

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

SEPTEMBER 2023 VOLUME 2 #10
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

- Sept 3 Joint Service with First UCC – **10 AM NOTE TIME CHANGE**
Followed by End of Summer Salad & Dessert Luncheon.
No 12:30 Service
- Sept 6 At Home with the Word Lectionary Discussion Group 7 PM
- Sept 10 Divine Worship 23 Sunday of the Christian Year 12:30 PM
Intention: Victims and First Responders of September 11
- Sept 11 Seminary Class 7 PM
- Sept 13 At Home with the Word Lectionary Discussion Group 7 PM
- Sept 14 Divine Worship Solemnity of the Triumph of the Cross 6:30 PM
Intention: Available
- Sept 17 Divine Worship – 24th Sunday of the Christian Year 12:30 PM
Intention: Available
- Sept 18 Seminary Class 7 PM
- Sept 20 At Home with the Word Lectionary Discussion Group 7 PM
- Sept 21 Divine Worship Feast of Saint Matthew the Evangelist 6:30 PM
Intention: Available
- Sept 24 Divine Worship 25th Sunday of the Christian Year 12:30 PM
Intention: Available
- Sept 25 Seminary Classes 7 PM
- Sept 27 At Home with the Word Lectionary Discussion Group 7 PM
- Sept 29 Divine Worship Feast of Sts Michael, Gabriel, and Raphael Archangels 6:30 PM
Intention: Available

SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 8/28/2023

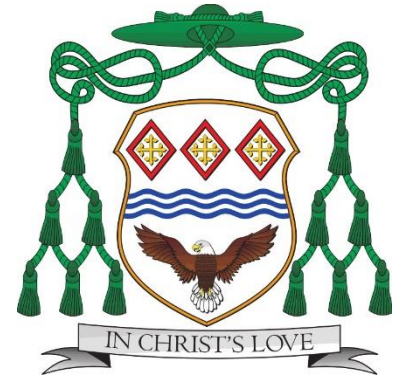
Total Income Year to Date: \$ 6350.30. Total Expenditures Year to Date: \$ 5826.20
Difference +524.10. Balance on hand: \$ 1813.35.

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

Growing up in Pennsylvania, Labor Day brought Summer Vacation to an end. Swimming and hiking through the Allegheny Mountains around my grandparents' cabin were replaced by school. Of course schools here in Florida began in mid-August. We pray for a good academic year for all students and a blessing upon their teachers who labor to educate them under the draconian legislation imposed by the State of Florida.



That Labor Day holiday is much more than a day off. It's a reminder of the men and women who have stood up for decent wages, insurance, paid sick time, the 40-hour week, and other benefits we take for granted. These Union Workers faced hostile employers who even shot those picketing. In St. Mary's Cemetery in Homestead, Pennsylvania, where my Great-grandparents are buried, a memorial honors the men shot and killed in what is variously called The Homestead Massacre or the Battle of Homestead from July 1 - 6, 1892. The Unionized Workers defeated the Steel Company's hired thugs. They stood up to big business to demand a better life.

Pro-life has come to stand for the antiabortion movement. Pro-life means dignity for all people from conception to death. Our legislatures in various states are quick to protect a fetus, but then don't want to assist that child with needed services as they grow, are educated, enter the workforce, and contribute to society. Slowly workers' rights are being stripped away. It is up to us to carry the Gospel message to all and stand up for the dignity to which all people are entitled.

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 5. To donate a crockpot or volunteer to conduct a class contact Dennis Last at 321-388-1572.

Community Potluck and A Movie

Abiding Presence is partnering with First UCC Orlando to hold a monthly potluck and a movie night. Our first ever outreach to the general community will be on Friday, September 15, 2023. Potluck is at 6 PM followed by a movie someplace between 6:45 and 7 pm in Crismon Hall. This month we will be viewing “The Book of Daniel.”

There is no charge to participate. Simply bring a dish to share based on your last name and the following schedule:

A-F: Appetizer/Salad

G-L: Main Dish

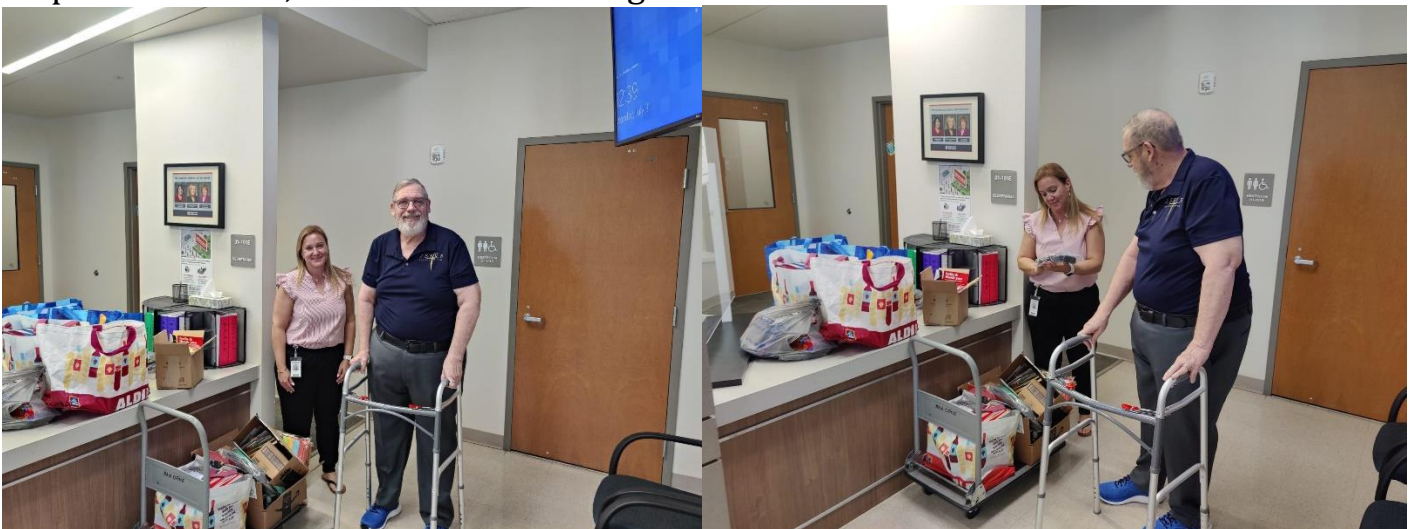
M-S: Side Dish

T-Z: Dessert

Be sure to label your dish and serving utensil with your name. Additional information will be sent in an email next week. Invite your friends so they can meet us and the good people of First UCC.

School Supplies Delivered

As you might have seen on our Facebook Group page, your donations of school supplies were dropped off by Bishop Cavins and Klaus Stodtmann, on July 31, 2023. Ms. Jessica Nunez and Ms. Ana Zumztein received the materials on behalf of the principal, Dr. Stephanie Osborn, who was in a meeting.



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

Father? Brother? Sister? Mother? I thought this was church not my family home.

First, we look to Jesus's teaching found in the Gospel of St. Matthew, where He said, "Do not call anyone on earth your father. Only One is your Father, the One in heaven". Taken literally, we would have to wonder why we use the title "Father" when Jesus seems to forbid it. First, we must remember the context of the passage. Jesus is addressing the hypocrisy of the scribes and the Pharisees — the learned religious leaders of Judaism. Basically, the scribes and the Pharisees had forgotten that they were called to serve the Lord and those entrusted to their care with humility and a generous spirit.

Given that context, Jesus says not to call anyone on earth by the title "Rabbi," "Father," or "teacher," in the sense of arrogating to oneself an authority that rests with God and of forgetting the responsibility of the title. No one must ever take the place or usurp the privileges and respect that belong to the heavenly Father.

We call those who instruct us and others, "teachers"; our male parents, "father"; and Jewish religious leaders, "rabbis." Especially in a religious sense, those who serve the Lord and represent His authority, as teachers and parents. Priests especially must be mindful of exercising their authority diligently, humbly, and courageously. To use this authority for self-aggrandizement is pure hypocrisy. Jesus said at the end of this passage, "Whoever exalts himself shall be humbled, but whoever humbles himself shall be exalted."

Since the earliest times of our Church, we have used the title “Father” for religious leaders. Bishops, who are the shepherds of the local Church community and the authentic teachers of the faith, were given the title “Father.” Until about the year 400, a bishop was called “father” (“papa”); this title was then restricted solely to addressing the Bishop of Rome, the successor of St. Peter, and in English was rendered “pope.” In an early form of his rule, St. Benedict (d. c. 547) designated the title to spiritual confessors since they were the guardians of souls. Moreover, the word “abbot,” denoting the leader in the faith of the monastic community, is derived from the word abba, the Aramaic Hebrew word father, but in the very familiar sense of “daddy.” Later, in the Middle Ages, the term “father” was used to address the mendicant friars — like the Franciscans and Dominicans — since by their preaching, teaching, and charitable works they cared for the spiritual and physical needs of all of God’s children. In more modern times, the heads of male religious communities or even those who participate in ecumenical councils, such as Vatican II, are given the title “father.” In the English-speaking world, addressing all priests as “Father” has become customary.

As a priest, “Father” reminds me that I am entrusted with a grave responsibility by our Lord — His faithful people. Just as a father must nourish, instruct, challenge, correct, forgive, listen and sustain his children, so must a priest do so for his spiritual children. The priest must especially meet the spiritual needs of those entrusted to his care, providing them with the nourishment of our Lord through the sacraments. As a father listens to his child, so must a priest listen to his spiritual children, providing counsel and consolation. A priest must also be mindful of the “physical” needs of his flock — food, housing, clothing, and education. All of us must pray for our priests, especially those who serve in our own parishes and those newly ordained for our diocese, that by God’s grace they may strive to fulfill the responsibility of being “Father.”

Diaconal Reflections on the Saints by Deacon Chris Larsen

Saint Nektarios of Aegina



As Christians, we know that we are going to be ridiculed for our faith. We see this all the time in the media. Christians are being persecuted because of what a few rogue pastors or church leaders think of their own lives and make decrees condemning other faiths or their own people. Even though these happen, we are called to hold our heads up high and ask the Lord to be with us in these times of trouble. We may feel that everything is piling up on us and there is no way out. Sometimes (more than not), we tend to blend in with society because it is easier than taking the heat. One man, however, did not take this path. He had everything thrown right at him and still, he lived in prayer and charity even to the point of death. St Nektarios of Aegina was his name.

St. Nektarios was born Anastasios Kephalas on October 1, 1846, in a small Thracian town of Selybria in modern-day Turkey (Türkiye). He was from a poor family. When he was 14, it was decided that he would move to Constantinople (Istanbul) to finish his education. On his way there, he didn't have money to ride the ferry. The skipper rudely told him that no one rides for free. As he was pulling out, the boat stopped and would not start. He then had a change of heart and let the young Anastasios on the boat. As soon as he did this, the boat started without a problem. Some believe this was a miracle attributed to Nektarios.

When he turned 20, Nektarios moved to the island of Chios, where he taught school. In addition to being a teacher, he became a monk at the monastery there. In an unusual case, because of his zeal for God, he became a deacon in three years.

His pamphlets and writings so intrigued the Patriarch of Alexandria, that he was invited to study and became a priest in Cairo where he was so humble, that he was often known to give his pay to the poor.

He was made the bishop of Pentapolis in Cyrenaica (modern Libya). There he was very popular among the laity. After serving a year as Bishop in Cairo, the rest of the bishops were showing jealousy because of Nektarios' popularity. They forged a case to have him removed. They alleged that he was seeking to usurp the Patriarchate from Sophonias. The Patriarch believed the council of bishops and had Nektarios removed without any

kind of explanation. Bishop Nektarios wrote and asked to see the Patriarch, to ask what he had done to deserve this. He was refused each time.

He was returned to Greece where he lived for a while as a homeless bishop. However, through it all he remained pious, praying alone and in silence. He was constantly asking God, what was the great sin that he had committed. He always ended saying, "Let it be not my will, Lord, but your will be done." All he asked of the other bishops in Greece was to have a parish of his own. He still had the incident in Egypt to hold him back. At first, even the laity, jeered at him while he was celebrating liturgy.

He did run into some luck with the influence of former parishioners in Egypt, They were able to convince the Patriarchate of Constantinople to give him a position at the Ecclesial school in Athens, where he spent 15 years preparing men for the priesthood. There was an incident where two students were fighting, Instead of punishing them, he put himself on a hunger strike for three days. He also warned them that if they did not forgive each other within those three days, he would add a day to his hunger strike. They forgave each other in a day.

After 15 years at Rizarios Ecclesiastical School, he resigned to start a convent at the request of young ladies who wanted to serve as nuns. They were granted a rundown monastery on the island of Aegina. There he continued to preach, write, and give spiritual insight to anyone who would see him.

There was an incident where a mother on the island didn't take kindly to her daughter leaving home to stay at the convent. She went to fetch the daughter and when Nektarios told her she was at peace there, she went to the archbishop and fabricated a rumor that Nektarios was impregnating the girls. The bishop went and chastised him for a good two hours. All the while Nektarios said nothing and continued in silent prayer. When the police came and checked the girls, they were still virgins, and the rumor was quashed. In all this, however, Nektarios was in silent prayer and did not utter a word.

Nektarios lived the rest of his days in pain with prostate infections, but not a whimper was heard. When he passed away in 1920, his roommate in the hospital who was paralyzed from the neck down, suddenly began to walk. This was the result of the man asking Nektarios to pray for him and his family.

More miracles were attributed to him after he was buried. According to tradition, his corpse was taken out of the grave to transfer him to a crypt. His body was untouched, and a sweet smell of roses came from it. Even the roses they buried him with were fresh.

Nektarios of Aegina was made a saint by the Patriarchate of Constantinople in 1969. His feast day is November 9.

What should we learn from this Saint's life? We are to be humble in everything we do. Everything was thrown at him, but he took it in stride and remained in silent prayer. We are told time and again, to live according to God's will. It is very difficult, however, in this society. We are so busy and so preoccupied with world events, that we forget who is really in control of our lives. God! Let us be like Nektarios and be in silent prayer when things are thrown at us.

Troparion To St. Nektarios

The offspring of Selybria and the guardian of Aegina, the true friend of virtue who appeared in the last years. O Nektarios, we faithful honor you as a Godly servant of Christ. For you pour out healings of every kind for those who piously cry out, glory to Christ Who has glorified you, glory to Him Who has made you wondrous, glory to Him Who works healings for all through you.

Family Faith Activities

Courtesy of LTP's [At Home With the Word 2023](#).

September 3, 2023

Twenty-Second Sunday in Ordinary Time

- ◆ In many ways, Jeremiah is tortured by his mission. He has been sent by God "To uproot and to tear down, to destroy and to demolish, to build and to plant" (Jeremiah 1:10). He loved his people but was considered a traitor by them as he pursued his mission. In light of this, what is your reaction to the passage we hear this week?
- ◆ Paul challenges people to be transformed through the renewal of their minds. What does he mean by this? Is this message still relevant? How? Why is this task critical for faithful followers of Jesus?
- ◆ Peter has just been called a rock; now Jesus chastises him and calls him "Satan." Do you understand Peter's horror? What is your reaction to Jesus' admonition? What strengthens you to carry your cross?
- ◆ Using a study Bible, the public library, or the internet, find out more about the role of the prophets in ancient Israel. Consider how what you learn affects your interpretation of today's first reading.

◆ What are the forces in this era that impede us from following Jesus? Make a list. Are you gripped by some of these more than others? How might you achieve “renewal of your mind” in addressing them?

◆ Sometimes it is easy to forget that following Jesus involves taking up crosses in life. What have your crosses been? What does it mean to carry a cross? Can those who follow Jesus avoid suffering? Write your thoughts in your journal.

September 10, 2023

Twenty-Third Sunday in Ordinary Time

◆ Ezekiel is given harsh orders: If he does not warn Israel of the ways in which they are straying from God, he will be held accountable. What is your response to this? Is it fair that Ezekiel is responsible for the sins of others if he doesn't speak? Why or why not?

◆ Paul affirms that love is the fulfillment of the law. The idea of loving one's neighbor as oneself appears in Leviticus; it is not a new notion. However, Jesus expands the idea of neighbor. Who is the “neighbor” in Paul's time? Who is a “neighbor” for you?

◆ Jesus exhorts the community to honest and healing conversation. This can be accomplished because their relationships are grounded in love for one another. Have you seen honest feedback given in your faith community? Do people (including ourselves) nurse grudges or resentments? Is there any place in your life where this process could be applied?

◆ Being responsible for others is a key theme this Sunday. Ezekiel is charged with speaking the truth to Israel in the period of their captivity in Babylon. By speaking for God, he may not save others, but God says he will save himself. Are we to be prophetic in calling attention to wrongdoing? How might that be done? Would God hold us to the same standard? Why or why not? Discuss with a friend or write in your journal.

◆ As a spiritual practice this week, when someone jars you or their opinions offend, recite the words “my neighbor” silently to yourself.

◆ What do you make of the final paragraph of the Gospel? Why is an agreement between two people in prayer the ideal? Have you ever had a sense of the presence of Jesus when you are gathered with only a few people in his name? What was that experience like? Find a time this week to pray with two or three gathered in his name.

September 17, 2023

Twenty-Fourth Sunday in Ordinary Time

◆ In his warnings against vengeance and his teaching about mercy, the author of the first reading has an artful way of talking about how sinners “hug” wrath and anger tight. When

have we allowed ourselves to “cherish wrath”? How does that powerful syndrome work, and would the author’s advice help us avoid it?

◆ Paul’s words can seem perplexing since we humans are so used to thinking that matters of our life and death are supremely important. Yet here Paul says that as disciples we belong to Christ whether we live or die. What would motivate Christ to put himself through so much so that he could claim us on both sides of the grave? What sort of love could that be?

◆ What purpose does the conversation between Peter and Jesus serve at the beginning of the Gospel? What do we learn from that short conversation and how do you think it prompts the story that follows?

◆ Spend some time reflecting on or discussing with a friend the contrast between the responsorial psalm and the Gospel parable. Both teach valuable lessons about the workings of justice and mercy, but in different ways. How would you explain the difference, and in your view which one presents the more faithful portrait of God?

◆ To appreciate how the second reading fits into Paul’s larger argument about how Christ wants us to live charitably in community, read all twenty-three verses of chapter 14 of the Letter to the Romans. In reflecting on Paul’s teaching, can you feel yourself leaning toward a fuller love of neighbor that sees the big picture in lieu of dwelling on the annoying details of relationships, or does Paul’s model seem too lofty and unrealistic?

◆ Alone or with some friends, spend some time in a close reading of today’s Gospel. Make some notes as you try to notice the psychology of Jesus’ masterful teaching parable—how he sets us up to empathize with the unforgiving servant in the beginning, how we are outraged when the reversal comes in the second part, and how the king metes out chilling justice. Try to notice all the details that help the story make its point without the teacher seeming to preach about it. Who blows the whistle on the unforgiving servant? What significance do you think that has for this teaching?

September 24, 2023

Twenty-Fifth Sunday in Ordinary Time

◆ The reading from Isaiah is part of an uplifting chapter filled with the promises of God. What is your response to the assertion that God’s ways are not our ways?

◆ The tension between what we are called to in life and the promise of our eternal reward is captured poignantly by Paul. What are the tensions he identifies?

◆ The compelling story of the landowner and the laborers is designed to jar us, just as it jarred the listeners of Jesus’ day. What can we learn about the qualities of God from this story?

◆ How exactly does one search for God? When have you ever searched for God?

Are you searching for God now? Where? How? Write about your search in your journal.

◆ Do you know someone who is nearing the end of life who may be caught in the tensions Paul expresses? If so, reach out to that person this week.

◆ So often, we make decisions about who is “in” and who is “out,” and we justify them with good evidence. Can you think of any times you have done this? Who are the people society judges as “in” or “out,” or that your church community judges “in” or “out”? Take action on behalf of an outsider this week.

Spectacular September Saints

The month of September 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 Teresa of Calcutta on September 5. The French Saint Cloud is marked on September 7. Our first Marian feast is of the Birth of Mary on September 8. She is followed by Saint Peter Claver on September 9. Saint John Chrysostom is memorialized September 13. On the 14 we celebrate the Triumph of the Cross. Our Lady of Sorrows is remembered on September 15 followed by Saints Cornelius and Cyprian on September 16. On September 17 we recall Saint Hildegarde of Bergen. Following her we have St. Janarius on September 19, patron of Naples. September 20, we remember the group of martyrs Saints Andrew Kim Taegen, Paul Chong Hasang, and Companions. Saint Matthew the Evangelist will be celebrated on September 21. Saint Pio is September 23. Saints Cosmos and Damian as well as Saint Isaac Jogues are celebrated on September 26. Saint Vincent DePaul will be remembered on September 27. On the 28th of September, we recall Saints Wenceslaus, Lawrence Ruiz, and Companions. Saints Michael, Gabriel, and Raphael will be marked on September 29. We end the month with Saint Jerome.

September Recipes

Mother Teresa's Crock Pot Pineapple Curry Chicken

Ingredients:

4-5 boneless, skinless chicken breasts (or as many as your family needs)
2 white or sweet onions, halved and thinly sliced
1 tablespoon of the jarred minced garlic
1 teaspoon of ground ginger
2 tablespoons curry powder
1 teaspoon ground coriander
1 teaspoon ground cumin
Coarse salt
1 steam package bag of peas
1 can of pineapple chunks in its own unsweetened juice
1 can unsweetened coconut milk
1/2 cup toasted cashews or peanuts (*I actually didn't use these, but I imagine they would be delicious*)
large package of yellow saffron rice (*prepare as directed on the package*)

Directions:

In a 5-quart slow cooker, toss chicken, onion, pineapples and juice, garlic, ginger, curry powder, coriander, and cumin to coat. Season with 2 teaspoons salt. Cover, cook until chicken is fork-tender, about 4 hours on high or 6-8 hours on low (do not uncover while cooking).

Microwave steam bag of peas as directed on package. Stir in coconut milk and peas; cover, cook until heated through, about 20 minutes.

Transfer chicken to a large bowl; shred with fork. Return to pot; toss with sauce.

Prepare yellow saffron rice per package instructions.

To serve, spoon rice onto the serving dish. Spoon chicken and sauce mixture on top of rice. Garnish with 1/2 cup toasted cashews or peanuts if desired.

Kalbscoteletten à la Saint Cloud (Veal Cutlets St. Cloud)

For the veal cutlets

- 8 veal cutlets, about 5 ounces each
- salt and pepper to taste
- 4 tablespoons butter
- 8 bacon strips

Directions

Tenderize the veal cutlets by pounding them thin with a meat hammer. Season with salt and pepper. In a skillet, melt the butter and brown each side of the veal cutlets but do not cook through. Transfer to a baking dish and top with a bacon strip. Make the gravy.

For the gravy

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup chicken stock
- salt and pepper to taste
- 2 tablespoons sherry

Directions

In the same skillet where the veal cutlets were browned, melt the butter. Stir in the flour. Pour in the chicken stock, scraping the brown bits from the sides. Keep stirring until thick. Season with salt and pepper.

Mix in the sherry. Pour the gravy over the veal cutlets. Bake in a preheated oven at 350 degrees F for 20-25 minutes or until the veal cutlets are cooked through yet tender. Serve the veal cutlets immediately with a side of rice or potatoes, spooning the gravy over them.

Mary's Birthday Party Mix

This snack mix is totally addicting. It occurred to me that this could be a good little addition to any Marian feast: the berries symbolize her fruitfulness, the white chips her sinlessness, the honey roasted peanuts--well, honey has many connotations for the Christian faith, including the virginity of Mary, virtue and the sweetness of God's love.

These are suggested amounts. One can mix more or less. Some just mix it up in a little canister by eyeing the layers and shaking it up. Here's an estimate: you might want to play with it a little.

5 oz (about 1 c) dried mixed berries
3 oz (about 1/2 c) dried blueberries
1 1/2 c honey-roasted peanuts
1 c white chocolate chips

Exaltation of the Cross Monkey Bread

One family has a tradition of eating monkey bread, sweet, gooey and delicious, on Easter morning. Usually made in a Bundt cake pan, it can be made in a cross-shaped pan to honor Jesus' sacrifice for us on the cross.

Ingredients:

- 4 packages of standard-size biscuits
- 2 cups sugar
- 1/2 cup brown sugar
- 4 tablespoons cinnamon
- 2 sticks of margarine

Directions:

Preheat oven to 350 degrees. Cut each biscuit into four quarters. Mix all dry ingredients above in a bowl.

Spray the surface of the cross cake pan with nonstick cooking spray. Dip each individual biscuit quarter into the cinnamon sugar mixture and then into the cake pan.

Pour half of the remaining sugar mixture evenly over the biscuits. Melt margarine in the microwave and pour all of it evenly over the biscuits.

Then pour the remaining sugar mixture over the biscuits, especially in pools of melted butter. Place the cake pan on a foil-covered cookie sheet because it will spill over and be messy. Bake for 35-40 minutes depending on your oven. We like our monkey bread a little undercooked so we cooked it in that range. If you like it really cooked or even a little crispy, then maybe cook for between 40-45 minutes. Immediately after taking it out of the oven, carefully flip the cake pan onto the platter and let stand until cool enough to eat.

If you want to make it in the traditional circle Bundt cake pan, follow the same recipe as above but only cook it for 30 minutes and you don't need the cookie sheet under the cake pan. One idea for being creative with the circle monkey bread would be to put toothpicks in it and have it resemble a crown of thorns. This would be more appropriate earlier in Holy Week. Another idea on Easter Sunday would be to put a white candle in the center symbolizing Christ being the light of the world.

Hildegardplätzchen (St. Hildegard Spice Cookies)

Bakers may appreciate St. Hildegard of Bingen, a 12th century German saint who wrote her own cookbook. The multi-talented nun believed in the holistic and natural approach to healing. Her recipes often include organic ingredients, such as spelt and spices. Below is an adaptation of her spice cookies which she believed would improve one's outlook in life.

Ingredients

- ½ cup (1 stick) butter
- ¾ cup sugar (granulated white or brown)
- 2 eggs
- 3 ½ cup flour
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- ½ teaspoon ground cloves

Directions

In a large mixing bowl, cream together the butter and sugar. Beat in the eggs. In a separate bowl, combine the flour, baking powder, cinnamon, nutmeg, and ground cloves.

Gradually add the flour mixture and blend until a soft dough is formed. Add a little water if it is too dry. Make it into a ball and flatten it into a disc. Roll out into about ¼-inch thick and cut out 3-inch circles. Place on a cookie sheet.

Bake in a preheated oven at 350 degrees F for 12-15 minutes or until golden. Remove from the oven and transfer to a wire rack to cool completely. Yield: Approximately 3 dozen cookies.

Notes

- A mixture of all-purpose and spelt flours may be used in this recipe. St. Hildegard advocated the use of spelt over other wheat-based flours because the former is easier to digest and contains more protein.

The Blood of Saint Janarius

For the feast of St Janarius consider making some lovely berry drinks, in remembrance of the miracle of his blood liquifying.

Ingredients

3 cups of apple juice
1 cup of frozen blueberries
1 cup of frozen raspberries

Directions:

Mix in the blender, for a very healthy and tasty drink - cheers to St Janarius!

Saint Andrew Kim - Korean Pork Bulgogi (less spicy version)

The most fun thing about Bulgogi is the way it's eaten. Once you prepare the meat from the recipe below you'll need the following for each serving:

To Serve per serving:

- 1 leaf Romaine lettuce (or any large green leaf lettuce other than the iceberg), with the hardcore cut out
- 1 clove of fresh garlic (I usually halve or quarter them, depending on the size)
- 1 (1/2" or so) piece of green pepper
- 1-2 T boiled white rice
- a few pieces of prepared Bulgogi
- Yangnyum Kangang Sauce (spicy and delicious -- recipe follows!), to taste, as a seasoning or for dipping

Directions:

Place everything in a small mound on the bottom third of the lettuce leaf, being careful not to overstuff. Wrap and roll the lettuce leaf into a small package – sort of like a 2-3" soft taco. If you can, pop the whole thing into your mouth for full flavor.

Easy Pork Bulgogi

Ingredients

- 2 lb boneless pork tenderloin, sliced thinly as for stir fry
- 3-4 T Hot Chili Garlic Sauce (Sun Luck brand is the only kind our grocery sells, and the closest thing to chili paste that I could find)
- 3 t cooking oil
- 1/2 to 1 t finely chopped ginger (we use jarred, but fresh is great)
- 1-2 T honey
- 2-4 T low-salt soy sauce

(One cook usually doubles the marinade recipe above, and uses it as described in the instructions below.)

Directions:

Mix all ingredients except pork in a small bowl—go easy on each ingredient so you can adjust the flavor to taste (more honey if it seems too salty; more soy if it seems too sweet, more heat from the chili garlic sauce, etc. I've found that the heat increases in cooking, so keep that in mind, too.) Add the pork, being sure to coat the pieces evenly; allow to marinate for about 15 minutes or so (you can marinate it much longer, even overnight, if you want—we usually don't).

Cook in a single layer over a grill (on foil, or a very narrow grill grid), in a frying pan, over medium-high heat, or under the broiler. Caramelization is key, but you don't want to burn it! It should only take a few minutes per side. When all the meat is cooked, bring the remaining sauce to a full boil in a saucepan, and continue to boil for *at least* one full minute; toss with the cooked meat and serve.

Yangnyum Kangang Sauce

Ingredients:

- 1/4 c low-salt soy sauce
- 2 T water
- 1 T rice wine vinegar
- 2 t hot chili garlic sauce
- 1-1/2 t toasted sesame seeds, ground

Directions:

Mix all ingredients together. You can divide the sauce among several small individual dishes or pass to serve (American style). We usually spoon a small amount over the filling before wrapping the lettuce, but you could dip the finished wrap into the sauce.

Feast of Padre Pio Spicy Italian Sausage & Pepper Farfalle

Ingredients:

- 1 pound mild Italian (ground or in links, but remove casings and crumble)
- 1 box Barilla Farfalle Pasta (bow tie)
- 2 Bell Peppers, one red and one green
- 1 Shallot diced
- 2 tablespoons olive oil (I use more when needed)
- 5 plum tomatoes (use roma, usually cheaper)
- 1 cup beef broth
- 1 cup parmesan cheese (grated but the real cheese, not the kind in the can)

Directions:

- First, dribble just a bit of olive oil into the pan and brown the sausage. (Adding more olive oil if the pan is getting too dry)
- Place a paper towel on a plate and spoon out the sausage onto the plate, being sure the leave some oil and drippings in the pan.
- Keep the oven warm and put the sausage in the oven to stay warm while preparing the rest.
- Start the water for pasta and prepare as directed on the box.
- Keep the pan of cooked sausage on low and add the veggies in.
- Place the chopped peppers in first and cook over medium heat for about 5-7 minutes then add the shallots and cook for about 5 more minutes. Add more olive oil as needed.
- When veggies are tender, add the sausage back to the pan on low to med, just to mix and warm.
- Then add the beef broth.
- Add the tomatoes that are diced.
- Cook for an additional 5-7 minutes on med.
- Drain the pasta and put in a very large bowl and toss using a few drizzles of olive oil until pasta is evenly coated.
- Add all of the sausage mixture and 1/2 cup parm cheese and stir melting the cheese.
- Serve with just salad and garlic bread.

St. Isaac Jogues - Huron Indian Blueberry Crunch Cake

Prep Time: 10 min. | Cook Time: 35-45 min. | Difficulty: Easy | Servings: 8-12

Ingredients:

- 3/4 cup butter
- 1 (20-ounce) can of crushed pineapple, with juice
- 1 (20-ounce) can blueberry pie filling
- 1 box gluten-free yellow cake mix.

Directions:

- Pre-heat oven to 350 degrees
- Butter a 9x13 casserole dish
- Pour the pineapple with juice in the casserole dish.
- Evenly spread the blueberry filling over the pineapples
- Cover with dry yellow cake mix.
- Drizzle with melted butter over the cake layer
- Bake for 35 to 45 minutes at 350 degrees.

St. Vincent de Paul, Poor Man's Caviar

Ingredients:

- 1/2 onion, chopped.
- 1 green bell pepper, chopped.
- 1 bunch green onions, chopped.
- 2 jalapeno peppers, chopped.
- 1 tablespoon minced garlic
- 1 pint cherry tomatoes, quartered.
- 1/4 cup olive oil
- 1 (15 ounce) can black beans, drained
- 1 (15 ounce) can black-eyed peas, drained
- 1 bunch chopped, fresh cilantro.
- salt and pepper to taste.

Directions:

- In a large bowl, mix together onion, green bell pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, olive oil, black beans, black-eyed peas, and salt and pepper.
- Cover and chill in the refrigerator for approximately 2 hours.
- Toss with the desired amount of fresh cilantro to serve.

Apple Cake with Carmel Glaze for Michaelmas

For Cake:

- 1 cup cooking oil
- 2 cups sugar
- 3 cups flour
- 2 eggs, beaten.
- 1 tsp baking soda
- 2 tsp vanilla
- 1/2 tsp salt
- 1 cup chopped walnuts.
- 3-5 cups peeled and chopped fresh apples.

Directions:

Combine the oil and sugar. Add well-beaten eggs and vanilla. Sift together flour, salt, and baking soda, then add dry ingredients to the sugar mixture. Stir in chopped walnuts and apples. Pour into Bundt pan and bake at 325 until done about 65 minutes.

For Glaze:

- 1 cup brown sugar
- 1/2 cup butter
- 1 tsp vanilla
- 1/4 cup cream

Directions:

Place butter and sugar in a double boiler and allow it to melt, blending well. Add cream and bring to a boil. Cool, then add vanilla. Pour over cooled cake.