



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**

MARCH 2024 VOLUME 3 #4

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

- Mar. 1 Virtual Stations of the Cross 12:00 Noon
- Mar. 3 Divine Worship - Third Sunday of Lent 12:30 PM
Communal Celebration Anointing of the Sick within Mass
Intention: RIP Sally Hoeffner
- Mar. 6 Soup Supper 6:30 PM
Evening Prayer 7:00 PM
- Mar. 8 Virtual Stations of the Cross 12:00 Noon
- Mar. 9 Community Canvas
Meet at the Church at 9 AM
- Mar. 10 Divine Worship – Fourth Sunday of Lent 12:30 PM
Intention: RIP Shirley Cavins
- Mar. 14 Soup Supper 6:30 PM
Evening Prayer 7:00 PM
- Mar. 15 Virtual Stations of the Cross 12:00 Noon
- Mar. 16 Stations of the Cross Noon Virtual
- Mar. 17 Divine Worship - Fifth Sunday of Lent 12:30 PM
Intention: RIP Jamie Connors
- Mar. 19 Divine Worship - Feast of St. Joseph 6:30 PM
Intention: RIP Jospeh J. Witkowski
- Mar. 20 Soup Supper 6:30 PM
Evening Prayer 7:00 PM
- Mar. 22 Stations of the Cross Noon Virtual
- Mar. 24 Divine Worship – Palm Sunday 12:30 PM
Intention: People of the Parish
- Mar. 25 Divine Worship – Solemnity of the Annunciation 6:30 PM
Intention: For all expectant mothers
- Mar. 27 Soup Supper 6:30 PM
Evening Prayer 7:00 PM
- Mar. 26 Divine Worship – Chrism Mass 7 PM Bishop’s Residence
Intention: Clergy of the Diocese of St, John XXIII
- THE SACRED TRIDUUM**
- Mar. 28 Divine Worship – Mass of the Lord’s Supper 7 PM
Intention: People of the Parish

- Mar. 29 Virtual Stations of the Cross 12:00 Noon
Divine Worship – Veneration of the Cross 3 PM
- Mar 30 Divine Worship – Easter Vigil 7 PM
Intention: Special Intention of the Pastor
- Mar. 31 Divine Worship – Easter Sunday 12:30 PM
Intention: Special Intention of the Pastor

*SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 2/28/2024

Total Income Year to Date: \$5301.39. Total Expenditures Year to Date: \$ 4985.12
Difference +316.27. Balance on hand: \$2744.22.

New PC

Last month we told you about our need of a new computer and peripherals to continue our streaming service from the church. So far we have raised \$2075 of the \$2800. The new computer itself has been purchased. Now we’re working on the peripherals. 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.

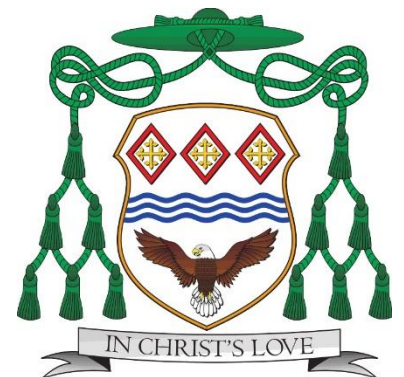
Online Giving

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

Do you recall memorizing little anecdotes in school such as, “April showers bring May flowers.” The one for March was, “In like a lion out like a lamb.”

I think it is appropriate for this year in particular as the lion that is roaring and trying to devour us in the Evil One. We utilize Lent to repent and certainly this year we are making a greater effort to afford everyone opportunities to connect more with God and with each other.



That takes a lot of work on our parts as clergy, but individually as well. We have to fight as ferociously as a lion to carve out time for God and others. This is especially true at this time of hybrid job positions where employers expect one to work from home and go well beyond the 8 hours a day most are committed to working. We must persevere in keeping life in perspective. God, Self, Family, Church, and finally Society.

Yet at the end of the month, we will experience the Feast of the Lamb: Easter. My prayer for you this month is that God grant you the grace to persevere in your Lenten Journey and that you draw ever closer to the One that created, redeemed, and enlivens you.

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.

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. 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.

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 March 18, 2024, at 11 AM at the Dedicated Senior Medical Center -4270 Aloma Ave, Winter Park, and on March 23, 2024, and April 23, 2024, at 10 AM at the Dedicated Senior Medical Center – 690 S. Goldenrod Rd., Orlando. Enter to win a new Crock Pot at the end of class. Email Info@apfcwp.com to register.

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

Who are all these other people we are supposed to pray to?

First of all, Catholics actually do spend a lot of time praying directly to God, Jesus, and the Holy Spirit. We do not have to look too far, just a casual peruse of the text of the Mass is evidence enough that the whole celebration is centered on worshiping God, through Jesus Christ, and in the Holy Spirit.

As to why Catholics “pray to” the saints, more precisely, we petition the saints to pray for us before God, or to pray with us to obtain favors from God. This is not strange at all if we see saints as our friends.

Both Protestants and Catholics alike would readily agree that it is a Christian practice that we pray for each other and with each other. This is what the disciples did in Jesus’ time, and what the early Christians did in the time of the Acts of the Apostles. Both Protestants and Catholics practice intercession today. We would gather with brothers and sisters to pray for the needs of the community. We would also ask others to pray for particular special needs.

Interceding through the saints is the same, except even more powerful. As Catholics, we believe the saints are alive and active before God. And they are also our friends and heroes. We want them to pray with us and pray for our needs, just like we want our brothers and sisters on earth to do the same.

In Roman Catholicism and certain other Christian faith traditions, a saint is a holy person who is known for his or her “heroic sanctity” and who is thought to be in heaven. In the 10th century, Pope John XV formalized a process for the identification of saints. Before that time, saints were largely established by public cult. There are more than 10,000 saints recognized by the Roman Catholic Church, though the names and histories of some of these holy men and women have been lost to history.

The saints of the church are a diverse group of people with varied and interesting stories. Their ranks include martyrs, kings and queens, missionaries, widows, theologians, parents, nuns and priests, and “everyday people” who dedicated their lives to the loving pursuit of God. Religious and nonreligious people alike have found inspiration from their lives, particularly in the stories of saints who devoted themselves in service to the poor, sick, and disenfranchised. Many of the saints who were persecuted for their faith showed remarkable forgiveness and patiently suffered through their trials and tortures. Some are revered for their simplicity and humility. Several were writers and thinkers who shaped Western thought for centuries.

Catholics venerate the saints and look to them as examples of lives well lived in the faith. Many find comfort in the knowledge that holy people shared in their same struggles, sins, doubts, or hardships and ask specific saints to pray for them.

As you see, just as praying with our brothers and sisters on earth does not and should not draw us away from God, neither should the devotion to the saints do so. In fact, correct devotion to the saints does the opposite. It helps us to love God more, just as having good

brothers and sisters who pray with us often help us to become better Christians. Friends and saints alike, we spur each other on to love God more and imitate more godly virtues.

Family Faith Activities

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

March 3, 2024 - Third Sunday of Lent

Questions

- ◆ Can you name the Ten Commandments? It takes continuous prayer and reflection to follow the wisdom of these laws in our everyday life, but just being able to name them is a starting point. (This question can also spark family conversation.)
- ◆ Some people use the Ten Commandments for an examination of conscience. Which commandment do you find particularly difficult to follow or to understand?
- ◆ How do you treat yourself as a “temple” of the Holy Spirit? How do you treat others as “temples” of the Holy Spirit?

Activities

- ◆ In this Sunday's Gospel, Jesus teaches us respect for our Father's house. Review with your child the signs of respect you show in church: entering reverently and prayerfully, blessing yourself with holy water remembering your baptismal commitment, bowing before the altar, genuflecting before the tabernacle, participating in Mass, quietly putting hymnals in their racks and moving kneelers up and down, and so forth. Talk about making a throne of your hands to welcome Jesus in the Eucharist and remembering that God lives in you and blesses others through your acts of love and kindness.
- ◆ God gave us the law to guide us toward the fullness of life. Talk about safety regulations, rules at school, family principles, and other rules that your child knows and understands as essential for the guidance and protection of your family and others. Discuss God's rules and how they lead to genuine happiness. Apologize to one another for any rule-breaking that has caused pain in your family. Celebrate the sacrament of reconciliation. If your child is too young to participate, explain to him or her why it's important to own up to our sins and ask for forgiveness of God and one another.

March 10, 2024 - Fourth Sunday of Lent

Questions

- ◆ Today's readings tell us that human beings have turned from God repeatedly, but God faithfully draws us back. How have your thoughts and actions distanced you from God, and how has God's love and mercy drawn you back?

- ◆ Jesus said he came not to condemn us but to save us. How have you experienced God saving you from selfishness, thoughtlessness, or carelessness?
- ◆ God never gives up on us. Have you ever given up on someone? Is there a part of yourself about which you've lost hope or an unresolved issue about which you need to seek spiritual guidance?

Activities

- ◆ Jesus said he must be lifted up, that we may look to him for eternal life. Take your child to pray before the Blessed Sacrament. If your parish offers adoration, teach your child to genuflect before the monstrance. If not, explain that Jesus is present in the tabernacle. Point out the sanctuary lamp that reminds us of this presence. Pray together. Invite your child to share problems with Jesus and to thank him for loving us. Keep your visit short, about a minute or two for each year of your child's age.
- ◆ If you don't already have one, hang a cross or crucifix in your home, or add one to your prayer space. Explain that the cross represents the cost of being faithful to God. Jesus did all that his Father asked of him, even when people killed him on a cross for it. Most people don't have to die to be faithful to God, but we follow Jesus' example and carry our cost of faithfulness in other ways. If someone is unkind to us, for example, we show faithfulness to God by being kind in return, no matter how much we may want to get even.
- ◆ Cut small crosses from sandpaper for each family member to carry in a pocket or hang from yarn around his or her neck. When temptations arise, touch the rough cross as a reminder of Jesus' example of faithfulness.

March 17, 2024 - Fifth Sunday of Lent

Questions

- ◆ Like Jesus, we live to glorify God. How does your life give glory to God?
- ◆ Jesus freely accepted death to bring us eternal life. Is there something difficult that you need to accept, or something that you need to give up for the sake of God's kingdom? How can the suffering you experience in your faithfulness to God lead to more fruitful life for yourself and for others?
- ◆ Jeremiah told us that God's law of love is written in our hearts. Is your heart calling you to something that you aren't doing? Could the hour to follow that call be now?

Activities

- ◆ Prepare your child for today's readings by talking a little about some of the people in your faith community who have given up things for themselves in order to help others. Your priest, for example, has given up having a family of his own in order to minister to the parish. Many people give their time, talent, and treasure to keep your parish vibrant for all who come there.

◆ If you have a prayer space in your home, add to it a little dish of seeds. Talk about what grows from the different seeds, and how the seeds give themselves to feed the plants. Choose a way that you can give of yourselves to fill the needs of others. When Jesus says we must hate our lives, he means that we must give up any selfishness that keeps us from serving God and those who are in need.

◆ Plant a few flower seeds or grass seeds in a pot and keep them moist. When the sprouts grow big enough to handle, lift one gently out of the pot, brush the dirt from the root, and show your child that the seed is either gone or significantly changed. To be all that God intended it to be, the seed had to give up some of what it was. In order to be all that God intends us to be, we have to do the same. Discuss some things you've given up to help others, to glorify God, and to be all that God wants you to be.

March 24, 2024 - Palm Sunday of the Passion of the Lord

Questions

◆ Jesus' faithfulness to his Father placed him in the hands of those who crucified him. What are some crosses you have to bear in order to remain faithful to God?

◆ Sometimes following the will of God leaves us, like Jesus, standing alone, or even abandoned by friends. Have you ever taken a stance that made you unpopular? What was your motivation?

◆ Christ's trust in his Father and his faithful obedience, even to the point of death, show us the way to life everlasting. When has your trust in God and faithfulness to him led you to peace, healing, or more abundant life?

Activities

◆ Note the priest's red vestments. Though it's still Lent, violet gives way this Sunday to red, the liturgical color of martyrdom. The word martyr means "witness." Jesus gave witness to God's love, even when those for whom he came crucified him. Today begins Holy Week, a solemn time to pray and ponder God's love and compassion and to consider what Christ's witness asks of us.

◆ Observe this Holy Week and days of the Triduum at home by simplifying meals and curtailing unnecessary activities in favor of more family prayer time. Obtain age-appropriate books or videos that tell the story of Jesus' Last Supper, passion, death, and resurrection. Be sensitive to your child's reaction to the violence with which our sinful world responded, and continues to respond, to the initiative of our loving God. Participate as much as possible in Triduum liturgies of your parish: Holy Thursday's Mass of the Lord's Supper, Good Friday's Stations of the Cross and celebration of the Passion and Adoration of the Cross, Holy Saturday's Easter Vigil, and of course, Easter Sunday Mass.

◆ Weave your fresh palm branch into the shape of a cross. You can find directions on the internet if you don't know how. People waved palm branches like flags to welcome Jesus

to Jerusalem. A week later, they called for his death. It wasn't Jesus who changed that week, but the people.

March 31, 2024 - Easter Sunday of the Resurrection of the Lord

Questions

- ◆ Note in the Easter readings the eagerness of the witnesses to share the Good News of Jesus. We sometimes need to share amazing news before we can believe it ourselves. What good news have you been eager to tell? Has anyone you know ever failed to believe or reacted negatively to something you've shared?
- ◆ The apostles suffered greatly, and many lost their lives in witness to Jesus. What role do you think the resurrection played in their willingness to suffer martyrdom?
- ◆ Why do you think the Church considers the suffering, death, and resurrection of Jesus the central mystery of our faith?

Activities

- ◆ Invite your child to point out to you any changes he or she notices in the decor of your parish church. The new liturgical color, white, signifies resurrection and joy! Tell your child to listen for the singing of the Gloria after the Lenten abstinence and to note how many times the Church sings "alleluia," a word we neither spoke nor sang during Lent. Encourage your child to watch for other signs that indicate the celebration of a great Church feast, such as the sprinkling rite, the singing of the Easter sequence before the Gospel acclamation, incense, and so on.
- ◆ Help your child understand the connection between the Good News of Easter and natural symbols of new life such as spring flowers, eggs, baby animals, and so on. Even the natural world reminds us of God's gift of new life that springs from the barren landscapes of winter. Prominently display a cross in your home, surrounded by these reminders of God's goodness and the sacredness of life.
- ◆ Proclaim the Good News. For your front door, cut a long banner from white or golden-yellow felt. Cut or purchase letters to spell "Alleluia!" and affix these down the center of the banner. Provide glue and felt shapes, stick-on "jewels," and other decorations, and encourage your child to make your Good News banner beautiful.

Marvelous March Saints

March 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 Casimir on March 4. Saints Perpetua and Felicity are remembered on March 7. They are followed by Saint John of God on March 8 and Saint Frances of Rome on March 9. March 17 sees us recalling the virtues of Saint Patrick of Ireland. He is followed by Saint Cyril of Jerusalem, on March 18. On March 19 we recall Saint Joseph, spouse of the Virgin Mary. Saint Turibius de Mogrovejo is celebrated on March 23.

March Recipes

SHAKSHOUKA RECIPE - GAZA

Makes 4 Servings

Ingredients:

- 3 T fair trade olive oil
- 1 onion, chopped.
- 2 garlic cloves, minced.
- 1 7oz can green chilis
- 1 28oz can diced tomatoes.
- 1 T ketchup
- 2 t salt
- 4 eggs

Directions:

1. Heat oil in a large pan.
2. Sauté onions and garlic.
3. Add chilis including juice and cook until soft.
4. Add tomatoes, ketchup, and salt.
5. Cook tomatoes down to a sauce.
6. Make four holes in the sauce with a spoon. Crack the eggs into the holes and cover until the eggs cook. Leave yolks runny.

GINATAANG GULAY - THE PHILIPPINES

Ingredients:

- 1 tablespoon of olive oil
- 3 cloves of garlic, minced.
- 1 small onion, chopped.
- 2-3 cups of butternut squash, peeled and cut into 1-inch cubes.
- 2 14-ounce cans of full-fat coconut milk

- 1 cup of long beans or regular green beans, cut into 2-inch pieces.
- 1-3 Thai chili peppers, or serrano chili peppers, sliced.
- Salt to taste
- 4 cups of steamed white rice.

Directions:

1. In a large pot over medium-high heat, heat the olive oil.
2. Sauté the garlic until fragrant.
3. Add the onion and continue to sauté until soft and translucent.
4. Add the squash and pour in the coconut milk. Bring to a boil, then reduce the heat and simmer uncovered for about 5 minutes, or until the squash is soft.
5. Stir in the green beans.
6. Then add the sliced chili peppers and salt to taste.
7. Simmer for 5 minutes or until the green beans are tender.
8. Serve over steamed white rice.

Makes 4 servings.

LABLABI SOUP RECIPE – IRAQ

Makes 4 servings.

Advanced prep needed: Soak chickpeas overnight before cooking.

Ingredients:

- 2 c dried chickpeas
- 8 c water
- ½ onion, whole
- 2 t salt
- 2 t turmeric
- Juice from two lemons

Directions:

1. Cover chickpeas in water and soak overnight.
2. Drain and discard soaking water.
3. Place chickpeas in a large pot and cover with water. Bring to a boil.
4. Add onion, salt, and turmeric. Cover and simmer for 10 minutes, adding water if needed. Add lemon juice.
5. Serve with bread.

FATTET LABAN RECIPE – LEBANON

Makes 6 servings.

Ingredients

- One 32-ounce container of plain whole-milk yogurt
- Cheesecloth
- 1 bunch fresh mint finely chopped.
- 1 teaspoon dry mint
- 2 garlic cloves, crushed.
- Two 16-ounce cans chickpeas
- Pita bread
- Almonds, chopped, toasted.
- 2 tablespoons FAIR TRADE olive oil

Directions:

1. Place a colander into a bowl, line it with cheesecloth and place yogurt in it. Cover and place in refrigerator.
2. Allow yogurt to drain for a few hours, or overnight.
3. Combine drained yogurt, fresh and dry mint, and crushed garlic in a bowl.
4. In a pan, heat chickpeas in their liquid until warm, then drain and set aside.
5. Toast pita bread in the oven until golden in color.
6. Break some of the pita bread and place pieces in a large bowl with chickpeas.
7. Add yogurt mixture.
8. Top with fresh mint and toasted almonds.
9. Drizzle olive oil over top.
10. Serve with remaining pita bread.

SOPA DE QUESO RECIPE – NICARAGUA

Makes 6 servings

Ingredients

- Water
- 1 large onion, sliced.
- 2 green peppers, sliced.
- 2 red tomatoes, sliced.
- 3 cloves garlic, smashed.
- 1 bunch mint
- 4 c whole milk

- 2 ½ c Maseca
- Pinch of salt
- 3 c queso fresco or farmer's cheese, grated.
- 1 ½ T achiote paste.
- 1 T fair trade olive oil
- 1 c vegetable oil
- oil for frying.

Instructions:

1. In a large pot, boil 4 cups water.
2. Add onion, pepper, tomatoes, garlic and mint. Simmer until cooked.
3. Meanwhile, combine Maseca and 2 cups water in a mixing bowl. Knead to form a dough.
4. Mix 1 T olive oil into achiote paste.
5. Mix cheese, salt, and achiote paste into dough.
6. Take 1 cup of dough and place in a separate bowl; stir in ½ cup water.
7. Set aside the rest of the dough to make fritters.
8. In a separate pot, bring milk to a boil.
9. Remove mint and discard half of the vegetables from the first pot.
10. Then, add the dough-and-water mixture and boiled milk to the pot, and salt to taste.
11. Stir and turn off the heat.
12. **To make the fritters**, form the remaining dough into palm-sized circles.
13. Fry in oil until crispy and brown.
14. Garnish the soup with mint and serve with rice and fritters.

ARROZ ROJO RECIPE – MEXICO

Ingredients:

- 2 c rice
- 1 T fair trade olive oil
- 1 garlic clove, diced.
- 3 tomatoes, chopped.
- ½ onion, chopped
- 4 c vegetable broth
- 1 c peas
- 2 carrots, chopped.
- 1 chili pepper, chopped.
- Salt to taste

Directions:

1. Add oil to a large pan on low heat. Add rice and toast until golden.
2. Add garlic, tomatoes, and onion; cook until the mixture is soft.
3. Add the broth, peas, carrots, chili pepper and salt.
4. When it begins to boil, reduce the heat and cover until the rice is fully cooked.

Makes 4–6 servings.