Visitation.

May Recipes

Saint Joseph the Worker's Italian Chicken Minestrone Soup

Ingredients:

- ✚ 2 skin-on and bone-in split chicken breasts
- ✚ Canola oil
- ✚ Salt
- ✚ Black pepper
- ✚ 3 heads of garlic
- ✚ 1 tablespoon unsalted butter
- ✚ 1 onion finely diced.
- ✚ 2 carrots peeled and finely diced.
- ✚ 2 parsnips peeled and finely diced.
- ✚ 2 ribs celery finely diced.
- ✚ 2 cups butternut squash, peeled and diced into small, bite-size cubes
- ✚ 2 teaspoons Italian seasoning
- ✚ Pinch red pepper flakes.
- ✚ 1 (6 ounce) can tomato paste
- ✚ 4 – 4 ½ cups hot chicken stock
- ✚ 2 cups Tuscan kale, chopped into small pieces.
- ✚ ¼ cup fresh basil leaves, julienned

- ✚ 1 tablespoon chopped flat leaf parsley
- ✚ Gnocchi, cooked and held warm with a bit of oil drizzled on
- ✚ Grated fresh parmesan for garnish.

Directions:

- ✚ Preheat oven to 400°, and line a baking sheet with foil.
- ✚ Place the split chicken breasts on the baking sheet, and drizzle them with a little oil, and a couple of good pinches of salt and pepper.
- ✚ Cut the tops off of the heads of garlic, drizzle each head with a little oil, plus a pinch of salt and pepper, and wrap each head in a small piece of foil; place on the baking sheet next to the chicken.
- ✚ Roast the chicken, along with the garlic, for 45 minutes; then allow both to cool until they can be handled.
- ✚ Once they are cooled, shred the chicken, and set it aside; then, squeeze the roasted garlic from the papers, and using your knife or a fork, make the cloves into a paste; set the paste aside for a moment.
- ✚ Place a medium-large pot over medium to medium-high heat, and drizzle in about 2-3 tablespoons of the oil, plus add in the tablespoon of butter; once melted together, add in the onion and allow it sweat for about 3-4 minutes, until translucent and softened.
- ✚ To the onion add the roasted garlic “paste”, and stir it in to combine.
- ✚ Next, add in the diced carrots, parsnips, celery and butternut squash and stir to combine; add in the Italian seasoning, plus a pinch or two of salt and black pepper, and the red pepper flakes, and stir to incorporate.
- ✚ Add in the tomato paste and stir, and allow it to cook with the vegetables for about 2-3 minutes, or until the “raw” flavor of it is cooked out of it.
- ✚ Next, add in the chicken stock and stir, followed by the piece of parmesan rind, if using; cover with a lid and simmer very gently on low for about 20-22 minutes, stirring occasionally (especially if you add the parmesan rind so that it doesn’t stick to the bottom), or until the veggies are tender.
- ✚ Turn off the heat, and remove the parmesan rind, if using; add in the kale and stir to incorporate it and allow it wilt into the soup for a few minutes; then, finish the soup by adding in the shredded chicken, the basil and the parsley (also, check your seasoning at this point to see if any additional salt/pepper is needed).
- ✚ To serve, add about ¼ cup or so of cooked gnocchi to your bowl, and ladle some of the stew over top; garnish with some grated parmesan, if desired, and serve with warm bread.

May Crowning Cake

Ingredients

- ✚ 2 sticks of butter
- ✚ 1/2 cup Crisco shortening
- ✚ 3 cups sugar
- ✚ 5 eggs
- ✚ 3 cups flour
- ✚ 1/2 teaspoon baking powder
- ✚ 1 cup milk
- ✚ 2 teaspoons lemon extract
- ✚ 1 teaspoon vanilla extract
- ✚ 1 teaspoon butter extract
- ✚ 1 teaspoon rum extract
- ✚ 2 cups of blueberries (If your blueberries are frozen, first you will want to run them under water until they are thawed. Then pat them dry.)
- ✚ a few pinches of powdered sugar

Directions:

- ✚ Preheat your oven to 325 degrees.
- ✚ Grease and flour your Bundt pan. I like to use a paper towel to wipe Crisco in the pan and then really flour it well. I do this step carefully as it can be hard to turn Bundt cakes.
- ✚ Cream the butter, shortening, and sugar together in electric mixer on low speed until it is light and fluffy. Then add eggs and extracts in and mix it well.
- ✚ In a separate bowl, combine the flour and baking powder together.
- ✚ Take your flour mixture and add a little of that to your sugar mixture, then a little of the milk, back and forth alternately to the sugar mixture. You can do this on medium with your mixer until it is all combined.
- ✚ Put about 1 cup of your blueberries into the bottom of your Bundt pan.
- ✚ With a spoon, fold the rest of your blueberries into the cake batter.
- ✚ Then pour the batter into your Bundt pan.
- ✚ Bake the cake 1 1/2 hours or until an inserted toothpick comes out clean.
- ✚ When the cake is finished, allow the pan to sit on a wire rack until it is completely cooled. Carefully run a butter knife around the edges of the pan to help loosen the cake.
- ✚ Put your cake plate on top of your pan and flip it over to place your cake on the plate.

- ✚ NOTE: If your cake rises over the edge of your Bundt pan, you can cut off the top before you flip it if you're worried about it being lopsided. Or you can just leave it, which is what I usually do.
- ✚ Dust the outside of the cake with just a little bit of powdered sugar.

Mulukhia in honor of Saint Athanasius

Ingredients

- ✚ 1 whole chicken, meat cut into 6 bone-in pieces, neck, and ribcage reserved.
- ✚ 1 large yellow onion, quartered.
- ✚ 5 pods of green cardamom, cracked.
- ✚ 2 bay leaves
- ✚ 2 tsp. kosher salt, plus more to taste
- ✚ 2 tbsp. unsalted butter softened.
- ✚ Freshly ground black pepper
- ✚ About 2 tbsp. Cloves from 1 medium head of garlic, minced to a coarse paste.
- ✚ 1 tsp. fresh lemon juice, plus lemon wedges, for serving.
- ✚ 1 tbsp. ground coriander
- ✚ 1 packet (15 oz.) frozen molokhia (Egyptian spinach) leaves, thawed and chopped.
- ✚ 3-4 cups cooked white rice, for serving.

Directions:

- ✚ In a large, heavy-bottomed pot, add the chicken pieces and enough cold water to cover; bring to a boil over high heat. Reduce to medium-low and let simmer, skimming occasionally, 30 minutes. Add the onion, cardamom, bay leaves, and 2 teaspoons salt and continue to simmer until the chicken is fully cooked and tender, 20-30 minutes more.
- ✚ Meanwhile, preheat a broiler to high heat. Using tongs, remove the chicken pieces to a large baking sheet or oven-safe platter and set aside until cool enough to handle. Rub the pieces all over with 1 tablespoon butter, season with more salt and black pepper, and broil until the skin is browned, 4-6 minutes. Remove and set aside while you prepare the soup.
- ✚ Place a fine mesh strainer over a large bowl and strain the stock (discard the solids). Measure out 5 ½ cups and set aside any remaining stock for another use.
- ✚ In a medium pot, melt the remaining tablespoon of butter over medium heat. Add the garlic, 1 teaspoon of lemon juice, and the coriander. Cook, stirring occasionally, until very fragrant and the garlic is beginning to brown, 5-6 minutes. Quickly add the reserved 5 ½ cups stock and bring the mixture back up to a simmer. Add the molokhia, stirring to incorporate. Bring the mixture back up to a low boil, then simmer until the broth is smooth and slightly viscous and the garlic no longer tastes

raw for about 5 minutes. (Take care not to overcook the soup, which will cause the leaves to fall to the bottom of the soup.)

- ✚ Divide the rice among 6 individual bowls, then ladle in some of the hot stew. Top each with a piece of chicken and serve immediately with lemon wedges for squeezing.

Maltese Pork and Pea Pastizzi ~ You will need to begin this recipe 1 day ahead.

Ingredients

- ✚ 1 kg boneless pork shoulder, skin scored at 3 cm intervals.
- ✚ 150 grams of frozen peas
- ✚ ¼ cup dried mint
- ✚ 100 g flaked almonds toasted.

Spice paste

- ✚ 10 whole cloves
- ✚ 3-star anise
- ✚ 2 cinnamon sticks
- ✚ 250 ml (1 cup) soy sauce
- ✚ 60 ml (¼ cup) fish sauce
- ✚ 55 g (¼ cup) brown sugar
- ✚ 2 tbsp sabaht baharat (Lebanese seven spice)
- ✚ 1 tbsp minced garlic

Pastizzi pastry

- ✚ 1 kg plain flour
- ✚ 2 tbsp salt
- ✚ 650 ml (3 cups) of ice-cold water
- ✚ 100 grams of unsalted butter, softened.

Mustard mayo

- ✚ 150 g mayonnaise
- ✚ 1 tbsp Dijon mustard
- ✚ 2 tsp honey

Directions:

Marinating time: 12 hours

Resting time 1 hour.

- ✚ To make the spice paste, combine the ingredients in the bowl of a food processor and process until smooth. Rub the spice paste all over the pork, cover and marinate in the fridge overnight.

- ✚ To cook the pork, preheat the oven to 160°C. Place the pork and marinade in a flameproof casserole dish, cover with water and cover with a lid. Cook in the oven for 4–5 hours or until the pork is tender and falling apart. Remove the pork from the liquid and allow to cool. Strain braising liquid through a fine sieve into a saucepan. Place the saucepan over high heat and bring to the boil. Cook for 30–40 minutes, until reduced to a glaze consistency.
- ✚ When the pork is cool enough to handle, shred using your hands. Add the reduced sauce, peas, dried mint and almonds to the pork and season to taste. Mix well to combine, then place in the fridge until chilled.
- ✚ To make the dough, combine the flour, salt and water in the bowl of a stand mixer fitted with a dough hook. Mix on medium speed for 6–8 minutes or until the dough is smooth and elastic. (You can also knead the dough by hand.) Transfer the dough to a clean bowl, cover with a tea towel and rest for 30 minutes.
- ✚ Meanwhile, to make the mustard mayo, combine all the ingredients in a mixing bowl and season to taste. Transfer the mayo to a squeeze bottle. Refrigerate until required.
- ✚ Stretch the dough out into a long oval shape, then use a rolling pin to roll out until 5 mm thick. Smear the surface liberally with 100 g of the softened butter. Starting from one end, roll up dough, lifting and pulling the dough tight every few turns, until you have a thick log. Wrap in plastic wrap and refrigerate for 30 minutes, until chilled.
- ✚ Take the dough out of the fridge and bring to room temperature before proceeding. In one swift motion, lift the log off the bench, stretch it out and allow it to drop back onto the bench. Gently work the dough, stretching it out until about 1.5 m – 1.6 m long. Lightly smear with butter then cut into pieces about 4 cm thick.
- ✚ To make the pastizzi, hold a portion of the pastry in one hand. Using your thumbs to make a small pocket, stretch and flatten around the edges of the dough until it resembles a small shallow bowl. Place a generous tablespoon of pork and pea filling inside. Fold to make a semi-circle, holding opposite ends of the dough. In one swift motion, stretch and twist the ends in opposite directions so that dough elongates and the middle opens. As you do this, allow the pastizzi to drop onto the benchtop. Flatten the ends by pressing down onto the benchtop, then transfer to an oven tray lined with baking paper. Repeat with the remaining dough and filling.
- ✚ Preheat the oven to 220°C. Cook the pastizzi for 12–15 minutes or until golden. Serve with mustard mayonnaise.

Saint Damien's Mochiko Chicken Recipe

Servings: 4

Total time: 30 minutes, plus 4 hours of marinating

Ingredients

For the fried chicken:

- ✚ 2 ¼ cups cornstarch
- ✚ ¾ cup Mochiko flour
- ✚ 2 tablespoons granulated sugar
- ✚ 2 tablespoons gochujang
- ✚ 2 tablespoons minced ginger
- ✚ 2 tablespoons sake
- ✚ 2 tablespoons soy sauce
- ✚ 2 large eggs
- ✚ 2 cups all-purpose flour
- ✚ 2 tablespoons garlic salt
- ✚ 8 pieces boneless, skin-on chicken thighs
- ✚ canola oil, for frying

For the gochujang aioli:

- ✚ ⅔ cup mayonnaise
- ✚ 1 teaspoon gochujang
- ✚ 1 teaspoon granulated sugar

For the su-miso:

- ✚ ½ cup granulated sugar
- ✚ ½ cup mirin
- ✚ 1 tablespoon of sake
- ✚ 1 ¾ teaspoons of Shiro miso paste.

For the kaki mochi crumble:

- ✚ finely chopped mini rice crackers 2 ounces|60 grams
- ✚ Nori Komi furikake ½ cup|40 grams
- ✚ 1 tablespoon fried garlic

For the ulu mac salad:

- ✚ ½ pound macaroni
- ✚ 3 cups mayonnaise
- ✚ 1 pound breadfruit or russet potatoes scrubbed clean.
- ✚ 1 tablespoon garlic salt

- ✚ 1 teaspoon freshly ground black pepper.
- ✚ 1 medium carrot peeled and grated.
- ✚ 4 large, hard-boiled eggs, chopped.

To finish:

- ✚ cooked medium-grain rice
- ✚ green onions, thinly sliced.

Directions

- ✚ Marinate the chicken: In a medium bowl, sift together $\frac{1}{4}$ cup cornstarch, the Mochiko flour, and sugar and mix well. In a small bowl, whisk together the gochujang, ginger, sake, soy sauce, eggs, and 2 tablespoons water. Whisk into the dry ingredients. Add the chicken and cover. Refrigerate for at least 4 hours.
- ✚ Make the aioli: Whisk the mayonnaise, gochujang, and sugar together in a small bowl. Cover and refrigerate until ready to use.
- ✚ Make the su-miso: Bring the sugar, mirin, and sake to a boil in a small saucepan over high. Cook until the sugar has dissolved, then remove from the heat and stir in the miso paste. Set aside.
- ✚ Make the kaki mochi crumble: Mix the rice crackers, furikake, and fried garlic in a small bowl. Set aside until ready to use.
- ✚ Make the ulu mac salad: Bring a large pot of generously salted water to a boil. Add the macaroni and cook until al dente, 7 minutes. Drain, then rinse under cold water. Drain again and transfer the pasta to a bowl. Cover and refrigerate until completely cold.
- ✚ Cover the potatoes in water and bring to a boil. Cook until just soft, 14 minutes. Drain and cool completely, then peel, discarding the skins. Dice the potatoes into small cubes, then transfer to a bowl with the pasta and the remaining ingredients. Stir and season to taste, then cover and refrigerate until ready to use.
- ✚ Heat 2-inches of canola oil in a heavy-bottomed saucepan until a deep-fry thermometer reads 325°F. In a medium bowl sift together the remaining 2 cups cornstarch, the all-purpose flour, and garlic salt. Dredge the chicken thighs in the mixture and shake off any excess. Deep-fry until golden-brown, about 3 minutes.
- ✚ Cut the fried chicken into bite-sized pieces and transfer to a serving platter. Drizzle chicken with the su miso sauce, followed by the gochujang aioli. Sprinkle kaki mochi crumble over the top and garnish with green onions. Serve with rice and the ulu mac salad. Garnish with the sliced green onions

Portuguese Carne Vinho de Alhos

Ingredients:

- ✚ 2 ½ pounds Country style pork spareribs or lean pork chops
- ✚ 1 part red wine vinegar to 2 parts water is the liquid base.
- ✚ For 2 1/2 pounds of meat we have used 1 cup of vinegar & 2 cups of water.
- ✚ garlic crushed to taste.
- ✚ 1 tsp. cumin
- ✚ 1 tsp. allspice
- ✚ 1/2 tsp. cinnamon
- ✚ 1/2 tsp. cloves
- ✚ 1/2 tsp. nutmeg
- ✚ salt & pepper to taste

Directions:

- ✚ Add spices to the vinegar/water mixture. Mix liquid and add meat. *The meat in the marinade should ideally set in the refrigerator for 2 days before cooking to soak up seasonings. This is optimal but could be marinated shorter time.*
- ✚ Bake at 375 degrees until cooked through - time will vary by quantity.
- ✚ Pour off drippings and grease at least once during cooking.
- ✚ The finished meat should be without liquid, but not dry. For larger quantities of meat increase water, vinegar, and spices.

ROSQUILLAS DE SAN ISIDRO

Ingredients

- ✚ Flour, 250 grams
- ✚ Sugar, 100 grams
- ✚ Egg, 4 units
- ✚ Baking powder, 1/2 teaspoon
- ✚ Anise, 1/2 cup
- ✚ Anises, 1 teaspoon
- ✚ Lemon skin, 1 unit
- ✚ Olive oil, 6 tablespoons

Directions:

- ✚ Put six tablespoons of oil in a pan, bring it to the fire and when it starts to be hot, add the lemon peel and let it simmer for ten minutes. Remove the lemon peel and discard it. Remove the pan from the heat and let the oil cool.

- ✚ Next, put the teaspoon of aniseed in another pan and place it on the fire, stirring it in the mortar and crushing it to powder. Beat three eggs with the sugar until they are sparkling, add the fried oil, the aniseed, the aniseed cup and the flour. Mix everything well until you get a homogeneous mass.
- ✚ Increase the amount of flour a little, if necessary. Cover the bowl with a cloth and let the dough stand for one hour in the refrigerator or in a cool place. Grease the hands with oil and divide the dough into twelve parts. Form balls with them, squash them a little and make a hole in the center to give them the shape of donuts.
- ✚ Next, grease the baking tray and place the donuts so that they are separated from each other. Beat the remaining egg and brush the donuts with it. Heat the oven and bake the donuts at medium power until they are golden brown on top (you can brush them more than once).

BEDE'S WHITE-POT RECIPE (BREAD & BUTTER PUDDING)

The 1 liter of cream makes this a very rich and indulgent pudding, if you want to reduce the cream with 50% milk to make it less rich, it will still taste great: however, it is recommended to have it on a few special occasions made with just cream. This will make 8 to 10 portions.

Ingredients:

- ✚ 1 Loaf Of White Bread (around 20 slices)
- ✚ 1 Liter Single Cream
- ✚ 130g Sugar
- ✚ 100g Butter
- ✚ 2 tsp brown sugar
- ✚ 6 Egg Yolks
- ✚ 1/4 tsp ground mace
- ✚ 1/4 tsp sea salt
- ✚ 1/4 tsp grated nutmeg

Sweet Meats (dried fruit)

- ✚ 50g currants
- ✚ 50g raisins
- ✚ 50g dates (chopped small)

Directions:

- ✚ Start by either slicing your bread, if home-made etc. into 20 slices, then cutting the thicker crusts off the top and bottom, leave the side crusts on. Butter each slice of bread on one side with a generous amount of butter but leave some butter for the top of the pudding.
- ✚ In a heavy-bottomed saucepan put the cream on to simmer on a low to medium heat for 4 minutes. Using a whisk, whisk in the salt, nutmeg and mace, frothing the cream

slightly. Simmer for a further 4 minutes then take off the heat and leave to cool for twenty minutes.

- ✚ In a large mixing bowl whisk the egg yolks and then beat in the sugar until creamy and smooth. When the cream has cooled for twenty minutes pour it into the eggs and sugar slowly, whisking it in. Make sure you whisk for a few minutes, and that the cream is not too hot so that the eggs do not scramble.
- ✚ Preheat the oven to 180C.
- ✚ Take a very large oven-proof bowl (which you are going to use to bake the pudding in) lay a couple of slices of bread into the bottom of it, and overlap at the edges, all the way around the sides. The butter side of the bread should be facing the bowl. Use the back of a wooden spoon to press the bread down into the shape of the bowl. Then scatter in around one third of all the sweet-meats (the dried fruit).
- ✚ Put some more slices of bread into the bowl to cover the dried fruit, press down on the bread layers with the back of the spoon, then carefully pour in one third of the cream mixture. Add some more dried fruit, some more bread layers, another third of the cream, more bread, and more fruit until the bowl is nearly full (you want to leave around four centimeters at the top for oven expansion of the pudding) then pour in all the remaining cream.
- ✚ Finally over the top of the pudding scatter bits of the remaining butter from buttering the bread and the 2 tsp of brown sugar. And place in the oven at 180C for 60 minutes.
- ✚ After 60 minutes remove from the oven to cool. After about 30 minutes (or leave to cool completely if eating cold) you should be able to slide a cooks palette knife around the edge, and, by placing a shallow bowl or large plate on the top, invert the white-pot (bread and butter pudding) so that it comes out of the bowl to be sliced with a knife and served in small bowls.

"Ricciarelli di Siena" Italian Almond Cookies

Ingredients

- ✚ 2 Egg Whites room temperature
- ✚ 1 tsp Vanilla Extract
- ✚ 1 tsp Almond Extract
- ✚ 2 cups Almond Meal
- ✚ 1 cup Caster Sugar
- ✚ 1 Orange Zest
- ✚ 1/3 cup Powdered Sugar

Directions

- ✚ Preheat the oven to 300°F (150°C).

- ✚ In a large bowl, add the room-temperature egg whites with the vanilla extract, almond extract, and orange zest.
- ✚ Whisk with an electric whisk until you get a foamy consistency. It should not be stiff like meringues but very soft foam.
- ✚ Add the sugar and the almond meal and mix with a spoon until you get a paste. If crumbly, knead with your hands until the dough stays compactly together.
- ✚ Dust a cutting board with powdered sugar and roll the dough into a thick cylinder, about 2 inches (5 cm) thick, then cut it into 1-inch (2.5 cm) chunks.
- ✚ Flatten lightly the discs on the board, then give them an oval shape and coat them well with powdered sugar.
- ✚ Set the Ricciarelli on a baking sheet, then lightly wet your fingers with water and wet the surface of each cookie (it should be just slightly wet, not drippy), then dust again with abundant icing sugar to coat them well. Tap lightly with dry fingers to smoothen the sugary surface.
- ✚ Bake in the preheated oven for the first 5 minutes at 300°F (150°C), then 5 minutes at 340°F (170°C) and the last 5 minutes at 320°F (160°C). Alternatively, you can bake them only at 320°F (160°C) for 18-20 minutes.
- ✚ Gently move the cookies to a cooling rack with a spatula and let them cool completely before serving.

Rita's Rose Doughnuts

Ingredients

- ✚ 1/3 cup warm water (110 °F)
- ✚ 2 tablespoons yeast
- ✚ 1 tablespoon sugar
- ✚ 1 1/2 cup milk (110 °F)
- ✚ 1/3 cup shorting or butter, melted and cooled to room temp
- ✚ 2 large eggs, beaten.
- ✚ 1/3 cup sugar
- ✚ 5 cups all-purpose flour (more if needed)
- ✚ 1 teaspoon salt

Directions

- ✚ Mix the yeast, warm water, warm milk and a tablespoon of sugar, cover with plastic wrap. Allow the yeast to bloom.
- ✚ In a separate bowl add the flour sugar, and salt and set aside.
- ✚ In the mixing bowl add the melted shorting, mix well. Add the beaten eggs, the bloomed yeast and mix with a paddle attachment in the mixer.
- ✚ Once blended add half of the flour mixture and mix well. Repeat until the flour is all blended well.

- ✚ At this point stop the mixer and exchange the paddle attachment for the dough hook attachment. Beat the dough until it starts to climb the dough hook.
- ✚ Remove the dough from the mixer, place in a well-oiled bowl to double in size.
- ✚ Once it has doubled in size, roll out the dough about a ¼ inch thickness and cut into circle.

To form the roses

- ✚ Take 5 of the circles, and make a line with the circles overlapping each circle. Then roll the line of dough long ways. This will look like there are two roses one at each end.
- ✚ Cut the roses apart and cut the dough in half keeping the roses intact.
- ✚ Once cut place the rose on a sheet pan, fix the leaves if needed and let the dough proof for about 10-15 minutes.
- ✚ When the dough is ready to fry place the doughnut rose side into the oil. After about a minute in the oil flip over to cook the bottoms of the roses.
- ✚ Once cooked cool on a wire rack.

To glaze the rose

- ✚ Toppings may vary from granulated sugar or powdered sugar but if you want a pouring glaze then mix 3 cups powdered sugar with 1/3 cup milk and 1 tablespoon of vanilla.
- ✚ Flavoring may vary too from orange, lemon, strawberry...
- ✚ Once the glaze is mixed dip the rose into the glaze and allow to dry on the wire rack.

Saint Philip Neri Blood Orange Sangria

Ingredients

- ✚ 1 lemongrass stalk, tough outer layer removed, finely chopped
- ✚ 2 tablespoons fresh lemon juice
- ✚ 2 cups dry Riesling
- ✚ 2 cups fresh blood orange juice
- ✚ 6 tablespoons fresh grapefruit juice
- ✚ ¼ cup fresh lime juice
- ✚ 2 cups Champagne or sparkling wine
- ✚ Blood orange wheels

Directions:

- ✚ Muddle lemongrass and lemon juice in a pitcher. Stir in Riesling and blood orange, grapefruit, and lime juices. Chill at least 30 minutes and up to 2 hours; strain into a clean pitcher.
- ✚ Pour $\frac{3}{4}$ cup citrus mixture into each ice-filled wine glass; add $\frac{1}{4}$ cup Champagne. Garnish with blood orange wheels.

St. Joan of Arc's Pain Perdu (French Toast)

Ingredients

- ✚ 2 eggs
- ✚ 3 TB sugar
- ✚ 1 cup milk
- ✚ dash of nutmeg
- ✚ 3 TB butter
- ✚ 2 medium slices of bread
- ✚ powdered sugar for dusting toast

Directions:

- ✚ Beat together egg and sugar; add milk and nutmeg.
- ✚ Dip slices of bread in the egg mixture then fry in hot butter until browned on each side
- ✚ Dust toast with powdered sugar

St. Joan of Arc's Cotignac

Ingredients

- ✚ 10 quinces or Pears
- ✚ 4 oranges peeled and pips removed
- ✚ 1 to 2 cups of sugar
- ✚ water

Directions:

- ✚ Wash the quinces to remove the 'bloom', then chop and place in a pot. Add the lemon juice and apple pips. Add enough water to barely float the fruit - at most, barely cover the quinces.
- ✚ Peel, core and slice quinces.
- ✚ Put 4 peeled, sliced and cored quinces into a pan with water not quite covering them. Bring them to the boil and cook for 30 minutes.
- ✚ Strain through a colander, then the resulting juice through 2 thicknesses of muslin to extract as much juice as possible.

- ✚ In the quince juice cook another 6 peeled, sliced and cored quinces, prepared oranges, skinned and Simmer for 1 hour, and put the mixture through a sieve, so as to obtain a thick puree; weigh the puree, add an equal quantity of sugar, return to the pan and cook until the mixture begins to come away from the sides.
- ✚ Allow to cool and store in jars and refrigerate.

Israeli Fruit Salad

Ingredients

- ✚ 2 ripe plums, unpeeled and sliced (golden, red, and purple plums)
- ✚ 2 red or green ripe pears, unpeeled and cubed
- ✚ ½ cup dates, pitted and finely chopped
- ✚ ½ cup fresh figs, stemmed and thinly sliced
- ✚ ½ cup pomegranate seeds, plus more for garnish
- ✚ Zest and juice from 1 lime
- ✚ ¼ cup nana, or mint, finely chopped, plus more for garnish
- ✚ 1 tablespoon honey

Directions:

- ✚ Combine plums, pears, dates, figs, and pomegranate seeds.
- ✚ Toss with lime zest and juice, mint, and honey.
- ✚ Garnish with additional mint and pomegranate seeds.

Family Faith Activities

May 7, 2023, the Fifth Sunday of Easter

- ◆ Although Jews lived throughout the Greco-Roman world, there was some animosity between Greeks and Jews. Here we see the leaders of the new Christian community overcoming a historical divide. The twelve, a number representative of the twelve tribes of Israel, chose seven, a number that represents perfection. What does this reveal to you about reconciliation and growth, both then and now?
- ◆ The exquisite metaphor of the letter from Peter, in which we are called to become “living stones” is vivid. What does it communicate to you? To all of us?
- ◆ In this passage from John’s account of the Gospel, Jesus’ disciples are full of confusion and anxiety. They do not want to let go of him again. Jesus offers three reassurances. What are they? Which speaks to your heart right now?
- ◆ Think about people beyond the parish staff who are dependable leaders in your community. How were they identified or called? Take a moment to acknowledge someone who has been “filled with the Spirit and wisdom” in your community and for the betterment of the whole.

◆ In the pattern of Jesus, a stone that is rejected becomes the cornerstone. What does this imply? Can you think of Christians who have lived this pattern? Who are they? Journal and share your thoughts.

◆ Today's Gospel is often used at funeral Masses. It is deeply comforting to know that those we love are saints of God who have joined Jesus in a place he has prepared for them. Who in your life has gone to this "house with many dwelling places"? Envision them there in the company of Jesus in your prayer this week.

May 14, 2023, the Sixth Sunday of Easter

◆ At the time of the first reading, the community in Jerusalem is beginning to experience persecution. Stephen has been killed, and many of the leaders were scattered. Philip is not stopped by these dire events. One of the seven we heard about last week, he leaves the community in Jerusalem to carry the Good News to Samaria. What do you know about the Samaritans? What do you think this great conversion signifies? What do you think of Philip? In what ways has he deeply internalized what Jesus said to him in the Gospel we heard last week?

◆ Peter continues his letter by describing the characteristics that Christians should have in the midst of their suffering. Have you ever been put on the spot or criticized for your faith? How did you react? What would Peter suggest?

◆ Today's Gospel from John describes in almost mystical language the reality that Christ is in God, we are in Christ, and Christ is in us. What do the phrases "I in my Father," "you in me," and "I in you" mean to you?

◆ Using the public library or the internet, find out where Christians are being persecuted today and what the circumstances might be. Do you find any examples of people, like Stephen, who face their tormentors with a clear sense of God's presence in the midst of danger?

◆ Consider sharing your faith with someone this week. Before you do, reflect on how you might react if rebuffed or criticized, and plan a response grounded in Peter's open-minded confidence.

◆ Love is the hallmark of our relationship with God. In your prayer, ask God to provide you with opportunities to share his love this week.

May 18, 2023, Ascension of the Lord

◆ The story of the ascension, recounted by Luke at the start of the Acts of the Apostles, confirms the power of baptism, the conferring of the Spirit, and the commissioning of the disciples to witness to the Good News. This solemnity reminds us that death is not the final word for Christians. What meaning does the return of Christ's glorified body have for you?

- ◆ The prayer Paul prays for the people in Ephesus is as relevant today as it was in ad 61 when it was first written. What parts of the text resonate for you as gifts of faith and understanding most needed today?
- ◆ Matthew shares with us the story of Jesus, giving the “Great Commission.” Have you ever considered that you have a role in making disciples? Does it surprise you that your baptism commissioned you to “make disciples”?
- ◆ The apostles stand watching Christ ascend until “a cloud took him out of their sight.” Then two figures in white direct them to take their gaze away from heaven. What do you make of this tension between contemplating the risen Lord and taking action? How are both prayer and work central to our lives as Christians? Write your thoughts in your journal.
- ◆ This week, turn your heart and mind toward heaven and envision Jesus Christ surrounded by all the faithful departed. Imagine yourself on a journey to this, your true home.
- ◆ At the public library or through the internet, learn how artists have depicted the ascension. Which images convey the event most effectively to you? Talk about your discoveries with a friend.

May 21, 2023, the Seventh Sunday of Easter

- ◆ Jesus ascends and the apostles descend. They must return to the realities of life and obey Jesus’ command to return to Jerusalem where they will wait upon the Holy Spirit. Have you ever lived this pattern of a peak experience, a descent of some sort, and a waiting?
- ◆ The section of Peter’s letter that we hear today exhorts us to receive suffering as part of a Christian life without considering it the final word. What do you think about suffering and the Christian journey?
- ◆ The passage from John’s Gospel account is a prayer that Jesus prays to his Father. What elements in it stand out to you? Jesus says that he has been glorified because the disciples believed in him. How do you understand this?
- ◆ Mountains appear throughout the Old and New Testaments. Moses ascends a mountain, and Jesus ascends a mountain at key moments in his life and ministry. Using the public library or the internet, learn about the ancient Jewish understanding of how the cosmos was structured, and why mountains were considered close to the realm of the divine.
- ◆ Thomas à Kempis wrote *The Imitation of Christ*, which is divided into four books. This week, read and reflect on chapter eighteen of book one. (It is very brief and can be found on the internet.)
- ◆ Compose a prayer to God the Father in the style of Jesus’ prayer and pray it this week.

May 28, 2023, Pentecost Sunday

- ◆ In the Book of Genesis, the story of Babel points to the splitting of a single language into many languages. In today's reading from Acts, the exact opposite occurs. What is this communicating to us about the sending of the Holy Spirit?
- ◆ Paul's letter to the people in Corinth speaks of the reality that we are all one in Christ Jesus. Reflect on this image of one body with many members. What does it mean to you?
- ◆ This Sunday, we hear again from the Gospel according to John, the same reading that was proclaimed on the Second Sunday of Easter. In giving the Spirit, Jesus commissions his disciples for work. What has it meant to you to receive the Holy Spirit? How have you been able to carry on Jesus' work in your life?
- ◆ Pentecost, which means "fiftieth," was one of three important feasts in the Jewish calendar at the time of Jesus. Using the public library or the internet, learn more about the Jewish feast of Pentecost—the root of our Christian celebration.
- ◆ This week, listen to the song "We Are Many Parts," by Marty Haugen. How well do you think it captures the second reading?
- ◆ Today is the close of Easter Time. Think back over all the days of Easter. What gifts has this season offered you? Write your thoughts in your journal.

