

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

Volume X #10 The world will be saved by Beauty + November 2011
Brother Bob's Best 2011-2012 Winter Advice:

Get Ready for a Hard Winter.

The hard truth is that the LIHEAP program, which helps low income people pay their utility bills, will only get half the money that it received last year. That means **A LOT LESS MONEY** to help low income people pay their utility bills. People need to prepare now or they will be hurting later. Here are some things to do.

Start with – **believe in yourself.** You are not a helpless prisoner of OGE and ONG. You can take control and do things so that **you spend LESS money** on electricity and natural gas. I know this because these ideas work for me. If you wonder why I do all of this food delivery stuff, it's because for most of my own life I was very poor – so poor I used to dumpster dive for food and lived for years with so little income I wasn't even required to file a tax form.

Next on the list. . . **Get used to not being as toasty hot in the winter as you've been in the past.** Most of us have been keeping our houses too warm in the winter. A house is a house, not a sauna! Dial down that thermostat more, unplug the heater more. To stay comfortable, **bundle up your body!** Dress for the season indoors. Wear several loose layers of clothes. Clean clothes keep you warm better than dirty clothes. Don't forget a hat, even when indoors and when in bed! Put blankets and quilts on sofas and chairs, so people can bundle up while they are sitting. When you go outside, beware of wind and wet. Keep dry. Wet clothing loses its ability to insulate, and can suck heat right out of you. Stay out of the wind as much as possible. If the floors are bare, put down area rugs.

Heat less of your house. Organize the house so you live in fewer rooms. Heat only the area occupied by people, when the people are there. It is easier to keep a room warm when several people are inside it, than when there is only one. Remember this especially if your heat is cut off during the winter. Food helps keep you warm.

Fill your house with more people, or move in with someone else. Times are going to continue to go from bad to worse. The good times are gone. The sooner we adapt, the easier it will be. Larger households are better able to get by. More people in the house generally means more income, and that helps pay the bills.

Contact the OGE Weatherization Program for details about eligibility and participation, at 405-272-9741. If there's a waiting line for help with weatherization, get in that line for your turn.

Use a stick of burning incense to find the drafts in your home. Do this is on a windy day. Look around doors, windows, light switches, places where pipes enter your house, electrical outlets, cracks in walls. Hold the smoke close to the window seam or the electrical outlet, or wherever you want to check, and see if the smoke rises slowly or is blown one way or the other. If its being blown around, you have a leak. **Stop that leak,** or your heat will leak out of your house and you will end up cold. Caulk is cheap. Use caulk to close up seams and cracks where wind is coming through. If there are larger openings, fill them with newspaper and plastic, a board, some dry wall, or use cans of spray foam to plug the cracks.

If your windows are drafty, put plastic over them. You can use a staple gun to attach the plastic to the window frame, but it is best if you also put narrow strips of wood around the window to hold the plastic securely in place. If your windows are really drafty, do this on the inside too.

Stopping drafts is the MOST IMPORTANT THING you can do to reduce your winter heating bill.

When the sun shines through your windows, open up their curtains or blinds and let the sun shine in and fill your house with warmth. Fill empty two-liter bottles with water, put some food coloring in the water so they look dark (mixing several colors like red, blue, and orange usually turns the water dark). Put them in the sun so they soak up the heat, they will then radiate that heat later and help you stay warm. More solar water bottles are better than less – you can also put them outside in the sun and then bring them in when they are hot. If you don't have food coloring, paint the outside of the bottles black. Increase the heat coming through the window by placing a piece of cardboard covered with aluminum foil on one side outside the window so that the light which would otherwise hit the ground reflects back up to the window. Or duct-tape some of those reflective auto sun shades together and use them to reflect light inside the window. This reflector should start at the bottom edge of the window, so for most houses it won't actually be on the ground. You need to brace it with something or lay it on something and duct-tape it so it won't blow away. *Continued next page.*

Continued from previous page. **When the sun is not shining through your windows, hang layers of blankets, quilts and curtains over them.** You can duct tape some of those reflective auto sunshades together so they are the size of your windows, and sandwich them between blankets to help you keep your warmth inside and the cold outside. You can also hang layers of sheets, quilts, and blankets on walls to insulate the room. Make a frame over a bed and hang sheets and quilts over the top and the sides to make an old-fashioned canopy bed.

Don't pour heat down the drain! When you take a shower, put the stopper in the tub. Let the water cool before draining. Air dry freshly-washed clothes inside the house. Don't pour hot cooking water down the drain, let it cool first. This adds humidity & heat to the inside of your house that would otherwise go down the drain.

Work with your friends and neighbors to increase your safety, quality of life, and happiness. It's easier to put plastic on your windows if you do it as a group. Get together with friends and family and do everyone's windows. Go on a crusade against leaks. Win the war against hard times, be happy and content. If we want more beauty and wisdom and justice and love, the place to start is to live beauty, wisdom, justice, and love in our own hearts and households. I pray God's blessings on you every day. *Bob Waldrop November 2011*

Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador. In 1980, his own government assassinated him while he was celebrating Mass because he defended the poor against the attacks of the rich.

The human progress that Christ wants to promote is that of whole persons in their transcendent dimension and their historical dimension, in their spiritual dimension and their bodily dimension. Whole persons must be saved, persons in their social relationships, who won't consider some people more human than others, but will view all as brothers and sisters and give preference to the weakest and neediest. This is the integral human salvation that the church wants to bring about – a hard mission! . . . the church knows what its revolution is: the revolution of Christ's love.

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
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A closed mouth gathers no feet. . . Your time is the greatest gift you can give someone. . . If you don't look after the little things in life, they will look after you. . .

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: Name, address, zip code, phone, number of adults and children.

All December deliveries are on December 17th. We stop receiving December requests at 12 Noon on Thursday Dec. 15. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.

CREAMED TURKEY

1/4 cup butter or oil	1 small onion, diced
2 stalks celery, diced	1 small carrot, diced
1/2 cup plus 1 tbsp flour	2 cups turkey broth
1 cup milk or cream	Salt/pepper to taste
2 cups diced, cooked turkey	1/4 -1/2 cup frozen peas
3 tbpns fresh parsley, chopped	

In a large pot, sauté the onion, celery and carrots in the butter until very tender, about 10 minutes. Stir in the flour and mix until no dry flour remains. Stir in the broth and the milk or cream; bring to a boil, stirring constantly until thickened. Add the chicken, seasonings, parsley and peas, if using. Heat just until the peas are hot; don't overcook them. Serve over hot biscuits. Makes about 6 servings

COCONUT CRUSTED TURKEY PATTIES

About 1 cup cooked turkey	1/4 cup mayonnaise
1 tbsp fresh parsley, minced	1 egg white
2 green onions, chopped	1/2 teaspoon hot sauce
1/8 teaspoon cayenne	1/8 teaspoon pepper
1/4 cup shredded unsweetened coconut	

Finely shred the turkey. Stir in the remaining ingredients, except the coconut. Divide into 4 equal portions on a wax paper-lined baking sheet. Shape into patties. The mixture will be very soft. Put the coconut in a shallow dish. Coat both sides of each patty. Chill at least 1 hour. Heat the oil in a skillet over medium heat. Fry the patties 4-5 minutes per side, until golden brown on each side. Serves 4.

+ Let the beauty we love become the good that we do. + Give a smile, and you bring the world new hope. + Fall 7 times, get up 8. + Character is what you do when no one is looking. +