

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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THE LAST WORDS OF CHRIST

A literary harmony of the four Gospel accounts of the Passion.

Pilate said to the crowd, *Behold, the man.* When the chief priests and the guards saw him they cried out, "Crucify him, crucify him." Then Pilate handed Jesus over to them to be crucified. As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country and after laying the cross on him, they made him carry it behind Jesus. A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, **DAUGHTERS OF JERUSALEM, DO NOT WEEP FOR ME, WEEP INSTEAD FOR YOURSELVES AND FOR YOUR CHILDREN.**

So they took Jesus and went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him, and with him two others, one on either side, with Jesus in the middle. Pilate also had an inscription written and put on the cross, it read, *Jesus the Nazorean, the King of the Jews.* When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down. So they said to one another, Let's not tear it, but cast lots for it to see whose it will be. This is what the soldiers did. (It was nine o'clock in the morning when they crucified him.) Those passing by reviled him, shaking their heads and saying, "You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, and come down from the cross. Likewise, the chief priests with the scribes and elders mocked him and said, "He saved others, he cannot save himself. So he is the king of Israel! Let him come down from the cross now, and we will believe in him. He trusted in God, let God deliver him now if he wants him. For he said, I am the Son of God." Then Jesus said, "**FATHER, FORGIVE THEM, THEY KNOW NOT WHAT THEY DO.**"

Now one of the criminals hanging there [also] reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." Jesus replied to him, "**AMEN, I SAY TO YOU, TODAY YOU WILL BE WITH ME IN PARADISE.**"

From noon onward, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried out in a loud voice, **ELI, ELI, LEMA SABACHTHANI**, which means, "**MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?**" Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. (There were also many other women who had come up with him to Jerusalem.) When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "**WOMAN, BEHOLD, YOUR SON.**" Then he said to the disciple, "**BEHOLD, YOUR MOTHER.**" And from that hour the disciple took her into his home.

After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, **I thirst.** There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "**IT IS FINISHED.**" And bowing his head, Jesus cried out in a loud voice, and gave up his spirit, [saying], "**FATHER, INTO YOUR HANDS I COMMEND MY SPIRIT**"; and when he had said this He breathed his last.

The centurion who witnessed what had happened glorified God and said, "This man was innocent beyond doubt." When all the people who had gathered for this spectacle saw what had happened, they returned home beating their breasts. Then the veil of the temple was torn down the middle. The earth shook, rocks were split, tombs were opened, and the bodies of many saints who had fallen asleep were raised. *Continued on back page.*

The Last Words of Christ, continued from page 1.

Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side and immediately blood and water flowed out.

When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it in clean linen, and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed. The women who had come from Galilee with him followed behind, and when they had seen the tomb and the way in which the body was laid in it, they returned and prepared spices and perfumed oils. Then they rested on the Sabbath according to the commandment.

Greater love has no one than this,
that that he lay down his life for his friends. John 5:13

A Meditation on Good Friday

by Bob Waldrop

Solidarity to the brink of death, painful death, and beyond. Never think that God doesn't understand your pain. He was there. "He suffered, died, and was buried." Just like every other man and woman who has ever lived. This knowledge of God's isn't something hard to comprehend, like omniscience, it is blood red, it is water flowing from a spear wound, it is nails pounded into human flesh. It just doesn't get more real than that. "For we do not have a high priest who is unable to sympathize with our weakness...He bore our infirmities and our sufferings -- and by His stripes we are healed."

We do not have to walk in misery and confusion. We can break free of the chains of slavery to lust and greed and all the other sins of this era. We can rise with Christ to new life, wholistic life, with healing and virtue, a life that brings forth harmony, reconciliation, joy, & peace.

As the Good Thief discovered that day 2,000 years ago, it is never too late to turn back to God. There is never so much water under the bridge, that the bridge cannot be crossed. There is no burden so great that Jesus cannot help you carry it. There is no one who is so far away that they cannot be brought near by the Blood of Jesus Christ, which cleanses us from all sin and restores our relationship with God and each other. "So let us confidently approach the throne of grace to receive mercy and favor and to find help in time of need."

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

How to Grow Some of Your Own Food

Gardening is like finding money growing in your back yard! Everyone should have a garden. The best eatin' vegetables are those grown close to home.

Gardening is less work than most people think.

The Easy Way to Garden

by Bob Waldrop

We start small or we don't start at all. Don't plow up your entire back yard for your first year's garden. In fact, you won't need to plow or till, ever. Build your soil up rather than dig down. It is much less work. Let the worms till your soil. You'd be amazed at how much food you can grow in just one four-foot square bed.

If the area is covered by grass, **remove the sod first.** Then lay down two layers of cardboard, and build a garden bed on top of that. 4 ft by 4 ft is a good size for your first bed. Use something to make sides that are 6 to 8 inches tall – logs, lumber, bricks, whatever you can find. Don't use pressure treated lumber and don't use railroad ties.

Fill the garden bed with **Bob's Cheap As Dirt Garden Mix** – which is 1/3 soil, 1/3 straw (or shredded leaves or dried grass clippings), 1/3 compost. Note that except for removing the sod, we aren't plowing, tilling, or digging. Never walk on the surface of your bed, so make it small enough that you can reach all parts of the bed without stepping on it.

Organize the bed for planting on a “square foot” basis. If you made a 4 ft x 4 ft bed, that is 16 square feet, or “16 squares”. You can plant something different in each square foot. To help see this, make a couple of measuring sticks. Mark them at 1 foot intervals and lay them on the bed as you plant, one going length-ways, the other sideways, so you can see the squares. Below are some typical spacings for square foot gardening.

Mulch! As your seeds and plants get started, put 2-4 inches of mulch around them to conserve moisture.

Vertical growing. Make trellises out of small poles or use tomato cages to grow squash, tomatoes, & cucumbers vertically. Plant beans or black-eyed peas with corn so the beans grow up & around the stalks.

“I don't have land for gardening.” If you don't have access to a yard, look for a community garden in your area. Contact the Urban Harvest program at the Oklahoma City Regional Food Bank (405-972-1111) to find the location of a community garden in your area and/or info on how to start a community garden. Churches and schools can provide important community services by offering free space for community gardens. And think “container gardens” – tomatoes grow just fine in pots, as do squash, onions, carrots, whatever you want to grow. You can grow any vegetable in 6-8 inches of soil, so you can even make a garden bed on concrete by building up some sides and filling it with a growing mix. Potting soil is cheap.

Typical Plant Spacings using the Square Foot Garden method

16 per square foot: radishes, onions, carrots

9 per square foot: bush beans, spinach

8 per square foot: pole beans and peas climbing poles or a trellis,

4 per square foot: celery, chard, corn, garlic, lettuce, mustard

2 per square foot: cucumbers (in a row of 4 squares, vertically on a trellis)

1 per square foot: cauliflower, broccoli, cabbage, peppers, potatoes, eggplant, okra, summer squash (grow summer squash vertically), tomatoes (in a row of 4 squares, vertically on a trellis)

1 per 2 square feet: winter squash

More info about the Square Foot Gardening method is online at www.squarefootgardening.com .

Compost: Because a rind is a terrible thing to waste.

If you want to grow your own food, the place to start is by making compost. Some people make this out to be much more complicated than it really is. Here is a basic recipe for making compost.

Select a place for a compost pile, and dig the ground up a bit. Put down a layer of twigs and small branches, and then make alternating layers of "brown and dry" materials and "green and wet" materials. Brown and dry

can include leaves, shredded tree limbs and bark, newspapers (no shiny slick papers or colored inks), brown cardboard, dried grass clippings. Green and wet includes kitchen scraps, green lawn trimmings, green leaves, flowers, weeds, plants, etc.

Wet each layer thoroughly, and toss a shovel of soil on each layer and a couple of small branches. Pile it up at least 3 feet high and 3 feet wide, & then leave it alone for a year. If it's a dry summer, water it so it stays damp inside (like a wrung out sponge). After a year, rake away the leaves still on top, and inside will be a nice, rich, dark loamy compost that smells like forest dirt when you sniff it.

If you can't wait a whole year, you can make compost faster by fussing with it a bit. Every week or so go out and "turn it", that is to say, use a pitchfork and move the compost to a different spot, so that what was "outside" on the pile is now inside, and what was inside is now on the outside.

If the compost heap starts to smell bad, something's wrong, probably either too much "wet and green" or it has somehow gotten so compacted that air can't get in. If too much wet and green, add more brown and dry. If the pile has become compacted, then stir it up a bit and add some small branches (the purpose of the branches is to keep the pile from compacting and to help air circulate). If you dig into the pile, you will find lots of little creatures at work, roly pollies, worms, etc. That's good, because that's what's supposed to happen. Composting is the beginning of a beautiful home garden. Start your compost pile this week, a rind is a terrible thing to waste!

Useful Advice

Waste not, want not.

A stitch in time saves nine.

Don't bite off more than you can chew.

Dig the well before you are thirsty.

It wasn't raining when Noah built the ark.

Hard work is the mother of luck.

Wisdom makes light the
darkness of ignorance.

Procrastination is the thief of time.

Look before you leap.

Measure twice, cut once.

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The next Food Delivery will be April 17.

Convenience Store Traps

OK, you go to a convenience store every day & buy cigarettes, a super size soft drink, & snack. That's \$7-8 bucks. It's \$2,920, which is what that costs you for a year. Even if you buy cheap cigs, your total is still at least \$2,000 a year. 1 large fountain soft drink a day for 1 year is enough money to buy an entire month's groceries for a family! Give yourself a raise – kick the cigs, make your own snacks and drinks, save BIG money.

Tasty Ways to Fix Grits

Cheese grits. Cook grits, then add 1 cup or so of grated cheese. You can add pepper. You can use the cheese powder packets from boxed mac & cheese.

Red-hot grits. Add as much cayenne pepper, paprika, chili powder, & ground cumin as your taste buds will permit to cooked grits. Let cool in a loaf pan, slice and prepare as Fried grits. Serve with salsa and beans.

Garlic grits. Add garlic powder or even better, crushed roasted garlic to grits, good with cheese grits.

Fried grits. Cook grits, pour into a loaf pan. Let cool until grits are firm. Turn the pan over so the "grits loaf" slides out, slice about ½ inch thick. Mix flour, salt, and pepper together & dip the grits slices (both sides) in it. Put oil in a skillet, fry the slices on both sides (medium-high heat) for about 5 minutes (until golden brown).

Sausage fried grits. Prepare grits. Cook sausage, break it into small pieces. Drain fat, stir the sausage into the grits. Beat an egg & add it to the mixture. Pour into a loaf pan, put in the refrigerator until firm. Turn out the grits, prepare as for fried grits.

Grits Casserole. Fry some hamburger, onion, garlic, and crushed red pepper, add cooked beans with the liquid, put in the bottom of a casserole pan, pour a recipe of jalapeno grits over the top, bake at 350 degrees about 35 minutes. You can also make this with sausage.

Jalapeno grits. Cook grits, add 2 cups shredded cheese, 1 stick of butter (½ cup), 3 beaten eggs, chopped jalapeno pepper, to taste (maybe start with 3 tbsp), salt and pepper to taste. Pour into a greased baking dish, bake at 350 degrees about 35 minutes (top will lightly browned).