

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*

FEBRUARY 2024 VOLUME 3 #3
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

- Feb. 2 Divine Worship Solemnity of the Presentation of the Lord 6:30 PM
 Bishop's Residence
 Intention: RIP Ernest Teeters
- Feb. 4 Divine Worship Fifth Sunday of the Christian Year 12:30 PM
 Communal Celebration Anointing of the Sick within Mass
 Blessing of Throats
 Intention: RIP Linda Kay Steinkamp
- Feb. 10 Community Canvas
 Meet at the Church at 9 AM
- Feb. 11 Divine Worship – Sixth Sunday of the Christian Year
 Intention: RIP Jorge Orlando Pugliese Tolero
- Feb. 13 Fat Tuesday Pancake Supper 4:30 to 7:00 pm
 Church Narthex
- Feb. 14 Divine Worship – Ash Wednesday 10 AM
 Intention: Available
 Soup Supper and Evening Prayer 6:30 PM
- Feb. 16 Stations of the Cross Noon Virtual
- Feb. 18 Divine Worship First Sunday of Lent 12:30 PM
 Intention: Available
- Feb. 21 Soup Supper and Evening Prayer 6:30 PM
- Feb. 23 Stations of the Cross Noon Virtual
- Feb. 25 Divine Worship Second Sunday of Lent 12:30 PM
 Intention: RIP Sayuri Abromitis
- Feb. 28 Soup Supper and Evening Prayer 6:30 PM

*SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 1/31/2024

Total Income Year to Date: \$1680.64. Total Expenditures Year to Date: \$1151.78
Difference +\$528.86. Balance on hand: \$2956.81.

New PC

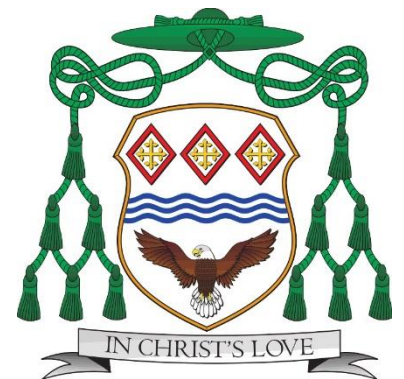
Since the inception of the parish we have been making use of Bishop Cavins' personal laptop as well as his PC. The malfunctions we have been experiencing during Divine Worship stem from his laptop overheating. An evaluation of the laptop reveals that it is burning out. It is necessary therefore for APFC to purchase a computer to assist in our streaming activities. At the annual meeting, the parish voted to gather the necessary funds, somewhere between \$2400.00 and \$2800.00. One parishioner offered to match the first \$1000 raised. To date 3 parishioners have donated \$400 toward the PC and that money has been matched bringing our total to \$800. Two other parishioners have pledged \$200 each and a third is reviewing his donation. If you are interested in donating, please Zelle your donation to bkpg@apfcwp.com and note it is for the PC. You may also mail in a check.

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

Elizabeth II stayed at Sandringham each year from just before Christmas until the anniversary of her accession to the Crown. During that time the house was decked for Christmas. Some find this strange in our modern society where trees are often up in November and gone by Dec 26. Yet in former times the Christmas Season did not begin until December 25 and ended on Candlemas Day, the Feast of the Presentation, February 2. A total of 40 days.



We are about to begin another period of 40 days in the life of the church as we mark the Season of Lent beginning February 14. Sorry, no lavish Valentine's dinners this year unless

you're planning on just one meal in the evening. Even then no meat allowed. Have you ever wondered about the significance of the number 40 in the life of the church?

Let's take a look at Sacred Scripture. The rain of the Great Flood – the Great Deluge – lasted 40 days and nights (Genesis Ch 7). Moses was atop Mount Sinai for 40 days and nights receiving the Law (Exodus 34:28). The Israelites wandered in the desert for 40 years after fleeing the Egyptians (Numbers 13:34). The Prophet Elijah walked 40 days and nights to reach the Mountain of God, Horeb (1 Kings 19:8). Jesus fasted for 40 days and nights to prepare for His public ministry (Matthew 4:1-2). Jesus Ascended into Heaven 40 days after His glorious Resurrection from the dead (Acts 1:1-3).

In each of these cases the number "40" signifies new life, new growth, transformation, a change from one great task to another great task. This Lent we too are called upon to make a change in our lives. We are called to change the way we live to be more Christ-like. We are called to root out that which keeps us from loving one another as Christ loved us. It is therefore significant that this Lent begins on Valentine's Day a day dedicated to love.

In Christ's Love

+*William*

Pastor

Lenten Regulations

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Reformed Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Reformed Catholic Church from age 14 onwards.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Community Canvas

Mark your calendars for Saturday, February 10, 2024, 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 canvassing in the area Southwest of the church. We have plenty of door hangers to cover the approximately 350 homes in that area. Each canvasser will also be given copies of the church flyer should you meet and talk 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 Edmundshire Rd., Devonshire Ln., Yorkshire Ln., Derbyshire Ln., Lancashire Ln., Watuaga Ave., Edland Dr., E. Kaley Ave., Surry Dr., E. Esther St., and Elsa St. There are several apartment complexes in this area as well.

Memorial Gifts

Two memorial gifts have been made to the parish in memory of Joan Elizabeth Podunavac nee Witkowski, the pastor's mother. The first is a new thurible and boat. The second is a set of sanctuary bells.

If you would like to memorialize a loved one, please speak with the pastor about the options available.

Exploring Our Faith

We invite you to join us in breaking open the Word for the upcoming Sunday each Wednesday at 7 PM. The dates for the discussion group are found in the calendar. The book *At Home with the Word 2024* may be purchased directly from Liturgical Training Publications at www.ltp.org. It is available in regular and large print editions.

JMB Crockpot Ministry

Our current supply of crockpot is running low. 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 February 13, 2024, at 10 AM at the Dedicated Senior Medical Center - 690 S. Goldenrod Rd., Orlando, and on February 20, 2024, at 11 AM at the Dedicated Senior Medical Center - 4270 Aloma Ave, Winter Park. Enter to win a new Crock Pot at the end of class. Email Info@apfcwp.com to register.

Transportation Ministry

The pastor has been aware for some time of the need for a means to bring people to church on Sundays who lack transportation. To build the parish we need more workers in the fields. We declined an offer for a church bus because the monthly insurance premium was outrageous. Yet the need remains. If you would be interested in bringing one or two people to church and taking them home each week. Please speak with the pastor.

Volunteer Opportunities

Are you looking to do more within the parish community in 2024? Here are a few opportunities broken down by day of the week. On Sundays, we need readers, musicians, singers, altar servers, and Eucharistic Ministers. On Mondays or Tuesdays, we usually schedule our Crock Pot Classes. Contact Dennis Last to become a presenter. On Tuesdays, we would like to have volunteers help out at Rebecca's Pantry in the morning. Then on Wednesdays, there is the Thrift Shop. On Saturday, once a month, we will be canvassing a different area around the Church building. So much to choose from. We could also use a few Special Ministers to the Sick which would be a new ministry. What is God calling you to do?

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.

Priestly Ponderings by Rev. Lucas G. Brown

Is it a Sacrament or a Sacramental?

For over a year, we have looked at different parts of our liturgy and music. But what do we call these? When we break all of these things down to the most basic term, that term is Sacramental.

The Roman Catholic Church defines sacramentals as "sacred signs by which effects, especially spiritual effects, are signified in some imitation of the sacraments and are obtained through the intercession of the Church". The Second Vatican Council further describes sacramentals by their ability to "signify effects, particularly of a spiritual nature,

which are obtained through the intercession of the Church. By them, all are disposed to receive the chief effect of the sacraments, and various occasions in life are rendered holy”.

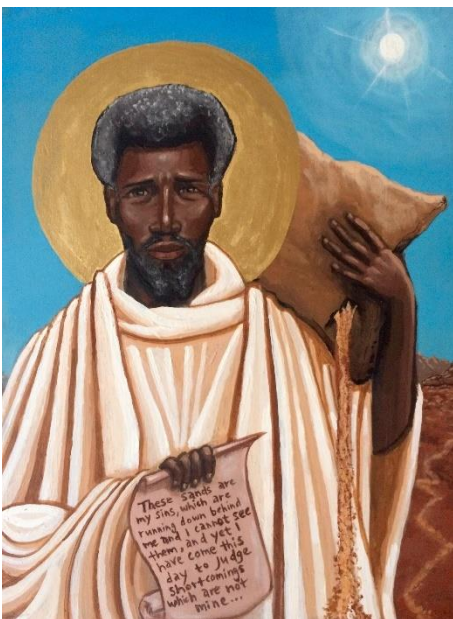
If this definition seems broad, that’s because the world of sacramentals is equally broad. “There is hardly any proper use of material things which cannot . . . be directed toward the sanctification of humans and the praise of God”. Sacramentals come in diverse shapes and sizes, materials and substances, gestures and acts of piety, which is why the Church correctly describes them as “signs.” A few familiar examples of sacramentals are crucifixes, rosaries, candles, scapulars, holy water, anointing oils, and the sign of the cross.

Theologians have further separated sacramentals into six groups based on purpose: orans for public prayer, liturgical or private, such as chanting; tinctus, the application of holy water or oils (unctions); edens, blessing of foods; confessus, the general avowal of faults recited at Mass, Communion, and the Divine Office; dans, better known as alms; and benedicens, papal and episcopal blessings of items such as candles, salt, ashes, and palms.

Sacraments and sacramentals share a similar name, but the two are distinguished by their unique respective roles in the life of the Church. Whereas sacraments are the efficacious sign of grace, sacramentals resemble the sacraments. They prepare humanity to receive the fruit of the sacraments and sanctify different life circumstances.

A View from the East: Diaconal Reflections by Deacon Chris Larsen

Moses the Black



In our continuous journey of faith in Christ, we tend to get frustrated when we fall back, or we are not always the perfect Christians. We are often plagued by temptation which challenge our faith in Christ and his commandments. We try to remind ourselves that through constant prayer and repentance, we can listen for God’s message directing us what to do.

One man knew this all too well. His name was St Moses the Black, also known by other names such as : Moses the Strong, Moses the Ethiopian, Moses the Robber. Moses was born in Ethiopia in the year 325. He became a slave of a merchant in Egypt. He was then let go because he was charged with robbery and alleged murder. He then joined a

gang of bandits and eventually became their leader by virtue of being brutal and merciless.

While attempting to hide from the authorities, Moses sought shelter at a monastery, in the desert of Wadi El Natrun. There he was overwhelmed by the love and mercy, the monks showed him, that he converted to Christian and sought to live the monastic life. At first the monks were hesitant but after months of insisting they finally welcomed him as a monk.

The conversion proved to be exceedingly difficult for Moses. The temptation to go back to the life of robbing and murdering rang in his mind. But he became stronger and through prayer, fasting and determination, his faith grew and the desire to be in God's service was top priority. "It would be wrong to kill them or torture them. What should I do." The fellow monks instructed him to set them free. The bandits, who happened to be his old crew, recognized that it was Moses. They were stricken with faith and were converted and settled with him at the monastery.

The leaders wanted to test his faith and one day insulted him and told him to leave. Without argument, Moses left. Upon observing this, the abbot sent for him, and later ordained him a priest.

His past continued to haunt him. He always was concerned that he was not the perfect Christian he thought he would be. The abbot took him to the roof and told him that the rays of the sun slowly came up and slowly came down. It takes time to achieve perfection and even then, we are not.

A band of robbers came and invaded the monastery. The fellow brothers attempted to defend the monastery. Moses however, citing Jesus in the garden told them to disarm and said, "Those who use the sword, die by the sword. He stood behind and was martyred July 1, 405. His feast day is July 1.

What is the lesson here? What can we take from the life of St. Moses? The fact that we do sin and have sinned. We all struggle with our past or our temptations. However, if we live a life of prayer and continuously bring our concerns (ALL of our concerns and frustrations) to God. We will achieve the grace and love of God. There is no such thing as perfection in the eyes of God. We are all perfect to him in his eyes. What we need to strive to do is to follow his commands by loving our brothers and sisters and showing Christ to the world.

Family Faith Activities

Courtesy of LTP's At Home With the Word 2024.

February 4, 2024: Fifth Sunday of the Christian Year

Questions

- ◆ When Jesus heals Peter's mother-in-law, she responds by getting up and waiting on Jesus and his friends. What gifts and blessings has God bestowed on your family, and how have you responded, together or individually?
- ◆ What are some ways that your family can wait on Jesus at home? At work or school? In the community and the world?
- ◆ Paul saw preaching the Gospel not as something to boast about, but as an obligation to fulfill. Jesus wasn't sidetracked by the adulation of those amazed at his miracles but rather remained faithful to his purpose of building his Father's kingdom. What motivates your good works?

Activities

- ◆ If your child is not already doing so, help him or her learn stewardship by deciding together on a percentage of his or her allowance or chore money to give regularly to your parish. Explain that those who work in the schools, parishes, and offices of the Church support and nourish the faith of those who work in the world. All who benefit from their labors must compensate them fairly. Talk about some of the things that your parish staff does for the good of all. If you aren't sure what they do, visit them and ask.
- ◆ Increase your child's familiarity with the Gospel that we preach by inviting each family member to tell a favorite Gospel story in his or her own words. Provide drawing materials and invite your child to draw a picture of his or her favorite Gospel story. If your child is old enough, play a game of Gospel or parable charades.
- ◆ Jesus did more than preach words; he acted compassionately on behalf of those in need. Look for ways that you can preach the Gospel in action this week. Visit someone who is ill, share a meal with someone who is lonely, save change, and donate it to a local charitable organization, or pray for those who have no one to pray for them.

February 11, 2024: Sixth Sunday of the Christian Year

Questions

- ◆ Like the leper in today's Gospel, each of us is changed when we ask Jesus to touch our lives. How has the touch of Christ given you more abundant life?
- ◆ For most sufferers, the worst thing about leprosy was the isolation it brought. Jesus reached out and touched a person society believed to be undesirable. Who are the people

considered by some to be undesirable in your social, school, or work communities, and how can you reach out and touch them?

◆ Jesus told the leper to tell no one what had happened, but the man couldn't keep his joy to himself. What wonderful things has God done for you that you couldn't wait to share with others?

Activities

◆ Invite your child to look for something that he or she especially likes about today's Mass, perhaps a favorite hymn, a humorous comment in the homily, beautiful decorations in the church, or a friendly greeter at the door. Explain that the people who bring music, humor, beauty, and warmth into our worship help us to experience God's goodness in a special way. When we participate fully at Mass, we share that goodness with everyone. Invite your child to stop and thank someone who has enhanced his or her worship experience today.

◆ Raise awareness of the isolated people around us. For this activity, you'll need any board game or card game and a kitchen timer. If your child is young, set the timer at five minutes for each round. Set it for longer if he or she is older. During each round, one person is ignored until the timer sounds. No one looks at or speaks to the ignored person, and he or she gets no turn in the game you're playing. Make sure that everyone is ignored once. Afterward, talk about how it felt to be the one ignored.

◆ Reach out to someone who is isolated and lonely. Warmly greet someone who always comes to Mass alone. Invite someone recently widowed or divorced to join you for dinner or on a shopping trip. Bring a few handmade valentines to a nursing home and ask that they be given to people who receive few visitors.

February 18, 2024: First Sunday of Lent

Questions

◆ What does the word covenant mean to you? How has God kept his covenant of love, and how has the world kept it? How do you keep it?

◆ How do you think life was different for those in the ark after the flood? How has baptism made your life different?

◆ It rained over the ark for forty days and nights, and Jesus spent forty days in the desert. Like the word quarantine, which comes from the root for "four," this signals a time of purification. Lent is approximately forty days long too. How could you spend this time away from business as usual, purify yourselves, and better keep the covenant and follow the Lord?

Activities

- ◆ Invite your child to look for signs of the new liturgical time of Lent in your parish church. Are the decorations fewer and simpler? Ask your child to tell you where he or she sees the color violet. Note that we don't sing or recite the Gloria. How is the Gospel acclamation different? We simplify everything during Lent so there are fewer things to distract us from following the path of the Lord. The outward signs of the season remind us to look inward for thoughts, attitudes, and behaviors that we need to change.
- ◆ Create a Lenten prayer space in your home, perhaps on a small side table. Use a violet cloth and reminders of the liturgical time. A small bowl of sand may remind your family of Jesus' temptations in the desert and his faithfulness to his mission. Add an alms box or basket to hold money saved by simplifying your diet and activities. Read the upcoming Sunday Gospel each week and decide together on a symbol of its message to add to your prayer space. Gather here mornings and evenings for prayer together.
- ◆ Outline a large rainbow on poster board. Invite each family member to color in a small area of the rainbow with markers or crayons for each large or small sacrifice made during Lent. Don't tell anyone what the sacrifices are but fill the rainbow as a sign of the covenant.

February 25, 2024: Second Sunday of Lent

Questions

- ◆ What do you think motivated Abraham's willingness to give up what he loved most in the world? Love? Fear? Trust?
- ◆ What do you think motivated God's willingness to send his only beloved Son into the world, to take on the trials of human suffering, and to endure the betrayal, injustice, pain, and even death that are the product of human sinfulness?
- ◆ What does it mean to you to obey God's command? Is God asking something of you that you find particularly hard to do? What motivates your willingness to obey God in all things?

Activities

- ◆ Talk more with your child about the differences in your parish's liturgy during Lent. Our Lenten celebrations are more solemn as we call to mind our sinfulness and need for repentance. The hymns are often written in a minor key, and the joyful Gloria and "alleluia" are omitted. Some parishes chant the penitential rite and other acclamations in Latin. The simpler music of plainchant and the ancient language used, suggest a return to basics. What other large and small signs of Lent do you find when you go to church?
- ◆ God our Father instructed us to listen to his beloved Son Jesus. Invite each member of your family to share a favorite parable or teaching of Jesus. Tell these in your own words or read them from the Bible or a children's Bible. Discuss why these are your favorites and what important lessons you've learned from listening to Jesus.

◆ Brainstorm ideas for small things that each member of your family can do this week to show love for God and kindness to others, and to help alleviate some of the suffering in the world caused by sin. Make a list with at least one thing for each person each day. Check off your offerings as you complete them. Examples might include offering a kind word to someone who irritates you, letting someone go ahead of you in line, or praying for someone who cuts you off in traffic.

Fabulous February Saints

February provides us with numerous opportunities to reflect on the lives of the saints in heaven. Please 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 Blaise, Bishop, and Martyr; Saint Ansgar, Bishop. Saints on February 3. Saint Agatha, the Virgin, and Martyr are remembered on February 5. She is followed by Saint Paul Miki and Companions, Martyrs on February 6. February 8 sees us recalling the virtues of Saint Jerome Emiliani and Saint Josephine Bakhita, Virgin. They are followed by Saint Scholastica, Virgin, on February 10. On February 11 we recall the Seven Holy Founders of the Servite Order. Saint Peter Damian, Bishop and Doctor of the Church is celebrated on February 21. February 23, we take note of the life of Saint Polycarp, Bishop and Martyr. We complete the month by remembering the life and works of Saint Gregory of Narek, Abbot, and Doctor of the Church on February 27.

February Recipes

Bellini

Wayne Cantwell, Orlando

Ingredients:

- 2 ripe peaches seeded and diced.
- 1 tablespoon fresh lemon juice
- 1 teaspoon sugar
- 1 bottle chilled

Directions:

1. Place the peaches, lemon juice, and sugar in the bowl of a food processor fitted with a steel blade and process until smooth.
2. Press the mixture through a sieve and discard the peach solids in the sieve.
3. Place 2 tablespoons of the peach puree into each Champagne glass and fill with cold prosecco. Serve immediately.

4. Top with a raspberry or peach slice

Risi i Bisi (Rice and Fresh Peas)

Elizabeth Zimmerman, Winter Park

Ingredients:

- 1 pound bag of frozen peas
- 4 tablespoons butter
- 2 tablespoons onion, chopped.
- 4 cups chicken stock
- 1 cup Arborio rice
- 1/2 cup Parmesan cheese freshly grated.

Directions:

1. In a soup pot or Dutch oven, melt the butter over medium heat.
2. Add the onion and sauté until it becomes lightly golden.
3. In a separate pot, heat the stock until it reaches a simmer.
4. Once the onion is ready, add 3 cups of the simmering stock,
5. the rice, the bag of frozen peas, and a good pinch of salt.
6. Cover the pot and cook at a low boil for about 20 minutes, stirring occasionally,
7. until the rice is just tender.
8. If the rice is too thick, thin it slightly with the remaining stock; it should be thick but not porridge.
9. When the rice is ready, add the grated Parmesan and taste for salt. Serve.

Caipirinhas

Joseph Wexler, Orlando

Ingredients

- 1 lime, cut into wedges
- 2 teaspoons sugar
- 2 ounces cachaça
- Garnish: lime wheel

Directions:

1. In a double rocks glass, muddle the lime wedges and sugar.
2. Fill the glass with ice, add the cachaça, and stir briefly.
3. Garnish with a lime wheel.

Pączki

Julianna Witkowski, Pittsburgh, PA

Ingredients

- 2 1/4 tsp (7 g) dry active or instant yeast, not rapid or quick-rise yeast
- 1 cup (227 ml) whole milk, (3% b.f.) scalded and cooled.
- 2 large egg yolks
- 1/4 cup (50 g) granulated white sugar.
- 2 Tbsp butter, melted.
- 1/2 tsp vanilla
- 1/2 tsp salt
- 3 – 3 1/2 cups (360 – 420 g) all-purpose flour, use only as much as you need to make a moist, but not sticky dough
- Oil, for frying
- White Granulated Sugar, for dusting after frying.
- Jam or custard, for filling (suggested: Raspberry, Blueberry, Cherry or Strawberry Jam)

Directions

1. In a small saucepan, heat the milk until steaming with small bubbles forming around the edges (about 180F). Do not boil. Remove from heat and let cool to lukewarm (about 105F). *It's important to ensure the milk has cooled to lukewarm, as it may kill the yeast.
2. In a large bowl or the bowl of a stand mixer, dissolve the yeast in the lukewarm milk and let stand for 5 minutes. Add 1 cup of the flour. Mix and let stand for 20-30 minutes, until really bubbly.
3. In the meantime, beat the yolks in a small bowl until they are light and fluffy.
4. To the yeast mixture, add the melted butter and sugar and mix. Add salt and vanilla. Add beaten egg yolks. Slowly add more of the flour to the bowl in small increments, adding flour just until you have a soft, moist, but not dough. Remove the dough to a lightly floured work surface and knead for 1 minute (adding a bit more flour if it is sticking to your hands or the work surface). Form dough into a ball.
5. Grease a clean bowl and add the dough. Cover the bowl with plastic wrap and let rise in warm place until doubled in size. (This dough is a bit of a slow riser, so expect this rise to be up to 90 minutes).
6. Deflate dough and pat out onto a floured cutting board. With a rolling pin, gently roll into a 1/2-inch-thick circle. Gently cut out circles with 3-inch biscuit cutter. Place onto a parchment lined baking sheet, cover with a clean tea towel and let rise until doubled (about 30 minutes). *You can re-roll the scraps and cut more pieces, though they are never quite as neat as the first cuts. I like to use the ugliest of these ones as "test" ones, to test the temperature of the oil. I fry one, let cool, then cut it open to

make sure it is cooking all the way through. I can then adjust time/temperature, as needed from there.

7. Meanwhile, heat oil to 360°F. in a deep fryer or a large, heavy pot. Fry the Paczki until golden on one side, flip, and fry the other side. *Tip! Chopsticks are great for flipping the Paczki! Don't try to cook too many at a time, so you don't reduce the temperature of the oil by adding too many at once. Don't rush the frying, to ensure that they are cooked through well. Fry until they are a deep golden color. Remove Paczki to a cooling rack for about 30 seconds, then immediately roll in granulated sugar. Let stand until completely cool.
8. Once cooled, using a sharp knife, poke a hole in the side. Use a pastry bag with a large plain tip to pipe the jam or custard filling inside.
9. Paczkis are best enjoyed when freshly made, but you can freeze any extras for up to 3 months.

Malasadas

Tina Costa, Longwood

Ingredients

- 1 packet active dry yeast (1/4 oz. or 2 1/4 teaspoons or 7 g)
- 1 tablespoon sugar
- 1/3 cup water
- 8 cups all-purpose flour
- 1/2 cup sugar
- 1 teaspoon salt
- 2 cups scalded milk
- 1/2 cup butter (melted)
- 8 large eggs (beaten)
- oil for frying
- sugar (for coating)

Instructions

1. Dissolve the yeast and 1 tablespoon of sugar in warm water. In a large mixing bowl, combine the all-purpose flour, sugar, and salt and make a well in the center. Add the milk, butter, eggs, and yeast mixture.
2. Beat thoroughly to form a soft and smooth dough. Cover and let rise until doubled in size, about an hour. Heat oil to 350 °F (176 °C).
3. While the oil is heating up, shape the dough into flat round discs, pulling the dough outwards and leaving a small indentation in the center.
4. Place the dough into the oil and fry until browned. Drain on paper towels, then shake in a bag with sugar.

Mawa Gujiya

V. J. Punithavelu, Madras, India

Ingredients

Dough

- 2 cups all-purpose flour 260 grams, also known as Maida
- 4 tablespoons ghee melted.
- water to knead the dough, around 1/2 cup.

Filling

- 1 tablespoon ghee
- 2 tablespoons chopped raisins golden raisins preferred.
- 4-5 tablespoons finely chopped nuts like almonds, or cashews.
- 1/3 cup desiccated coconut powder 26 grams.
- 1.5 cups grated mawa / khoya milk solids, 187 grams, I used frozen.
- 1 tablespoon milk 15 ml
- 1/2 cup + 1 tablespoon fine sugar 130 grams or adjust to taste.
- 1/2 teaspoon cardamom powder
- oil or ghee for frying, I use a mix of both.
- 2 tablespoons flour mixed with 3 tablespoons of water to seal the gujiya

Directions

Make the dough.

1. Put flour in a large bowl. Add melted ghee to flour. Mix ghee with the flour using your fingers.
2. Start adding water little by little and knead to form a slightly stiff dough.
3. Cover the dough with a damp cloth and let it rest for 30 to 45 minutes. I cover it with a damp paper towel (which I soak in water and then squeeze out all the water).

Make the filling.

1. To make the filling, heat 1 tablespoon ghee in a pan on medium heat. Add chopped raisins and nuts and fry for 2 minutes until fragrant.
2. Then to the same pan add coconut and roast for 2 minutes until lightly fragrant. Transfer to a bowl.
3. Now to the same pan, add grated mawa. Lower the heat to low and roast for 5 to 6 minutes until mawa turns light golden in color.
4. Transfer the roasted mawa to a blender, add 1 tablespoon of milk and blend so that it becomes smooth. You don't need to add milk or do this step if using fresh mawa. The frozen mawa that I have used here is quite dry so I had to add a little milk to it.

5. Transfer the mawa to a large bowl. Let it cool down a little. Then mix in the nuts, raisins, coconut powder, sugar and cardamom powder.
6. Filling is ready, it should be a little moist and not completely dry.
7. Meanwhile mix 2 tablespoons flour with 3 tablespoons water in a small bowl. This mixture will be used to seal the gujyas.

Make the gujyas.

1. Divide dough into equal balls after it has rested. Keep it covered all the time as you roll each ball one by one. Each of my gujyas weighed around 30 grams.
2. Meanwhile also heat oil or ghee in a kadai on medium-low heat to fry the gujyas. I use a mix of oil and ghee.
3. Roll each ball into a small circle of 5-to-6-inch diameter.
4. Place it on top of the gujiya mold. Apply the flour-water paste all around.
5. Fill 1 tablespoon filling inside, do not overfill.
6. Press the two ends together to seal the gujiya mold. Remove the excess dough from the sides.
7. Similarly make all gujyas. Keep the excess removed dough in one place and use it to make more gujyas later.
8. Keep all gujyas covered at all times with a damp cloth/paper towel so that they don't dry out before frying.
9. Once the gujyas are filled and the oil is hot enough, fry them on medium-low heat until light golden brown. The first batch will take time, around 10-12 minutes. be patient, only fry on low heat.
10. Next batches will fry in 6-7 minutes as the oil gets a little hotter. But resist the temptation to fry at high heat. Fry all gujyas similarly.
11. Serve immediately, I love them warm! Or store in an airtight container once cooled.
12. I have not dipped gujyas into any sugar syrup. If you want, you can make a 1-string consistency sugar syrup and do it.

King Cake Recipe

Ellen Blakely, Winter Springs

Ingredients

Dough

- 1/4 cup butter, soften.
- 1 (8 oz) cream cheese, soften
- 1/3 cup sugar
- 2 teaspoon salt
- 2 TBSP active dry yeast
- 1 TBSP white sugar & Honey

- 1/2 cup warm water (100 to 110 degrees)
- 4 eggs
- 2/3 cup flavorless vegetable or canola oil
- 7 cups all-purpose flour

Cream Cheese Filling

- 2 (8 ounce) packages cream cheese, softened (16 ounces total)
- 1 egg
- 3/4 cup sugar
- 1/8 teaspoon salt
- 2 teaspoons vanilla

Colored Frosting

- 3 cups powdered sugar.
- 3 tablespoons butter, melted.
- 3 tablespoons milk
- 1/4 teaspoon vanilla extract
- 2 drops of green food coloring
- 2 drops of yellow food coloring
- 2 drops of blue food coloring
- 2 drops of red food coloring

Colored Sugars

- 1 1/2 cups white sugar
- 2 drops of green food coloring
- 2 drops of yellow food coloring
- 2 drops of red food coloring
- 2 drops of blue food coloring

Directions:

1. Beat the butter and cream cheese.
2. Dissolve yeast and 1 tablespoon sugar & honey in 1/2 cup warm water at 110 degrees in a large bowl; let stand 5 minutes (bloom it); Add butter mixture, eggs, and 2 cups flour; beat with a dough hook with an electric mixer 2 minutes or until smooth.
3. Gradually stir in enough remaining flour to make a soft dough. This is a very soft dough.
4. Turn dough onto a lightly floured surface; knead until smooth and elastic, about 10 minutes; Place in a well-greased bowl, turning to grease top; Cover and let rise in a warm place (85 degrees), free from drafts, 1 hour or until doubled in bulk.

5. Using an electric mixer, mix cream cheese until smooth; Add egg and blend well; Add sugar, salt, and vanilla and mix until smooth and creamy; Set aside.
6. Punch dough down; divide in half; Turn 1 portion out onto a lightly floured surface; roll to a 28- x 10-inch rectangle; Spread half each of cream cheese mixture on dough; Roll dough, jellyroll fashion, starting at long side; Place dough roll, seam side down, on a lightly greased baking sheet; Bring ends together to form an oval ring, moistening and punching edges together to seal; Repeat with remaining dough and cream cheese mixture.
7. Cover and let rise in a warm place, free from drafts, for 20 minutes or until doubled in bulk.
8. Bake at 375 degrees for 15 minutes or until golden.
9. Decorate with bands of Colored Frostings, and sprinkle with Colored Sugars.

Colored Frosting:

1. Stir together powdered sugar and melted butter.
2. Add milk to reach the desired consistency for drizzling; stir in vanilla.
3. Divide frosting into 3 batches, tinting 1 green, 1 yellow, and combining red and blue food coloring for purple frosting.

Colored Sugars:

1. Place 1/2 cup sugar and a drop of green food coloring in a zip-top plastic bag; seal.
2. Shake and squeeze vigorously to evenly mix color with sugar.
3. Repeat the procedure with 1/2 cup sugar and yellow food coloring; For purple, combine 1 drop red and 1 drop blue food coloring before adding to the remaining 1/2 cup sugar.

Minutes from the Annual Meeting of the Parish.

1. Bishop Cavins called the meeting to order at 1:45 PM on January 14, 2024.
2. Deacon Chris Larsen led us in prayer.
3. The minutes of the Annual Meeting for 2023 were distributed and read.

MOTION by Dennis Last Seconded by Deacon Larsen that the minutes be approved as presented. **CARRIED**

4. The Financial Report was presented by Gene L Thompson II.

Receipts 2023: \$12313.12

Expenses 2023: \$11174.38

Bank Balance January 1, 2023: \$1289.21

Bank Balance January 1, 2024: \$2427.95

Breakdown of Income & Expenditures 2023

Education	\$106.95
Expense	\$2627.78
Food Pantry	\$519.94
Liturgy	\$1567.41
Outreach	\$2170.53
Printing/postage	\$811.56
Polo shirts	\$448.32
Rent	\$1750
Contribution	\$10114.59
Donations	\$130

Notes for Balance on Hand

Balance to avoid charges	\$500.00
Balance on Hand from Giving Tuesday for Nutrition Ministry	\$103.31
Balance on Hand from Memorial for Joan Podunavac	\$265.51
Balance on Hand for Food Bank/Lunch Bag Ministry	<u>\$100.00</u>
Total	\$969.82

Monthly setbacks

Use of Sanctuary \$50 per service	\$200.00 to \$250
One License	\$015.84
Zoom	\$012.50
Website	\$005.45
Insurance	<u>\$053.02</u>
Total	\$286.81 to 336.81

Current Balance as of 1/13/2024 \$2,366.91

MOTION by Dennis Last Seconded by Deacon Larsen that the Financial Report be accepted as presented. **CARRIED**

5. Pastor's Report by the Most Rev. William R. Cavins

I wish to begin by thanking everyone for their support of the parish and our ministry during 2023. In particular, I wish to acknowledge Gene Thompson II for his dedicated and selfless service in handling our technology issues and assisting with the bookkeeping for the parish. In addition, we wish to thank Fr. Lucas Brown for his work in liturgy planning and technology. Klaus Stodtmann has also assisted in technical advice and baking the breads for our Eucharistic celebrations, and the Stollen we are enjoying this afternoon. On

behalf of the parish and myself, I wish to thank Debranne Lehman for her service on the Board of Directors as she retires from it after 3 years. I am also thankful for our financial benefactors who make it possible for us to carry God's love to the people of Central Florida and pay for the rent on this beautiful facility. Our thanks go out also to the good people of the First United Church of Christ for the greatly reduced rate they are renting their building to us.

Abiding Presence was represented at the Reformed Catholic Church Synod in Las Vegas. In a few weeks, we will, for the first time, be included in an interfaith meeting of pastors who will gather to pray for the community. We have worked to support the outreach ministries of First UCC with both the Food Pantry and the Thrift Shop. We have been accepted for membership in the Florida Council of Churches.

Your clergy have presided at weekly masses and other services to fulfill Christ's command to preach the gospel while nourishing the community with the Blessed Sacrament. While not all 7 sacraments were celebrated this year, we have celebrated the Eucharist, Confirmation, Reconciliation, Anointing of the Sick and Holy Orders.

We continue to offer each Wednesday Evening the breaking-open of the Word for the upcoming Sunday through the use of Zoom. We look for other opportunities to serve the spiritual and educational needs of the people we serve.

We wish to acknowledge Dennis Last's efforts to schedule and conduct our Crock Pot Classes in the community. I am pleased to have nominated him as WESH's TV Community Champion for that work as well as his work with Meals on Wheels and as a school volunteer. We have progressed from one class a month to two a month. When I sat in with Dennis this past week our crockpot winner revealed she comes to the classes repeatedly because she always thinks of new questions to ask.

Once more let me thank each of you for your support of the parish and my ministry among you. God bless you all. +

6. J. M. Brown Nutritional Ministry: Crock Pot Report Dennis Last

The ministry has grown from a once-a-month class to two. In partnership with Dedicated Senior Medical Centers, we will be adding a third site beginning in February. Scott Kidd, from Kiwanis, has been assisting with the classes. We have a small supply of 1.5 qt crock pots as well as a few 4 qt crock pots. Dedicated Senior Medical is going to fund a crock pot per class offered. We are seeking more volunteers to be trained to present classes in the future.

7. Under other old business the pastor reported that First UCC is renting their facility to us for \$50 per service currently.

8. Election of Directors.

MOTION by Dennis Last seconded by Fr. Lucas Brown that the number of directors be set at 5 and the election is tabled. **CARRIED**

9. Bishop Cavins and Laus Stodtmann reported that Abiding Presence would host the 2025 Synod. We are awaiting further information from the Canterbury Retreat Center in Oviedo for hosting the event. General discussion regarding what would be expected from the parish ensued. No Action is needed.

10. Technology Issues – Klaus Stodtmann, Gene Thompson, and Lucas Brown presented information on why the streaming of services is plagued with issues. Essentially, we have fried the Bishop’s laptop by overheating and frequent transportation.

MOTION by Klaus Stodtmann seconded by Sam Esselman that the parish raise the funds to purchase a new computer dedicated to streaming the mass. **CARRIED**

After the vote Sam Esselman, Keven Abromitis, and Last Chance Enterprises each donated \$200 toward that purchase. Klaus Stodtmann matched their contributions. \$1400 to go.

11. New Sign: The pastor commented that a new sign for out front would be needed as the current sign is hard to read.

12. *MOTION* by Dennis Last second by Klaus Stodtmann that we conduct a Pancake Supper on Fat Tuesday to raise funds for the parish’s needs. **CARRIED**

The pastor appointed Sam Esselman as Chairman of the event.

13. For the Good of the Parish – Bishop Cavins reported that we are suspending our movie nights until the parish has grown more. The bishop further announced we will be having our Wednesday Evening Lenten Prayer Services and Soup Suppers at the Church.

14. The closing prayer was offered by Bishop Cavins.

15. There being no further business the Meeting was adjourned at 3:16 pm.