

Defend the lowly and the fatherless, render justice to the afflicted and needy. Rescue the lowly and poor, deliver them from the hand of the wicked. Psalm 82, 3-4

THE OKLAHOMA CITY +CATHOLIC WORKER+

Volume IX #12 + The world will be saved by Beauty + December 2010

A Holy Day Blessing to the Poor,

to all who accompany them in their journeys,
and to those who stand firm against the powers of hell and the culture of death,

A shoot will come up from the stump of Jesse; from his roots a Branch will bear fruit. The Spirit of the LORD will rest on him - the Spirit of wisdom and of understanding, the Spirit of counsel and of power, the Spirit of knowledge and of the fear of the LORD - and he will delight in the love of the LORD. He will not judge by what he sees with his eyes, or decide by what he hears with his ears; but with righteousness he will judge the needy, with justice he will give decisions for the poor of the earth. He will strike the earth with the rod of his mouth; with the breath of his lips he will slay the wicked.



The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them. The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox. The infant will play near the cobra, and the young child put his hand into the viper's nest. They will neither harm nor destroy on all my holy mountain, for the earth will be full of the knowledge of the LORD

as the waters cover the sea.

And it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed. All went to be taxed, every one into his own city. Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David) to be taxed with Mary his espoused wife, being great with child.



So it was, that, while they were there, the days were accomplished that she should be delivered and she brought forth her firstborn son, wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn. Now there were in the same country shepherds

abiding in the field, keeping watch over their flock by night. And lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. The angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people -- for unto you is born this day in the city of David a Saviour, which is Christ the Lord.



This shall be a sign to you; You shall find the babe wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

Glory to God in the highest,
and on earth peace,
good will toward all.

**THIS IS A BLESSING FROM
OUR LORD JESUS CHRIST, WHO SAID . . .**

The Spirit of the LORD is upon me, because the LORD has anointed me to bring good news to the poor. God has sent me to proclaim release to the captives, and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the LORD'S favor.



May the Blessings of Christmas be with you and
give you peace. + Oscar Romero Catholic Worker House

WISDOM FOR LIVING

Clouds gather before a storm. . . Courage is not the absence of fear, it is the conquest of fear. . . You can put lipstick on a pig, but it's still a pig. . . Do not be like the cat who wanted a fish, but was afraid to get its paws wet. . . Economy is the wealth of the poor and the wisdom of the rich. . . An empty sack will never stand upright. . . Failure is the path of least persistence. . . Faint heart never won a fair lady. . . Fear makes the wolf bigger than he is. . . Fine feathers don't make fine birds. . . For news of the heart, ask the face. . .

The Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights.

With Christ, God has injected himself into history. With the birth of Christ, God's reign is now inaugurated in human time. On this night, as every year for twenty centuries, we recall that God's reign is now in this world and that Christ has inaugurated the fullness of time. His birth attests that God is now marching with us in history, that we do not go alone. Humans long for peace, for justice, for a reign of divine law, for something holy, for what is far from earth's realities. We can have such a hope, not because we ourselves are able to construct the realm of happiness that God's holy words proclaim, but because the builder of a reign of justice, of love, and of peace is already in the midst of us.

Along with you, my dear brothers and sisters, I too need to receive the good tidings tonight. As shepherd I must announce it, but as shepherd I must also be one of those shepherds of Bethlehem and receive from the angels the news that stirs our hearts. Let us receive it, you and I, with the same simplicity and humility as those shepherds did. The more simple and humble, the more poor and detached from ourselves, the more full of troubles and problems we are, the more bewildering life's ways, all the more must we look up to the skies and hear the great news: "A Savior is born to you." And let us listen in chorus to that great news, sung throughout the universe: "Glory to God in the highest, and on Earth, peace to all of good will."

COUNTRY CABBAGE SOUP

1 pound ground beef 1 clove garlic, minced
2 1/2 ounces onion, chopped 1 tsp salt, or to taste
28 ounce can tomatoes 1/2 tsp pepper
1 pound cabbage, chopped
2 C chicken or beef broth 3 stalks celery, chopped
1 tsp beef bouillon granules
2 teaspoons Splenda

In a large soup pot, brown the ground beef, garlic and onion; drain. Add the remaining ingredients and bring to a boil. Simmer, uncovered, until the vegetables are tender, about 30 minutes. Adjust the seasonings to taste. Makes 6 servings. Freezes well.

A smile is a light in the window of your face to show your heart is at home. . . Action is the antidote to despair. . . All friends have faults; forgive a little or have none. . . Always aim for the moon; even if you miss, you'll still be among the stars. . .

CREAMY SOUTHWESTERN TACO SOUP

1 pound ground beef 1/2 C chopped onion
2 cloves garlic, minced 1 tablespoon cumin
1 teaspoon chili powder 2 cans beef broth
1/2 cup heavy cream 2 teaspoons salt
8 ounces cream cheese, softened
2 10-ounce cans Ro-tel tomatoes, undrained

In a large soup pot, brown the ground beef with the onion and garlic; drain. Add the spices and cook a couple minutes. Drop the cream cheese in bits into the meat. With the back of a big spoon, smash it into the meat until no bits of white remain. Stir in remaining ingredients and heat through. Makes 8 cups.

Works of Justice and Peace

A statement of the mission and purpose of the Oscar Romero Catholic Worker House

- +LIVE** simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.
- +HEAR** the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.
- +MAKE** injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.
- +PROTECT** the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.
- +WORK** for reconciliation with truth, evangelism, catechesis, orthopraxis.
- +CELEBRATE** life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.
- + ENSURE** fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

Oscar Romero Catholic Worker House

1524 NW 21st, Oklahoma City, OK 73106,
robert@justpeace.org

www.justpeace.org | www.bettertimesinfo.org

www.energyconservationinfo.org

bobaganda.blogspot.com | www.bobwaldrop.net

Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children.

The next delivery is Jan. 22nd. The next delivery for Wesley Village, Towers, Bell Air, Charles Atkins & Temple Gardens will be Sat Jan 15. We do not deliver in MWC, Del City, Yukon, Mustang, Edmond or east of Bryant in OKC.

JOY to the WORLD, the Lord is Come, Let Earth, receive, her King! Let every heart, prepare him room. Let heaven and nature sing, Let heaven and nature sing, Let heaven and heaven and nature sing!

For more great low-carbohydrate recipes like these, visit <http://www.genaw.com/lowcarb/index.html> .