

# 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 2025 VOLUME 4 #4

5330 Poinsetta Ave, Winter Park, FL 32792

321-594-4922

Office [info@apfcwp.com](mailto:info@apfcwp.com)

*Vigil Mass is Celebrated at Saturday at 5:00 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)**

**Rev. Mr. Christopher M. Larsen**

### ***Volunteer Staff Serving the Parish***

**Gene L. Thompson II - Technology [TechSupport@apfcwp.onmicrosoft.com](mailto:TechSupport@apfcwp.onmicrosoft.com)**

**Keegan Glover - LGBTQ+ Liaison**

**Dennis Last - JMB Crock Pot Ministry**

**Klaus Stodtmann - Bread Baking [kstodtmann@apfcwp.onmicrosoft.com](mailto:kstodtmann@apfcwp.onmicrosoft.com)**

## Mass Intentions & Prayer Requests

If you would like to have someone remembered during Mass or added to our Prayer Lists, please email your request to the pastor. We also invite you to support our community through your generous donations, which are greatly appreciated and can be made at your discretion.

Additionally, we offer Mass Cards that you can send to loved ones to let them know they are being remembered in our prayers.

Thank you for your continued support and generosity.

### Upcoming Dates

- March 1            Divine Worship 8<sup>th</sup> Sunday of the Christian Year 5:00 PM  
                         Communal Anointing of the Sick  
                         Intention: Those suffering from Colorectal Cancer
- March 3            At Home with the Word on Zoom 7:00 PM
- March 4            Rebecca's Pantry 9:30 to 11:30
- March 5            Joni's Treasures Thrift Shop 10:00 – 1:00  
                         Divine Worship Ash Wednesday 5:30 PM Bishop's Residence  
                         Intention: For the People of the Parish  
                         Soup Super 6:30 PM
- March 7            Stations of the Cross YouTube Live 12 Noon
- March 8            Divine Worship –First Sunday of Lent 5:00 PM  
                         Intention: For those Electing to Follow Jesus today  
                         Lenten Soup Supper 6:00 to 7:00 PM
- March 11           Rebecca's Pantry 9:30 to 11:30  
                         Crock Pot Class 10 AM Dedicated Senior 904 Lee Road  
                         Formation Class – 6:30 PM Invitation Only
- March 12           Joni's Treasures Thrift Shop 10:00 – 1:00  
                         Solemn Evening Prayer 6:30 PM - Bishop's Residence
- March 13           Crock Pot Class 10 Am Dedicated Senior 10 AM 4270 Aloma Ave
- March 14           Stations of the Cross YouTube Live 12 Noon
- March 15           Divine Worship – Second Sunday of Lent 5:00 PM  
                         Intention: For All Those with Multiple Sclerosis  
                         Lenten Soup Supper 6:00 to 7:00 PM
- March 17           At Home with the Word 7 PM
- March 18           Rebecca's Pantry 9:30 to 11:30  
                         Formation Class – 6:30 PM Invitation Only
- March 19           Joni's Treasures Thrift Shop 10:00 – 1:00

Divine Worship – Solemnity of Saint Joseph 5:30 PM  
 Intention: RIP Joseph J. Witkowski

March 20 Crock Pot Class – Dedicated Senior 10 AM 4270 Aloma Ave

March 21 Stations of the Cross YouTube Live 12 Noon

March 22 Divine Worship – Third Sunday of Lent 5:00 PM  
 Intention: People of the Parish  
 Lenten Soup Supper 6:00 to 7:00 PM

March 24 At Home With the Word on Zoom at 7:00 PM

March 25 Rebecca’s Pantry 9:30 – 11:30  
 Divine Worship – Solemnity of the Annunciation 6:30 PM  
 Intention: All Those Who Are Pregnant  
 No Formation Class

March 26 Joni’s Treasures Thrift Shop 10:00 – 1:00  
 Solemn Evening Prayer 6:30 PM - Bishop’s Residence

March 27 Crock Pot Class Dedicated Senior 10 AM 690 S Goldenrod Road

March 28 Stations of the Cross YouTube Live 12 Noon

March 29 Transgender Day of Visibility 12- 4 PM  
 Central Florida Fairground  
 Divine Worship – Fourth Sunday of Lent 5:00 PM  
 Intention: Transgendered Persons  
 Lenten Soup Supper 6:00 to 7:00 PM

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

## Financial Update as of 1/24/2025

Total Income Year to Date: \$1463.00. Total Expenditures Year to Date: **\$1916.10**.  
 Difference **-\$453.10**. Balance available on hand: \$1646.58.

## Make a Difference with Your Donation

You can now easily make donations online through our website! For the most efficient processing of your donation, we recommend using Zelle. If you choose a different payment method, please ensure that your donation is sent as if to an individual.

Thank you for your generosity and support! **Our email address for all donation platforms is: [bkpg@apfcwp.com](mailto:bkpg@apfcwp.com)**

## RED CARDS AVAILABLE

During these uncertain times US Citizens and Immigrants need to know their rights. We are making available the Red Card which lists what you should do should Law Enforcement or ICE come to your door. You may pick them up at Mass on the desk in the Narthex or by sending a stamped self-addressed envelope to the Parish Office. Those requesting by mail are limited to 5 cards. Please indicate English/English or Spanish/English version.

## Lenten Regulations

For Lent 2025, here are the key regulations for Reformed Catholics:

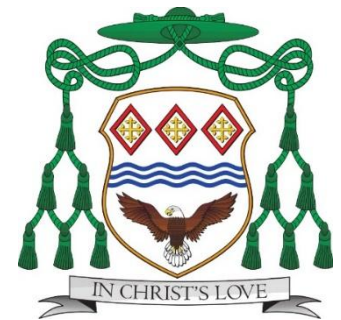
Ash Wednesday (March 5, 2025) and Good Friday (April 18, 2025) are days of fast and abstinence:

1. Fasting: One full meal and two smaller meals that together do not equal a full meal. This applies to those aged 18-59.
2. Abstinence: No meat for those aged 14 and older<sup>12</sup>. All Fridays during Lent are days of abstinence from meat for those aged 14 and older<sup>23</sup>.
3. Voluntary acts of self-denial and almsgiving are encouraged throughout the Lenten season.
4. Lent is a time for prayer, fasting, and almsgiving, preparing for the celebration of Easter. Do you have any specific plans for observing Lent this year?

## From the Bishop's Desk

### Increasing Individual Hope During Lent

Lent is a season that invites us to reflect, renew, and prepare our hearts for the celebration of Easter. While it is often associated with fasting, penance, and sacrifice, Lent is also a profound season of hope. Not the hope of good wishes, but the actual setting of small goals which lead to a brighter tomorrow. Here are some ways to increase your hope during this meaningful time.



*Embrace Reflection and Prayer:* One of the most powerful ways to cultivate hope during Lent is through reflection and prayer. Making time each day to meditate on the scriptures, pray, and reflect on your spiritual journey can help you connect with the deeper meaning of Lent. This practice allows you to see beyond the immediate challenges and recognize the enduring hope that faith offers. Consider setting aside a specific time each day for

quiet reflection, perhaps in the morning or before bed, to center your thoughts and renew your spirit.

*Engage in Acts of Kindness:* Hope is often found in the act of giving. During Lent, find opportunities to perform acts of kindness and service. Whether it's volunteering at a local charity, helping a neighbor, or simply offering a kind word to someone in need, these actions can bring hope to others and, in turn, increase your own sense of hope. Acts of kindness remind us of the goodness in the world and our ability to make a positive impact.

*Foster Community Connections:* Lent is a communal journey as much as it is a personal one. Engaging with our faith community can provide a sense of belonging and support. Attend mass, participate in Breaking Open the Word each Monday, or join in community events such as our Traveling Soup Suppers. Sharing your experiences and hearing the stories of others can reinforce the collective hope that binds us together. Community connections can be a source of strength and encouragement, especially during challenging times.

*Practice Gratitude:* Gratitude is a powerful antidote to despair. During Lent, make a conscious effort to focus on the blessings in your life. Keep a gratitude journal where you write down things you are thankful for each day. This practice can shift your perspective from what is lacking to what is abundant, fostering a sense of hope and contentment. Recognizing and appreciating the small joys in life can help you maintain a hopeful outlook.

*Seek Inspiration:* Inspiration can be found in many places - music, nature, or the stories of others. During Lent, seek out sources of inspiration that uplift your spirit and renew your hope. Commit to reading at least one book that offer spiritual insights, listen to uplifting music, or spend time in nature appreciating the beauty of creation. Surrounding yourself with positive influences can help you stay hopeful and motivated throughout the Lenten season.

*Reflect on the Promise of Resurrection:* At the heart of Lent is the promise of resurrection. This promise is a powerful source of hope, reminding us that no matter how dark or difficult our circumstances may be, there is always the possibility of new beginnings and transformation. Reflecting on the resurrection can help you keep your focus on the ultimate hope that Easter brings—the triumph of life over death, light over darkness, and hope over despair.

Lent is a time of penance, preparation, and renewal, but it is also a season of hope. By embracing reflection and prayer, engaging in acts of kindness, fostering community connections, practicing gratitude, seeking inspiration, and reflecting on the promise of

resurrection, you can increase your sense of hope during this meaningful season. Let this hope guide you through Lent and beyond, bringing light and joy to your spiritual journey.

In Christ's Love

+*William*

Pastor

## **Dr. Martin Luther King Sunday Suppers on Saturdays**

In honor of the enduring legacy of Dr. Martin Luther King Jr., we are excited to invite you to our next Dr. Martin Luther King Sunday Supper potluck Soup supper on Saturday, March 15, 2025, from 6:00 PM to 7:00 PM in the Narthex after our 5 PM Mass.

This special event will not only celebrate the values of justice, equality, and community that Dr. King championed but will also offer an opportunity for reflection and discussion on important issues that affect both our church and the broader community. Our discussion on a timely and powerful question: "**How can we be more inclusive?**"

We invite all parishioners and anyone in the community who wishes to participate to contribute to the potluck by bringing a dish to share. Whether it's a favorite family recipe, a comforting meal, or something that reflects the diversity of our congregation, we look forward to enjoying the meals and fellowship you bring.

As we gather, let us remember that this event is about more than just sharing a meal—it's an opportunity to reflect, connect, and grow together as we continue to follow the example set by Dr. King.

We look forward to a meaningful evening of food, fellowship, and discussion, and we hope you'll join us as we explore how we can more deeply embody respect, even in challenging times.

## **Are you looking to become more involved in our parish?**

We have a variety of opportunities for you to contribute and make a difference throughout the week. Here's how you can get involved:

- **Saturdays:** Join us in a range of roles including readers, technical support, musicians, singers, altar servers, and Eucharistic Ministers. Your participation enriches our worship experience.

- **Mondays and Tuesdays:** Help us with our Crock Pot Classes. If you're interested in presenting, please reach out to Dennis Last for more information.
- **Tuesdays:** Volunteer at Rebecca's Pantry in the morning. Your assistance can make a significant impact on those in need.
- **Wednesdays:** Contribute to our Thrift Shop. We need enthusiastic helpers to support this valuable outreach.
- **LGBTQ+ :** Contact Keegan Glover for information.
- **Ongoing:** We are also establishing a new ministry for Special Ministers to the Sick. This role is a wonderful opportunity to provide comfort and support to those who are ill.

So much to choose from! Reflect on how you might be called to serve and make a difference. What is God inviting you to do?

If you are interested in any of these opportunities or have questions, please contact [appropriate contact person/office] for more details. We look forward to your involvement and contributions to our parish community!

## The Great Amen

The **Great Amen** is a significant part of the Catholic Mass, marking the conclusion of the Eucharistic Prayer. This moment is not just a liturgical formality but a profound expression of faith and unity among the congregation. Here's an exploration of its importance:

The Great Amen follows the Doxology, where the priest elevates the consecrated bread and wine, proclaiming, "Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever." The congregation responds with a resounding "Amen," affirming their belief in the real presence of Christ in the Eucharist. This affirmation is a declaration of faith in the mystery of the Holy Trinity and the salvific work of Jesus Christ.

In the structure of the Mass, the Great Amen serves as a pivotal moment. It signifies the end of the Eucharistic Prayer, which is the heart of the Mass. This prayer includes the consecration, where the bread and wine become the Body and Blood of Christ. The Great Amen is the congregation's way of participating in this sacred mystery, acknowledging the priest's prayers and the transformation that has taken place on the altar.

The Great Amen is a powerful expression of the unity of the Church. When the congregation responds together, it symbolizes their collective assent to the prayers and

actions of the priest. This unity reflects the Church as the Body of Christ, where each member, though individual, is part of a greater whole. The communal "Amen" reinforces the idea that the Eucharist is not just a personal encounter with Christ but a communal celebration of faith.

The use of "Amen" in Christian liturgy dates to the early Church. It is a Hebrew word meaning "so be it" or "truly." Its inclusion in the Mass has deep roots in Jewish worship practices, where it was used to affirm prayers and blessings. Over centuries, the Great Amen has evolved to become a central element of the Catholic liturgy, maintaining its original purpose of expressing agreement and faith.

For many Catholics, the Great Amen is a moment of deep spiritual significance. It is a time to internalize the mysteries of the faith and to renew their commitment to living out the teachings of Christ. This moment of affirmation can be a source of spiritual strength, reminding the faithful of their connection to God and to each other.

The Great Amen is often sung, adding a layer of beauty and solemnity to the liturgy. The musical setting can vary, from simple chants to elaborate compositions, but the purpose remains the same: to elevate the words and to enhance the communal experience of worship. Singing the Amen can also help to engage the congregation more fully, making the liturgy a more participatory and immersive experience.

The Great Amen is an integral and vital part of the Catholic Mass, rich in theological, liturgical, and communal significance. It is a moment where the congregation comes together to affirm their faith, to participate in the sacred mysteries, and to express their unity as the Body of Christ. Through its historical roots, spiritual impact, and musical expression, the Great Amen continues to be a profound and meaningful element of Catholic worship.

## **Prayer for Vocations**

*Gracious God, we give thanks for your call to both women and men to serve in Christ's Kingdom as priests, deacons, and consecrated persons. We ask that you send your Holy Spirit to inspire and guide others to respond with generosity and courage to your call. May our community of faith nurture and support vocations rooted in sacrificial love, especially among our youth and young adults. Through our Savior Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever. Amen.*

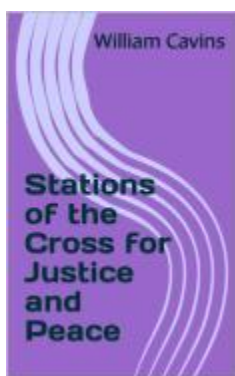
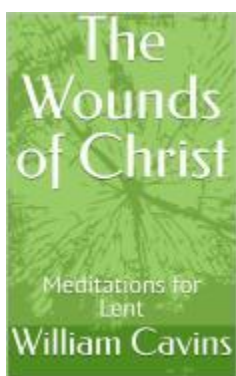


## A Prayer for Those in Formation

*Almighty God, we lift up all those in formation, preparing to serve with hearts full of faith and dedication. Grant them wisdom, strength, and discernment as they grow in their journey. Guide their minds, strengthen their spirits, and fill them with your love. May they always walk in humility and grace, ready to serve others and follow the path you have set before them. We ask this in Your holy name. Amen.*

Current candidates in formation include Zach Baker, Ken Gladding, and Kody Hall, All for the Diocese of St. John XXIII.

## Bishop's New Book for Lent



Bishop Cavins' has a new book you might consider for the Lenten Season. It is entitled: ***The Wounds of Christ: Meditations for Lent***. It is available on Amazon in hardback or paperback. You can also still order **Stations of the Cross for Justice and Peace** also on Amazon. Check with Bishop Cavins to see if he has any on hand to save the shipping.

## Souper Bowl Results

We wish to thank everyone who helped us make our first ever Souper Bowl campaign such a success. Over 523 cans were received for this drive. God bless you for your generosity.

## Family Faith Activities

Courtesy of LTP's [At Home with the Word 2025](#).

**March 2, 2025**

**Eighth Sunday of the Christian Year**

### Activities

◆ Encourage your family members to take time to think about the words they use this week. At the end of each day, ask what their words said about them. At the end of the week, invite them to consider whether they are being more careful with their speech.

- ◆ Invite your family members to repeat the responsorial psalm refrain “Lord, it is good to give thanks to you.” Make it a dinner time practice to thank God for something specifically after saying grace.
- ◆ Ash Wednesday is this week. After dinner, ask the family to think over what they can do as a unit during Lent that will help them grow in the Christian life.

### **Questions**

- ◆ Ask your child when they have heard a person’s faults appear in their words? Does this happen in name calling? When someone teases another? How do their faults appear in the words they use?
- ◆ Tell your child about a time that you spontaneously thanked God for something good. Ask your child what it means to them when they are thanked. Do they feel closer to the person who thanks them? Do they think that being grateful can bring them into a closer relationship with God?
- ◆ In the Gospel, Jesus says that “every tree is known by its own fruit.” Ask your children to say what fruit they are known by. What is the goodness that they bring to others?

## **March 9, 2025**

### **First Sunday of Lent**

#### **Questions**

- ◆ In today’s first reading, which tells the story of God’s care for the people of Israel, Moses describes how the Jews lived in Egypt as aliens. After Mass on Sunday, ask an older child to read this question: “Who is an alien?” Older children may be aware of immigration issues and mention illegal aliens. Are there other kinds of aliens? Homeless people? Jews or Greeks, as Paul mentions in Romans? People from other countries or other religions? How are we to treat aliens?
- ◆ The devil asks Jesus to turn a stone into bread. Ask your child if she remembers hearing this story in church and tell it again. Jesus says we don’t live by bread alone. What does that mean? What else might we live by? Why does Jesus refuse to perform the magic the devil requests? Does he ever do magic?
- ◆ The devil takes Jesus to the parapet of the temple. Imagine standing way above a huge city and looking down. The devil says if Jesus is the Son of God he should jump because God will save him. Why do you think he refuses to jump?

#### **Activities**

- ◆ In Sunday’s first reading, God promises the people a land “flowing with milk and honey.” Why is this symbol of plenty used? With your child, make some milk and honey, hot or cold, and drink it, rereading the foundational story in the first reading

(Deuteronomy 26:4–10, 24). What would it be like to leave home far behind and live as an alien in Egypt or to leave Egypt and wander in the desert for forty years?

◆ Discuss a Lenten project with your child, an act of charity or prayer, something modest you can both sustain throughout Lent. If your parish has a soup night or a prayer night, you could participate in that. Or you could plant some seeds indoors at home and tend the plant, then give it to a homebound person at Easter.

## **March 16, 2025**

### **Second Sunday of Lent**

#### **Activities**

◆ Lent is a time of abstinence and fasting—avoiding certain foods, and eating less or no food at certain times. Catholics forgo meat on the Fridays of Lent, so find ways to observe as a vegetarian Friday for the rest of Lent. Get a child’s cookbook from your library and let your child help choose and prepare a vegetable dish for the family meal. Many resources are also available through the internet. Money saved on meat or dairy can go toward an offering for Rebecca’s Pantry.

◆ Lent is a fine time to explore Bible stories with your child. You could use a children’s Bible or use an adult Bible and explain the hard words. Begin with the stories you love best, telling or reading them, and then talking about them together.

◆ With your child, review the Lenten project that you started last week. Has it started well? After two weeks, do you still think you can sustain it through Lent? Ask your child if there is any way he or she would like to modify the project as Lent progresses.

#### **Questions**

◆ Ask your child, “Have you ever made a promise and kept it? Or not kept it? Has anyone ever made a promise to you and kept or failed to keep it? How does it feel when someone keeps a promise? When they break a promise?” God promised Abram as many descendants as there are stars in the sky. Do you think God kept that promise?

◆ Thinking about the second reading, in which St. Paul says, “our citizenship is in heaven,” ask an older child to read this question: “What does it mean to be a citizen?” The older child might know about and mention citizenship of city, county, state, or country. How are we also citizens of heaven? What might that mean? This could lead to a discussion of what is most important in life. Money? Food? Family? Loving our neighbor? Loving God?

◆ In today’s Gospel, Peter, John, and James go up a mountain with Jesus to pray, and there they see his clothes turn dazzling white. Afterward, they tell nothing of what they’ve seen to anyone. Why not? What might be some reasons that they would keep silent? Did you ever see something special, wonderful, and puzzling and decide to keep it to yourself? If so, why?

## March 23, 2025

### Third Sunday of Lent

#### Activities

- ◆ Did you plant a seed for Lent? Has it sprouted? If so, you have a sign of the spring (Lenz, in German) for which Lent is named. Has it failed to sprout? Tell the parable of Jesus and the fig tree (Luke 13:1–9) and encourage your child to have patience with the plant. Then, if it needs more help, perhaps add fertilizer or move it to a new, sunnier location.
- ◆ Help your child sort through outgrown clothes and toys he has set aside. The child can help with cleaning and repairing them and packing them up to give away. Find a suitable charity and let your child help with transporting and presenting the donation. Tell your child about Lenten alms, explaining why we do this.

#### Questions

- ◆ Does your parish have adults preparing for baptism or preparing to be received into the Church at Easter? (The initiation process is called the Order of Christian Initiation of Adults.) If so, today they will be celebrating the first scrutiny, when the priest celebrant will lead the assembly in prayer for those adults. He will also lay his hands on their heads as he prays. Explain this to your child and then ask, “Why would a grown-up want to become a Catholic Christian? What do you think today’s rite felt like for the adults? Did you wish you were one of them?”
- ◆ Moses was tending sheep at the mountain of Horeb when he saw a bush burning and heard God call to him from the bush. Tell your child this story (Exodus 3:1–8, 13–15) and ask, “How do you think Moses felt? Was he scared?” Moses hid his face at first, but then God said he had come to save the people. Ask, “How do you think Moses felt then?”
- ◆ Ask your child, “How does Lent feel different from other times of the year in church?” If you sense the child is finding the practices of Lent interesting and fulfilling, ask more about why. If you sense that the child is feeling tired of Lent, don’t be surprised. It’s common for some to grumble or feel bored. Ask your child to name all the things that make him bored or tired and list them in one column on a piece of paper. Then in a second column list all the things that make him feel excited, happy, or creative. Ask, “How can you get from bored to excited? Can something that is boring one day be exciting another day?” Lent is half over.

## March 29, 2025

### Fourth Sunday of Lent - Laetare Sunday

#### Activities

- ◆ The Fourth Sunday of Lent is called “Laetare Sunday,” a name drawn from the words of the entrance antiphon: “Rejoice, Jerusalem.” At other places in the Mass too, the prayers

speak of joy. Today, we look forward to the coming celebration of Easter. Ask your children how the penances of Lent prepare them for the joy of Easter.

◆ With a small group, act out the story of the prodigal son (Luke 15). You only need a father and two sons, but others can play the parts of pigs, companions, or hired hands. You can invent a role for the mother—what might she have said and done? Or the sons can be daughters, played by girls. This compelling story speaks boldly to a child’s concern for forgiveness and fairness, often apparently at odds with each other.

◆ In today’s Gospel, the scribes murmur, “This man [Jesus] welcomes sinners and eats with them.” Is there anyone outside your usual circle you might invite for a meal? An alienated relative, an unfriendly teacher, a stranger, foreigner, or new friend—someone your child would not expect to see at your table? Explain that eating with people is a way of sharing God’s love.

### Questions

◆ At a quiet moment, perhaps on the way home from school, ask your child, “Can you think of someone you are mad at or someone you dislike?” It could be a friend, relative, or teacher. Encourage the child to talk about what irks him. Then ask, “Could you talk to that person about it? Could you find a way to solve the dispute or problem?”

◆ At bedtime ask your child, “If you make a mistake or do something wrong, what does God do?” Tell a brief version of the story of the prodigal son (Luke 15) as illustration. What does the father do and why? How does the older brother feel about it? Is the father fair?

◆ A key point in the story of the prodigal son is when the son returns home, admitting his wrongdoing. The father describes it as “he was lost, and has been found.” Ask your child if she or a friend has ever been lost from their parent(s). Talk about the fear, the confusion, the grief, and then the sudden joy and relief of being found. How did the child feel? How did the parent feel? How does God feel when we return home to him after doing wrong?

## Remarkable March Saints

March is a month rich in saints' feast days in the Reformed Catholic Church, many of whom are celebrated for their holiness, devotion, and significant contributions to the faith. Here is a list of Catholic saints commemorated in March:

**March 1: St. David of Wales** - Patron of Wales, known for founding monasteries and performing miracles

**March 3: St. Katharine Drexel** - Foundress of the Sisters of the Blessed Sacrament, patron of racial justice and philanthropists

**March 7: St. Perpetua and St. Felicity** - Heroic martyrs and patrons of mothers and expectant mothers

**March 9: St. Dominic Savio** - Patron of choirboys and juvenile delinquents

**March 17: St. Patrick** - Patron of Ireland, engineers, and against snakes

**March 19: St. Joseph** - Foster father of Jesus, patron of families, workers, and the universal Church

**March 25: The Annunciation to the Blessed Virgin Mary** - Celebrating the angel Gabriel's announcement to Mary that she would be the mother of Jesus

.Do any of these saints hold special significance for you? Post about them on our Facebook Page <https://www.facebook.com/groups/1386619738179316/?ref=bookmarks>

## March Recipes

### *Hearty Vegan Vegetable Stew*

#### Ingredients

- 1 large yellow onion, chopped
- 3 cloves garlic, chopped
- 3 medium carrots, ( 2 cups) peeled and sliced
- 1 small rutabaga, (1 and ½ to 2 cups) peeled and chopped into bite size pieces, (approximately 1-inch cubes) – (do not add more than 2 cups of rutabaga to the stew or it will be too sweet. 1 and ½ to 2 cups is perfect.)
- 5 medium red potatoes, (about 5 - 6 cups) peeled and chopped into bite size pieces, (approximately 1-inch cubes)
- ½ lb (227 grams) sliced mushrooms, white or cremini
- 2 and ½ tablespoons Better Than Bouillon Vegetarian No beef Soup Base, there is also an organic variety available but I have not tried it.
- 3 tablespoons tomato paste
- 2 tablespoons fresh rosemary, finely chopped
- ½ teaspoon onion powder
- ½ teaspoon granulated garlic
- ¼ teaspoon of pepper
- ¼ teaspoon celery salt
- ½ cup beer (or gluten free: add gluten free beer)
- ½ cup red wine
- 3 cups water

#### Instructions

##### Stovetop:

1. Sauté the onions, oil (or broth or water) a pinch of salt and pepper on medium heat in your soup pot or Dutch Oven for five minutes or so, add the garlic and cook for a minute longer.

2. Now add the rest of the ingredients and bring it to a boil. Cover the stew and reduce to a simmer for 30-35 minutes or until all the veggies are tender.
3. After the vegetables are tender remove one ladle full of stew and add to your Nutra Bullet or blender and puree. Now add the puree back to the stew. Stir and season with salt and pepper if necessary and serve.
4. Enjoy with some nice hearty bread!
5. At the end of cooking add a little more water if necessary if your stew is to thick.

### **Slow Cooker Option:**

1. Sauté the onions, oil (or broth or water) and a pinch of salt and pepper on medium heat in a medium skillet for five minutes or so, add the garlic and cook for a minute longer.
2. Now add the onions and garlic and the rest of the stew ingredients to your slow cooker, cover and cook on high for 3-4 hours or low for 5-6.
3. After stew is done and veggies are tender remove one ladle full of stew and add to your Nutra Bullet or blender and puree. Now add the puree back to the stew. Stir and season with salt and pepper if necessary and serve.
4. Enjoy with some nice hearty bread!
5. At the end of cooking add a little more water if necessary if your stew is to thick.

## ***Slow Cooker Veggie Curry Soup***

### **Ingredients:**

- 2 bell peppers diced
- 1 yellow onion diced
- 2 medium zucchinis quartered and chopped
- 3 cloves garlic minced
- 1 15-ounce can chickpeas drained & rinsed
- 1 15-ounce can coconut milk
- vegan chicken (vegetable for Lent) broth for 3 cups of broth
- 3 tablespoons red curry paste
- 2 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon ginger powder
- 1 teaspoon pepper
- lime juice to taste, start with 1/2 lime
- 2 tablespoons cilantro chopped (option)

**Directions:**

1. Add all of the ingredients (through the pepper) to the slow cooker and stir to combine. Cover and cook on high for 4 hours or low for 6 hours.
2. Remove the lid, stir, and add lime juice and optional cilantro. Taste and adjust the seasonings as needed.
3. Serve hot with extra lime wedges and more cilantro (optional).

***Creamy Curried Cauliflower Soup*****Ingredients**

- 2 tablespoons oil I used avocado
- 1 yellow onion roughly chopped
- 4 cloves of roughly chopped garlic
- 2 teaspoons curry powder
- 1/2 teaspoon of turmeric
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 1 large cauliflower head cut in florets, about 8 cups
- 4 cups of broth I used vegan chicken broth
- 1 15-ounce can coconut milk
- 1 tablespoon low sodium soy sauce or tamari for GF
- lemon juice to taste
- salt if needed
- parsley, chili oil, bread optional, for serving

**Directions:**

1. Heat the oil in a stock pot over medium heat. Add the onion, garlic & dry seasonings and cook down for 2-3 minutes, or until the veggies start to get tender.
2. Add the cauliflower & broth and bring it to a boil. Partially cover, lower heat and simmer for 30 minutes.
3. Transfer everything to a standing blender (or leave in the pot and use an immersion blender) and blend until smooth. Transfer back to the stock pot and add the coconut milk, soy sauce & lemon juice. Cook for a few minutes, or until heated through. Taste and adjust the seasonings as needed.
4. Serve hot with chili oil, parsley and crispy bread on the side for dipping.