

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

AUGUST 2023 VOLUME 2 #9
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 pastor@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

Klaus Stodtmann - Bread Baking

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

- Aug 2 At Home with the Word Lectionary Discussion Group 7 PM
Aug 6 Divine Worship Feast of the Transfiguration 12:30 PM
Intention: RIP Richard Webster Hinton
Aug 10 Divine Worship Feast of Saint Lawrence 6:30 PM
Intention: Increase of Vocation to the Diaconate
Aug 11 Divine Worship Feast of Saint Clair 6:30 PM
Intention: Franciscans Around the World
Aug 13 Divine Worship 19th Sunday of the Christian Year 12:30 PM
Intention: 25th Wedding Anniversary D & D Lehman /Last
Aug 15 Divine Worship – The Dormition of Mary 6:30 PM
Intention: Available
Aug 16 At Home with the Word Lectionary Discussion Group 7 PM
Aug 20 Divine Worship 20^h Sunday of the Christian Year 12:30 PM
Intention: Available
Aug 21 Seminary Classes 7 PM
Aug 23 At Home with the Word Lectionary Discussion Group 7 PM
Aug 24 Divine Worship Feast of Saint Bartholomew 6:30 PM
Intention: Available
Aug 27 Divine Worship 21st Sunday of the Christian Year 12:30 PM
Intention: For a safe and productive School Year
Aug 28 Seminary Classes 7 PM
Aug 30 At Home with the Word Lectionary Discussion Group 7 PM

SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 7/22/2023

Total Income Year to Date: \$5519.00. Total Expenditures Year to Date: \$5060.68
Difference +459.32. Balance on hand: \$ 1747.48.

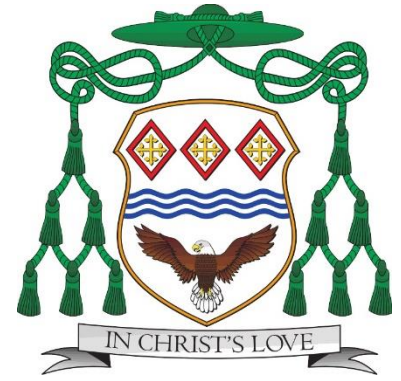
Online Giving

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

I have just completed my surgical clearance for July 25 as I write this message to you. Y'all will know the outcome before I do!

Any illness gives one to pause to be concerned. As we age those concerns become greater. Some out of necessity but others not so much. However the experiences of the past few years have me reflecting on the nature of illness and aging. Many times our elderly are shuffled off to nursing facilities to be out of sight and often out of mind. Yet for we Christians, who profess to be pro-life, we are aware pro-life means from cradle to the grave. Illness, old age, and death are part of our life cycle. Rather than hiding them away from society, we should be embracing them.



In the Netherlands, for example, nursing facilities are built to resemble villages. Residents are encouraged to interact out in a common area resembling a park before returning to their "homes," The front of which is painted like a typical Dutch house with each door and façade being different. Compared to the US where we see more of a cell block type of model and shared bedrooms.

Youngsters should be brought by their parents to visit the elderly as well as to say final farewells at funerals. Yes, there may be sadness at a death but there should also be a celebration of a life well lived. For Jesus has promised he will not lose anyone that has given themselves to His loving mercy.

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.

JMB Crockpot Ministry

We hosted a class in July. Our current supply of crockpot totals 7. To donate a crockpot or volunteer to conduct a class contact Dennis Last at 321-388-1572.

Still Looking for a Musician and Singers

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

What is with all the Gold?

At the beginning, the Church used common chalices and cups of glass, but they soon began creating chalices for masses with decorations of Christian symbols, and most of all precious materials such as gold, silver, agate, onyx, marble, etc...

In the early medieval age, they went back to using fewer noble materials besides stone, horns, and wood.

One must note that in the early Church, glass was used for sacred vessels, and glass was an expensive material at that time. However, glass came into disuse because it was easily breakable and because gold or silver were considered more precious. Here is an important point: offering the best we can for the gift par excellence, Christ Himself.

Today liturgical rules impose that at least the inside of the chalice cup is made of a precious metal, gold or silver, or at least gilt on the inside. That because it is destined to touch Christ's Blood or Body. It is forbidden to use a non-noble metal for the cup, which may break or ruin easily, such as clay, bronze, glass, or wood.

Brass is accepted, even though it is not noble, but it is resistant and does not break easily, as long as the internal gilt is replaced when oxidation begins.

The material used for the stem, knob, and foot is irrelevant. Tin is very popular because it has the pro of being cheap and resistant.

Truly, at the words of consecration pronounced by the priest at Mass, bread and wine become — are transubstantiated into — the Body, Blood, Soul, and Divinity of our Savior. Given this firm understanding of what the holy Eucharist is, we can better understand the Church's regulations concerning sacred vessels, whether the chalice, paten, or the ciborium.

The idea here is that sacred vessels made of precious material evoke in the mind of the beholder the preciousness of the contents, while those made of common, ordinary material evoke the common, ordinariness of the contents. Likewise, vessels beautifully crafted and dedicated in their use for the Blessed Sacrament evoke a sacredness of usage, while common and profane vessels do not.

August, August Saints

The month of August provides us with numerous 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 Alphonsus Liguori on August 1. He is followed by Saints Eusebius of Vercelli and Peter Julian Eymard on August 2. On the 4th the patron of priests is celebrated in Saint John Vianney. Saints Sixtus II and Companions as well as Cajetan are remembered on August 7. Saint Dominic is celebrated on August 8, followed by Saint Maria Goretti on the 9th. August 10 honors Saint Lawrence. Saint Claire of Assisi is commemorated on August 11. August 12 marks the feast of Saint Jane Frances de Chantal. August 15 commemorates the Dormition of Mary. Saint Stephen of Hungary is remembered on August 16. Saint John Eudes is recalled on August 19. Saint Pius X is memorialized August 21. The Queenship of Mary follows on August 22 and Saint Rose of Lima is on the 23rd. The Apostle Saint Bartholomew is celebrated on August 24. August 25 sees both Saints Louis of France and Joseph Calasanz, remembered. St Augustine, Bishop and Doctor is memorialized on August 28. We end the month remembering the Beheading of Saint John the Baptist. We end the month with the Feast of Saint Ignatius of Loyola on July 31.

August Recipes

Limoncello

Ingredients

- 9-10 big lemons preferably organic and meyer, see tips
- 750 ml high-proof neutral grain spirit (such as Everclear 151)
- 800 g sugar
- 1 liter of water

Directions:

- Make sure you have a big, very clean mason jar with a tight-fitting lid at hand. If using not organic lemons, scroll up and read my recommendations on how to prep them.
- Use a vegetable peeler to remove the peels from all the lemons. Try to remove the yellow skin only with as little pith as possible. You can trim away pieces of pith with a paring knife if you go too deep.
- Transfer the lemon peels to your jar and cover them with the spirit. Use a wooden spoon to mash the lemon peels a bit, then close the lid tightly.
- Store your jar in a dark, cold place and shake once for a day, for at least a week or up to one month.
- Once finished steeping, combine sugar and water in a pot and heat until sugar has dissolved. Let cool completely.
- Line a strainer with a large cheesecloth or coffee filter and set it over a clean pot. Strain the infused spirit through the filter. You may need to stir the liquid in the strainer if the flow stops.
- Pour the sugar syrup into the lemon- infused spirit. Stir gently to combine and taste. Make sure you have 2 clean 1 liter bottles ready.
- Insert the funnel into the neck of one of the bottles (I like to use these) and fill with your homemade limoncello. Repeat with the remaining bottle.

Corzetti Pasta Dough

Ingredients

- 375g plain flour or “00” Italian soft wheat pasta flour
- 2 eggs
- 100ml dry white wine
- 30ml extra virgin olive oil

Directions:

- Make a pile with the flour then form a “well” in the centre.

- Now crack the whole eggs into the crater and add the wine and olive oil so that when the dough comes together it is neither too sticky nor too dry. If the mixture is too wet, work in more flour.
- Once the dough comes together but is still not smooth, begin to roll it through the pasta machine at its widest roller setting.
- Once rolled through, fold it and roll it again leaving the roller at its widest setting.
- Keep rolling and folding until the dough becomes smooth and uniform.
- Now bring the roller setting down a little at a time until it is around 1.5mm thick.
- Use your corzetti cutter and molds to form the pasta. Makes enough for 4-6 people.

Tarte au citron meringue (Lemon meringue pie) ala St John Vianney

For the sweet dough:

- 250g ap flour (or almond flour 50/50)
- 100 g powdered sugar
- 110 g salted butter
- 80 g egg yolks (4 yolks)

For lemon cream:

- 250 g lemon juice
- 300 g sugar
- 10 eggs
- 25 g corn starch

For the Italian meringue:

- 200 g sugar
- 100 g egg whites (3 whites)

Directions:

The Sweet Dough

- Preheat the oven to 160°C. Mix all the ingredients in a kneading robot.
- Remove the dough and spread out 2 to 3 mm thick. Keep it cool for about 1 hour.
- Once the dough is cold, go for a pie circle 24 cm in diameter.
- Place in the freezer for a few minutes, then bake for 15 to 20 minutes.

Lemon Cream

- Heat the lemon juice, blanch the eggs and the sugar with the mixer and add the corn starch.
- Gradually pour the lemon juice over the egg / sugar / corn starch mixture.
- Put everything back on a low heat and whip vigorously, until boiling and thickening.
- Dispose and reserve cool. Garnish the pie with the cooled cream.

Italian Meringue

- Wet the sugar slightly with water.
- Bake at 117°C, then pour it onto the pre-mounted whites.
- When the meringue is cold, put tips on the pie, then burn them lightly with a torch.

ISRAELI-INSPIRED LEAFY GREEN SALAD

Ingredients

Salad

- 1 cucumber, diced.
- 2 medium tomatoes, diced.
- 1 head of romaine lettuce, shredded.
- 2 scallions, chopped or ½ red onion diced.
- 2 Tbsp chopped parsley

Dressing

- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 Tsp white wine vinegar
- 1 dash of salt
- 1 dash of freshly ground pepper

Directions:

Instructions for the salad:

- Combine cucumber, tomatoes, romaine, scallions (or onions) and parsley.
- Instructions for dressing:
- Combine lemon juice, olive oil, vinegar, salt and pepper, mix into salad right before serving.

HERB-CRUSTED ROASTED LAMB SHOULDER

Ingredients

- 1 tablespoon kosher salt
- 2 tablespoons finely minced fresh flat leaf parsley
- 1 tablespoon finely minced fresh thyme leaves.
- 1 tablespoon finely minced fresh rosemary leaves.
- 5 cloves garlic, finely minced.
- 2 tablespoons grainy mustard
- 1 tablespoon grated lemon zest
- 3 tablespoon olive oil
- 1 (3 ½-pound) shoulder of lamb, rolled and tied

- 1 cup beef stock
- 1/2 cup red wine
- 1 tablespoon cornstarch (optional)

Directions:

- Combine salt, parsley, thyme, rosemary, garlic, lemon zest, mustard, and oil in the bowl of a food processor fitted with a metal blade.
- Process until a smooth paste forms. Slather the herb mixture over the lamb and let it rest, covered, out of the fridge. Preheat the oven to 325°F.
- Place lamb on a rack set in a roasting pan and roast for about 1½ hours. Add half the stock and half the wine, baste the lamb, and continue roasting, until an instant-read thermometer reads 145° to 150°F, about 30 minutes longer.
- Check the pan periodically to baste lamb and add more water or stock if needed. When the lamb is done, transfer it to a plate and cover it loosely with foil.
- Place the roasting pan directly on your stovetop and heat the pan juices over low heat. Add the remaining stock and wine to the roasting pan, scraping up the bits that cling to the bottom of the pan. To thicken the sauce, create a slurry with cornstarch and 2 tablespoons of water, and stir into the sauce. Bring to a boil and repeat if necessary. Slice lamb and serve with the gravy spooned on top.

Serve with Israeli Couscous

- Heat 2 tablespoons olive oil in a large skillet over medium heat. Add 2 cups Israeli couscous and toast until lightly browned, about 5 minutes. Add 3 cups of chicken or vegetable broth; bring to a boil.
- Reduce heat and simmer, covered until most of the liquid has been absorbed about 10 minutes. Stir in ½ cup halved pitted kalamata olives, ¼ cup chopped fresh flat-leaf parsley, 3 tablespoons chopped fresh mint leaves, 1 teaspoon chopped fresh thyme leaves, and grated zest of half a lemon (or more, to taste). Drizzle with good-quality olive oil and serve.

MA'AROUND (DATE ROLLS)

Ingredients

Dough

- 4½ cups white flour
- 2 cups semolina flour
- 1 teaspoon baking powder
- 4 tablespoon sugar
- 200 gr soft vegan butter
- 1 cup canola oil
- 1½ cups lukewarm water
- 1 teaspoon rose water

Filling

- 1 kg soft dates, pitted, or ground dates that are sold as a paste with no sugar added.
- (Soak dates for 30 minutes if they are too hard to use)
- 1/2 c walnuts, chopped.
- 1 tablespoon canola oil
- ½ cup concord wine
- 2 teaspoon cinnamon
- Powdered sugar for decoration

Directions:

- Mix the dry ingredients. Add the margarine, oil, water, and rose water and use your hands to make a dough (you can use a mixer or a food processor as well). Add water as needed.
- If you use fresh dates and they are on the dry side, soak them with some hot water for 30 minutes, then drain them. Cut into small pieces and add the oil (no oil is needed if you use the paste). Mix the dates with Concord wine and cinnamon. If the dates are still tough, microwave until soft.
- Divide the dough into 8 balls, and roll each ball into a ½ cm thick rectangle. Spread the dates mixture over the dough, add nuts, and roll the dough to make a cookie. Place on a lined baking sheet and slice, about 2 cm thick.
- Bake at 350° F for 35 minutes until the top is golden. Let cool, then separate the slices and spread powdered sugar for decoration.

ORANGE AND WATERCRESS SALAD

Ingredients

- 4-5 Tarocco oranges, "supremed" and segmented
- 16-20 Kalamata or Gaeta olives, pitted and quartered (lengthwise)
- 4 tablespoons high-quality extra-virgin olive oil
- ½ teaspoon Kosher sea salt (to taste)
- ¼ teaspoon freshly ground black pepper
- 1 bunch (4 cups) watercress, washed, dried, and large stems removed

Directions:

- "Supreme" the orange with a sharp chef's knife and remove the skin all the way down to and including the white pith on the orange. Cut it in half lengthwise and cut out each of the segments so that you have 'naked' segments only. Add the oranges to a medium-sized glass/ceramic bowl. Squeeze the skins of their juice into the bowl as well.
- Slice the olives and add to the bowl. The ratio is 4-5 olives per orange.
- Give a couple of good drizzles of olive oil over the oranges and toss.
- Throw in a couple of good pinches of salt and taste. The salt should be 'salted' to taste ... but not 'salty.'
- Add freshly grated pepper and let the salad stand for 30-60 minutes for flavors to marry.
- Just before serving, wash the watercress and spin dry. Pull the stems apart and discard any large, and 'woody' stems and
- breaking up the bunches in the process so that you don't have pieces more than a couple of inches in length.
- To serve, place about ½ cup of watercress on each plate, top with a half cup of oranges, and spoon over a few tablespoons full of the vinaigrette.

Cannellini and Escarole Soup with Garlic Oil

Ingredients

- 4 thick slices of bacon, cut crosswise into 1/2-inch strips
- 1 small head of escarole coarsely chopped.
- 4 garlic cloves—1 minced, 3 crushed.
- 1/4 teaspoon crushed red pepper.
- Salt and freshly ground black pepper.
- Three 15-ounce cans of cannellini beans drained and rinsed.
- 2 cups chicken stock or canned low-sodium broth
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons freshly grated Parmesan cheese

Directions:

- In a large saucepan, cook the bacon over moderately high heat until crisp, about 6 minutes. Using a slotted spoon, transfer the bacon to a plate. Pour off all but 2 tablespoons of the fat and return the saucepan to moderately high heat. Add the escarole, minced garlic and crushed red pepper and season with salt and black pepper. Cook, stirring, until the escarole wilts, about 2 minutes.
- Meanwhile, in a blender or food processor, puree half of the beans with the chicken stock until smooth. Add the pureed and whole beans, bacon and 1 1/2 cups of water to the saucepan and bring to a boil. Reduce the heat to moderately low and cook until the escarole is tender, about 10 minutes.
- Meanwhile, in a small skillet, cook the crushed garlic in the oil over moderate heat until golden; discard the garlic. Drizzle the soup with the garlic oil and sprinkle with the Parmesan.

Pasteis de Santa Clara / St. Clare's Turnovers

St. Clare, a 13th-century Franciscan nun, is known as the feminine counterpart of St. Francis of Assisi. She was born into nobility but vowed a monastic life of poverty. We honor St. Clare on her feast day with an adaptation of a recipe for Pasteis de Santa Clara (St. Clare turnovers) from a monastery in Portugal.

Ingredients:

For the pastry dough

- ½ cup (1 stick) butter, chilled
- 1 ¾ cups flour
- 2 tablespoons ice water
- 1 egg, slightly beaten.

Directions:

- In a mixing bowl, cut in the butter with the flour and water.
- Knead until a pliable dough is formed.
- Cover with a plastic film wrap and refrigerate while making the filling.

For the filling

- ½ cup sugar
- 1 tablespoon water
- ½ cup almonds, ground
- 4 egg yolks

Directions:

- In a saucepan, melt the sugar with the water and stir until dissolved. Bring to a boil until thickened. Add the ground almonds and egg yolks, stirring constantly until the filling is thick and well blended.
- Roll out the dough to 1/8-inch thick. Use a round cutter to cut a three-inch diameter. Place a teaspoon of the filling in the middle of the circle. Fold over and seal the edges with water. Continue making the rest of the turnovers.
- Brush the tops with the beaten egg. Place on a greased cookie sheet and bake at 400 degrees F for 20 minutes or until golden. Remove from the oven. While they are still hot, dredge in sugar. Cool over a wire rack. Yield: 24 turnovers.

St. Bernard's Summer Tomato Tarte

Tart Filling

- One unbaked tart dough (see recipe below)
- Dijon or whole-grain mustard
- 2-3 large ripe tomatoes
- 2 tablespoons olive oil
- salt and freshly ground pepper
- two generous tablespoons of chopped fresh herbs, such as thyme, chives, chervil, or tarragon
- 8 ounces (250g) fresh or slightly aged goat cheese, sliced into rounds
- Optional: 1 1/2 tablespoons flavorful honey

Tart Dough

- 1 1/2 cups (210g) flour
- 4 1/2 ounces (125g) unsalted butter, chilled, cut into cubes
- 1/2 teaspoon salt
- 1 large egg
- 2-3 tablespoons cold water

Directions:

- Make the dough by mixing the flour and salt in a bowl. Add the butter and use your hands, or a pastry blender, to break in the butter until the mixture has a crumbly, cornmeal-like texture.
- Mix the egg with 2 tablespoons of water. Make a well in the center of the dry ingredients and add the beaten egg mixture, stirring the mixture until the dough holds together. If it's not coming together easily, add the additional tablespoon of ice water.
- Gather the dough into a ball and roll the dough on a lightly floured surface, adding additional flour only as necessary to keep the dough from sticking to the counter.
- Once the dough is large enough so that it will cover the bottom of the pan and go up the sides, roll the dough around the rolling pin then unroll it over the tart pan. "Dock" the bottom of the pastry firmly with your fingertips a few times, pressing in to make indentations.
- If making a freestyle tart, simply transfer the dough to a prepared baking sheet; no need to make indentations with your fingers.
- Preheat the oven to 425°F (218°C).
- Spread an even layer of mustard over the bottom of the tart dough and let it sit a few minutes to dry out.
- Slice the tomatoes and arrange them over the mustard in a single, even layer. Drizzle the olive oil over the top.
- Sprinkle with some chopped fresh herbs, then arrange the slices of goat cheese on top. Add some more fresh herbs, then drizzle with some honey, if using.
- (If baking a free-form tart, gather the edges when you're done, to envelope the filling.)
- Bake the tart for 30 minutes or so, until the dough is cooked, the tomatoes are tender, and the cheese on top is nicely browned. Depending on the heat of your oven, if the cheese doesn't brown as much as you'd like it, you might want to pass it under the broiler until it's just right.

HINT: You can use puff pastry dough to form the dough for this French tart.

Our Lady of Knock Oaty Apple Crumble

Ingredients:

For the crumble:

- 150g plain flour
- 150g jumbo oat flakes
- 175g light brown Sugar
- 200g cold butter, cut into pieces.
- Single Cream, to serve.

For the filling:

- 600g apple, cut into chunks.
- 1 tbsp plain flour
- 60g brown sugar
- Juice of 1/2 lemon

Direction:

- Preheat the oven to 190°C/375°F/Gas Mark 5. Place the flour, oat flakes, brown sugar and butter in a large bowl. Using your fingertips, rub all the ingredients together until it resembles chunky breadcrumbs.
- In a large baking tin, toss the apples with the flour, sugar and lemon juice until combined. Add the crumble mix on top of the filling and spread over the top until everything is evenly covered.
- Bake in the oven for 35–40 minutes or until the crumble topping is golden brown and the fruit is soft and bubbling beneath. Serve in generous portions with a drizzle of fresh cream.

St. Monica's Algerian Cocas

Algerian coca is a small turnover filled with frita, a mixture of bell peppers, tomatoes, and onions that are simmered in olive oil.

Ingredients

For the dough

- 5 cups flour
- 2 egg yolks
- ¾ cup olive oil
- ½ cup water (more or less depending on the quality of the flour)
- 1½ teaspoon salt

For the frita

- 2 green bell peppers seeded and diced.
- 2 red bell peppers seeded and diced.
- 1 onion (and/or 3 cloves garlic), chopped.
- 8 tomatoes, peeled and seeded.
- ¼ cup olive oil

For the decoration

- 2 egg yolks, beaten with 1 teaspoon of water.

Directions:

Dough

- Pour the flour into the bowl of the food processor. Make a well and add the olive oil and salt. Knead by gradually incorporating the water. Then, add each egg yolk while continuing to knead. If the dough is not homogeneous enough, add a little water and knead again for a few seconds. Let the dough rest in the fridge for an hour.

Frita

- Sauté the onions and/or garlic over low heat for a few minutes. Pour all the other ingredients into the frita.
- Simmer over low heat for about 1h30 or until the liquids are completely reduced.

Shaping

- Spread the dough with a rolling pin and cut circles using a cookie cutter of about 3 inches in diameter.
- Place 1 to 2 teaspoons of frita in the center of each circle of dough and shape semi-circle turnovers by folding the dough over. Seal by pressing with a fork or use a special turnover cookie cutter.
- Brush each turnover with the egg yolk wash. Bake for 20 to 30 minutes in a 350 F oven.

Egyptian Hawawshi in honor of St. Moses the Black

Ingredients

The Dough

- 5½ Cups AP Flour
- 1 Cup Oil
- 2 Cups Warm water
- ¼ Teaspoons Black pepper
- 1 Teaspoon Salt

Stuffing

- 2 Tomato
- 2 Green pepper
- 1 Onion
- 1 Carrot
- 1 stalk of Celery
- ¾ kilograms Chopped meat (beef)
- 1 Teaspoon Black pepper
- 1 Teaspoon Paprika
- 2 Teaspoons Salt
- 1 Teaspoon Beef Spice

Direction:

- Preheat the oven at 300 'F
- Add the flour, salt, black pepper, and oil together.
- Mix well.
- Add the warm water and mix well with your hand.
- divide the dough into 16 equal parts and let them rest.
- Start preparing the vegetables Cut tomatoes (2 big) with out seeds
- Cut the green pepper (2 big)
- Cut the onion (one big) and one big carrot and some chopped celery
- Add salt, black pepper, spices beef, and paprika to the beef
- Mix all chopped vegetables into the beef
- Divide the meat into 16 parts like the dough
- Put on the table some of the oil and a ball of dough
- roll out the dough as a circle
- Put the meatball in the middle
- Roll the meatball as a circle
- Close the dough on the meat
- Put it in the oven (300 F) for 15 to 20 min

Tortitas Santa Clara

Ingredients

- 1/2 cup water
- 1 cup icing sugar (125 g)
- 1/8 teaspoon baking soda
- 3 egg yolks
- 1 and 1/2 cup shortening (380 g)
- 6 cups flour
- 5 Sheets of waxed paper or brown paper

For the cookie dough:

- 1 lb. pumpkin seeds
- 1 tablespoon tequesquite or salt
- 2 and 1/2 cups sugar
- 1/2 cup water
- 1 cup milk

Directions:

- In a bowl, dissolve the baking soda and powdered sugar in 1/2 cup water; add butter and beat with a wooden spoon until you get a creamy texture. Stir in flour and mix well with your hands to form a paste.
- Place a sheet of waxed paper on a flat surface; sprinkle some flour over it and place over it a little bit of dough, cover with another sheet of paper, also covered with flour, and carefully press on the top sheet until the dough is a bit less thick than 1/2 inch.
- Remove the top waxed paper sheet, cut the dough with a 2 and 1/2" round cutter, and carefully detach it to place it on a baking sheet covered by a sheet of waxed paper. On the edge of each tortilla, place a strip of the same dough to form a small rim; use this strip of dough to mark the outer edge with a fork to make the typical design of these cookies.
- Let the uncooked dough for these cookies rest for 24 hours, then place in preheated oven at 400 °F and bake for 12 to 15 minutes or until cooked through. Let them cool down while we prepare the filling..
- To make the filling put the pumpkin seeds to soak the day before in two cups of water mixed with tequesquite or salt. The next day wash the seeds to remove the green flakes, dry with a cloth then grind to a powder with a mortar and pestle or coffee grinder.
- Cook the sugar in half a cup of water until it reaches the hard ball stage or 260 degrees, which can be recognized when putting a little drop of this syrup in a glass of cold water forming a ball with a hard consistency. Add the crushed pumpkin seeds, boil a little then remove from the heat and whisk. When the syrup has cooled down a bit add the milk; continue beating until cool and then spread this icing syrup over the cookies.

Family Faith Activities

Courtesy of LTP's At Home With the Word 2023.

August 6, 2023

Transfiguration of the Lord

◆ The description of the prophet Daniel's dream in the first reading has many vivid details, some of which are similar to those in the scene of Jesus' transfiguration described in the Gospel. How do you think Daniel's vision adds to the meaning of the Gospel? For you at this time, how does the transfiguration story strengthen your sense of who Jesus is?

◆ Although the second reading, taken from the Second Letter of Peter, was not actually written by Peter, it emphasizes the authority of an eyewitness account and its "prophetic message" about Jesus being the beloved of God. How would you interpret the very last

lines of that reading in terms of your own life right now—the lines urging us to “be attentive to [the message] . . . until day dawns in your hearts”?

◆ The reaction of the three apostles seems so true to life! Dazzled, distracted, overwhelmed, puzzled . . . there we all are, trying to grasp the glimpses God gives us of his Son’s glory. That glory will always be too great for us, but are you beginning to cultivate a greater awareness of Christ’s mystery around you?

◆ Perhaps you have already used the reflection technique of placing yourself in a Scripture story. But repeating the exercise with the same story at different moments of your life can be illuminating. Choose either Daniel’s dream vision or the transfiguration vision and place yourself somewhere in the scene—either as yourself or as one of the characters. Patiently watch the story unfold before your senses and see what insights arise.

◆ If possible, consider celebrating on or near the Feast of the Transfiguration with a sort of pilgrimage walk to a high vantage point— a mountain, hill, or even a high building. There’s something about an elevated perspective. If you can’t physically make the pilgrimage, find a picture of a hill or mountain. Reread the story, giving some thought also to what the apostle’s experience might have been on the way up and on the way down. We need both of those journeys. What will they be like for you this year?

◆ The transfiguration story is so dramatic and recognizable that it is often chosen to adorn the interiors of churches. Using books of illustrations from the library or doing an online search, make a survey of transfiguration images. You might find them done in paint, mosaic, or stained glass. See what new insights these depictions may reveal to you.

August 13, 2023

Nineteenth Sunday in Ordinary Time

◆ Elijah has fled to a cave to escape the wrath of Jezebel. Israel has forgotten the true faith, and he needs to defend that faith. How do the images in this story communicate his dilemma?

◆ In the psalm, we entreat God to let us see his kindness. Are you aware of God’s kindness in your life? Where do you see it? What might you do to become more aware of it?

◆ We are often caught by the wavering of Peter’s faith in the Gospel—and not the magnitude of faith he first exhibits as he steps out of the boat. What does this miraculous story tell people who have a long-time or deep relationship with Jesus? What does it say to you?

◆ The story of Elijah and Jezebel is vivid and intriguing. Read chapters 18 and 19 in 1 Kings this week for the full story.

◆ Have you ever tried to practice a form of contemplative prayer? Learn more about centering prayer or another practice designed to provide stillness in the midst of life’s storms and busyness.

◆ “Stepping out in faith” is often easier said than done. Reflect on your life right now. Is there something you would do or say if your faith were deeper? In prayer this week, ask God to be with you and to heal your fear.

August 20, 2023

Twentieth Sunday in Ordinary Time

◆ Jesus included all people in his vision of God’s kingdom. It’s important to remember that this message of radical inclusiveness has its beginnings long before Jesus. What is Isaiah saying here? What qualities must “foreigners” display to be among the Lord’s people? What is their reward?

◆ Paul is not entirely happy that his own people, the people to whom Jesus came, the Jews, do not fully accept him. Still, he exalts in God’s mercy and recognizes that God’s covenant with Israel is irrevocable. How do you understand this?

◆ The interactions that Jesus has with women during his ministry are truly remarkable. Here, he encounters a Canaanite woman who pleads for healing for her child. What do you make of her repartee with Jesus? What lessons does it offer you personally?

◆ Although Paul was a Jew, he had remarkable success carrying the message of Jesus Christ to the Gentiles. Find out more about Paul’s missions. Turn to your study Bible for a map of his travels.

◆ While our faith communities strive to be inclusive, we can sometimes act like exclusive clubs. How well does your parish welcome those who are different from the dominant group? In what ways do you reach out to people who are not like you? Write your responses in your journal.

August 27, 2023

Twenty-First Sunday in Ordinary Time

◆ In the reading from Isaiah, we see poetic parallels that will be echoed in the Gospel. What are they? What do they communicate?

◆ Paul reminds the Romans that they can never fully understand the mystery of God. In what ways is this reading a hymn of praise?

◆ In this reading, the powerful symbol of authority—keys—are entrusted to Peter, who is the “rock” upon which the Church will be built. Peter is, in many ways, among the most human and frail figures in the Gospel accounts, and yet he is also among the most faithful. What role does Peter play? Who are the successors of Peter and the apostles?

◆ This week, incorporate today’s responsorial psalm into your daily prayer. Try memorizing the refrain and repeating it throughout each day. At the end of the week, reflect on how that practice has affected you.

- ◆ Read chapter 11 of the Book of Job and compare it with Paul's observations.
- ◆ "Who do you say I am?" is a question that is well posed to all believers. What do you think of Peter's response? What would your response be? Try answering Jesus' question in a story or a poem.



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