

# 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

November 2023 VOLUME 2 #12  
5330 Poinsetta Ave, Winter Park, FL 32792  
321-594-4922  
Office [info@apfcwp.com](mailto: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](http://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](mailto:pastor@apfcwp.com)

**Kingsport TN Ministry: Rev. Fr. Lucas G. Brown** [RevLBrown@apfcwp.com](mailto:RevLBrown@apfcwp.com)

**Palm Coast FL Ministry: Rev. Mr. Christopher M. Larsen** [DcnCLarsen@apfcwp.com](mailto: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

- Nov 1      Divine Worship Solemnity of All the Saints 6:30 PM  
                 Intention: Peace in the World
- Nov 2      Divine Worship Feast of All Souls 6:30 PM  
                 Intention: Departed Family and Friends
- Nov 5      Divine Worship 31<sup>st</sup> Sunday of the Christian Year 12:30 PM  
                 Intention: Departed Family and Friends  
                 Anointing of the Sick within Mass
- Nov 6      Crock Pot Class 10 AM Dedicated Senior Medical Center  
                 690 S Goldenrod Rd., Orlando
- Nov 8      At Home with the Word Lectionary Discussion Group 7 PM
- Nov 11     Doorhanger Canvas 9:00 Meet in Church Parking Lot
- Nov 12     Divine Worship – 32<sup>nd</sup> Sunday of the Christian Year 12:30 PM  
                 Intention: Departed Family and Friends
- Nov 15     At Home with the Word Lectionary Discussion Group 7 PM
- Nov 17     Potluck and a Movie 6 – 9 PM Crismon Hall
- Nov 19     Divine Worship 33<sup>rd</sup> Sunday of the Christian Year 12:30 PM  
                 Intention: Departed Family and Friends
- Nov 22     Ecumenical Thanksgiving Service 6:30 PM
- Nov 23     Thanksgiving Day
- Nov 26     Divine Worship Solemnity of Christ the King 12:30 PM  
                 Intention: Departed Family and Friends
- Nov 28     Giving Tuesday

\*SCAP = Sunday Celebration in the Absence of a Priest

## Financial Update as of 10/31/2023

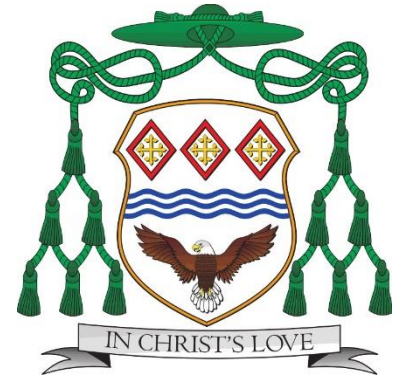
Total Income Year to Date: \$9232.80. Total Expenditures Year to Date: \$8438.34  
Difference +794.46. Balance on hand: \$2083.69

## 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](mailto:bkpg@apfcwp.com). Thank you for your generosity.

## From the Bishop's Desk

November is the month when we traditionally remember our loved ones who have gone before us marked with the sign of our faith. Growing up I can remember going to the cemeteries with my grandmother, Verna Witkowski, each Memorial Day to plant geraniums at the headstones of family members. I'm probably the only one of my generation of cousins who knows where all the bodies are buried. I also recall seeing the vigil lights burning throughout Catholic Cemeteries for All Souls Day.



In the United States, death is hidden. Why, because it is feared. Some believe that this life is all that there is and that death brings to an end our existence. Some of these same people even deny that God exists. Even for some who do believe in God there is trepidation. We don't know what comes next.

I for one believe that God is Love. I have been lucky enough to have experienced human love in this life. I have been blessed by God in so many ways. I know there is nothing I can do to earn God's love. It is offered freely. So when I encounter death, I believe I will be surrounded by those whom I have loved in this life and will be surrounded and engulfed by God's loving presence.

On these All Saints and All Souls Days, I encourage you to remember your departed loved ones. If possible, decorate their graves. Share stories of them with your children. Celebrate the love that exists between you and them and between you and God.

In Christ's Love

+ **William**

Pastor

## RCC SYNOD 2023 REPORT

The 2023 Synod of the Reformed Catholic Church convened in Las Vegas on Friday, October 6. There were 27 attendees making this the best attended Synod. Friday evening was dedicated to socializing and building connections between the clergy and laity. It began in Rev. Linda Piloto's home and continued at a gathering hosted by Bishop Tom Abel.

Saturday, October 7 was the busiest day of the Synod. We began by addressing the need of an additional bishop for the Diocese of Sts Joseph and George. After a full discussion Bishop Leonard Walker was appointed the Diocesan Administrator. This provides the Church time to interview and prepare a candidate or Candidates for ordination at the next Synod.

We then proceeded to review a proposed liturgy for the RCC. This liturgy is optional for parish use, but will be used at all future Synods. After lengthy discussion and amendments, the liturgy was approved. It was used for the first time at the Synod's Mass.

The Synod then addressed the leadership vacuum the resignation of Bishop Sivlik created on the Board of Directors. Rev. James Morgan was elected to fill the Presidency. Three new directors were also chosen, Rev. Lucas Brown, Rev. Deacon Christopher Larsen, and Mrs. Jackie Dufield were chosen for 3 year terms.

The Synod next took up revisions to the Canons of the Church. This also included a new Canon on Causes for Sainthood. The revised Canons will be posted on the RCC website when they are retyped.

The next topic taken up was the Education and Formation of Clergy. We heard extensively from the laity about what they are looking for in terms of relatable clergy. The Board of Directors will take up the issue at its next meeting,

The Synod next debated the best course of action for declaring someone a saint. A new Canon was proposed and adopted. The current candidates for Sainthood are Rev. Vincent Capodanno and Gilbert Baker. Their causes will be considered at the next Synod.

## **Giving Tuesday**

Once more we will be appealing to the community for donations on Giving Tuesday, November 28, 2023. If you know of a business or a person who may be willing to make a donation to our parish, please give their name and address to the pastor by November 12. This will allow time for a letter requesting a donation as well as a parish flyer to be sent to them.

## **Advent Holiday Drive in November**

Our annual drive to provide holiday foods for those in need. Please see the flyer on the next page for full details.

# *Abiding Presence Faith Community*

## *Advent 2023 Holiday Food Drive*



1. **Box of Cereal**
2. **Bottle of Dish Detergent**
3. **Canned Soup**
4. **Bar of Soap**
5. **Packet of Pasta**
6. **Canned Meat**
7. **Packet of Diapers**
8. **A Toothbrush**
9. **Box of Teabags**
10. **Jar of Pasta Sauce**
11. **Canned Tomatoes**
12. **Can of Green Beans**
13. **Can of Corn**
14. **Box of Stuffing Mix**
15. **Packet of Gravy Mix**
16. **Packet of Lentils**
17. **Laundry Powder**
18. **Canned Fruit**
19. **Box of Christmas Cookies**
20. **Shelf Stable Milk**
21. **Jar of Instant Coffee**
22. **Tube of Toothpaste**
23. **Bottle of Shampoo**
24. **Christmas Candy**
25. **Packet of Rice**
26. **Can of Baked Beans 2**
27. **A Fruit Cake**
28. **Can of Yams**
29. **Bottle of Cooking Oil**
30. **Jar of Applesauce**



Place all in a decorated Box and bring to Church December 3!

## Community Canvas

Mark your calendars for Saturday, November 11, 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 South and East of the church. We have plenty of door hangers to cover the 250 homes in that area. Each canvasser will also be given copies of the church flyer should you meet and speak with a resident outside. We will remind canvassers again but at no time should you enter a home. You are just distributing the door hangers.

The streets we are covering include Center Bay St., E. Wind St., Oakbrooke Pl., Rabama Pl., Casaba Pl., Tellson Pl., Foxborough Dr., Brenda Dr., Fayann St., and Gaston Foster Rd. South of Curry Ford.

## Holiday Silent Auction

Come out Saturday, Dec. 2, 2023, and join us at the Holiday Fair being sponsored by First UCC on their campus. We will have a table or two conducting a silent auction for these and other items.

FTL Museum of Discovery—Family 4 pack

Raising Cane's Chicken Fingers Gift Basket

Bark Box—Gift Certificate

Let's Roam Scavenger Hunts—5 Options

Orlando Solar Bears—4 Center Ice Tickets

WAWA Gift Basket

GourmetGiftBaskets.com \$20 Gift Certificate

Abuelo's Mexican Restaurant \$20 Gift Card

More information will be in the December newsletter.

## 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](http://www.ltp.org).

## JMB Crockpot Ministry

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 Class is scheduled for November 6, 2023, at 10 AM at the Dedicated Senior Medical Center - 690 S. Goldenrod Rd., Orlando. The class usually held at Bitlo / Christmas Community Center - 18510 Madison Ct., Bitlo, is pending. Enter to win a new Crock Pot at the end of class. Email [Info@apfcwp.com](mailto: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, November 17, 2023, at 6:30 p.m. in Crismon Hall. Doors open at 6 for set up. This month we will be viewing "The Pilgrim's Progress (2019)."

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

A-F: Side Dish

G-L: Dessert

M-S: Appetizer / Salad

T-Z: Main Dish

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.

## **Attention Musicians 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

## Why do we need an Advent Calendar? Isn't the regular calendar enough?

Advent calendars have their roots in the 19th century, when German Protestants started taking creative steps to mark the days leading up to Christmas, like ticking off chalk marks on walls or doors, lighting candles and placing straws in a Nativity crib.



Some families hung up a devotional image each day, which led to the creation of the first known handmade, wooden Advent calendar in 1851 and other early "Christmas clocks" and "Christmas candles" in the following years.

Sometime in the early twentieth century (either 1902 or 1908 depending on who you believe) the first printed calendars appeared. German publisher Gerhard Lang is credited as the inventor of the printed Advent calendar, which was inspired by the childhood memory of his mom sewing 24 cookies into the lid of a box and allowing him to eat one each day of Advent. Lang's innovation of adding small doors in the 1920s; he is thus often seen as the creator of the modern advent calendar. Others added short bible verses behind the doors alongside the traditional picture from the 1930s.

However, things took a dark turn during World War II, Lang's business closed shortly before the outbreak of war when paper was rationed, and the Nazi Party banned the printing of illustrated calendars. As part of its effort to rebrand Christmas, the Third Reich later created its own Advent calendar — incorporating swastikas and other symbols, to be distributed to mothers and children. At the end of the war, longing for normalcy, companies with the means returned to printing traditional Christmas Advent calendars — and returning service members brought them back to Europe and the U.S. Richard Sellmar of Stuttgart almost miraculously (considering the paper shortages) obtained a permit from the US officials to begin printing and selling them again. His company, Sellmar-Verlag, remains one of the most important producers of such calendars.

President Dwight Eisenhower gave them a huge popularity boost when national newspapers ran a photograph of him opening one with his grandchildren in 1953. Still, the Advent calendar needed a few more years and iterations to reach its final form (or at least the version that we know today).

Today, most Advent calendars don't technically cover the Advent season, but instead start on Dec. 1 and run through either Christmas Eve or Christmas Day. The reason is practical, the length of the Advent season changes from year to year, so it's easier to pick a set



number of days for calendars that can be reproduced or reused every season. They are a global phenomenon, even seeing a boost in popularity in recent years but at their heart they retain the essence of counting down the days to Weihnachten that began with those simple chalk scratches.

## **Diaconal Reflections on the Saints by Deacon Chris Larsen**

### **St Rafqa Of Lebanon**



All throughout Christianity, suffering has been a focus on its spiritual life. Even Christ himself reminds us in the beatitudes, that we are blessed that we are persecuted in his name He warned us that we would suffer many battles, and if we were to follow him to take up his cross and follow him. There is a large debate on the meaning of suffering and if we should go out and seek it. It is said that the whole idea of suffering can be attributed to the Ancient Roman Tradition of Emperor worship and how we are unworthy to be in the presence of God.

So, to atone for any sin, one must suffer to show their worth. It is hard to argue whether there is some truth to that , which is a possibility, but no matter the background, the devotee feels a strong calling to suffer rather than denounce God to other ways of life. The love for God Is so strong and powerful, that when they suffer. They thank God for the opportunity to suffer for him. Such is the case of St Rafqa. The Maronite Saint, who listened to Gods call to live a life of poverty and sickness and graciously accepted every ailment given to her.

St Rafqa was born Boutrossiya Ar-Rayes in Himlaya, Lebanon on July 7,1832. R Her father was Mourad Ar Rayes and her mother Rafqa (Rachel) Gemayel. The were very poor but had a very strong faith in God. They taught her on the love of God and the compassion of the Blessed Mother Mary. They taught her to pray every day for a good life and guide her through the love of people.

Her mother fell asleep in the Lord when Boutrossiya was at the young age of 7. A few years after her mother passed. Her father sent her to Assad Badawi to aid and take care of Boutrosiya. When she returned to her father, she found out that he had remarried. She took to her stepmother very well and lived amicably with her. However, there was one conflict. The stepmother wanted her to marry her stepbrother while her aunt wanted her to marry her cousin. Rafqa did not want to marry. Instead, she spent hours in front of their home altar praying to Mary, waiting for her to guild her.

She got her answer when she went to the Convent of Our Lady of Deliverance. Once Boutrossiya looked at the icon of Our Lady, she heard a voice loud and clear to begin her religious life there.

She was sent to a Jesuit convent in Ghazir, where she took her first vow. She was assigned to the kitchen in 1861. Her other duties were learning the Arabic language, calligraphy, and teaching Catechism to the girls there.

A tragic event occurred in the early 1860s. An Islamic group called the Druze, ransacked the area, destroying monasteries and churches. It was said that Boutrosiyya hid a girl under her cloak.

She went to many other areas and aided in the establishment of a Girls School in the village of Ma'ad. She never forgot the invasion and the other crisis in the convent. She continued to pray and seek guidance. She had a vision of S.t George, St. Simon, and St. Anthony the Great in a dream. They instructed her to join the Maronite Order.

Her next move was to receive her habit at the Monastery of St Simon of Qarn in Aito in 1871. There she changed her name to Rafqa in honor of her mother.

For the last 26 year of her life in St Simon, she lived a life of contemplation and prayer. One day, she recalled that when she went in to pray, Rafqa felt that the Lord had abandoned her. In her lifetime so far, she has never been sick. She asked to suffer like Christ on the cross, so she could understand the meaning of his suffering. Almost immediately, she had excruciating pain in her head above the eyes. Under the insistence of the Mother Superior, she went



to the doctor, and he performed surgery on her eyes without anesthesia, which was at Rafqa's request. She suddenly became totally blind. Over the following years she became paralyzed.

Throughout all these traumatic events, she smiled and thanked God every day for allowing her to suffer with Christ. She had use of her hands, so she spent most of her time sewing and knitting for the sisters of the convent.

Before she died, she had wanted to receive communion at the church. The Sisters reminded her of how dangerous and virtually impossible because no one could move her. Suddenly, she was able to gain a little strength in her legs and she fell on the ground and painfully crawled to the church where she was able to receive communion.

Another miracle happened as she was talking to the Mother Superior. She said that she wished she could have sight for at least an hour so she could see her. With that she exclaimed, "I can see you!" The mother superior thought this was a joke and she tested Rafqa. Rafqa did as she was requested and that was proof enough.



Three days before she died, she told the sisters that she was not afraid of death. She had been waiting a long time to be joined to God. She fell asleep in the Lord on March 23, 1914, at the age of 81. She is not buried within the sanctuary of Saint Joseph's Monastery, Deir Mar Youssef, Jrabta.

The Western Patriarch John Paul II beatified her on November 16, 1985, and canonized here in June 10, 2001. She is the patron saint of the sick, and loss of parents. Her Feast Day is March 23.

What is the lesson of St Rafqa. This can be put simply as to always listen to God's call. We are to remember by St Rafqa's example that suffering is a blessing and we share in what Christ did for us. God calls us to do things we might not want to do. In my own experience when I was ill last year, I was in so much pain and fear, but once I gazed on the Benedictine cross, I was at peace knowing that God will see me through this. He guided the doctors and nurses to make me well again so I can continue God's work. Remember the message "When you hear the voice of the Lord, Harden not your hearts!"

## **Polo Shirts**

Did you miss your chance to buy a church polo shirt? You can still submit an order. Email us at [info@apfcwp.com](mailto:info@apfcwp.com) and we'll send you an order form.

## **Family Faith Activities**

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

**November 5, 2023**

### **Thirty-First Sunday of the Christian Year**

- ◆ Speaking in God's voice, (except for the last few verses on intermarriage in the prophet's voice), Malachi condemns the priests serving in the temple. According to the "commandment," what wrongs have they committed and how serious is this crisis in God's eyes? How would you describe the impact of spiritual leaders on the health of a faith community?
- ◆ From the second reading, an excerpt from Paul's First Letter to the Thessalonians, what can we tell about the sort of leaders Paul and his colleagues were?
- ◆ How can a community follow its faith when its leaders are unworthy? Jesus addresses just this situation in today's Gospel. How does he navigate the problem of maintaining respect for the faith while being honest in his assessment of the leaders? In your view what in this reading is the foundation of his advice to leaders?
- ◆ Do a survey among friends and acquaintances who are people of faith, asking if they find today's responsorial psalm to be the prayer of a passive person or a person strong in genuine humility. How would they describe the difference? What do you conclude about the difference?
- ◆ Ministers of the Word of God (readers, preachers, teachers, and catechists) know that the Word of God is alive and active in people's lives. They strive to be worthy human conduits for it and to express its full power without getting in the way. On that basis, ask a few ministers of the Word how well the last paragraph of today's second reading expresses their desire for their vocation. Have you considered whether you might have a calling for this ministry?
- ◆ Make a list of people in ministry you've known (in the parish, in service agencies, or in their homes) who seemed to understand and thrive in the role of servant. Think of others who seemed to be striving for that consciousness but hadn't yet found it, and lastly, think of those who have seemed oblivious. Pray for all people trying to cultivate a servant identity.

**November 12, 2023**

### **Thirty-Second Sunday of the Christian Year**

- ◆ On a Sunday when all the readings speak about the need for people of faith to be prepared, alert, and eager, this first reading from the Book of Wisdom also emphasizes wisdom's desire to make herself available to seekers. What are your favorite descriptions

of wisdom in this reading and how has she placed herself in your life when you needed her?

◆ The second reading describes Paul’s understanding of the second coming, which he believed would happen in his lifetime. It is a vivid scene as Christians “meet the Lord in the air.” What intrigues you most in this reading— the details Paul imagines? Or his simple trust that Christians “shall always be with the Lord”?

◆ Some readers of this parable are concerned that the ten wise virgins will not share their oil with the foolish virgins. But this is not a teaching about sharing and generosity; it is a teaching about the spiritual, inner preparation each Christian must make to be ready for the bridegroom. Can one borrow or purchase spiritual resources? What is this work we should be doing to prepare?

◆ The Book of Wisdom belongs to a category of biblical books called wisdom literature, which you can read about in a good study Bible such as The Catholic Study Bible (containing the New American Bible with many additional essays and notes), published by Oxford University Press, 2016.

◆ If you find making art stimulates your spiritual reflection, consider drawing or painting your interpretation of today’s responsorial psalm or Paul’s interpretation of the second coming. Consider showing and discussing what you make with other trusted friends.

◆ Scripture offers food for many interpretations. It can be thought-provoking to consult the homilies of some of our famous early Christian saints to see how they read this passage. Find excerpts from homilies by St. Macarios, St. John Chrysostom, and St. Gregory the Great at <http://www.johnsanidopoulos.com/2011/04/3-holy-fathers-on-parable-of-ten.html> and one by St. Augustine at <http://www.newadvent.org/fathers/160343.htm>

## **November 19, 2023**

### **Thirty-Third Sunday of the Christian Year**

◆ The magnificent reading that closes the Book of Proverbs extols the worthy wife. How is this woman wise? What is the ultimate cause for praising her?

◆ Paul is reassuring the people at Thessalonica, who are becoming concerned because some of their members have died before the promised return of Christ. This will become an issue throughout the Christian world and may have contributed to the writing of the Gospels since those who knew Jesus in the flesh were no longer present. What does this reading say to each of us? How do you relate to the promise of the second coming?

◆ The parable of the landowner, the servants, and the talents certainly stimulates our attention and pondering. Which servant are you like right now? How? Why?

◆ Today’s reading from the lectionary offers only a portion of this wonderful description of a capable woman. Read the passage in chapter 31 in its entirety. What other things does this “worthy wife” do? Do you have an expanded sense of her capacity? Discuss your thoughts with someone or write in your journal.

- ◆ The parable of the talents should lead us to consider everything over which we have been given dominion and to ponder the Christian call to stewardship. What is your understanding of this principle? How do you practice it? How might you practice it more fully? Discuss these questions with someone and work toward a conscious commitment.
- ◆ This week, pray today's psalm each day, pondering what it means to be blessed and prosperous in the Lord's spiritual gifts.

**November 26, 2023**

## **Our Lord Jesus Christ, King of the Universe**

- ◆ Today's reading from Ezekiel portrays the shepherd as an attentive protector, caring for each individual sheep, and also as a judge. Reading beyond the verses in the lectionary, we can see that the shepherd is protecting the weaker sheep from (and judging against) the healthy ones who are thoughtless and aggressive toward the weak. What clues does this offer about the behavior God expects from us?
- ◆ In the second reading, Paul describes the "end times"—something that concerned his audience very much, since they believed this event was imminent. When you hear the words "so that God may be all in all," what comes to mind? How would you explain "all in all"?
- ◆ Today's Gospel provides us with what appears to be the ultimate criteria for judgment. In what way might this passage press you to change your priorities in life?
- ◆ When we describe a Church leader as "pastoral," what do we mean, exactly? Look up the derivation of "pastor," "pastoral," and "pasture." Write in your journal about the insights this research brings.
- ◆ To put the selected verses from Paul's First Letter to the Corinthians in context, read all of chapter 15 in a Catholic study Bible, so that you can see the footnotes that are so helpful for understanding. Paul is trying to correct some confusion in the community. How does this reading project help you in your thinking about the resurrection of the dead? What new questions has it raised? Discuss with a friend or write in your journal.
- ◆ Choose a day this week in which you make a conscious effort to look for Christ in the people you meet—especially strangers and the needy. This is a way of "practicing" to see him and to know what work he is inviting us to do. If you can, extend the experiment to additional days of the week and write in your journal about the experience.

## **Notable November Saints**

The month of November 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 All the Saints on November 1. The Feast of All Souls is marked on November 2. Saint Martin de Porres and Saint Hubert are commemorated on November 3. He is followed by Saint Charles Borromeo on November 4. The Patriarch of the West, Saint Leo the Great is remembered on November 10. Then on November 11, we commemorate Saint Martin of Tours. The American Saint Frances Xavier Cabrini is celebrated on November 13. Saint Albert the Great's Feast Day is November 15. Saints Margaret of Scotland and Saint Gertrude are celebrated together on November 16. November 18 the church commemorates Saint Rose Philippine Duchesne. November 21, we recall the Presentation of the Virgin Mary. November 22, we recall Saint Cecilia. She is followed on November 23 by Saint Clement I, Saint Columban, and the Blessed Miguel Pro. Saint Andrew Dung-Lac and Companions are memorialized on November 24 with Saint Catherine of Alexandria following on November 25. We end the month with the Feast of Saint Andrew the Apostle on November 30.

## **November Recipes**

### **Holy Ghost Cookies**

#### **Ingredients:**

- Nutter Butter Cookies
- Almond Bark
- Mini-Chocolate Chips

#### **Directions:**

- Take the Nutter Butter cookies and dip them in melted almond bark.
- Use mini chocolate chips for the eyes.
- Let set on waxed paper.

### **Heavenly Haystacks**

#### **Ingredients:**

- 1 large can of Chow Mein Noodles
- 1 package Butterscotch Morsels -- melted
- 1/2 cup Peanuts

#### **Directions:**

- Combine the can of chow mein noodles with the package of melted butterscotch morsels and peanuts.
- Drop into small haystacks on wax paper and let set.

# Pineapple Soul "Cup" Cakes

Individual Gluten-free Pineapple Upside-down Cakes

*Servings: 8 Prep time: 20 minutes Cook time: 25 - 30 minutes Total time: approx. 1 hr*

## Ingredients:

### *Bottom*

- 4 Tablespoons unsalted butter
- 1/3 cup gf brown sugar, packed.
- 8 fresh or canned pineapple rings

### *Cake*

- 1-1/2 cups gluten-free flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream
- 1/4 cup milk
- 2 Tablespoons canola oil
- 6 Tablespoons unsalted butter
- 1 teaspoon vanilla extract
- 3/4 cup granulated sugar
- 2 large egg yolks

## Directions:

- Preheat oven to 350°F.
- In a small saucepan, over medium-low heat, melt 4 tablespoons butter. Add brown sugar and whisk until blended.
- Divide mixture evenly among jumbo muffin cups prepared with non-stick cooking spray. Place 1 pineapple ring in each cup. Set aside.
- Combine flour, baking powder, baking soda, and salt in a bowl.
- In a separate bowl, whisk together the sour cream or yogurt, milk, canola oil, and vanilla. Set aside.
- Using a mixer, beat 6 tablespoons of butter and granulated sugar together until pale and fluffy, about 5 minutes. Add egg yolks, one at a time, beating well after each addition. Reduce mixer speed to low and add flour mixture and milk mixture in alternate batches, beginning and ending with flour mixture, until just combined.
- Divide batter evenly among muffin cups. Bake on the center rack of the oven for about 25-30 minutes or until a toothpick inserted into the center of each muffin cup comes out clean.



- Cool cupcakes in the pan, on a rack, for 15 minutes. Loosen the sides of the cakes and invert onto a serving dish.

## **Jägerbraten Hubertus**

### **Ingredients:**

#### *Marinade*

- 1 onion chopped coarsely.
- 1 carrot finely sliced.
- 8 juniper berries, crushed.
- 4 cups dry red wine
- 5 peppercorns, crushed.
- 1 bay leaf

#### *Meat*

- 1 1/2-pound beef (topside) or similar game meat
- salt and pepper
- 2 Tablespoons butter
- 3 strips bacon, lean, well-smoked
- 1/2 cups sour cream
- 1 Tablespoon red currant jelly

### **Directions:**

- Mix all the ingredients for the marinade together in a large bowl. Put the meat into it and let it marinate for 24 hours in the refrigerator. Turn the meat over a few times while marinating.
- Remove meat and dry it with a paper towel. Save marinade. Season meat with salt and pepper.
- In a heavy casserole with a lid melt the butter and brown the meat thoroughly on all sides. Add 1 cup of the marinade, cover the meat with the bacon and braise in the covered casserole in a hot oven 375 degrees F. for 1 1/2 hours to 1 hour, 40 minutes. During this time turn the meat over a few times and pour extra marinade over it.
- When the meat is cooked, put the cooking juices through a sieve or puree them and put them in a saucepan over low heat. Season the sauce with salt and pepper, and add the sour cream and currant jelly.
- This is best served with braised red cabbage, steamed apples, dumplings, spaetzle, or mashed potatoes.

## Chimichangas San Carlos

### Ingredients:

- 1 large onion, chopped.
- 3 tomatoes, chopped.
- 2-3 garlic cloves, minced.
- 1 pound ground beef, lean
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon oregano
- 1 teaspoon salt
- 1 avocado, sliced.
- 1-2 cups cheddar cheese, shredded.
- 6-8 large flour tortillas
- vegetable oil (for frying)

### Directions:

- Chop the onions and tomatoes. Set it aside. In a large skillet, heat a little vegetable oil and sauté the onions, tomatoes, and minced garlic. Add the ground beef and cook until brown.
- Add the chili powder, cumin, oregano and salt. Mix well. Drain any liquid. Set the filling aside to cool.
- When ready to assemble, slice the avocado and set aside. Place some of the meat mixture in the middle of the tortilla. Sprinkle with a handful of cheese. Top with a few slices of avocado.
- Fold like a square envelope, beginning with the sides. Secure the tortilla flap with a toothpick.
- Place side down on a baking sheet. Continue to fold the rest of the chimichangas. Heat a deep fryer with oil. Carefully lower the chimichangas into the oil and fry until brown. Remove with a slotted spatula and drain on paper towels. Take out the toothpick. Serve hot with shredded lettuce and condiments (hot sauce, sour cream or salsa).

**Note:** Warm the tortillas according to the package directions so they are more pliable and won't tear as easily.

## **Goose with Apple Stuffing** (Martinsgans mit Apfelfüllung)

### **Ingredients:**

- 1 ready-to-cook goose (8 to 10 pounds)
- 2 cups water
- 1 small onion, sliced.
- 1 1/4 teaspoon salt
- 6 cups soft bread crumbs.
- 3 tart apples, chopped.
- 2 stalks celery (with leaves), chopped.
- 1 medium onion, chopped.
- 1/4 cup margarine or butter, melted.
- 2 teaspoons salt
- 1 teaspoon ground sage
- 1/2 teaspoon ground thyme
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1/4 cup all-purpose flour

### **Directions:**

- Trim excess fat from goose.
- Heat giblets, water, sliced onion, and 1 1/4 teaspoons salt to boiling; reduce heat. Cover and simmer until giblets are done, about 1 hour.
- Strain broth; cover and refrigerate.
- Chop giblets; toss with remaining ingredients except 1 teaspoon salt and the flour.
- Rub the cavity of the goose with 1 teaspoon salt.
- Fold wings across the back with tips touching.
- Fill the neck and body cavities of the goose lightly with stuffing.
- Fasten the neck skin of the goose to the back with skewers.
- Fasten the opening with skewers and lace with string.
- Tie drumsticks to tail.
- Prick skin all over with a fork.
- Place goose breast side up on the rack in a shallow roasting pan. Roast uncovered in 350° oven until done, 3 to 3 1/2 hours, removing excess fat from pan occasionally.
- Place a tent of aluminum foil loosely over the goose during the last hour to prevent excessive browning.
- The goose is done when drumstick meat feels very soft.
- Place the goose on a heated platter. Let stand for 15 minutes for easier carving.
- Meanwhile, pour drippings from the pan into a bowl.

- Return 1/4 cup drippings to pan.
- Stir in flour.
- Cook over low heat, stirring constantly, until smooth and bubbly.
- Remove from heat. If necessary, add enough water to the reserved broth to measure 2 cups. Stir into flour mixture.
- Heat to boiling, stirring constantly. Boil and stir for 1 minute.
- Serve goose with apple stuffing and gravy.
- Guten Appetit! Serves 6 to 8

## **Cabrini Asparagi al forno**

### **Ingredients:**

- 1 lb. asparagus
- Salt and pepper
- 3 T. butter
- 1/2 C. freshly grated Parmigiano Reggiano

### **Directions:**

- Clean asparagus, trimming off the woody ends if necessary.
- Place in a pan of lightly salted boiling water.
- Cook for 8 minutes over a medium heat.
- Drain and place the asparagus in a buttered baking dish.
- Add a pinch of salt and black pepper.
- Drizzle melted butter over the top and sprinkle with Parmesan.
- Bake in preheated oven (350 degrees) for 6-7 minutes, until golden.

## **Scottish Shortbread I**

### **Ingredients:**

- 2oz. white sugar
- 4 oz. butter
- 6oz. flour

### **Directions:**

- Cream the butter and sugar together.
- Mix in the flour and pat into a pie plate or round cake pan.
- Prick with a fork all over and bake for 30 minutes at 300 degrees.

## Scottish Shortbread II

### Ingredients:

- 2 sticks of butter
- 2 C. flour
- 1 tsp. vanilla
- 1/2 C. white sugar

### Directions:

- Pat into a small jelly roll pan (I used a small cookie sheet and the dough didn't reach the edges of the pan),
- Prick all over and bake at 350 for 10 minutes, then lower to 300 for 30 minutes or until slightly browned on top.
- Score the shortbread right when it comes out of the oven and then let it cool completely before trying to cut the pieces completely.
- You can dust it with powdered sugar if desired.

## Saint Elizabeth's Artisan Bread

Preparation time: 15 minutes to prepare enough dough for four loaves, to be baked over four days. Each daily loaf will average 5 minutes of active preparation time. Makes four 1-pound loaves.

### Ingredients:

- 3 cups lukewarm water (about 100° F)
- 1 1/2 tablespoons granulated yeast
- 1 1/2 tablespoons kosher or other coarse salt
- 6 1/2 cups all-purpose white flour (no need to sift)
- Cornmeal for the pizza peel (optional)

### Directions:

- In a 5-quart bowl, mix the yeast, water and salt. Add all the flour, then use a wooden spoon to mix until all ingredients are uniformly moist. It is not necessary to knead or continue mixing once the ingredients are uniformly moist. This will produce a loose and very wet dough.
- Cover with a lid (not airtight). Allow the mixture to rise at room temperature until it begins to collapse, about 2 hours, but no more than 5 hours.
- After rising, the dough can be baked immediately, or covered (non-completely airtight) and refrigerated for up to 14 days. The dough will be easier to work with after at least 3 hours of refrigeration.

- On baking day, prepare a pizza peel by sprinkling it liberally with cornmeal (I don't have a pizza peel so I prep my loaf on a plastic cutting board and then let it rest as below on a small square of parchment paper which is covered with flour and that parchment paper and dough sits on a small plastic cutting board. I also don't use cornmeal because my loaf sticks to the parchment paper which when I stick it into the oven slides right off the small cutting board as one unit onto a cookie sheet already in the oven.) to prevent the bread from sticking when you transfer it to the oven. Uncover the dough and sprinkle the surface with flour. Pull up and cut off a 1-pound (grapefruit-size) piece of dough (serrated knives are best). Store the remaining dough in the bowl and refrigerate for baking at another time.

**Note** my small green cutting board (Target \$1 section purchase which I use all the time) under the parchment paper with the dough on it. I use the cutting board as a sliding vehicle that the parchment paper slides off of onto the cookie sheet in the oven.

- Hold the mass of dough in your hands and add a little more flour as needed so it won't stick. Create a smooth ball of dough by gently pulling the sides down around to the bottom, rotating the ball a quarter-turn as you go. While shaping, most of the dusting flour will fall off. The bottom of the loaf may appear to be a collection of bunched ends, but it will flatten out during resting and baking. Shaping the loaf this way should take no more than 1 minute.
- Place the dough on the pizza peel. Allow the loaf to rest for about 40 minutes. It does not need to be covered. The bread may not rise much during this time.
- Twenty minutes before baking, place a pizza stone on the center rack of the oven. If you don't have a baking stone, use another baking sheet (this is what I do, just an old cookie sheet). Remove any upper racks. Place a broiler pan on a rack below the pizza stone or on the floor of the oven. Preheat oven to 450 F.
- When the dough has rested for 40 minutes, dust the top liberally with flour, then use a serrated knife to slash a 1/4-inch-deep cross or tic-tac-toe pattern into the top (during Lent or always you could make this the shape of a cross instead of an "x" to signify Jesus' sacrifice for us on the cross)
- Slide the loaf off the peel and onto the baking stone. Quickly but carefully pour 1 cup of hot water into the broiler tray and close the oven door.
- Bake for about 30 minutes (I usually only cook 25-27 minutes), or until the crust is nicely browned and firm to the touch. Allow the bread to cool completely, preferably on a wire cooling rack.

## La Tire de Ste. Catherine

### Ingredients:

- 1 cup molasses
- 1 cup white sugar

- 1 cup brown sugar
- 1/2 cup corn syrup
- 1 Tbsp. butter
- 1 Tbsp. vinegar
- 1/2 cup water
- 1 tsp. baking soda

**Directions:**

- Grease a cookie sheet with plenty of butter.
- Combine all the ingredients, except the baking soda, into a large, heavy-bottomed pot.
- Bring the mixture to a boil and attach a candy thermometer to the side of the pot.
- Continue to boil until the mixture reaches 250F (for soft taffy), or 260F (for hard taffy).
- When the mixture has reached the desired temperature, remove the pot from the heat source and add the baking soda. Stir the mixture. The baking soda will react with the mixture and make it swell; this is why you don't want your pot to be too small.
- When the baking soda is mixed in well, pour the mixture into the well-buttered cookie sheet and let it cool enough to handle.
- Butter your hands well and tear off a piece of the taffy. The piece can be as big or small as you want. A handful is a good amount to start with.
- Begin pulling the taffy as follows: Pull the taffy out into a line. Fold the taffy in half and then give it a twist. Pull it out into a line again. Continue doing this until the taffy turns golden. This part is a lot of fun for the kids to do!
- When the taffy is golden in color you can cut it into chunks and then wrap it in wax paper. Or you can simply eat it. Yum!

### **Fishers of Men - Celebrating St. Andrew**

Enjoy an easy and symbolic treat on St. Andrew's feast day - November 30. Set out a bowl or basket of pretzel "fishing rods" (any stick variety will do, whether thin sticks or rods). Accompany this with a smaller bowl of peanut butter, cheese dip, cream cheese spread (anything that will stick to the pretzel sticks) and a bowl of goldfish crackers. Commence fishing by dipping the pretzel sticks in the peanut butter (or other dip option) and then catch a "fish" from the fishbowl as the crackers will stick to the rod of peanut butter.

We had a lot of fun with this little fishing activity. It's a great way to reflect on St. Andrew's role as fisherman - first of fish, then of men.