

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*

OCTOBER 2023 VOLUME 2 #11
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*



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

- Oct 1 Divine Worship 26th Sunday of the Christian Year 12:30 PM
Intention: Success of the RCC Synod
- Oct 2 Seminary Class 7 PM
- Oct 4 Blessing of Animals 12 PM
At Home with the Word Lectionary Discussion Group 7 PM
- Oct 6 Reformed Catholic Synod – Las Vegas, NV Convenes
- Oct 8 Reformed Catholic Synod - Adjourns
*SCAB 27th Sunday of the Christian Year 12:30 PM
Intention:
- Oct 11 Divine Worship Diocesan Patronal Feast St John XXIII 6:30 PM
Intention: Available
- Oct 14 Doorhanger Canvas 9:00 Meet in Church Parking Lot
- Oct 15 Divine Worship – 28th Sunday of the Christian Year 12:30 PM
Intention: Happy Birthday Nathan Cavins
- Oct 16 Crock Pot Nutrition Class 10 AM – Dedicated Senior Medical Center
690 S. Goldenrod Rd, Orlando
Seminary Class 7 PM
- Oct 18 At Home with the Word Lectionary Discussion Group 7 PM
- Oct 19 Crock Pot Nutrition Class 9 AM – Bithlo/Christmas Community Center
18510 Madison Ct., Bithlo
- Oct 20 Potluck and a Movie 6 – 9 PM Crismon Hall
- Oct 22 Divine Worship 29th Sunday of the Christian Year 12:30 PM
Intention: Available
- Oct 23 Seminary Classes 7 PM
- Oct 24 At Home with the Word Lectionary Discussion Group 7 PM
- Oct 25 At Home with the Word Lectionary Discussion Scripture Study
- Oct 27 Potluck & A Movie – Crismon Hall Door open at 6 Dinner at 6:30 pm
Halloween Treats for kids in costume and Prizes for best Adult and Best Couple Costume.

*SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 9/29/2023

Total Income Year to Date: \$ 7,795.30. Total Expenditures Year to Date: \$ 7,330.30
Difference +518.02. Balance on hand: \$ 1754.25

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

It is hard for one to believe that October is here already. Were we not just celebrating Labor Day and starting school! Yet here we are and Autumn is officially with us. I noted earlier today on my walk that the Robellini palm fronds were tinged yellow and orange so clearly it is autumn in Florida!

Some of us may be turning our thoughts to pumpkin spice and planning for Thanksgiving and Christmas. However, may I suggest that we do a little self-introspection as we begin to bring this year to a close?

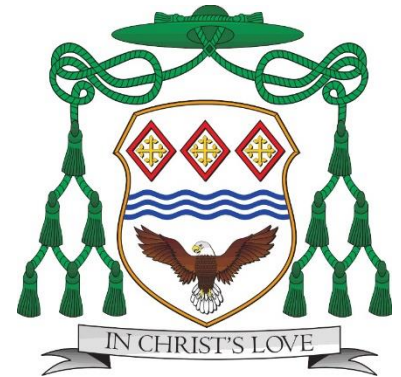
Our parish's motto and mission statement is "Making God's Love Known in Central Florida. Perhaps we should consider asking what we have done as individuals for others in Christ's name. Have we taken time to listen to what others are saying? Have we heard the voices of those in need? How have we built up the Body of Christ? Have we individually prayed for others? Have we donated to the church and other worthy charities? Have we volunteered to help? Have we invited others to church? Have we participated in growing our own faith? Are we taking part in Breaking Open the Word on Wednesdays? Do we participate at least weekly in the Eucharistic celebration? Do we receive the Eucharist often?

All of these questions should be addressed now while we have the time to make a difference. The calendar will remind us in November, "Tempus Fugit! Memento Mori! Time flies! Remember Death!" Use your time now to make the right choices in your life and in the life of the church.

In Christ's Love

+ **William**

Pastor



RCC SYNOD

As we begin this month the Reformed Catholic Church will be gathering for Synod in Las Vegas hosted by St. Margarete's Faith Community. All clergy are expected to attend either in person or virtually. Deacon Larsen will be joining Gene Thompson and me at the Synod.

Mr. Keegan Glover will be conducting a Sunday Celebration in the Absence of a Priest on Sunday, October 8 at 12:30 p.m. at the church. We encourage all parishioners to participate in hearing the Word proclaimed, offering prayers, and receiving the Eucharist.

The service will not be live-streamed unless someone shares it on their own Facebook. The Synod happens once every two years. It is our church's deliberative body that makes decisions regarding Church governance. It also offers the clergy time to be with each other and reflect upon their ministry. Please keep the entire church in prayer that weekend.

Congratulations

We wish to extend sincerest congratulations to the Rev., Lynn Blevins, pastor of the First United Church of Christ on the 10th Anniversary of her ordination.

Ad Multos Annos!

Community Canvas

Mark your calendars for Saturday, October 14m 2023, to help grow our parish. We will be meeting in the parking lot of the church at 9 a.m. to divvy up the streets we are targeting just North and West of the church. We have plenty of door hangers to cover the 300 homes in that area. Each canvasser will also be given copies of the church flyer should you meet with a resident. We will remind canvassers again but at no time should you enter a home. You are just distributing the door hangers.

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 September. Our current supply of crockpot totals 3. To donate a crockpot or volunteer to conduct a class contact Dennis Last at 321-388-1572.

Our next Crock Pot Classes are scheduled for Oct. 16, 2023, at 10 AM at the Dedicated Senior Medical Center - 690 S. Goldenrod Rd., Orlando; and Oct. 19, 2023, 9 AM at the Bitlo / Christmas Community Center - 18510 Madison Ct., Bitlo. Enter to win a new Crock Pot at the end of class. Email Info@apfcwp.com to register.

Community Potluck and A Movie

Abiding Presence is partnering with First UCC Orlando to hold a monthly potluck and a movie night. This month's outreach to the general community will be on Friday, October 27, 2023, at 6:30 p.m. in Crismon Hall. Doors open at 6 for set up. This month we will be viewing "Halloweentown."

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

A-F: Main Dish

G-L: Side Dish

M-S: Dessert

T-Z: Appetizer / Salad

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.

All children in costume will receive a treat bag and there will be prizes for the best adult costume and the best couple's costume.

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

Halloween. Is it Pagan? Is it Christian? Is it just some retail holiday for candy and costumes?

On October 31st each year people across the United States celebrate Halloween or All Hallows' Eve. Widely geared toward young children who enjoy wearing costumes, trick-or-treating, and pumpkin carving, Halloween has become the second-largest commercially celebrated holiday in America grossing over \$8 billion in sales.

Halloween's origin can be found in the ancient Celtic festival of Samhain (pronounced saw-en, meaning 'end of summer'). For the Celts who celebrated their new year on November 1st, the day marked the end of the harvest and the beginning of winter, the end of light and the beginning of darkness, the end of life and the beginning of death. It is also believed that on the eve of Samhain the line between the living and the dead became thin and the spirits of the Otherworld were allowed to roam the earth during this day, both spirits of departed loved ones during the previous year as well as evil spirits of ghouls and fairies looking to cause mischief and damage.

The Celts, hoping for a visit from their departed loved ones, would set a place at the table for them and prepare a feast. They also set treats outside their house for the wandering spirits. To ward off evil spirits from their households, the Celts were known to set carved pumpkins (or turnips) in front of their doors. If they went out at night, they wore costumes so that if they encountered an evil spirit, they would be mistaken for an evil spirit themselves and thus be protected from evil and trouble. Later, in Ireland and Scotland, people developed the custom of using similarly carved vegetable lanterns to scare off the mythical character of Stingy Jack, who wandered the Earth because the devil wouldn't let him into hell.

By A.D. 43 the Romans had successfully conquered most of the Celtic lands. During the next 400 years, Samhain was merged with two Roman holidays: Feralia, a day when Romans commemorated their dead, typically at the end of October, and secondly Pomona, a day of honoring the Roman goddess of fruit and trees. The importance of pre-Christian

customs to people's lives apparently wasn't lost upon the early Catholic Church. Pope Gregory I, also known as St. Gregory the Great, who headed the Church from A.D. 590 to 604, advised a missionary going to England that instead of trying to do away with the religious customs of non-Christian peoples, they simply should convert them to a Christian religious purpose. For example, the site of a pagan temple could be converted to become a Christian church. In 609 A.D. Pope Boniface IV established the Catholic feast of All Martyrs' Day in honor of the early Roman martyrs, and this feast was later expanded by Pope Gregory III to include all saints and is still practiced today on November 1st as All Saints' Day (known also as Hallowtide or All Hallows). November 2nd is also celebrated as All Souls' Day mainly to honor the saints and pray for the lives of the recently departed who have not reached heaven yet. So, the Church mixed the traditions involving Celtic spirits and Catholic saints. In the 800s, the Church designated November 1 as All Saints' Day. Instead, the first night of Samhain, October 31, became All Hallows Day Evening, the night before the saints were venerated. That name eventually morphed into Halloween, and it became the time when Christians could turn the supernatural symbolism and rituals of Samhain into spooky fun.

With the Protestant Reformation in the 16th and 17th centuries, Protestant Christians reacted to Catholic Holy Days like All Saints Day, primarily over Catholic beliefs considered errors, such as Purgatory. Instead, many Protestant Christians began to celebrate Reformation Day by providing different options for people who didn't want to celebrate the Catholic holiday. Some dressed up in Bible characters or reformers themselves and used the day as an opportunity to gather together and pray and fast. Today, many Lutheran churches celebrate Reformation Day with the traditional color of red which symbolizes the Holy Spirit and the Martyrs of the Saints.

Centuries later, Halloween customs were brought to the United States by immigrants from Ireland, Scotland and other ancient homelands of the Celts. As an 1894 article in Christian Work describes the holiday: Halloween is a night "when witches, evil spirits, and all mischief brewing sprites went forth on dark and mysterious midnight revels." You might be thinking . . . Whoa! That's a lot of history. But does it mean we should celebrate Halloween or not? Well, that depends.

There are many Christians today that look at Halloween as a pagan holiday during which the devil is worshipped and evil is glorified. They want nothing to do with the evil out there and will do everything in their power to shield themselves and their children from this devilish holiday. Many churches have replaced Halloween with Fall Festivals that are more family-friendly and allow a safer environment and a fun alternative to trick-or-treating. Some choose to celebrate Reformation Day instead because they believe Halloween is something that must be rejected as a pagan holiday.

Halloween, they say, is a fun, harmless opportunity for kids to dress up, get lots of candy and have a good time. It's a time for cute decorations, parties, pumpkin carvings, lots of laughter, and enjoying going trick-or-treating with their neighbors. Halloween is, for many, a non-religious festival altogether.

If we are quick to accept Halloween as it is currently practiced, we might fail to care for and love our neighbors. "It's about the fun and the candy," so we put a bowl of cheap candy in front of our door and go help our kids bring in the loot!

How can we be the light of the world even amidst the jack-o-lanterns?

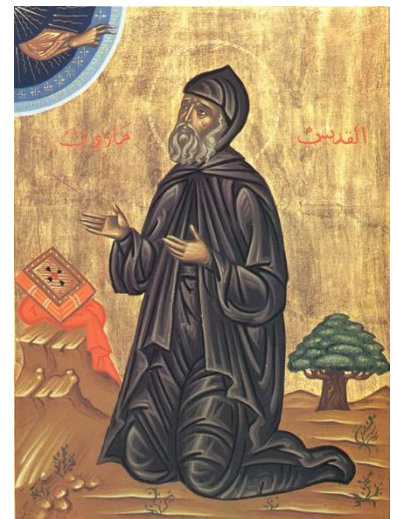
We can engage our community! Practice hospitality—have the best candy so that your house will be the house people come to and linger! Get creative—have spiced cider and pumpkin bread for the adults so that you can engage your neighbors in conversation. Reach out—Halloween is a great "excuse" to go to your neighbors' houses and get to know them. Be prayerful and present—ask the Spirit to lead you and give you wisdom. For a Christian, there is no pressure to participate in this holiday. If your discernment leads you to abstain from participating or focus on the harvest festival activities associated with Halloween, wonderful. If, on the other hand, you feel right to participate, the apostle Paul tells us that 'everything is permissible but not everything is beneficial', and 'let no one seek his own good but the good of his neighbor'. In this tricky subject of Halloween, Christians must exercise discernment and be attentive to what the Spirit leads them to do.

Diaconal Reflections on the Saints by Deacon Chris Larsen

St Maron, The patron Saint of Lebanon

Have we ever thought of what it would be like to give our whole life to God? Where we deny ourselves any comfort and live in total humility. Countless saints have achieved this. Their devotion to God was so great that they endured everything to receive the grace and glory of God. One such saint was St Maron or Maroun (مارون) in Arabic

St. Maron was born near Antioch in present-day Syria. He then retired to the Taurus He led a monastic life so extreme, that he slept outside in front of a church that he converted from a pagan temple. for most of his missionary life. His reasoning for this is that God was in all things, even in the inclement weather. It was easier for him to focus on prayer and servitude. This drew converts that later established the Maronite Church, a church that went into union with Rome in the 17th century.



St. Maron was great friends with St. John Chrysostom, the great theologian who wrote the Divine Liturgy that is used by Eastern Orthodox and Eastern Catholic churches today. They both were defenders of Jesus being God in 2 persons God and Man.

St. Maron never differentiated the physical or spiritual aspects of life. He always said it was one with God. That is why he slept mostly outdoors during all types of weather. It helped him focus on prayer and his mission work. He was known as a great healer. He helped cure fevers and other illnesses. He was not just concerned with physical illnesses but with spiritual ones as well. He was known to convert countless souls to Christ, therefore Christianizing all of Lebanon and Syria before passing in 410 AD.

After his passing, his legacy lives on in a community started by his disciple Abraham of Cyrus. A monastery was formed in the Mt. Lebanon region called Beit Maroun or House of Maroun. This monastery was the foundation of the Maronite Church, a church of the East that has been in full communion with Rome since the late 17th century.

In battling against the material world of today, St. Maron should be an inspiration to us all to stop and step away from the world and focus on what God gave us. We are desperate for the simplicities in life that have no distractions to seeking a path with God, I hope and pray that we all take time to ponder on the life of St. Maron and others like him to give us the strength to step back from the world of greed and hatred and turn to a God that loves us.

Prayer of St. Maron

PRAYER TO BE CALM

O Holy Saint of the open sky,
the light of Christ's teachings
gave you strength and perseverance
to resist the adverse elements.
Your example gives me inner strength
to manage my weakness.
Most supreme of the hermits,
who like trees adorned with leaves afford comforting shade,
you give me shelter and refresh me.
As you stood firm as a cedar,
my shakiness is settled;
as you outstretched your arms like great branches,
I unwind my tension;
as you felt the fresh breeze against you,
I open my heart to the winds of God's love. Amen.

Family Faith Activities

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

October 1, 2023

Twenty-Sixth Sunday in Ordinary Time

- ◆ When things we don't understand happen, we sometimes feel like God is unfair. Here, the Lord asks that we look at our own ways and judge them fair or unfair. What is your reaction to this? Are you ever unfair in the manner of the Israelites?
- ◆ Paul calls upon the church at Phillipi to be "of the same mind, with the same love, united in heart, thinking one thing." Is this injunction possible? Why or why not? How does it remain relevant for the Church today?
- ◆ The Gospel demonstrates that it is not enough simply to know the right thing; we have to also do the right thing. What do you think of Jesus' exhortation at the end of the passage? How might his listeners have reacted? How do you react?
- ◆ Sometimes Christians blame other people they think are sinful for God's actions, saying that God's actions are intended to punish people. This is not how Catholics understand God. God does not send natural disasters or epidemics to punish sinners. Can you think of claims such as those? Why would mature Christians reject such thinking? Write your thoughts in your journal.
- ◆ Think of a time when you changed your mind about someone or something. Discuss with a friend or write in your journal about how the change happened. Was it gradual, or all at once? Were you reluctant to admit the change to others, or were you comfortable with it? In hindsight, do you detect God's work in that change?

October 8, 2023

Twenty-Seventh Sunday in Ordinary Time

- ◆ Isaiah starts by lulling us with a vivid, beautiful depiction of the vineyard of his friend. Suddenly, the tone shifts, and we encounter the wrath of the vineyard owner toward Judah and Israel, the southern and northern kingdoms. In what ways is this parable about infidelity?
- ◆ Paul is in prison, and yet he writes one of the most uplifting descriptions of the call of our faith that we have. What do you think of the image of peace as a "guard"? What does this imply for Paul? For the people of Philippi? For us in our demanding and hectic age?
- ◆ Here we see Jesus evoke Isaiah as he begins the parable. Then he expands it. To what lengths will the owner go? What meanings can you glean from this rich series of images? To what length must we go for God's kingdom?
- ◆ In the Old Testament, the "vine" often symbolizes Israel. Find out where and how this image is used.

- ◆ The Church is often called the “vineyard of the Lord.” What kind of grapes do you think God is finding right now? What kind of grapes would he find in the vineyard of your life?
- ◆ How might you contribute to better understanding with our Christian brothers and sisters in other traditions?

October 15, 2023

Twenty-Eighth Sunday in Ordinary Time

- ◆ This first reading is often used in our funeral liturgies. In what ways is this vision from Isaiah uplifting for the grieving? For each of us?
- ◆ Paul is expressing the depth of his gratitude for the financial support of his ministry from the people in Philippi. He affirms that he can face hardship, but also says thank you. Such trusting acceptance of both hardship and prosperity would seem to be rare in most people, but a wonderful characteristic in a disciple. How might one cultivate such an attitude?
- ◆ There was no greater affront to hospitality in the time of Jesus than to refuse an invitation to a feast. It was profoundly insulting. Here we see two parables intertwined. What meaning do you draw from them?
- ◆ If you were to imagine the fullness of the divine life as a great banquet, what would it be like? Indulge your imagination and describe this event in detail in your spiritual journaling.
- ◆ Turn to your Bible and read Philippians 4:15–18 to experience the magnitude of this community’s generosity to Paul. What things might you infer about Paul’s relationship with this community?
- ◆ Pop some popcorn and watch the movie *Babette’s Feast* this week. What insights about feasting does it offer you?

October 22, 2023

Twenty-Ninth Sunday in Ordinary Time

- ◆ Cyrus was king of the Medes and Persians, and later his rule included Syria, Babylon, and Egypt. Through Cyrus, the Jewish exiles are freed to return and rebuild the temple in Jerusalem. For God to call a pagan his anointed is a unique and compelling move, signaling to the Jews that all of creation is under God’s watch and control. What does this universalism drive home?
- ◆ In the Gospel, the Pharisees try to trap Jesus. If he says, “Pay your taxes,” then he is complicit with the domination of Rome and will alienate many Jews. If he says, “Don’t pay your taxes,” he will be seen as subversive. He uses the image on the coin to make his point. What is easier for you, to give to Caesar or to give to God? Is it possible that Jesus is

actually giving them a trick answer—is there anything that Jesus would claim was actually Caesar’s, if all the world was in fact God’s?

◆ The Pharisees probably could imagine only two answers that might be possible to the question they pose. In what way is Jesus actually proposing a third way? Although the rules are Caesar’s, must one respond to them in Caesar’s way? Or could one respond in God’s way?

◆ In the Bible we sometimes see that people outside of Judaism (such as King Cyrus in the first reading from the Old Testament) or Christianity (such as Caesar in the Gospel) sometimes play a role in salvation history. Find other examples in Scripture and discuss them or write about them in your journal.

◆ People have sometimes misread this Gospel to create a strict separation between Church and state, between religious and civil realms. What is the danger of that practice? How would Jesus want us to relate to both?

October 29, 2023

Thirtieth Sunday in Ordinary Time

◆ The passage from the Book of Exodus reminds the people of part of their covenant with God, outlining how they are to deal with the least among them: the stranger, the widow, the orphan, and the poor. Are actions in this area part of how you express your faith?

◆ God’s Word has “sounded forth” through the community at Thessalonica. How does the Word “sound forth” through your community?

◆ Today’s Gospel underscores the centrality of love in our lives. Do you think being loving is the source of all your actions? Why or why not?

◆ This week, find out more about the Jewish practice of *Tikkun Olam*, and reflect on connections to this Sunday’s readings.

◆ What does it mean to model something? How well does the community serve as a model? Is there a particular ministry that you do very well? Have you thought about sharing your approach in your diocese or deanery as a “best practice”? Start a discussion about this.

◆ Who do you love? Who don’t you love? Make a list and reflect on the love that you show and share in your life and the love you show to God. Reflect on this observation by Henri J. M. Nouwen, the great spiritual writer: “Forgiveness is the name of love practiced among people who love poorly. The hard truth is that all people love poorly. We need to forgive and be forgiven every day, every hour increasingly. That is the great work of love among the fellowship of the weak that is the human family” (from “Forgiveness: The Name of Love in a Wounded World,” in *Weavings*, volume VII, number 2, March / April 1992, p. 15). Write your thoughts in your journal.

Outstanding October Saints

The month of October 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 Guardian angels on October 1. Saint Francis of Assisi is remembered on October 4. He is followed by Bl Francis Xavier Seelos on October 5 and Saint Bruno and the Blessed Marie Rose Durocher on the sixth. Our first Marian feast is of Our Lady of the Rosary on October 7. She is followed by Saint Denis and Companions and Saint John Leonardi on October 9. On the eleventh, we celebrate the patronal saint of our diocese Saint John XXIII. Saint Callistus is remembered on October 14 followed by Saints Hedwig and Margaret Mary Alacoque on October 16. On September 17 we recall Saint Hildegarde of Bergen. Following them we three martyrs: Saint Ignatius of Antioch on the 17th, Saint Luke the Evangelist on the 18th, and Saints John de Brebeuf, Isaac Jogues, and Companions on October 19. Saint Paul of the Cross is celebrated on October 20. Saint Kateri Tekakwitha is recalled on October 21. Saint John of Capistrano is remembered on October 23. He is followed on October 24 by Saint Anthony Claret. The apostles, Saints Simon and Jude are celebrated on October 28.

October Recipes

"Angel Curls" Cookies

Ingredients:

- 2 cups all-purpose flour
- 1 tsp baking soda
- 400gr butter
- 1 cup sugar
- 2 eggs
- 4 tsp vanilla
- 6 cups quick cooking oats
- 1 cup pecans
- 1 cup raisins

Directions:

- Preheat oven to 350 degrees.
- Mix together flour and baking soda, reserve.
- In a separate bowl cream together the butter with the sugar

- Add the eggs and the vanilla to the creamed butter and mix it all together.
- Stir in the flour with the baking soda and blend well.
- Add the raisins and the pecans.
- Stir the oats, 1 cup at a time, and mix just until blended.
- Drop mixture by spoonful in an ungreased cookie sheet and bake for 10 to 15 minutes or until lightly browned.
- Cool for 1 minute on the cookie sheet, then remove to a wire rack until they're completely cooled.
- Store in a covered container.

This recipe will give you like 7 dozen cookies.

Tips:

-Add 2 tsp of cinnamon to the flour and baking soda for an extra touch

-Instead of pecans and raisins you can use walnuts, almonds, coconut, chocolate chips, or anything else you want!!!

St. Francis' Friendly Beasts Crunch

Ingredients

- 1 cup animal crackers
- 1 cup teddy bear-shaped chocolate or honey-flavored graham crackers
- 1 cup small pretzel twists
- 1 cup yogurt-covered raisins
- 1 cup M&M's

Directions:

- Mix all ingredients together.

For a fun-filled serving cup use multicolor ice cream cones.

And since it is the Feast of Saint Francis, we offer the following recipes for our animal friends.

Chicken Biscuit Dog Treats

Ingredients:

- 1 cup rolled oats
- 1/3 cup margarine
- 1 cup boiling water

- 3/4 cup cornmeal
- 2 teaspoons white sugar
- 3 cubes of chicken bouillon, smashed
- 1/2 cup milk
- 1 cup shredded Colby Jack cheese
- 1 egg, beaten
- 3 cups whole wheat flour



Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large bowl, combine rolled oats, margarine, and boiling water. Let stand 10 minutes.
- Grease cookie sheets.
- Stir in cornmeal, sugar, bouillon, milk, cheese, and egg.
- Add in flour, 1 cup at a time, mixing well until a stiff dough forms.
- Knead dough on a lightly floured surface, mixing in additional flour as necessary until dough is smooth and no longer sticky.
- Roll or pat out dough to 1/2" thickness.
- Cut into desired shapes, and place onto the prepared cookie sheets.
- These will not need room to rise.
- Bake 35 minutes, until golden brown.
- Cool before serving. Store in a loosely covered container. (Mini animal cracker cookie cutters work great if you don't have any bone-shaped cutters for these dog treats.)

Tuna Tidbits

Ingredients:

- 6 ounce can of tuna
- 1/4 cup water drained from tuna.
- 3 T cooked egg white, chopped.
- 1/4 cup cornmeal
- 1/2 cup whole wheat flour

Directions:

- Preheat oven to 350 degrees.
- Combine tuna, egg white, and water.
- Add cornmeal and flour and blend to form a dough.
- Knead into a ball and roll to 1/4 inch thick.
- Cut into one-inch sized pieces.
- Bake at 350 F for 20 minutes.



Victory Vessels for the Feast of Our Lady of the Rosary

Ingredients:

- 8 large baked potatoes
- 1 cup grated cheddar cheese
- 1/2 cup bacon bits (optional)
- 1/3 cup butter
- 1/2 cup sour cream
- 2/3 cup milk
- salt and pepper
- white paper
- 3 skewers 10 toothpicks (cut in half)



Directions:

- Preheat oven to 350 degrees.
- Bake potatoes for 1 hour. When the potatoes are done, allow them to cool for 10 minutes.
- Carefully cut off the top skin of the potato.
- Gently scoop the flesh into a mixing bowl.
- Set the potato shells on a tray.
- Mix all the ingredients except cheese and bacon.
- Fill the potato shells and top with cheese and bacon.
- Bake in the oven at 350 degrees until cheese melts.
- Cut nine rectangular pieces of paper to put on the skewers in honor of Our Lady.
- Decorate the “sails” with blue crosses, rosaries, or other Marian symbols.
- Insert toothpicks in the “hull” of the potato as the oars — 10 on each side.

Papal Polenta

Ingredients:

- 4 cups water
- 1/2 pound coarse-ground cornmeal
- A pinch of salt

Directions:

- Place the 4 cups of water in a pot and bring it to a boil. (Traditionalists say one must boil the water in a copper pot over a wood fire.)
- Add salt.

- Gradually sprinkle in the cornmeal slowly while stirring continuously, but gently. The cornmeal breaks down slowly, so stirring gently helps prevent lumps. After all the cornmeal is added, the polenta can be stirred with a little more gusto until finished.

Serving Suggestions:

- *Polenta with Milk* - Piping hot polenta and cold milk was the traditional midday meal for country folk.
- *Polenta "Cunsa"* - Dressed polenta was spooned out of the copper pot and served in a big bowl with melted butter aromatized with garlic and grated cheese.
- *Polenta "Rostida"* - Roast polenta is cold polenta cut into slices and grilled in a frying pan with onion and softened in butter.
- *Polenta "Pastizzata"* - Layered polenta pie with tomatoes, the big dish for special occasions: alternate layers of polenta, tomato sauce, sausage, minced pork, and mushrooms cooking in a baking pan, finishing with the tomato sauce and grated cheese. Bake for about half an hour.

Sacred Heart Cupcakes

Strawberry Cupcakes

Makes 12-15 cupcakes

Ingredients:

- 1/2 cup white sugar
- 1/2 cup softened butter
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 3/4 cup strawberry jam thinned with water to make syrupy (total of 3/4 c. liquid)
- 1/4 c. milk
- 10 drops red food color
- buttercream frosting (Recipe follows this one)
- 12-18 thick strawberry slices, drained on paper towels.



Directions:

- Preheat oven to 350 degrees F.
- Line a 12-cup muffin pan and a 6-cup muffin pan with paper liners (you may get 12 to 15 cupcakes, maybe 18 depending on how full you fill them).
- In a medium bowl, cream together the butter and sugar.
- Beat in the eggs, one at a time.
- Combine flour and baking powder, add to the creamed mixture, and mix well.

- Finally stir in the thinned jam, the milk, and food coloring. Beat until the batter is smooth.
- Pour or spoon batter into the liners (I like to use an ice cream scoop filled about 2/3).
- Bake 15-20 minutes or until they test done with a toothpick.
- Cool.
- Frost with white buttercream frosting (below) and top with a strawberry slice. If you are making them up more than an hour ahead of time, wait until ready to serve to top with the strawberry.

Buttercream Frosting

Ingredients:

- 1/4 c. softened butter
- 3 c. powdered sugar
- 4 T. milk
- 1/2 t. vanilla

Directions:

- Beat butter and powdered sugar slowly for several minutes.
- Add milk slowly, then vanilla.
- Beat for several minutes until the frosting is soft and creamy.
- Add more milk if necessary.

Kateri Cornbread

Combine:

- 1 egg
- 1/3 c. applesauce
- 2/3 c. buttermilk
- 1 c. grated summer squash

Add to:

- 1 c. whole wheat flour
- 1 c. cornmeal
- 1/2 t. baking powder
- 3/4 t. baking soda
- dash salt

- 1/3 c. sugar

Bake in 325-degree oven till firm on top. Makes 12-15 muffins.

Lily of the Mohawks Milk Cake

Ingredients:

- 1 cup milk
- 1/2 cup butter
- 2 cups white sugar
- 4 eggs
- 2 tablespoons baking powder
- 2 cups all-purpose flour
- 1 teaspoon vanilla extract

Directions:

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9-inch Bundt pan. Sift together the flour and baking powder. Set it aside.
- In a saucepan heat milk and butter until butter is melted. Remove from heat and set aside.
- In a large bowl, cream together the sugar and eggs until light and lemon colored. Stir in the vanilla. Beat in the flour mixture and the milk. Mix thoroughly and pour into the prepared 9-inch Bundt pan.
- Bake in the preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool for 10 minutes in the pan, then turn out onto a wire rack and cool completely.