

T H E O K L A H O M A C I T Y +CATHOLIC WORKER+

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PENTECOST!

*O LORD, my God, you are great indeed! How manifold are your works, O LORD!
the earth is full of your creatures; Lord, send out your Spirit, and renew the face of the earth.*

Jesus said to his disciples: "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always.

Lord, send out your Spirit, and renew the face of the earth. If you take away their breath, they perish and return to their dust. When you send forth your spirit, they are created, and you renew the face of the earth.

Paul wrote to the Corinthians. . . No one can say, "Jesus is Lord," except by the Holy Spirit. There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God produces all of them in everyone. To each person the manifestation of the Spirit is given for some benefit. As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit.

Jesus said, "Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him. Those who do not love me do not keep my words; yet the word you hear is not mine but that of the Father who sent me. I have told you this while I am with you.. The Advocate, the Holy Spirit whom the Father will send in my name, will teach you everything and remind you of all that I told you."

Luke wrote. . . When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. They were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.

Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. They were astounded, and in amazement they asked, "Are not all these people who are speaking Galileans? Then how does each of us hear them in his native language? We are Parthians, Medes, and Elamites, inhabitants of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the districts of Libya near Cyrene, as well as travelers from Rome, both Jews and converts to Judaism, Cretans and Arabs, yet we hear them speaking in our own tongues of the mighty acts of God."

*May the glory of the LORD endure forever; may the LORD be glad in his works! Pleasing to him be my theme;
I will be glad in the LORD. Lord, send out your Spirit, and renew the face of the earth.*

A redaction of the readings for the Feast of Pentecost: Acts 2-1-11, portions of Psalm 104,
1 Corinthians 12:3-7, 12-13, John 14:15-16, 23-26

The Miracle of Pentecost

I hate waiting. Patience is not my super-power. But for 50 days the apostles patiently waited after the Resurrection. Barely understanding what was going on, no doubt, wondering about their own sanity. And then, on the day of Pentecost, the experience was no doubt worth the wait. The sophisticated crowds of Jerusalem were amazed to see these people, so obviously peasants and workers, speaking bold in the streets in a multitude of languages, proclaiming from the very beginning a message of universal truth for all people, kindreds, tongues, and cultures. In an era when gods tended to run with certain clans, tribes, and nations, this was pretty revolutionary right off the top.

Those first apostles abandoned all for Christ. Can we do the same? Can we leave behind the failed political ideologies we cling to so tenaciously? Can we abandon our faith in money and power and embrace the

Gospel of truth and wisdom? Do we have the strength and courage to live in the Reign of God, right here, right now?

Of course not, nobody has the strength to do this on their own, the first apostles certainly didn't. But by the power of the Holy Spirit, we can be like those first apostles, and proclaim the truth of the Gospel not only with our words, but also with our lives. "With God, all things are possible." *Robert Waldrop*

VENI CREATOR SPIRITUS . . .

Come, O Holy Spirit, come! From Your bright & blissful Home, rays of healing light impart. Come, **Father of the poor**, source of gifts that will endure, light of every human heart. You of all consolers best, of the soul most kindly Guest, . . . O most blessed Light divine, let Your radiance in us shine, & our inmost being fill...Heal our wounds & mend our way.

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 poor have shown the church the true way to go. A church that does not join the poor, in order to speak out from the side of the poor against the injustices committed against them, is not the true church of Jesus Christ.

We wish to shake our baptized people out of habits that threaten to make them practically baptized pagans, idolaters of their money and power. What sort of baptized persons are these? Those who want to bear the mark of the Spirit and the fire that Christ baptizes with must take the risk of renouncing everything and seeking only God's reign and his justice.

We who are marked by Christ's baptism, which is Spirit and fire, must be people of eternal hope, we cannot yield to pessimism. Neither must we let an earthly political program exhaust our ideals of eternal glory and triumph. The great hope of the baptized must stand above all the desperate plans of the earth's political leaders.

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 food delivery is June 19.

The next delivery to Wesley Village, Towers, Bell Air, Charles Atkins & Temple Gardens apartments will be June 26.

Do not be conquered by evil,
overcome evil with good. *Apostle Paul*

4 Ways to Fix Garbanzo Beans Tastily

This year we seem to have an abundance of canned garbanzo beans. Here are some ideas.

Deviled. Think "egg salad" or "deviled eggs". Drain the liquid, mash the beans, mix with mayo and mustard, a bit of garlic, minced onion and a dab of relish or minced dill pickle. For a healthier version, use yogurt instead of mayo.

Three Bean Salad. 1 can each of garbanzo beans, green beans, & kidney beans (or other beans). Drain beans, put in bowl, add chopped onion, celery & bell peppers, garlic powder, sprinkle in some crushed red pepper if you like it hot, also ground black pepper. Mix with some Italian salad dressing, refrigerate for a couple of hours so the flavors combine.

Falafels. Drain garbanzo beans and mash them. Add minced onion and garlic (or garlic and onion powder), crushed red pepper, chili powder, dash of salt, 2 tablespoons flour, 1 egg. Continue to mash and mix, form into small balls, flatten them into patties, pan fry in oil on both sides. Eat as is, or roll in a tortilla or pita bread with lettuce and onions with a mayo or mustard or yogurt sauce. To make a yogurt sauce for a falafel sandwich (or any other sandwich): Dice some cucumbers (chopped small), mix with 1 cup yogurt, chili powder (to taste), ½ teaspoon salt, 1 tablespoon lemon juice.

Hummus. Drain garbanzo beans and mash them. Add ½ tablespoon lemon juice, 1 tablespoon of oil, ½ teaspoon dried Italian herbs, garlic and onion powder, some cumin or chili powder. Use as a dip or as a sandwich spread.

To Achieve Your Dreams, Remember Your ABC's

Continued from the April OKC Catholic Worker.

IGNORE those who try to discourage you. . . **JUST** do it! **KEEP** on trying. . . **LOVE** God, yourself, and your neighbor. . . **MAKE** it happen. . . **NEVER** lie, cheat or steal. . . **OPEN** your eyes, see things as they really are. . . **PRACTICE** makes perfect. . . **QUITTERS** never win, and winners never quit. . . **READ**, study and learn about everything important in your life. . . **STOP** procrastinating. . . **TELL** the truth. **UNDERSTAND** yourself to better understand others. . . **VISUALIZE** it. . . **WANT** it more than anything. . . **XCELERATE** your efforts. . . **YOU** are unique in all of God's creation. . . **ZERO** in on your target; go for it.

Hot Water Without Electricity or Natural Gas . . .

Fill a 5 gallon bucket with water, put a lid on it and place it in the sun, wait a couple of hours. For faster hot water, paint the bucket and lid black. . . Fill a garden hose with water, close the ends, lay it in the sun. After an hour or so, drain hot water into sink or tub. . . Fill some 2 liter bottles, peel off any labels. Put them in the sun. When hot, drain into sink or tub. . .

A GOOD PLAN executed now is better than a perfect plan next week. . . **TALK IS CHEAP** because supply usually exceeds demand. . . **BE NOT AFRAID** of growing slowly; be afraid only of standing still. . . **HARD WORK** is the mother of luck. . . **DON'T BE AFRAID** to ask questions . . . **ONE TODAY** is worth two tomorrows. . . **PROCRASTINATION** is the thief of time. . . . **TO AVOID FOOLS**, take steps! . . . **Y'ALL GET** the right eats, you hear? . . . **BE THE CHANGE** you wish to see. . . **IF YOU ALWAYS DO** what you always do, you will always get what you always get.