

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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+ Here is what God says about the Poor +

What do you mean by crushing my people & grinding down the poor when they look to you? Those who oppress the poor blaspheme their Maker, but the one who is kind to the needy glorifies God. The rich who oppress the poor are like a devastating rain that leaves no food. Better to be poor and walk in integrity than to be crooked in your ways and rich. Those who shut their ears to the cry of the poor will themselves also call and not be heard.

Do not oppress the widow or the orphan, the alien or the poor; do not plot evil against one another in your hearts. God saves the poor from the edge of the sword and from the hand of the mighty. Thus the unfortunate have hope and iniquity closes its mouth. For the poor shall not always be forgotten, nor shall the hope of the afflicted forever perish. Did not God choose those who are poor in the eyes of the world to be rich in faith and heirs of the kingdom God promised to those who love him? Yet you have treated the poor shamefully. Are not the rich exploiting you? Blessed are you poor, the reign of God is yours. Blessed are you who hunger, you shall be filled. Blessed are you who are weeping, you shall laugh. But woe to you rich, for your consolation is now. Woe to you who are full, you shall go hungry.

God has deposed the mighty from their thrones, and raised the lowly to high places. God has given the hungry every good thing, and has sent the rich away empty. The spirit of the Lord is upon Me, because God has anointed Me to bring glad tidings to the poor, to proclaim liberty to captives, recovery of sight to the blind, and release to prisoners. When you reap the harvest, you shall not be so thorough that you reap the field to its very edge, nor shall you glean the stray ears of grain. Likewise, you shall not pick your vineyard bare, nor gather up the grapes that have fallen. These things you shall leave for the poor and the alien.

You shall not harden your heart nor close your hand to the poor in their need. When you give to the poor, give freely and not with ill will; for the Lord, your God, will bless you for this in all your works and undertakings. The poor will never be lacking in the land; that is why I command you to open your hand to your poor. Defend the lowly and the fatherless; render justice to the afflicted and the destitute. Rescue the lowly and the poor, from the hand of the wicked deliver them. Those who are just have a care for the rights of the poor; those who are wicked have no such concern.

This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke, setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless, clothing the naked when you see them, and not turning your back on your own. Give to the one who begs of you. Jesus said, Let the one who has two coats give to the one who has none. The one who has food should do the same. I ask you, how can God's love survive in those who have enough of this world's goods and yet they close their hearts to their brothers and when they see them in need? Children, let us love in deed and in truth and not merely talk about it.

Jesus said, I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed me, naked and you clothed Me, I was ill and you comforted Me, in prison and you came to visit Me. I assure you, as often as you did it for one of my least brothers and sisters, you did it for Me. I say to you, what you have done to one of these least ones, you have done to Me.

Scripture references: Isaiah 3:5; Proverbs 14:31; 28:3, 6; 21:21; Zechariah 8:10; Job 5:15-16; Psalm 9:19; James 2:5-6; Luke 6:20-21, 24-25; Luke 1:53; Luke 4:18; Leviticus 19:9-10; Deuteronomy 15:7, 10-1; Psalm 82:3-4; Proverbs 29:7; Isaiah 58:6-7; Matthew 5:42; Luke 3:11; 1 John 3:17-18; Matthew 25:35, 40.

They and We. *An Easy Essay by Peter Maurin*

People say: "They don't do this, they don't do that, they ought to do this, this ought to do that."

Always "They" and never "I".

People should say: "They are crazy for doing this and not doing that but I don't need to be crazy the way they are crazy."

The Communitarian Revolution is basically a personal revolution. It starts with I not with They. One I plus one I makes two I and two I makes We.

"We" is a community while "they" is a crowd.

Ask questions. Exercise your brain. Learn many things. Practice many skills. Teach others!

Do what you can, with what you have, where you are.

The Catholic Worker believes in creating a new society within the shell of the old, with the philosophy of the new, which is not a new philosophy but a very old philosophy, a philosophy so old that it looks like new. + *Peter Maurin*

Making Soup and Gravy Stock

Winter is a good time to make nourishing soups and stews and rich gravies. Here's a very frugal way to make a delicious and nourishing broth that you can then use to make soups or gravies.

+ Ask at the grocery store for soup bones.

These are large bones, cut into sections, with some meat and fat attached. They should be very cheap. You want about 2 lb of bones with meat for every 4 quarts of water.

+ Line a pan with foil & put the soup bones in it.

Bake in the oven at 325 degrees until the meat & bones are browned a bit, maybe 45 minutes to 1 hour depending on how much you have. Don't burn it.

+ You want about a half pound of onions and

a quarter pound each of celery and carrots per 4 quarts of liquid. (You want the carrots and celery together to equal the onions.) Bake the veggies with the meat, or chop them up and saute them in oil.

+ Put the meats and veggies in water.

Bring it to a boil, but then immediately reduce it to a simmer. This benefits from long, slow cooking (5 to 8 hours or longer at least, I simmer mine slowly overnight for 12 hours or so). Always skim off any scum that rises to the top during the cooking process. You don't want the stock to boil at this stage, when the bones, meat, and vegetables are in the pot, just a slow simmer. Resist the urge to stir it.

+ After cooking, strain it to remove any bits and pieces. These bits of meat are great to add back to soups, or to make sandwiches or casseroles.

Refrigerate the stock overnight, and remove the fat the next day.

+ Keep in the refrigerator and use within a few days, or freeze in meal-size portions for use later.

This makes excellent gravy, soups, stews, and etc.

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, and joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, and 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

Don't be afraid to ask questions! *If you don't know, ask!* Read the instructions. Use maps and dictionaries. *Often.* Read to your children. Keep books in your home. *Read them to your children.* Use your local library

On the loss of everything. by Robert Waldrop

The Venerable Matthew Talbot is an Irish candidate for sainthood. He didn't have much, but he lost everything he had — twice. Once in the depths of alcoholism, and then again, in his sobriety and conversion. Two very different “losses”, shall we say, but both very real. When I was a homeless teenager on the streets of Denver, I lost everything in my life for a time, all the things that were important but I didn't really understand that then. Later, after spending some amount of time acquiring new stuff in my life, I “lost” it all again in Christ Jesus.

Jesus said that if we would save our lives, we must lose them. He said unless a grain of wheat falls to the ground and dies, there will be no harvest the next year. There are lots of hard sayings like that in the Gospels, but at the same time, we read that His yoke is easy and His burden is light.

Some people, attacking the sanctity of Matthew Talbot, have said that he was a “laughingstock” in his day because of his poverty and his piety. Well, I don't doubt that at all. People laughed at Jesus too. The crowd wants conformity, because that enables the crowd in its own disorders. Remember the crowd demanding the crowd shouting for the crucifixion of Jesus and the release of Barabbas?

Today the world shouts for other crucifixions, and tells us that if we want to save our lives, we must get as much stuff as we can. We can never have too much stuff, we must always have more, newer, and better. That's why the example of saints such as Matthew Talbot are so important. There are a lot worse things that can happen to a person besides losing oneself in Christ. Indeed, this kenosis (emptying out) is the source of true self-knowledge.

Oscar Romero Catholic Worker House

1524 NW 21st, Oklahoma City, OK 73106, robert@justpeace.org

www.justpeace.org | www.bettertimesinfo.org | www.energyconservationinfo.org

Catholic Worker Help Line – 405-557-0436

The Top Ten Lies of Television. 10. TV is real life. 9. The news tells the truth. 8. TV characters are good role models. 7. Children's TV is harmless. 6. TV advertising benefits you. 5. Everybody watches it, so I have to. 4. My life will be better if I buy advertised products. 3. What I and my kids watch doesn't really affect us. 2. I can learn all I need to know by watching TV. And the Number One Lie is: Television is Necessary.