

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.

Our religion is life. This is a beautiful truth that I want to remind you of. I want to recall it to you with gratitude to God, because the preaching of religion as life is what has given resurrection & life to many who were dead in faith. It is worthwhile to believe, it is worthwhile to come to Mass on a Sunday & nourish oneself there on words of life, not because so-and-so says them, but because they are of Christ, the living one beyond comparison.

A Christian community is evangelized in order to evangelize. A light is lit in order to give light. A candle is not lit to be put under a bushel, said Christ. It is lit and put up high in order to give light. That is what a true community is like.

A community is a group of men and women who have found the truth in Christ and in his gospel, and who follow the truth and join together to follow it more strongly. It is not just an individual conversion, but a community conversion. It is a family that believes, a group that accepts God. In the group, each one finds that the brother or sister is a source of strength and that in moments of weakness they help one another and, by loving one another and believing, they give light and example.

The preacher no longer needs to preach, for there are Christians who preach by their own lives. I said once and I repeat today that if, unhappily, some day they silence our radio and don't let us write our newspaper, each of you who believe must become a microphone, a radio station, a loudspeaker, not to talk, but to call for faith. I am not afraid that our faith may depend only on the archbishop's preaching; I don't think I'm that important. I believe that this message, which is only a humble echo of God's word, enters your hearts, not because it is mine, but because it comes from God.

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> .

Resentment is like letting someone live rent free in your mind. . . If you cut too many corners, you'll be running in circles. . . Gambling is a sure way of getting *nothing* for *something*.

Oscar Romero Catholic Worker House

We comfort the afflicted & afflict the comfortable.

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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 April 23rd . The next delivery for Wesley Village, Towers, Bell Air, Charles Atkins, Temple Gardens is April 16. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.

SALMON SALAD

1 can salmon ¼ cup minced onion
¼ cup mayonnaise 1 medium stalk celery
1/3 cup sugar free pickle relish (sweet or dill)
1 few chopped pecans (optional)

Mix ingredients. Serve on top of a salad, or stuffed into a tomato or avocado, or on bread or crackers.

CRISPY FRIED FISH

2 fish filets 1 egg white
Oil for frying Salt

2 ounces pork rinds, finely crushed, about 1 cup

Put the egg white in a pie plate and beat with a fork until frothy. Put the pork rind crumbs in another pie plate. Heat a good amount of oil in a large nonstick skillet over medium heat. The oil should cover the bottom of the pan. Coat the fish well with the egg white and then dip the filets into the crumbs to coat them well. I recommend patting the crumbs on as thickly as you can because some will fall off while cooking. Gentle handling will help keep the crumbs from falling off too much. Very carefully place the fish in hot oil in the skillet and fry on both sides until the coating has browned slightly and the fish is cooked through. It will only take a minute or two per side. Season to taste with salt. Eat at once while the fish is hot and the coating is nice and crisp.

CAROLYN'S POOR MAN'S LOBSTER

Fresh or frozen fish fillet

1 tbspn melted butter Garlic or garlic powder, to taste
Per filet: 1/2 teaspoon white vinegar,
 1-1/2 teaspoons salt ,
 2 tsp Splenda

Place the fish in a deep-sided skillet. Add just enough water to cover the fish. Add the vinegar, Splenda, and salt and bring to a boil. Boil 5-8 minutes or until the fish turns white and feels firm but isn't flaking. Remove the fish from the water with a slotted spoon. Place on a broiler pan and broil 2 minutes per side to dry out the fish. Combine the melted butter and garlic powder; serve the fish dipped in the garlic butter.

MAMA D'S ITALIAN TUNA PIE

6 eggs 1/2 cup heavy cream
6 oz can tuna, drained 1/2 teaspoon salt
1/4 teaspoon pepper 1/4 teaspoon oregano
1/4 teaspoon basil 1/4 teaspoon garlic powder
2 ounces mozzarella cheese, shredded
2 ounces grated parmesan cheese, 1/2 cup
Chives for garnish, optional

Beat the eggs and cream. Stir in the remaining ingredients, except the chives; pour into a greased 9-1/2 inch pie plate. Sprinkle with the chives, if using. Bake at 350° 35 minutes. Let stand 10 minutes before cutting. Serves 6.