

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

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

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HOW TO LIVE BETTER WITH LESS

*Wisdom, daydreaming, and risk-taking
can introduce you to options that you never felt possible.*

Here's what advertisers are saying to us: "You are your stuff. Your stuff is you. Our stuff is better than their stuff. Buy more of our stuff." The possibilities are allegedly endless, and somehow, the bill will never be presented for payment.

This is a dangerous illusion. They offer mindless consumerism rooted in greed, lust, and envy, as recommended by advertisers everywhere. And in spite of what people seem to think, the bills will always be paid, one way or another. Americans are famous for accumulating more & more dubious stuff of ever increasing varieties & categories, resulting in big piles of trash & horrendous debts that squeeze household budgets.

You can live better with less - less money, less stuff, less stress, less aggravation, less complication, less speed. In a world where fast food is the norm, we praise the virtues of slow food - food like your grandmother served, cooked from fresh basic ingredients at least some of which originated in that area, perhaps in her own garden.

What the world needs is more people who are willing to take personal responsibility for creating a better future than the one that is coming at us because of our bad choices. The world is changed one person, one household at a time, as people decide to BE the change they want to SEE.

Here's the secret clue: Do what you can, with what you have, where you are, one thing at a time.

***Too many people spend money they haven't earned,
to buy things they don't want, to impress people they don't like. - Will Rogers***

The place to start is with the kitchen and the food you eat. We understand that most of us are very conservative in our food habits. And the sad truth of modern life is that many of us have formed bad habits with our food. Our over-processed, chemicalized, mechanized, just in time convenience food system isn't a free lunch. High blood pressure, diabetes, heart disease, cancer, all these are just the beginnings of sorrows.

This giant commercial food companies are destroying the quality, variety, nutritional value, and TASTES of our foods. So we're paying more, doing more, and somehow getting less. A better idea is to do MORE with LESS. More joy, more beauty, more wisdom - less pollution, less chemicals, less noxious fumes, less destruction of the natural environment. We got into this situation one bad decision at a time and we will get out of it by one good decision at a time.

This is not just about money. It's about quality of life. Control over your life. Fun, convenience, healthy and tasty meals. We're not talking about feeling sorry for yourself, or going second class. We'd like to introduce you to many new tastes and food treasures, better ways to do food - ways that really are fun & once you get used to them they are convenient & easy..

This is NOT about a person being poor. Simple, sustainable, and frugal living is for everybody - rich and poor and everyone in between. In fact, the poor can show the rest of us the way to go.

Since you are in control of your kitchen, do what you want with your food..That's why we say, FOOD FIRST! People who let the food industry's tricks tell them what to do pay more money than is necessary and get a lot less than they should for their money. We say: spend your money differently, have more quality. Imagine that.

Better cooking isn't everything, but it is something that we all can understand. It is one step in the direction of family economic security. It provides instant rewards either -- good food and better health! Where to start? Prepare your meals from basic ingredients, and grow some of your own food.

Doesn't this kind of cooking take a lot of time? It's not like putting a frozen dinner in the oven, but it doesn't taste like food industry moosh either. Many of these recipes only take a few minutes of the cook's time. As you practice this better cooking, the learning curve kicks in. You develop time saving convenience skills. Recipes that once seem complicated are now easy. The first time you bake a cake "from scratch" takes longer than the fifth time you do it. By the time you have made ten, you will be cranking them out like they were microwave popcorn. "Slow food" can be amazingly easy & quick to prepare. It helps if you plan your meals carefully.

Your kids can help. Kids need to learn how to cook. There is no better way to do this than helping in the kitchen. As they get older, give them more to do. Kids need to learn that food doesn't just fall from the sky onto the table. Later in life, they (and their wives, husbands, and roommates) will thank you.

It's OK to make mistakes. That's how you learn. You will get better with practice. Nothing ventured, nothing gained. God is on your side. If you get stuck in the middle of a recipe, and aren't sure what to do next, start your problem solving process with a little prayer, as in, "God, I need help!"

Food is an adventure. You can do amazing things in your own kitchen. Wisdom, day-dreaming, and risk taking can introduce you to options that you never thought possible. Life is complex. It's OK if you can't solve all of your problems at once. Do what you can, with what you have, where you are.

As it turns out, you are not your stuff. **You are the image and likeness of God.**

Random Beauties. . . . Love is a fruit that is in season at all times. *Do not be conquered by evil, but overcome evil with good.* A joyful heart is the natural result of a heart burning with love. *Every work of love brings a person face to face with*

God. If you want peace, work for justice. *Sow not in furrows of injustice lest you reap a seven-fold harvest.* We can do no great things, only small things with great love. *Dig the well before you are thirsty.*

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.

Nothing is so important to the church as human life, as the human person, above all, the person of the poor and the oppressed. Besides being human beings, they are also divine beings, since Jesus said that whatever is done to them he takes as done to him. When blood is shed, when people are killed, this is beyond all politics. They touch the very heart of God.

Another thing the church does is its commitment to defend the poor. The poor masses of our land find in the church the voice of Israel's prophets. There are among us those who sell the just for money and the poor for a pair of sandals, as the prophets said. There are those who pile up spoils and plunder in their palaces, who crush the poor, who bring on a reign of violence while reclining on beds of ivory, who join house to house and field to field so as to take up all there is and remain alone in the land. These texts of the prophets are not distant voices that we read with reverence in our liturgy. They are daily realities, whose cruelty and vehemence we live each day. And therefore, the church suffers the fate of the poor, which is persecution.

Even when all despaired at the hour when Christ was dying on the cross, Mary, serene, awaited the hour of the resurrection. Mary is the symbol of the people who suffer oppression and injustice. Theirs is the calm suffering that awaits the resurrection. It is Christian suffering, the suffering of the church, which does not accept the present injustices but awaits without rancor the moment when the Risen One will return to give us the redemption we await.

To be a Christian now means to have the courage to preach the true teaching of Christ and not be afraid of it, not be silent out of fear and preach something easy that won't cause problems. To be a Christian in this hour means to have the courage that the Holy Spirit gives in the sacrament of confirmation, to be valiant soldiers of Christ the King, to make his teaching prevail, to reach hearts and proclaim to them the courage that one must have to defend God's law.

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> .

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 Oct. 30th.

The next delivery to Wesley Village, Towers, Bell Air, Charles Atkins & Temple Gardens apartments is Oct. 23.

Quick and Easy Dessert (or Snack)

3 tbsp heavy cream

1 tbsp sour cream

1 tbsp cocoa powder

1 tbsp Splenda (or other sweetener, to taste)

drop or two of vanilla extract

Combine all ingredients, mix well, eat and enjoy!

Toots Cheeseburger Casserole

2 pounds ground beef

5 strips bacon, chopped

16 ounces frozen cauliflower

Butter

Salt and pepper, to taste

Pinch garlic powder

8 ounce cheddar cheese, shredded

1 egg

Brown the hamburger and bacon together; drain the fat. Add the salt, pepper, garlic powder, egg and 3/4 of the cheese. Cook the cauliflower until very tender. (The best way is in the microwave, with maybe 3 tbsps water.) Mash and season with salt & pepper & a little butter. Put the cauliflower in a greased 2-quart casserole dish. Spread the meat mixture over the cauliflower & top with the remaining cheese. Bake, uncovered, at 350° for 35 minutes, until hot and bubbly. 6 servings.

Stuffed Zucchini Bake

4 medium zucchini, about 28 ounces

1 clove garlic

1 pound ground beef

Salt & pepper

1 small onion, diced, about 1/2 cup

1/2 cup fresh mushrooms, diced

1/2 cup Parmesan cheese, 1/2 cup

Cut the zucchini in half lengthwise. Scoop out the pulp, leaving 1/4" of the flesh intact. Discard the pulp. You can use a teaspoon to dig out the pulp and seeds, then once most of the pulp has been removed, use the spoon to scrape out any remaining seeds. Place the zucchini shells on a greased, foil-lined rimmed baking sheet. Sprinkle the zucchini with salt and pepper. Brown the meat, garlic, onion, and mushrooms, seasoning to taste with salt and pepper; drain the fat. Fill the zucchini shells with the meat mixture. Cover with foil and bake at 350° 45 minutes or until the zucchini is tender. Uncover, top with cheese and bake to melt the cheese, about 10 minutes. Makes 8 servings

Home Style Chicken

4 chicken leg quarters or breasts

1/2 pound mushrooms, sliced

2 medium zucchini, sliced about 1/4-1/2" thick

2-3 green onions, cut in 1" piece

4-5 pats butter

Salt and pepper

Herbs and spices, to taste

Grease a 9 x 13 casserole dish, place the chicken in the pan and season both sides. Cover with the vegetables; season to taste. Place pats of butter on top of the vegetables. Cover pan. Bake at 450°, 30-35 minutes, or until the chicken is done. Tasty herbs for this include sage, thyme, rosemary, parsley.

Crockpot Chicken Cacciatore

6 chicken thighs or boneless breasts, skin removed

1 cup spaghetti sauce

1 green pepper, chopped,

1/2 lb mushrooms, sliced

2 tablespoons garlic

1 small onion, diced

Salt and pepper, to taste

Hot peppers, chopped (if you like it hot!)

Put the chicken in a crockpot. Season with salt and pepper; top with the remaining ingredients. Season with more salt and pepper. Cook on LOW 7-8 hours. Serve the peppers and mushrooms over the chicken. Makes 6 servings