

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

June 2023 VOLUME 2 #7
5330 Poinsetta Ave, Winter Park, FL 32792
321-594-4922
Office info@apfcwp.com

Sunday Mass is Celebrated at 12:30 pm
The Sanctuary Building of the First United Church of Christ
4605 Curry Ford Rd., Orlando, Florida 32812

Social Media

Web Site www.apfcwp.com

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

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 RevLBrown@apfcwp.com

Palm Coast FL Ministry: Rev. Mr. Christopher M. Larsen DcnCLarsen@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. It is at your discretion how much you donate to the support of our community. We also have Mass Cards for you to send to the recipients.

Upcoming Dates

- June 4 Divine Worship Solemnity of the Holy Trinity 12:30 PM
 Intention: RIP Lisa Slivnik
- June 6 Divine Worship Solemnity of the Body and Blood of Christ 6:30 PM
 Intention: RIP Lisa Slivnik
- June 7 At Home with the Word Lectionary Discussion Group 7 PM
- June 11 Divine Worship 10th Sunday of the Christian Year 12:30 PM
 Intention: LGBTQ+ Individuals & PULSE Victims
- June 12 Seminary Classes 7 PM
- June 14 At Home with the Word Lectionary Discussion Group 7 PM
- June 16 Divine Worship Solemnity of the Sacred Heart of Jesus 6:30 PM
 Intention: Available
- June 18 Divine Worship 11th Sunday of the Christian Year 12:30 PM
 Intention: All Fathers and those who took the role of Fathers
- June 19 Seminary Classes 7 PM
- June 21 At Home with the Word Lectionary Discussion Group 7 PM
- June 24 Divine Worship Solemnity of the Birth of Saint John the Baptist 10 AM
 Intention: Available
- June 25 Divine Worship 12th Sunday of the Christian Year 12:30 PM
 Intention: Available
- June 26 Seminary Classes 7 PM
- June 28 At Home with the Word Lectionary Discussion Group 7 PM
- June 29 Divine Worship Solemnity of Saints Peter and Paul 6:30 PM
 Intention: Available

SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 5/31/2023

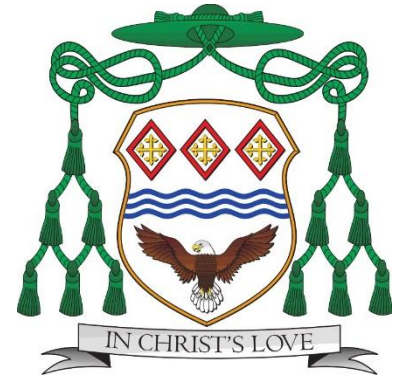
Total Income Year to Date: \$4192.20. Total Expenditures Year to Date: \$ 4176.85
+15.35. Balance on hand: \$1,304.56.

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. Our email address for all giving platforms is bkpg@apfcwp.com. Thank you for your generosity.

From the Bishop's Desk

"Summertime and the Livin' is Easy..." is one of a number of songs describing life during the summer months. Some of us may wonder when life was ever easy. Yet we can agree that some yearn for the good old days when life appeared less complicated and busy.



However, I would suggest that no matter the time frame, life had its own complications for those living it. We have moved from an agrarian-based society to an industrial-based one and are now entering a technology-based society. Our forebears faced their challenges as we must face ours.

Perhaps the best way to face those challenges is together. The community came together in agrarian societies to help raise a barn and a home. We see similar actions today with Habitat for Humanity homes being built by volunteers. As industrial society developed, we found that Labor Unions advocating for the rights of workers was a positive step in strengthening the middle class and providing better wages and benefits. Yet today technology is breaking down society as we focus on our various cell phones and computers. We find ourselves isolated from one another.

We need to redevelop a sense of community. First within our own homes. We need to spend time talking together as a family over a meal. We need to share experiences together be they vacations, game nights, movie nights, or whatever a family decides together.

We need the same thing as a church. We need to come together to hear the Scriptures' stories and share in the Eucharist. We need to discern how we can work with and through the church to be of service to others.

In Christ's Love

+ *William*

Pastor

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.



Happy Father's Day

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

Things of the Past

You may have noticed we have deleted all references to Twitter on our social media presence. There are a number of reasons for this decision. First, it was time-consuming to monitor the account daily to ensure nothing inappropriate has been attached as a comment to a post. We were also concerned by the increasing number of bots being used to troll against the War in Ukraine, Transgendered persons, and other minorities. We serve a God who loves all and wants to be in a relationship with all. That which divides and causes mayhem is of the evil one.

We are also changing web servers having been informed that our former hosts OurChurch.com don't believe our faith statement aligns with their faith statement. We are switching hosts to Blue.

Deacon Data by Deacon Chris Larsen

St Simeon Stylites the Elder

I am sure there are times in our lives when we just want to get away from the world. We feel we need to escape from the reality of dealing with other people and their issues. We fear however, by doing this we are not serving God, because by serving his people, our brothers, and sisters, we are serving and loving God. We are called to serve God in many ways by direct or indirect service to his people. St Simeon Stylites was an excellent example of this. He, among others, was the one who inspired asceticism, a form of monasticism that called for extreme solitude, such as cave dwellings small huts in the wilderness, and in St Simeon's case, the pillar.

St Simeon was born into a shepherd family in Northern Syria. By the age of sixteen, he joined a monastery, but his austerity was even too much for the brotherhood, so they let him go. From then, he built himself a hut where he lasted the Lenten season without eating or drinking.

This lasted for three years, and he then put into practice standing upright until his legs

tired out. His devotion to prayer attracted pilgrims from all over the empire to see him and ask for healing and prayer. It got to the point where it was interrupting his solitude with God, so he had a pillar erected where he would stand for 37 years. It was noticed by the bishops who thought he was showing off and wanted to test his piety. So, they gave him an ultimatum. "If this is really in your heart come down, otherwise, soldiers will be sent to bring you down" He eventually came down enough to have the bishops convinced he was doing this for the right reason, so they allowed him to resume. People would climb a ladder to give him food.

Again, people flocked to see him where they would receive sermons from him. He even wrote letters to his disciples and even sent letters to the ecumenical council of Chalcedon. Even Emperor Leo came and paid his respects and even sought to give him medical treatment. But he was taken care of by the Holy Spirit according to St Simeon.

It takes extreme will to sacrifice oneself to the faith. Sometimes it begs the question, how on earth do these ascetics do it. We are called to serve God in different ways. Extreme solitude isn't for everyone, especially standing on a pillar for 37 years as did St Simeon. But holy men and women who devote all their lives to God to where they shut themselves from society make us members of the faithful, what our calling is, or what sacrifice we should experience for God's glory. One Eucharistic prayer in the orthodox church reminds me of this vividly "Let us now lay aside all earthly care, "That speaks to me louder than any other phrase. Why? It is because it is a constant reminder that we are in God's service, and we are to live with him with the holy spirit we were given on Pentecost. Let us listen to the Holy Spirit and let it lead us.

JMB Crockpot Ministry

While the ministry is utilizing the summer break to test recipes and stockpile crockpots, we are hosting one class in June. To donate a crockpot or volunteer to conduct a class contact Dennis Last at 321-388-1572.

Wouldn't It Be Nice

It would be nice to enhance our weekly liturgy with actual musicians and cantors now that we have such a beautiful space in which to worship. Of course, we couldn't afford to hire folks at this time. However, if you know of anyone willing to volunteer and help us start and grow a music ministry and the parish, please invite them to contact the pastor by email or phone.

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. Lucas G. Brown

I am seeing red, is this a good thing?

Many things we do in church point to deeper significance. These are actions rooted in Scripture and meaningful traditions handed down through time to us today. Some things, however, are just things we do and continue doing without understanding why. It can be the sacred equivalent of "on Wednesdays, we wear pink." While rituals and symbols which reinforce our identity as members of a particular group in high school, social organization, or community certainly have their purpose, they can also serve as signs of exclusion to those on the outside.

For more than a thousand years the Catholic Church has used various colors to denote feast days and liturgical seasons within the Church year. These colors have deep spiritual meanings and were chosen to fit the particular day that is being celebrated. When it comes to Pentecost, most churches around the world of all denominations have chosen the color red. Typically this color is reserved for days celebrating martyrs who shed their blood for the Gospel or on feasts of Jesus' passion such as Good Friday, when Jesus shed his own blood for our sake. In that context, the use of red on Pentecost does not make sense.

While Pentecost does not represent the blood of sacrifice, it does correspond to two other spiritual meanings that the Church has recognized. Red is the "language of fire and blood, indicating burning charity and the martyrs' generous sacrifice." With that in mind, red for Pentecost can be seen in reference to the flames of fire that came down upon the apostles, as well as the fire of "burning charity" that arose in them after that day.

So, in that context, wearing red on Pentecost is an outward sign of the inward transformation by the Holy Spirit in each of our hearts. As "tongues of fire" came to rest on the disciples on that first Pentecost long ago, we gather together and then leave still blazing with the fire of hope God offers all through God's Spirit. The red is a sign that the good news of Jesus came to all who were there in a language they could understand from people with whom they would not otherwise have communicated.

On the other hand, Orthodox Christians and many Eastern Catholics use the color green for Pentecost. This is done to emphasize the new creation that the breath of the Holy Spirit brings and the newness of life in the Spirit.

In the end, both colors used by Catholics emphasize different aspects of the Holy Spirit, who is our Advocate and Guide, given to us to “set the world on fire” with God’s love. For as Jesus said in the Gospel of Luke, “I came to cast fire upon the earth, and would that it were already kindled!”

Jubilant June Saints

The month of June provides us with 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 Justin on June 1. He is followed by Saints Marcellinus and Peter on the 2nd and Saint Charles Lwanga & Companions on the 3rd. Saint Boniface is celebrated on June 5 followed by St. Norbert on the 6th. June 9 honors Ephrem. Saint Anthony of Padua is commemorated on June 13. June 16 marks the feast of the Sacred Heart of Jesus. June 17 marks the Feast of the Immaculate Heart of Mary. Saint Romuald is remembered on June 19 and Saint Aloysius Gonzaga on June 21. June 22 holds celebrations for three Saints: Paulinus of Nola, John Fisher, and Thomas More. Saint John the Baptist is celebrated on June 24. Our Lady of Czestochowa and Saint Cyril of Alexandria are celebrated on June 27 with Saint Irenaeus on June 28.. The Feast of Saints Peter and Paul occurs on June 29. We end the month remembering the First Martyrs of the Church of Rome on June 30.

June Recipes

Saint Justin’s Musakhan

A layered preparation of chicken, onion softened with sumac, and doughy pieces of taboon bread.

Ingredients

- 3 whole chicken legs, extra fat trimmed.
- 1/4cup olive oil
- 4 onions sliced thinly.

- 2 Tbsp ground sumac, plus 1 teaspoon for garnish
- 1 pinch saffron (optional)
- 1 pinch ground cardamom (optional)
- Salt and Pepper to taste
- 3-6 pieces Taboon bread- OR - naan
- 1/4 cup pine nuts, toasted

Directions:

- In a large, heavy-bottomed pot, brown the chicken on both sides in olive oil over medium-high – about 8 minutes per side. Use a splatter guard or, if you don't have one, simply use less olive oil (add the rest with the other ingredients).
- Remove chicken and set aside on a platter. Add the sliced onions and cook until reduced by half.
- Return the chicken to the pot along with the sumac and seasoning. Loosely cover and continue cooking until the chicken is falling off the bone and the onions are very soft and browning – about 45 minutes. Stir occasionally and reduce heat as necessary to avoid burning the onions.
- To serve, brush the flatbread with olive oil, and top with onion mixture and chicken.

TIP: For lighter portions, cut the whole leg at the joint and divide the leg and thigh pieces over 6 pieces of bread instead of 3. Garnish with more sumac. Broil for a moment to heat through. Serve with plain yogurt and olives. Celebrating the shining star of Musakhan.

Corpus Christi Hummingbird Cake

A moist and delicious hummingbird cake covered in cream cheese frosting and topped with pineapple flowers! The recipe below is for making a cake but can also be made into cupcakes!

Ingredients

- *For the Cake*
- 2 ¾ cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon all-spice, optional
- ½ teaspoon cardamom, optional
- ⅔ cups white sugar
- 1 cup brown sugar
- ¾ cup sour cream
- ¾ cup vegetable oil

- 3 eggs
 - 2 teaspoons vanilla
 - 1 cup chopped pecans, toasted!
 - 8 oz crushed pineapple
 - 2 bananas very ripe
-
- *For the Frosting*
 - 16 oz cream cheese, room temp
 - 1 cup butter, room temp
 - 1 teaspoon vanilla
 - 1 ¾ lb powder sugar plus more if needed/desired.
 - For the Pineapple Flowers
 - 1 pineapple

Directions

- *For the Cake*
 - 1. Preheat the oven to 350 °F. Cut parchment rounds for your pans and butter and flour the sides. You can make this cake with two eight-inch pans or three six-inch pans. If using the smaller pans, you will have enough extra batter for a few cupcakes.
 - 2. Sift the flour, baking soda, salt and spices into a large bowl then whisk together and set aside.
 - 3. Peel and mash your bananas in a small bowl.
 - 4. Beat the sugars, oil, eggs, sour cream, and vanilla together in a large bowl.
 - 5. Mix in the crushed pineapple, mashed bananas, and toasted pecan pieces into the wet mixture.
 - 6. Add the wet ingredients to the dry ingredients. Mix together until combined and scrape the bowl down.
 - 7. Divide the batter evenly into two buttered 8" pans lined with parchment paper. You can also make this recipe with 3 six-inch pans. If doing so you may have enough extra batter for a few cupcakes.
 - 8. Bake for about 40 minutes, or until a toothpick comes out clean.
 - 9. Allow the layers to cool completely in the pan for about 5 minutes then invert onto a wire rack. Remove parchment paper and allow it to cool completely.
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- *For the Cream Cheese Frosting*
 - 1. Cream the butter and cream cheese in the bowl of a stand mixer fitted with the paddle attachment. Scrape the bowl down then add the powdered sugar a few cups at a time and mix until smooth.

- *For the Pineapple Flowers*
- 1. Set oven to the lowest setting around 220F. Remove the skin from the pineapple. Using a sharp knife, cut very thin circular slices/pieces. (As thin as possible)
- 2. Pat each slice dry with paper towels and place on a baking sheet lined with a silicone mat or parchment paper.
- 3. Bake For 30 minutes then flip slices and place back in the oven. Bake until most of the water has evaporated and the slices have dehydrated and shrunk. You will notice the pineapple has darkened to an amazing golden color when they are ready.
- 4. Place each slice in a mini muffin tin and press the center down. Allow to dry/set overnight.
- *For the Assembly*
- 1. Pipe a thick layer of cream cheese frosting onto the first cooled layer, add the second then repeat the process until the cake is built. Because cream cheese frosting tends to be soft it's best to chill the cake for a bit so it stabilizes.
- 2. Cover the cake in cream cheese frosting then smooth the side and top.
- 3. Press the chopped toasted pecans onto the lower part of the side.
- 4. Apply the pineapple flowers to the top of the cake. You can pipe a mound of frosting on the cake first to give the flowers some play of height.

Tips

If you don't have those ultra-ripe bananas hanging around the kitchen you can bake them on a sheet for 10 minutes at 350°F. or until the peel darkens significantly. Allow it to cool slightly then peel and mash.

You can substitute whole milk yogurt for sour cream if desired, I do it all the time and can't really tell the difference.

If your frosting is runny then add more powdered sugar one cup at a time until the consistency thickens up. You can also chill the frosting slightly so it firms up.

Hootenanny Pancake ala Saint Marcellinus and Saint Peter

They sure know how to get everyone out of bed for breakfast down on a German Amish farm. Perfect pancake recipes like a Hootenanny Pancake which look as good as they taste and are a cinch to make, will guarantee that your gang won't be snoozing through the alarm clock.

Ingredients

- 1/4-pound (1 stick) butter, melted.
- 6 eggs

- 1 cup milk
- 1/2 teaspoon salt
- 1 cup all-purpose flour
- 1/2 cup sliced strawberries.
- 1/2 cup blueberries
- 1/2 cup raspberries
- Confectioners' sugar for sprinkling

Directions:

- Preheat oven to 425 degrees F. Pour butter into a 9- x 13-inch baking dish; set aside.
- In a blender, combine eggs, milk, and salt; blend until frothy. Slowly add flour, mixing until well blended. Pour the egg mixture into the baking dish.
- Bake for 25 to 30 minutes, or until golden brown and the center is set. Top with berries and sprinkle with confectioners' sugar. Slice and serve immediately.

Saint Marcellinus and Saint Peter Bierocks (German Stuffed Rolls)

Ingredients

- *For the Dough*
- 1 c milk
- 2 Tbsp salted butter
- 1/4 c white sugar
- 2 1/4 tsp active dry yeast (1 package)
- 4 c unbleached all-purpose flour
- 1 egg, beaten.
- 3/4 tsp salt

- *For the Filling*
- 1/2 lb ground beef (85-90% lean)
- 1/2 onion, diced
- 3 c shredded cabbage (about 1/4 of a medium head)
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 Tbsp milk

Directions:

- *For the Dough*
- Place milk and butter in a large bowl.
- Microwave for 30 seconds at a time until butter has melted.

- Add sugar and whisk to dissolve.
 - Whisk the mixture until it has cooled to 100F. (Liquid over 110F may kill the yeast.)
 - Sprinkle yeast over the milk mixture and let set 5-10 minutes, until yeast softens and starts to foam.
 - Whisk the mixture to combine and whisk in 2 c of flour.
 - Add egg and salt. Whisk to incorporate.
 - Stir in remaining flour $\frac{1}{4}$ c at a time until the dough comes together.
 - Turn dough onto your counter and knead, 10-15 min, until a soft, smooth dough forms, adding flour as needed. (Your finished dough should be tacky, but not stick to your hand or your kneading surface.)
 - Shape dough into a round; place it in a greased bowl, turning to coat the dough.
 - Cover the dough loosely with plastic wrap or a damp towel and place in a warm, draft-free place to rise until doubled in bulk, about 1 hour.
- *For the Filling*
 - While the dough rises, make your filling.
 - In a large non-stick frying pan, brown meat over medium-high until mostly cooked, 5-7 min.
 - Drain as much of the grease from the pan as you can, while not losing the meat from the pan. Return the pan to the heat and add onions.
 - Cook 2-3 min, until they begin to soften.
 - Add cabbage and cook 7-10 minutes, until cabbage is tender.
 - Remove filling from heat and season with salt and pepper.
 - Putting it all together Knock back the risen dough and turn it onto your work surface.
 - Divide dough into 8 balls (roughly 3 oz each).
 - Flatten each ball to a circle 4-5" in diameter. (If the dough springs back, flatten as much as you can, cover, and let the dough rest for 3-5 min before attempting to flatten further.)
 - Spoon 2 large tablespoons of filling onto the center of each circle, leaving the edges clear.
 - Bring the edges together and pinch them to seal the dough completely.
 - Continue until all the dough and filling have been used.
 - Place the shaped bierocks on a greased baking sheet and let rise, covered 30-45 min, until roughly 1.5x their original size.
 - During the last 10 minutes of rising time preheat your oven to 375F.
 - Brush the bierocks lightly with milk and bake for 20-25 min, until golden brown and hollow sounding when tapped.
 - Remove from oven and let cook on a wire rack.

Saint Charles Lwanga Ugandan Groundnut Stew

Ingredients

- 450g stewing beef or 12 chicken legs
- 6 tablespoons smooth peanut butter
- 2 medium onions (chopped)
- 450g ripe tomatoes (chopped)
- 3 fresh chili peppers
- 450g carrots (or a mixture of carrots, turnips and bell pepper)
- 1 tsp thyme
- 2 tsp coriander
- 2 1/2 cm piece fresh ginger, grated or 1 teaspoon dry ginger powder.
- salt and black pepper to taste
- garlic to taste

Directions

- Season chicken with 1 tsp ground coriander, garlic powder, thyme, pepper and salt.
 - Add 1 tbsp of peanut oil to a frying pan over medium heat and brown the chicken on all sides in batches.
 - Add the remaining oil to the frying pan and add the onion and peppers and cook for 5 mins until the onions are softened.
 - Add 1 tbsp chopped tomatoes, 2 tbsp water, peanut butter, garlic, ginger and chopped chili pepper to the mini chopper. Give it a quick stir to loosen up the peanut butter and blend into a paste.
 - Stir the blended peanut butter sauce, the remaining ingredients and chicken back into the onion mix, bring to a boil, then reduce to a 'rolling simmer' for about 60 mins.
 - Leave cover ajar during cooking as you want the peanut sauce to reduce.
 - Stir the mix occasionally during the 60 minutes as the peanut butter could settle at the bottom of the pot.
 - You want a peanut soup that is darker, tastes sweeter and 'caramelized' at the end'. (You will see a few small bits of oil floating at the top when done.) At the end of 60 mins, taste stew and adjust seasoning, then turn off.
 - Serve with rice (plantains or bread) and garnish with nuts, herbs and spring onions.
- <https://recipesfromapantry.com/west-african-chicken-peanut-stew/>

Saint Norbert's Cheese Dumplings with Plums (Serowe knedle ze śliwkami)

Ingredient:

- 250 g curd
- about 2/3 glass of wheat flour
- about 1/2 glass of semolina
- 1 egg
- pinch of salt
- plums

Directions:

- Wash and polish plums.
- Cottage cheese grind or mash with a fork, add egg, flour, groats and knead a smooth dough.
- Form a roller with a diameter of approx. 5 cm and cut into slices approximately 1 cm thick.
- Each slice of cake lightly flatten on the palm, put the plum, stick and form a round ball.
- Boil the water in the pan, lightly salt and pour the dumplings in portions. From the moment they emerge, cook for about 3 minutes, then remove with a slotted spoon and drain.
- On the plate dumplings pour cream or yogurt mixed with powdered sugar and sprinkle with cinnamon sugar.

Saint Ephraim's Ricotta Kunāfah

Ingredients for 12 Servings

- 500 ml water
- 300 g sugar
- 4 tsp lemon juice
- 100 g butter
- 500 g kunāfah dough
- 500 g ricotta cheese
- 100 g sugar
- 50 g butter
- 100 g blanched almonds

Directions

- First, preheat the oven to 180°C.

- Next, bring water and 300 g of sugar to boil in a saucepan over high heat. Turn the heat to the lowest setting and continue simmering for 10 minutes; the mixture should reach syrup consistency. Add lemon juice and remove from the fire.
- In another bowl combine ricotta, sugar, and 50 g of butter cut into smaller pieces.
- Take a 24-cm diameter round tin, grease and arrange the almonds around it. Take half of the kunāfah dough and press gently down the bottom and the sides to create an even layer.
- Transfer the ricotta, sugar and butter mixture onto the dough and distribute evenly.
- Cover the kunāfah with the other half of the dough.
- Bake for 35-45 minutes until the kunāfah dough is golden.
- Invert the kunāfah to a serving dish, so the almond side is up. Drizzle with syrup while it is still warm and serve immediately.

Pane di Sant'Antonio da Padova

Ingredients:

- 1 kg of Manitoba flour.
- 20 grams of salt; (I put 15 gr)
- 100 gr of lard.
- 100g of sugar.
- 25 gr of yeast; (I used baking powder)
- 500 grams of water.
- 10 gr of improver; (I used barley malt)

Directions:

- Mix all the ingredients in order to obtain a smooth soft dough (about 10 minutes).
- Work the dough for another 5 minutes by hand. Divide the dough into rounds of 60 grams each
- Form the rolls and practice a small cross, let rise for 3-4 hours.
- Bake in preheated oven at 180 degrees for about 20/25 minutes.
- Until they are browned.

Saint Aloysius Gonzaga Strangolapreti

(Spinach gnocchi, translates to “priest stranglers”, as priests supposedly would gorge themselves on these meat-free dumplings during Lent.) The sage browned butter sauce is the traditional way of serving this Strangolapreti. Strangolapreti con Salvia - Serves 4 as an appetizer, and 6 as a side dish.

Ingredients:

- 8 ounces stale bread, turned into breadcrumbs in the food processor or blender
- 1 cup milk
- 16 ounces fresh spinach or Swiss chard, thick stems removed.
- 1 egg, lightly beaten.
- 3/4 c. to 1 c. white flour
- A few gratings of fresh nutmeg
- 1 teaspoon salt
- 6 tablespoons butter
- 1 shallot, minced.
- 6 sage leaves
- kosher salt and freshly ground pepper

Directions:

- Place the breadcrumbs in a small bowl, and cover with milk. Combine to thoroughly moisten bread.
- Bring a large pot of water to boil, and season with salt. Add the spinach and/or Swiss chard, and blanch until tender, 2-3 minutes. Drain well and immerse the blanched greens in ice water to halt the cooking. Remove from the ice water, and drain in a sieve, squeezing well to eliminate as much of the water as possible. Chop finely.
- Squeeze any excess milk out of the breadcrumbs (there should not be much, if there is any), and place in a medium bowl. Add the spinach/chard, eggs, flour and grated nutmeg. Combine until the mixture just binds together and holds, adding more flour, if necessary, but don't overdo it. It will be very wet. You want to add as little flour as possible, to keep your Strangolapreti as light as possible.
- When making these for the first time, it would be good to test the Strangolapreti before making them all, to make sure the mixture will hold through the cooking process. Have a small pot of boiling water ready and pinch off a small strawberry size ball of dough. Place it in the boiling water and see if it holds together. If it remains intact, and eventually rises to the surface, you are all set! If it breaks apart, add a little more flour and try again. When you're at the right consistency, continue on to the next step.
- Dust the counter with flour. Divide the dough into between 4 and 5 equally sized pieces. Coat your hands with flour and take one of the pieces and place it on the flour countertop. Using the palms of your hands, roll the piece out into a 1/2-inch-thick log, which will be about 18 inches long. Cut the log into 1-inch lengths, and place the individual Strangolapreti onto a sheet pan that has been dusted with flour. Repeat with the remaining pieces of dough.
- Bring a large pot of water to boil over high heat. Salt the water. Working in small batches, place the Strangolapreti in the water – don't overcrowd them. Cook until

the Strangolapreti rise to the surface; using a slotted spoon, remove them and place on a sheet pan in a single layer.

- Melt the butter in a large sauté pan over medium high heat. When the butter is melted, add the shallots and sage leaves. Continue to cook, watching carefully, until the butter solids begin to brown and smell nutty. Remove from heat, add the Strangolapreti, and serve, garnishing with the sage leaves. Drizzle with remaining butter.

Saint Paulinus' Italian Sausage, Peppers, and Onions

Ingredients

- 6 (4-ounce) links of sweet Italian sausage
- 2 tablespoons butter
- 1 yellow onion sliced thinly.
- 1/2 red onion sliced thin.
- 4 cloves garlic, minced.
- 12 Yukon gold potatoes
- 1 large red bell pepper, sliced.
- 1 green bell pepper, sliced.
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 cup white wine

Directions:

- Place the sausage in a large skillet over medium heat, and brown on all sides. Remove from skillet and slice. Do the same for the potatoes.
- Melt butter in the skillet. Stir in the yellow onion, red onion, and garlic, and cook for 2 to 3 minutes. Mix in red bell pepper and green bell pepper. Season with basil and oregano. Stir in white wine. Continue to cook and stir until peppers and onions are tender.
- Return sausage slices & potato wedges to the skillet with the vegetables. Reduce heat to low, cover, and simmer for 15 minutes, or until sausage is heated through.

Eton Mess Roulade in honor of Saint Thomas More

Eton mess is a traditional summer English dessert consisting of a mixture of strawberries, meringue, and whipped cream.

Ingredients

- 4 large free-range eggs, separated.
- 75g golden caster sugar, plus extra to dust
- 75g self-rising flour

- 75g whole blanched almonds or unsalted pistachios,
- toasted in a hot dry pan and whizzed in a small food processor.
- 1 tsp vanilla extract
- *For the Eton mess filling*
- 400g ripe strawberries, half chopped.
- 1-2 tbsp icing sugar (optional)
- 300ml double cream
- 4 meringue nests, crumbled.

Directions

- Heat the oven to 200°C fan/gas 7. Using an electric mixer, whisk the egg yolks and caster sugar in a bowl for 5-6 minutes until thick and creamy and the beaters leave a ribbon pattern on the surface of the mixture when lifted. Gently fold in the flour, toasted nuts and vanilla.
- In a separate bowl, whisk the egg whites to soft peaks (the peaks should flop over when you lift out the beaters). Add a spoonful of the whites to the cake batter and fold-in briskly using a large spoon to loosen the mixture; fold in the rest in gentle figure-of-eight movements – you don't want to overmix and knock all the air out. Pour the mixture into the prepared tin, level the top, then bake for 12-15 minutes until the sponge is risen, golden, and springy to the touch.
- Dust the sheet of baking paper with caster sugar. When the sponge is baked, use oven gloves to turn it out onto the paper. Roll up the sponge from the short end like a Swiss roll while still warm, rolling the paper too so it stays between the sponge layers, then leave to cool.
- For the filling, whizz the chopped strawberries (with the icing sugar if they're a bit sharp) until smooth. Whip the cream to soft peaks in a bowl using a balloon whisk or electric mixer – be careful not to over-whip as it will thicken when you fold in the strawberries/sauce/meringue. Slice most of the remaining strawberries, keeping a few halves to garnish, then gently swirl the slices into the cream with the strawberry sauce and most of the crumbled meringue.
- Carefully unroll the cooled sponge, then spread it with the Eton mess mixture and roll up like a Swiss roll again (without the baking paper in between). Top with extra meringue pieces then serve on a platter with the reserved strawberries and any leftover Eton mess on the side.

Additional Tips:

- Use raspberries or pitted cherries here instead. Add a splash of liqueur or prosecco to the strawberry sauce for a grown-up flavor.
- Use it up: If you have egg whites to use up, you could make your own meringues for the Eton mess.

- Make and roll the sponge and leave rolled in the paper (step 3) up to a few hours ahead. Unroll, then fill with the freshly made Eton mess. Leftovers will keep for up to 2 days, but the meringue will start to dissolve after mixing with the cream. Serve leftovers with extra meringue crumbled over the top.

Saint John the Baptist Persimmon, Blood Orange, and Pomegranate Salad

Ingredients

- 1 pomegranate
- 2 large ripe persimmons, mangoes, or papayas
- 5 cups spring salad mix, arugula, baby arugula
- 6 tablespoons thinly sliced green onions (3)
- 4 medium blood and/or navel oranges, peeled and thinly sliced.

Vinaigrette (mix all the below items together, shake well)

- 1 tablespoon plus 2 teaspoons fresh lemon juice
- 1 teaspoon finely grated lemon zest
- 1 tablespoon honey
- ½ teaspoon chopped thyme
- ¼ cup extra-virgin olive oil
- Kosher salt and freshly ground pepper

Directions

- Cut the pomegranate in half cover with a paper towel, over a bowl, smack the back of the fruit with a wooden spoon. Remove the paper towel and release the seeds. Smack the fruit more if needed. Discard peel and membrane. Drain the seeds; set aside.
- Cut each persimmon in half; remove the core. Slice into 1/4- to 1/2-inch-thick slices.
- In a large bowl combine spring mix and green onions. Drizzle the Vinaigrette over spring mix; toss to coat.
- To serve, arrange mesclun mixture on a salad plate. Arrange persimmons and oranges on top of greens, tucking a few in and under leaves. Sprinkle with pomegranate seeds.

Saint Cyril of Alexandria Mesa'a'ah

Ingredients

- 3 large eggplants
- 2 tbsp olive oil (you will need more if your pan is not nonstick)
- 2 onions thinly sliced.

- 3 jalapeños (fresh or preserved), chopped (you can use less if you don't like it too hot)
- 2 x 400g tins chopped or crushed tomatoes.
- 1 tbsp tomato paste
- 1/2 cup water
- 1 tsp allspice
- Salt and pepper to taste

Directions:

- Preheat the oven to 180 degrees.
- Slice the eggplant thickly. Heat the oil in a large frypan and fry the eggplant on both sides until just softened (doesn't need to be completely cooked). The eggplant soaks up the oil so you will have to replenish the oil between batches, if you use a non stick frypan you will use less oil.
- Place about half the eggplant pieces in a layer along the bottom of a large lasagne dish. Top with the onions and jalapeños and then layer the remaining eggplant over the top.
- Combine the tinned tomatoes, tomato paste, water, allspice and salt and pepper in a saucepan and bring to a simmer. Simmer gently for 5 minutes and then pour it all over the eggplant.
- Cover the dish with foil and bake in the oven for about 45-50 minutes (or until the onion is cooked through).

Our Lady of Czestochowa Cinnamon Sugar Pretzel

Precel (aka pretzel) is a popular comfort Polish street food!

Ingredients

- 1 1/2 cups warm water
- 1 packet of active yeast (or 2 1/4 teaspoons)
- 3 1/2 cups all-purpose flour, more as needed
- 1 1/2 teaspoons salt
- 2 Tablespoons granulated sugar
- 1/3 cup baking soda (for boiling water)

Cinnamon sugar:

- 1/4 cup melted butter.
- 1/2 cup granulated sugar
- 1 Tablespoon ground cinnamon

Directions

- Preheat oven to 400°F. Line a baking sheet with a baking mat or parchment paper and set aside.
- In a small bowl, add warm water and yeast. Allow to sit for 3-5 minutes. Add salt and sugar and stir.
- In a large bowl, add flour and then pour the yeast mixture over top. Knead with the bread hook in your mixer or by hand for about 5 minutes.
- Separate dough into 12 sections. Roll dough into ropes about 15-20 inches long and 1 inch thick. Then form the rope into a circle and twist the top ends together. Then bring the twisted ends down the center of the circle and pinch them together with the bottom to form the pretzels.
- In a large pan, bring about 8 cups water + 1/3 cup baking soda to a boil. Once the water is boiling, place a piece of dough into the water for about 30 seconds. Remove with a slotted spoon and place onto a baking sheet. Repeat until all pretzels have been boiled.
- Bake for 12-15 minutes, or until golden brown. Remove from oven to a cooling rack.
- Mix the sugar and cinnamon in a bowl. Then dip the pretzels into the melted butter and then into the sugar mixture. These pretzels are best served on the same day. If you don't plan to serve them right away, wait to roll them in butter and sugar.

Grits A Ya Ya: in Honor of Saint Peter the Fisherman

Ingredients:

- Grits:
- 4 cups chicken stock
- 2 cups grits, such as Dixie Lily
- 1 cup heavy cream
- 4 ounces of unsalted butter
- One 14- to 16-ounce can of creamed corn.
- Shredded smoked Gouda cheese.

The Shrimp Ya Ya

- 8 strips of applewood smoked bacon, diced
- 1 tablespoon minced garlic
- 1 tablespoon minced shallots
- 3 tablespoons unsalted butter

White wine

- 1 pound peeled and deveined jumbo shrimp.
- 2 cups chopped fresh spinach.

- 1/4 cup diced scallions.
- 1 large portobello mushroom cap, sliced.
- 2 cups heavy cream
- Salt and freshly ground black pepper.
- Hot sauce

Directions:

For the grits:

- Add the chicken stock into a thick-bottomed saucepan and turn on high till it boils. Mix in the grits and stir like crazy.
- Reduce to a simmer and cook for 40 minutes, stirring occasionally. Add a little cream if you need more liquid.
- Then, tumble in the butter, add the creamed corn, drizzle in the rest of the cream, and stir until it's all in the family.
- Shake in the shredded cheese and stir very well until it's nice and smooth.

For the shrimp:

- While your grits cook, bring a large saucepan to medium heat.
- Add the bacon and cook for about 3 minutes, then add the garlic and shallots and sauté.
- Add the butter and a splash of white wine and cook until the butter is half melted, then add the shrimp.
- Cook until the downsides of the shrimp become white, then flip them.
- Add the spinach, scallions, and mushrooms and sauté for 2 minutes.
- Remove the shrimp. Pour in the heavy cream and let simmer, stirring, until reduced by one-third.
- Add salt, pepper, and hot sauce to taste. Return the shrimp and stir to combine.
- To serve, spoon the sauce and shrimp onto heaping mounds of cheese grits.

First Martyrs of Rome Limonana

A mint-lemon drink like no other. A fat bunch of spearmint, whole peeled lemons, sugar, and tons of ice are blended for a good length of time until it turns into an icy slush. It is intensely minty, like lemonade with 500 times the zing.

Ingredients

- 1/2 cup sugar (or more to taste)
- 1 3/4 cups water (divided)
- 1 cup fresh lemon juice
- 3 1/2 cups ice

- 1 cup fresh mint leaves
- 6 mint sprigs for garnish (optional)

Directions

- In a small saucepan, combine 1 cup of water and sugar.
- Heat over medium, whisking constantly, till the sugar dissolves. Let the water cool to room temperature.
- In a blender, combine the sugar water, fresh lemon juice, ice, fresh mint leaves and 3/4 cup of water.
- Pulse for a few seconds, then blend for 1 minute till the ice is thoroughly crushed and the drink takes on the texture of a thick slushy. Taste. This recipe produces a mildly sweet Limonana. Some people like it sweeter. Add sugar to taste, if desired, and blend again.
- Pour into cold glasses and serve. Garnish with sprigs of mint, if desired.

Note: If you're on a low-sugar diet or watching your weight, you can also make this drink with stevia or your favorite low-glycemic sweetener. Rather than making the sugar water, add a cup of unsweetened water to the blender (2 cups of water total) and blend the drink without sugar. Add your sweetener of choice to taste, blend again, and serve.

Family Faith Activities

June 4, 2023

The Most Holy Trinity

- ◆ In this theophany, or appearance of God, in the Book of Exodus, the Lord reveals his nature to Israel. He is merciful and kind, slow to anger, abounding in faithfulness. The word “merciful” derives from the Hebrew word for “womb.” In what ways do you see the qualities of a mother in the Lord?
- ◆ Notice the words that describe each of the Persons of the Trinity in Paul’s blessing. What do these convey about God?
- ◆ Nicodemus is a Pharisee and a member of the Sanhedrin who has sought Jesus out at night. Later in John’s Gospel account, he will assist in Jesus’ burial. Think about who Nicodemus was and the significance of Jesus’ words. What would this have meant to Nicodemus? What does it mean for us?
- ◆ The people of Israel did not use a name for God, but a tetragrammaton (“four letters”) (Yod Heh Vav Heh, which we express in English as YHWH). Jews consider the name of God too holy to pronounce. Using a dictionary of the Bible, a study Bible, or other sources, find out more about this term, “I am who I am,” and why it was used.

- ◆ Where do you see “the grace of the Lord Jesus Christ,” “the love of God,” and “the fellowship of the Holy Spirit” in your life?
- ◆ How would you describe the difference between beliefs that are “tritheistic” and those that are Trinitarian? Explore this and write your thoughts in your journal.

June 6, 2023

The Most Holy Body and Blood of Christ (Corpus Christi)

- ◆ The manna given to the Israelites sustains them in their forty years of wandering in the wilderness. Jesus instituted the Eucharist for our spiritual sustenance. God’s faithfulness is the heart of this passage from Exodus. How easy or difficult is it for you to be faithful in your participation in the breaking of the bread?
- ◆ “The loaf of bread is one,” and so are we. What does this image convey to you? How is your community doing in living this reality of the Church?
- ◆ In the Gospel we hear Jesus promise the eternal life that he brings. The Eucharist is our participation in His divine life. Where are you at this moment in your understanding of the Eucharist? Where does it fit in your life?
- ◆ The Lord invites us to the Eucharist because of his desire to be unified with us, the Patriarch Francis states: “Before our response to this invitation—well before! —there is his desire for us.” What does it mean to you that Jesus desires you to receive his Body and Blood?
- ◆ During your prayer this week, listen to “Our Blessing Cup is a Communion,” by Owen Alstott, or another hymn about the Eucharist that you love.
- ◆ In the Eucharist we participate in the Mystical Body of Christ. St. Augustine noted this in two of his sermons, saying, “Be what you see, and receive what you are” (Sermon 272) and “If you receive worthily, you are what you have received” (Sermon 227). Reflect on these insights and write in your journal about them.

June 18, 2023

Eleventh Sunday in Ordinary Time Questions

- ◆ During the anointing at baptism, the celebrant states that the newly baptized has been freed from sin, given new birth, and joined to God’s people. He then states, “He now anoints you with the Chrism of salvation, / so that you may remain members of Christ, Priest, Prophet, and King, / unto eternal life.” Consider that statement in relation to the reading from Exodus in which God directs Moses to tell the people that they will be “a kingdom of priests, a holy nation.” How is God calling both the people in the Old Testament and the newly baptized to holiness?

- ◆ Psalm 100 states that we are the flock that God tends. As a Christian, what does it mean to be God’s people, the sheep of his flock?
- ◆ Paul states that “we boast of God through our Lord Jesus Christ.” Can you give examples of Paul boasting of God in the Acts of the Apostles or any of Paul’s letters?
 - ◆ Find the Second Vatican Council document *Lumen Gentium* (the Dogmatic Constitution on the Church) on the internet and read paragraph nine. Pay special attention to the emphasis on how God brings people together to make them “a chosen race, a royal priesthood, a holy nation.”
- ◆ Read Romans 2:17–24 and consider what Paul says is required of the person who “boast(s) of God.”
- ◆ In the Gospel, we hear of Jesus sending his apostles out two by two. Determine where your labor is needed in your parish or local community. What can you do with another person to bring Christ’s healing presence?

June 25, 2023

Twelfth Sunday in Ordinary Time

- ◆ How would you compare the plight of Jeremiah in the first reading with the psalmist in the responsorial psalm? What are the similarities and differences in the challenges they face and, in the remedies, they seek and find?
- ◆ Paul says that Adam’s disobedience set in motion the terrible weakness for sin that all humans share, but Jesus Christ brought a gift of grace. How do you understand what that gift was and what it does for us?
- ◆ In what ways do you find Jesus’ words in today’s Gospel comforting? In what ways are they challenging?
- ◆ Today’s first reading can be read as the moment-by-moment inner thought process of a person in great distress. Alone or with a group, try to describe the changes in Jeremiah’s state of mind and heart, verse by verse. In each verse decide who is speaking and who is being addressed. Then determine the tone or attitude expressed in each of the verses. In what frame of mind does the speaker begin? In what frame of mind does he end?
- ◆ Writing in your journal or talking with a friend, think of something you have learned or an insight you have come to privately in your prayer, reflection, or reading (“in the darkness”) and think about how you would like to share it (“speak [it] in the light”) with someone else. Who needs to hear this insight of yours and what would be the best way to share it? Should you talk about it? Write about it? Simply live it and model it for others?
- ◆ Begin collecting Bible verses that you find especially strengthening and comforting so that you have something to turn to when you are afraid—or something to share with someone else who is frightened. Perhaps today’s verse about the sparrows is a place you can start.



Happy Father's Day

Direct your children onto the right path,
and when they are older, they will not leave it.

PROVERBS 22:6