

THE OKLAHOMA CITY +CATHOLIC WORKER+

Volume X #1 The world will be saved by Beauty + January 2011

Survival Strategies for Low Income People - Part 3 of 3

This continues a three part series which began last month. Parts 1 and 2 can be read online at <http://www.justpeace.org>

16. Stay out of the rental stores! You do not need an extra large gigantic jumbo television and sound system. For what you spend on one month's rental for furniture, you could buy some cheap furniture at a thrift store or pawn shop. Nobody that matters will be impressed if you show up with big toys you can't afford. You are buying short term gratification, but paying for it with long term financial problems.

17. Stay out of the car business! It is much cheaper to take the bus or to rent a car or take a taxi occasionally than to own a car. If necessary, move to a place with good access to bus lines. If you can't go car-free – walk, carpool, ride a bicycle, or take public transportation more, drive less.

18. Teach your kids how to work and save their money. One of the most important lessons you can give your kids is to teach them how to work. You do this first of all by being an example to them. If you don't have a job, you can work around your house, and your kids should help. Children and young people should always have household jobs that they are required to do. By the time they leave home, they should be able to cook, clean, balance a checkbook, pay bills, and look for a job. The place to learn this is in the home.

19. Read to and with your kids! Reading is critical for their future. Show your kids a good example by reading to them.

20 . Don't leave anyone behind for the wolves to devour. What goes around, comes around. Watch out for people in your family and neighborhood who are sliding down into major problems. Reach out to them and help them as much as you can. Help them contact organizations if the help they need is beyond your ability. Join and support a local church or other organization that is involved in your community. United we stand, divided we fall.

21. Plan for catastrophes. Always be ready for the other shoe to drop, and expect it to hit you on the head. So wear a hard hat, so to speak. If something can go wrong, it will. Plan for that to happen and don't put all your eggs in one basket. Try to save some money, to cover unexpected emergencies. Keep extra food on hand, in case grocery money has to be spent on something else. Help others, so that in your time of need, someone will be there to help you.

WISDOM FOR LIVING

Give assistance, not advice, in a crisis. . . Give good and get good. . . Glass and reputation are easy to break, hard to mend. . . God did not create hurry. . . God gave us music so that we could pray without words. . . God gave us pecans, but he doesn't pick them up or crack them for us. . . Gold is the devil's fishhook. . . Good deeds are good prayer. . . Good example is the best sermon. . . Good words are worth much and cost little. . . Goodness is not greatness; greatness is goodness. . . Grain by grain, a loaf of bread; nail by nail, a house. . . Guilty dog barks first. . . Half the truth is often a whole lie. . . Haste has no blessing. . . Haste makes waste. . . He who has a why to live can bear almost any how. . . Hit the nail on the head, not your thumb. . . Honor is better than honors. . . Hope for the best, prepare for the worst. . . Hunger is the best sauce. . . Justice is truth in action. . . Keep conscience clear, then never fear. . . Less is more. . . Let sleeping dogs lie. . . Look before you leap. . . Make hay while the sun shines. . .

CAULIFLOWER "POPCORN"

1 pound fresh cauliflower 2 tablespoons oil
4 teaspoons Mrs. Dash Table Blend seasoning
Salt, to taste Pinch of Splenda,
Cut the cauliflower into bite-size pieces. Put in a large plastic storage bag or a large mixing bowl. Drizzle the oil over the cauliflower then sprinkle with Mrs. Dash and a little salt. Close bag and shake until florets are coated as evenly as possible or toss well in bowl. Spread in a single layer on a baking sheet (I lined mine with nonstick foil). Bake at 400° 50-60 minutes, turning them over every 15 minutes. Bake until very dark brown, but not completely burnt. Taste and sprinkle with more salt, if needed, and a very light dusting of granular Splenda, if desired. The Splenda helps cut the bitterness of the charred cauliflower.

Basic Meatballs

2 pounds ground beef 1/3 cup onion, minced
2 eggs 1 teaspoon salt
1/4 teaspoon pepper 1 tablespoon garlic
Mix the ingredients. Shape in small 1 inch balls, place on an ungreased rimmed baking sheet. Bake at 425° for about 10-15 minutes, until meat is cooked but still tender. Serve with your favorite sauce.

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.

THE VIOLENCE we preach is not the violence of the sword, the violence of hatred. It is the violence of love, of brotherhood, the violence that wills to beat weapons into sickles for work.

Let us not forget: we are a pilgrim church, subject to misunderstanding, to persecution, but a church that walks serene because it bears the force of love.

As Christians formed in the gospel you have the right to organize and, inspired by the gospel, to make concrete decisions. But be careful not to betray those evangelical, Christian, supernatural convictions in the company of those who seek other liberations that can be merely economic, temporal, political. Even though working for liberation along with those who hold other ideologies, Christians must cling to their original liberation.

We must learn this invitation of Christ: "Those who wish to come after me must renounce themselves." Let them renounce themselves, renounce their comforts, renounce their personal opinions, and follow only the mind of Christ, which can lead us to death but will surely also lead us to resurrection.

The Christian must work to exclude sin and establish God's reign. To struggle for this is not communism. To struggle for this is not to mix in politics. It is simply that the gospel demands of today's Christian more commitment to history.

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

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

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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 February 26th. The next delivery for Wesley Village, Towers, Bell Air, Charles Atkins, Temple Gardens is February 19th. We do not deliver in MWC, Del City, Yukon, Mustang, Edmond or east of Bryant in OKC.

CHEESE FILLED BACON ROLL

12-16 ounces bacon, you'll need 12 or 16 strips *
4 ounces cheddar cheese, shredded

Line a large baking pan with heavy foil. Arrange half of the bacon slices side by side. Weave the other half of the bacon slices into a lattice. Push the slices as close together as possible once you've done the weaving. Bake at 400° until the bacon is well browned but still flexible and not crisp. The baking time will depend on how thick your bacon is. Maybe 20-25 minutes. Don't let it get crisp. Check the bacon after 15-20 minutes. Blot off any excess grease on top of the bacon with paper towels. Sprinkle the cheese over the bacon then very carefully roll up like a jelly roll. I found it helpful to use tongs to roll the hot bacon. Bake about 5-10 minutes longer until the cheese has melted but isn't oozing out. Place the roll on a cutting board and slice with a very sharp knife. Makes about 4 servings

JALAPEÑO POPPERS

8 fresh jalapeños

4 ounces cream cheese, softened

8 slices thin bacon, cut in half crosswise

Cut the chiles in half lengthwise; scrape out seeds and membranes. Fill each half with cream cheese, but do not mound it. Four ounces should be just about the right amount for 8 average size jalapeño halves. If you have extra large chiles, make sure you have a full 8 ounces of cream cheese on hand. Wrap each with 1/2 slice raw bacon, making sure to start with the end on the bottom of the chile. Stretch the bacon slightly to make it go all the way around each chile once (see photo below), then tuck ends underneath. Place cream cheese side up on foil-lined baking sheet. These can be assembled and chilled until just before baking and serving. Bake at 375° 20-25 minutes. If bacon isn't quite done, broil a few more minutes to brown. Makes 16 servings

TASTY TUNA DEVILED EGGS

6 ounce can tuna, drained 1/2 cup mayo

6 hard boiled eggs, peeled and sliced in half

2 tablespoon onion, minced 2 tbsp celery, minced

1/2 teaspoon mustard Salt

1/8 teaspoon pepper Pinch celery salt

Remove the yolks from the whites and mash them.

Mix in the remaining ingredients until smooth; fill the egg whites with the yolk mixture. Dust with paprika.

