

# Abiding Press

## *Abiding Presence Faith Community*

A PARISH OF THE REFORMED CATHOLIC CHURCH  
AN INCLUSIVE CATHOLIC COMMUNITY  
MAKING GOD'S LOVE KNOWN IN CENTRAL FLORIDA

July 2025 VOLUME 4 #8

5330 Poinsetta Ave, Winter Park, FL 32792

321-594-4922

Office [info@apfcwp.com](mailto:info@apfcwp.com)

*Vigil Mass is Celebrated at Saturday at 5:00 pm*  
*The Sanctuary Building of the First United Church of Christ*  
*4605 Curry Ford Rd, Orlando, Florida 32812*

### *Social Media*

Web Site [www.apfcwp.com](http://www.apfcwp.com)

Facebook

<https://www.facebook.com/groups/1386619738179316/?ref=bookmarks>

YouTube - <https://www.youtube.com/channel/UCP9i133esG31fRPfgk-Jm4w>

### *Clergy Serving the People of God*

Pastor: Most Rev. William R. Cavins [pastor@apfcwp.com](mailto:pastor@apfcwp.com)

Rev. Mr. Christopher M. Larsen

### *Volunteer Staff Serving the Parish*

Gene L. Thompson II - Technology Tech Support [TechSupport@apfcwp.onmicrosoft.com](mailto:TechSupport@apfcwp.onmicrosoft.com)

Keegan Glover - LGBTQ+ Liaison

Dennis Last - JMB Crock Pot Ministry

Klaus Stodtmann - Bread Baking [kstodtmann@apfcwp.onmicrosoft.com](mailto:kstodtmann@apfcwp.onmicrosoft.com)

## Mass Intentions & Prayer Requests

If you would like to have someone remembered during Mass or added to our Prayer Lists, please email your request to the pastor. We also invite you to support our community through your generous donations, which are greatly appreciated and can be made at your discretion. Additionally, we offer Mass Cards that you can send to loved ones to let them know they are being remembered in our prayers.

Thank you for your continued support and generosity.

### Upcoming Dates

July 1	Rebecca's Pantry 9:30 to 11:30
July 2	Joni's Treasures Thrift Shop 10:00 – 1:00
July 4	Independence Day Divine Worship – Independence Day 12:00 PM Bishop's Residence) Intention: The People of the United States
July 5	Vintage Vibes 10-3 Church grounds Divine Worship – Vigil of 14 <sup>th</sup> Sunday of the Christian Year 5:00 PM Intention: RIP Robert Barr
July 7	At Home with the Word 7 PM
July 8	Rebecca's Pantry 9:30 to 11:30
July 9	Joni's Treasures Thrift Shop 10:00 – 1:00
July 12	Divine Worship – Vigil of 15 <sup>th</sup> Sunday of the Christian Year 5:00 PM Intention: RIP Michael Smith
July 14	Breaking Open the Word 7 PM Zoom
July 15	Rebecca's Pantry 9:30 – 11:30
July 16	Joni's Treasures Thrift Shop 10:00 – 1:00 Divine Worship – Feast of Our Lady of Mt. Carmel 5:00 PM Intention: People of the Parish
July 19	Divine Worship – Vigil of 16 <sup>th</sup> Sunday of the Christian Year 6:30 PM Intention: Suzannah E. Seibert Birthday
July 21	Breaking Open the Word 7 PM Zoom
July 22	Rebecca's Pantry 9:30 – 11:30
July 23	Joni's Treasures Thrift Shop 10:00 – 1:00
July 26	Divine Worship – Vigil of 17 <sup>th</sup> Sunday of the Christian Year 5:00 PM Intention: RIP Verna T. Witkowski
July 28	Breaking Open the Word 7 PM Zoom
July 29	Rebecca's Pantry 9:30 – 11:30
July 30	Joni's Treasures Thrift Shop 10:00 – 1:00

\*SCAP = Sunday Celebration in the Absence of a Priest

## Financial Update as of 6/28/2025

Total Income Year to Date: \$ 5349.81.

Total Expenditures Year to Date: **5836.09.**

Difference: **-\$486.28.**

Balance available on hand: \$1560.47.

### Make a Difference with Your Donation

You can now easily make donations online through our website! For the most efficient processing of your donation, we recommend using Zelle. If you choose a different payment method, please ensure that your donation is sent as if to an individual.

Thank you for your generosity and support! **Our email address for all donation platforms is: [bkpg@apfcwp.com](mailto:bkpg@apfcwp.com)**

### RED CARDS AVAILABLE

During these uncertain times US Citizens and Immigrants need to know their rights. We are making available the Red Card which lists what you should do should Law Enforcement or ICE come to your door. You may pick them up at Mass on the desk in the Narthex or by sending a stamped self-addressed envelope to the Parish Office. Those requesting by mail are limited to 5 cards. Please indicate English/English or Spanish/English version. We are seeking a donor to help us cover the costs of publishing the cards in Creole/Haitian. If you have \$100 to spare it would be much appreciated.

### From the Bishop's Desk

#### God Doesn't Take Sides

In a world often divided by politics, religion, race, and ideology, it is tempting to believe that God is on "our" side—supporting our views, validating our choices, and opposing our enemies. Yet, the deeper truth revealed in Scripture and echoed in the lives of the faithful is that God does not take sides. Rather, God calls all people to align themselves with His will, which transcends human divisions and agendas.



The idea that God doesn't take sides is powerfully illustrated in the book of Joshua. As Joshua prepares to lead the Israelites into battle, he encounters a mysterious figure with a drawn sword. When Joshua asks, "Are you for us or for our enemies?" the figure replies, "Neither, but as commander of the army of the Lord I have now come" (Joshua 5:13–14). This response is striking. It reminds us that God is not a partisan deity who fights for one nation or group against another. Instead, God stands above human conflicts, inviting all people to submit to His greater purpose.

This principle is echoed in the teachings of Jesus. Throughout the Gospels, Jesus refuses to be co-opted by political or religious factions. He dines with sinners and tax collectors, heals Roman centurions and Canaanite women, and challenges both Pharisees and zealots. His kingdom is "not of this world" (John 18:36), and His mission is to reconcile all people to God—not to endorse one group over another.

When we claim that God is on our side, we risk reducing the divine to a tool for our own purposes. This can lead to self-righteousness, division, and even violence. History is filled with tragic examples of people invoking God's name to justify war, oppression, and exclusion. But Scripture consistently calls us to humility. As the prophet Micah reminds us, what God requires is not victory or dominance, but "to act justly, to love mercy, and to walk humbly with your God" (Micah 6:8).

God's impartiality does not mean He is indifferent to justice or truth. On the contrary, God is deeply concerned with righteousness, compassion, and the dignity of every human being. But His concern is not limited to one side of a conflict. He grieves over all suffering, calls all people to repentance, and offers grace to all who seek Him. In this way, God's love is radically inclusive and His justice perfectly balanced.

Ultimately, the question is not whether God is on our side, but whether we are on His. Are we seeking His will, loving our neighbors, and pursuing peace? Are we willing to listen, to repent, and to grow? These are the questions that matter.

In a divided world, the message that God doesn't take sides is both challenging and liberating. It calls us to rise above tribalism and to embrace a higher allegiance—to the God who loves all, judges justly, and invites us into a kingdom not built on power, but on grace.

In Christ's Love

+*William*

Pastor

## Are you looking to become more involved in our parish?

We have a variety of opportunities for you to contribute and make a difference throughout the week. Here's how you can get involved:

- **Saturdays:** Join us in a range of roles including readers, technical support, musicians, singers, altar servers, and Eucharistic Ministers. Your participation enriches our worship experience.
- **Mondays and Tuesdays:** Help us with our Crock Pot Classes. If you're interested in presenting, please reach out to Dennis Last for more information.
- **Tuesdays:** Volunteer at Rebecca's Pantry in the morning. Your assistance can make a significant impact on those in need.
- **Wednesdays:** Contribute to our Thrift Shop. We need enthusiastic helpers to support this valuable outreach.
- **LGBTQ+ :** Contact Keegan Glover for information.
- **Ongoing:** We are also establishing a new ministry for Special Ministers to the Sick. This role is a wonderful opportunity to provide comfort and support to those who are ill.
- **Immigration:** We are seeking individuals who would be willing to **accompany** immigrants to court or other appearances.

So much to choose from! Reflect on how you might be called to serve and make a difference. What is God inviting you to do?

If you are interested in any of these opportunities or have questions, please contact [appropriate contact person/office] for more details. We look forward to your involvement and contributions to our parish community!

## Prayer for Vocations

*Gracious God, we give thanks for your call to both women and men to serve in Christ's Kingdom as priests, deacons, and consecrated persons. We ask that you send your Holy Spirit to inspire and guide others to respond with generosity and courage to your call. May our community of faith nurture and support vocations rooted in sacrificial love, especially among our youth and young adults. Through our Savior Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever. Amen.*

## A Prayer for Those in Formation

*Almighty God, we lift up all those in formation, preparing to serve with hearts full of faith and dedication. Grant them wisdom, strength, and discernment as they grow in their journey. Guide their minds, strengthen their spirits, and fill them with your love. May they always walk in humility and grace, ready to serve others and follow the path you have set before them. We ask this in Your holy name. Amen.*

Current candidates in diaconal formation include Ken Gladding, Kody Hall, and Tony Rivera. All for the Diocese of St. John XXIII.

## The Ministry of Accompaniment

In communities across the United States, immigrants—many of whom are seeking asylum or living in mixed-status families—face the daunting task of navigating a complex and often intimidating immigration system. In response, faith groups, nonprofits, and everyday people have committed to a simple but powerful act: *accompaniment*. This means standing alongside immigrants as they attend appointments with U.S. Immigration and Customs Enforcement (ICE), appear in immigration court, or go through other legal or bureaucratic processes.

But why do we accompany? What purpose does this serve, and why is it so important?

At its heart, accompaniment is a **ministry of presence**. Just showing up can be an act of radical solidarity. Many immigrants face these appointments with deep fear—fear of detention, deportation, or separation from family. When someone accompanies them, it sends a message: *You are not alone. Your life matters.*

Faith traditions, especially within Christianity, teach that we are called to walk with the vulnerable. Scripture reminds us repeatedly to care for the stranger, the widow, and the orphan. Accompaniment is a way to live out these teachings. It affirms the dignity and humanity of each person, regardless of immigration status.

Accompaniment also serves as a form of **community-based oversight**. By being present at ICE check-ins or court hearings, volunteers bear witness to how people are treated. This visibility can discourage abuse, encourage transparency, and make it harder for authorities to act unjustly without public scrutiny.

In some cases, the simple fact that someone is accompanied can make a practical difference. Immigration officials may be less likely to detain or deport someone who is



clearly supported by their community. It underscores that the person has ties, contributions, and relationships — factors that are sometimes considered in discretionary decisions.

The immigration process is notoriously complex. Many immigrants do not have legal representation and may not fully understand their rights or the procedures they face. Accompaniment volunteers can help them **stay organized, provide reminders, translate, or simply offer a calm presence in a stressful moment.** While accompaniment is not a substitute for legal aid, it can reduce confusion and emotional distress.

Accompaniment is not charity—it's **solidarity**. It helps build the kind of inclusive, compassionate community where everyone belongs. It breaks down barriers between citizens and immigrants, reminding us that we share a common humanity. Many who accompany say they are transformed by the experience. They meet courageous individuals, learn the realities of the immigration system firsthand, and gain a deeper understanding of justice, mercy, and hope.

We accompany immigrants because presence matters. Because love demands it. Because no one should face fear, detention, or deportation alone. In walking beside our immigrant neighbors, we affirm that justice is not just an idea—it's something we do, together, one step at a time.

## Blessing Bag Ministry



New name same mission. We have changed the name of our Lunch Bag ministry to Blessing Bag Ministry. For some time now our bags have included more than a simple meal. We have been providing toothbrushes, Know Your Rights Cards, and more. This expansion is the result of efforts by Board Member Dennis Last who secured a donation of soaps, shampoos, and conditioners. Our team of Blessing Bag Workers include Mr. Last as well as, Gene Thompson II, Deacon Chris Larsen, and Sam Cantu.

## New Books by the Bishop



### **Beloved and Bold: Prayers for Queer Faith, Justice, and Joy**

**Affirming. Empowering. Joyful. Interfaith.**

*Beloved and Bold* is a vibrant collection of prayers and meditations for LGBTQ+ individuals and allies from all spiritual paths. Rooted in the wisdom of many traditions and open to seekers of every kind, this book offers a sacred space for queer people of faith to feel seen, celebrated, and spiritually nourished—just as they are.

These prayers speak to the heart of everyday life, offering strength in struggle, joy in identity, and hope in the pursuit of justice. Whether you draw from a specific faith, multiple traditions, or are simply exploring your spiritual path, *Beloved and Bold* welcomes you with open arms.

Inside, you'll find:

- **Prayers of Affirmation and Acceptance** that honor LGBTQ+ identities and relationships as sacred expressions of the divine, celebrating the beauty of diversity and the truth of being made whole.
- **Prayers of Healing and Resilience** for those navigating rejection, trauma, and the journey toward inner peace and wholeness.
- **Prayers for Justice and Advocacy** that call for transformation in communities, institutions, and systems—toward equity, dignity, and love for all.
- **Prayers for Spiritual Connection** that deepen the soul's relationship with the Sacred, offering comfort, wisdom, and inclusive reflections on sacred texts and traditions.
- **Prayers for Community and Support** for chosen families, allies, and those seeking belonging, reconciliation, and mutual understanding.
- **Everyday and Traditional Prayers** reimagined with inclusive language and affirming spirit—morning and evening prayers, blessings, and meditations for daily life.

Whether you are praying for strength, seeking peace, or simply longing to be reminded that you are not alone—*Beloved and Bold* is a companion for the sacred journey of queer spirituality.

**Come as you are. You are beloved. You are bold. And your prayers are holy.**





**Journeys of the Heart: Interfaith Prayers for Immigrant Lives** is a powerful collection of intercessions rooted in compassion, justice, and solidarity with immigrants and those who walk alongside them. This timely volume offers a sacred space for reflection and advocacy, lifting up the voices and struggles of individuals and families navigating the complexities of immigration, detention, deportation, and policy.

From prayers for unaccompanied children and essential workers to blessings for those facing deportation and petitions for just reform, each prayer is a call to empathy and action. With sections dedicated to immigrants' journeys, justice and policy, faith communities, and personal strength, this book serves as both a spiritual companion and a tool for communal engagement.

Whether used in worship, advocacy, or personal devotion, *Journeys of the Heart: Interfaith Prayers for Immigrant Lives* invites readers of all backgrounds to stand in solidarity, speak with compassion, and pray with purpose.

## **The Church's Liturgical Year: Living the Rhythm of Grace**

The Church's Liturgical Year—often called the Year of Grace—is a sacred way of marking time, shaped by the life of Jesus Christ and the unfolding story of salvation. While seasons like Advent, Christmas, Lent, and Easter are widely recognized and celebrated, the longest and perhaps most quietly transformative season—the Christian Year—is often less understood. Yet it plays a vital role in the spiritual rhythm of Christian life.

The Christian Year, known in the Roman Catholic tradition as Ordinary Time and in other denominations as the Sundays after Epiphany or Pentecost, unfolds in two parts. The first begins after the Feast of the Baptism of the Lord, which concludes the Christmas season, and continues until Ash Wednesday, the start of Lent. The second and longer segment resumes after Pentecost and extends until the beginning of Advent in late November or early December.

The word ordinary doesn't mean "common" or "unremarkable." It comes from the Latin *ordinalis*, meaning "numbered," because the Sundays are counted using ordinal numbers (e.g., First Sunday, Second Sunday). This season invites believers to grow in faith during the "everyday" moments of life—outside the dramatic highs of major feast days.

While other liturgical seasons center on pivotal events in Christ's life—His birth, passion, and resurrection—the Christian Year focuses on His teachings, miracles, and ministry. The

Gospel readings during this time often highlight Jesus' parables, healings, and interactions with His disciples and followers. It's a season that encourages believers to reflect on how Christ lived and how we are called to live in response.

This is also the time when the Church honors many saints, offering a rich tapestry of faithful lives across centuries and cultures. Clergy wear green vestments during this season, symbolizing hope, growth, and the flourishing of spiritual life.

Far from being spiritually dull, the Christian Year offers a space for steady, intentional growth. Without the intensity of Lent or the exuberance of Easter, it calls believers to seek God in the ordinary—through work, relationships, acts of kindness, and daily prayer.

Church communities often use this time to deepen engagement through Bible study, service projects, or stewardship initiatives. On a personal level, it's a season to cultivate faithfulness, explore Scripture more deeply, and embrace the quiet work of discipleship.

Though it may lack the drama of high feast days, the Christian Year is essential. It mirrors the reality of the Christian journey—not every day is a mountaintop experience, but God is always present. This season reminds us that holiness is not confined to the extraordinary. It is found in the sacred rhythm of daily life, where God continues to speak, guide, and grow His people.

## **Family Faith Activities**

Courtesy of LTP's At Home with the Word 2025.

**July 6, 2025**

### **Fourteenth Sunday of the Christian Year**

#### **Questions**

- ◆ In this week's reading from Isaiah, God says, "As a mother comforts her child, so will I comfort you." Ask your child, "Have you ever felt comforted by God as if by your mother?" Let the child ponder and reflect. Then ask, "How is God like a mother, like a father, or like a child?" Point out that God is none of these, but each can be a way of gaining understanding of something about God.
- ◆ Jesus sent the disciples out and said, "Wear no sandals and take no traveling bag." Yet we wear shoes and take bags wherever we go. What might this instruction mean in the life of our families? What things do we rely on that we could do without? Extra clothes? Extra dishes? Extra furniture? Make a list of extra things in your life.
- ◆ In this week's second reading, St. Paul says, "may I never boast except in the cross of our Lord Jesus Christ." The cross of Christ is a great mystery that children (and adults too) will

come to comprehend a little at a time. In a way appropriate for your child's age, talk about the cross and what it means. Why would Paul want to boast about it? What great value does it have for us?

### **Activities**

- ◆ With a sheet of art paper and crayons or markers, help your child make a list with words or pictures of people and things that show what God is like: mother, father, child, judge, teacher, infant (baby Jesus), rocks, flowers. Every time you look at a child's Bible you will see more images of God. Add them to the list with word and illustration.
- ◆ Look at your list of extra things and collect some to take to a resale shop that benefits a charity or to a rummage sale or shelter. Let your child help choose, pack, and deliver.
- ◆ With your child, read today's responsorial psalm. If the child can read, let him or her take a part. Talk about God's wonderful deeds in history and in the life of your family. During the week, try repeating the last line in the first stanza as a short prayer at odd moments throughout the day. Parent can give the cue: "Say to God." Child can answer: "How tremendous are your deeds!"

## **July 13, 2025**

### **Fifteenth Sunday of the Christian Year**

#### **Questions**

- ◆ Ask your child, "Why do you love God?" Help the child think of things he or she loves that come from God, such as the child's own life, parents, friends, animals, aspects of nature. You can discuss why you love God as well. What does it mean to love God with all your heart, soul, mind, and strength?
- ◆ Ask your child, "How can you be a good neighbor? To the person who lives next door or across the hall, to a friend at school, to a stranger? What makes a good neighbor?" (You can connect this question with the first activity).
- ◆ Ask your child, "How do we know what God wants for us? Where can we look to find out?" In this week's first reading, Moses suggests that people might want to look to the sky for answers or across the sea. In truth, the answer is already in each of our hearts, in the child's own mouth and heart.

#### **Activities**

- ◆ Tell the story of the Good Samaritan (Luke 10:25–37), paraphrasing or by using a children's Bible. Change the Levite to a group familiar to your child, such as teacher. Change the Samaritan to a group foreign to your child or marginalized in your community. It could be a foreign national or a member of a different religion or social group, such as a homeless person. Ask Jesus' question: "Who was neighbor to the man robbed?"

- ◆ Help the child make an illustrated list of things he or she loves about God. If the child is old enough, you can divide the list into things he loves with heart, with mind, and with soul.
- ◆ Think of a person or group in your school, town, or parish that could use some compassion, or perhaps choose a community that has recently suffered a natural disaster. With your child, plan one small way to play the good Samaritan in relation to this person, group, or community.

**July 20, 2025**

## **Sixteenth Sunday of the Christian Year**

### **Questions**

- ◆ If your child has already asked where he or she comes from and received a biological answer, ask, “Where do you think you come from?” After the child answers, “From your stomach” or some variant, find some images of the earliest development of a fetus. Discuss the miracle of human life springing from cell division and differentiation. Ask, “How can a cell know to become skin or brain, heart or bone?”
- ◆ Ask your child, “How do you picture Jesus? As a baby, a child, a traveling preacher and teacher, a condemned man?” St. Paul in this week’s reading speaks of “the mystery of Christ in you.” Ask, “Have you ever thought about Christ being in you? What would that look like? Feel like?”
- ◆ (After the third activity) Ask your child, “Have you ever seen your mother or father racing around, trying to get dinner on the table or get the house clean, anxious and worried? Have you ever wished they would stop worrying and calm down?” Now invite your child, “Next time you feel this way, remind us of the two sisters, Mary and Martha. Martha kept busy with household tasks, while Mary sat and listened to Jesus. Remind your parents to be calm and listen to the Lord.”

### **Activities**

- ◆ If there is a pregnancy in the family or the family of friends, collect images of fetal development from the internet or an encyclopedia. Depending on your child’s age, you can investigate the intricate details of fetal development. The closer you look, the more miraculous it appears.
- ◆ From an art book, encyclopedia, or the internet, collect images of Jesus. See how different he looks at different ages and in different artistic traditions. Remember that he came from the Middle East and must have had brown skin. He probably spoke Aramaic (related to Hebrew) and was a Jew. Compare an infant Jesus with an adult one and a crucified one.
- ◆ Tell the story of Mary and Martha (Luke 10:38–42), paraphrasing or using a children’s Bible. Help your child to make a drawing or painting of Martha busy with hospitality

while Mary sits at Jesus' feet, listening.

**July 27, 2025**

## **Seventeenth Sunday of the Christian Year**

### **Questions**

- ◆ On a day when your child feels unfairly treated or is otherwise protesting injustice, ask, "Has your whole class ever been punished for something one child did wrong? How did that feel? Do you think God would punish a whole country or city for something one or a few people did? What would you do if you were in God's place?"
- ◆ Ask your child, "How does water help us?" Let the child list as many uses for water as he or she can. Then ask, "How can water hurt us?" Again, let the child list the dangers of water. Then ask, "What do you think happens when the Church baptizes with water? You were baptized once. Do you think it changed you?"
- ◆ Ask your child, "Have you ever prayed for something and gotten the opposite of the thing you asked for or nothing at all? Prayed and received what you wanted? Has anyone ever asked you for something and received it from you or asked and been refused?" Jesus says persistence pays off. Just as you wouldn't refuse a needy person a loaf of bread, God won't refuse the Holy Spirit to anyone who persists in asking.

### **Activities**

- ◆ With older and younger children together, identify a justice issue among current events. It could be an issue in international relations, a matter of immigration law, or something else. Discuss this issue in light of Genesis 18:20–32, where God tells Abraham, "For the sake of ten just men, I will not destroy the city."
- ◆ With your child, pray the Lord's Prayer in Luke's simpler version (Luke 11:1–13). Pray it slowly. Let the less familiar version help you get closer to the deep meaning of the words. Remind your child "whoever knocks is admitted." Prayer is a kind of knocking.
- ◆ Ask your child to choose a sibling or friend and think of one simple thing that person wants. Is it something you can give them? As parents give good things to their children, children can provide goodness to each other. Help your child prepare and present this simple gift.

## **Jubilant July Saints**

July is a month rich in saints' feast days in the Reformed Catholic Church, many of whom are celebrated for their holiness, devotion, and significant contributions to the faith. Here is a list of Catholic saints commemorated in July:



**July 1 - St. Junípero Serra** – Missionary who founded many of California’s first missions.

**July 2 - St. Bernardino Realino** – Jesuit priest known for his holiness and dedication to the poor. **St. Otto of Bamberg** – Missionary bishop who evangelized Pomerania (modern-day Poland).

**July 3 - St. Thomas the Apostle** – One of the Twelve Apostles, known for his initial doubt and later profound faith.

**July 4 - St. Elizabeth of Portugal** – Queen and peacemaker known for her charity and devotion.

**July 5 - St. Zoe of Rome** – Early Christian martyr who suffered under Diocletian’s persecution.

**July 6 - St. Maria Goretti** – Young martyr who forgave her attacker and is a model of purity and mercy.

**July 8 - St. Kilian** – Irish missionary bishop and martyr in Germany. **St. Priscilla** – Early Christian who, with her husband Aquila, supported St. Paul’s ministry.

**July 9 - St. Augustine Zhao Rong and Companions** – Group of 120 Chinese martyrs canonized for their witness to Christ. **St. Veronica Giuliani** – Capuchin mystic who bore the stigmata and had deep spiritual visions.

**July 10 - St. Canute IV of Denmark** – King and martyr who sought to strengthen Christianity in his kingdom.

**July 11- St. Benedict of Nursia** – Father of Western monasticism and author of the Rule of St. Benedict.

**July 12 - St. John Gualbert** – Founder of the Vallombrosan Order, known for his commitment to forgiveness and reform. **St. Veronica of Milan** – Mystic and visionary known for her humility and charity.

**July 13 - St. Teresa of the Andes** – Chilean Carmelite nun and the first Chilean saint.

**July 14 - St. Kateri Tekakwitha** – First Native American saint, known for her deep faith and ascetic life. **St. Camillus de Lellis** – Patron of the sick and founder of a religious order dedicated to hospital care.

**July 15 - St. Bonaventure** – Franciscan theologian and Doctor of the Church. **St. Vladimir the Great** – Baptized the people of Kievan Rus, bringing Christianity to Eastern Europe.

**July 16 - Our Lady of Mount Carmel** – Title of the Blessed Virgin Mary associated with the Carmelite Order

**July 17- St. Alexius of Rome** – Known for his humility and life of hidden holiness.

**July 18 - St. Frederick of Utrecht** – Bishop and martyr known for his opposition to moral corruption.

**July 19 - St. Arsenius the Great** – Desert Father known for his wisdom and silence.

**July 20 - St. Apollinaris of Ravenna** – Early bishop and martyr, disciple of St. Peter.

**July 21 - St. Lawrence of Brindisi** – Capuchin preacher and Doctor of the Church.

**July 22 - St. Mary Magdalene** – First witness to the Resurrection and “apostle to the apostles.”

**July 23 - St. Bridget of Sweden** – Mystic and founder of the Bridgettines, known for her visions and reform efforts.

**July 24 - St. Sharbel Makhoul** – Lebanese Maronite monk known for his miracles and deep contemplative life.

**July 25 - St. James the Greater** – Apostle and first of the Twelve to be martyred.

**July 26 - Sts. Joachim and Anne** – Parents of the Blessed Virgin Mary and grandparents of Jesus.

**July 27 - St. Pantaleon** – Physician and martyr, one of the Fourteen Holy Helpers. **Blessed Titus Brandsma** – Carmelite priest and journalist martyred at Dachau.

**July 28 - St. Alphonsa of the Immaculate Conception** – First Indian woman canonized, known for her suffering and holiness. **St. Samson of Dol** – Welsh missionary bishop who evangelized Brittany.

**July 29 - Sts. Martha, Mary, and Lazarus** – Siblings and close friends of Jesus, honored for their hospitality and faith. **St. Olaf of Norway** – King and martyr who helped bring Christianity to Norway.

**July 30 - St. Peter Chrysologus** – Bishop and Doctor of the Church known for his eloquent sermons.

**July 31 - St. Ignatius of Loyola** – Founder of the Society of Jesus (Jesuits) and master of spiritual discernment.

These saints each have unique stories and contributions that continue to inspire the faithful. Is there a particular saint you'd like to learn more about?. Do any of these saints hold special significance for you? Post about them on our Facebook Page

<https://www.facebook.com/groups/1386619738179316/?ref=bookmarks>

## July Recipes

### *Vegan Enchilada Casserole*

#### *Ingredients:*

- 2 ¼ cups vegetable broth, (540ml)
- 1 ½ cups uncooked quinoa, (270g)
- 15 oz can black beans, drained and rinsed, (425g)
- 15 oz can corn kernels, drained and rinsed, (418g)
- 14.5 oz can diced tomatoes, about 2 cups (do not drain), (411g)
- 1 cup enchilada sauce, (240ml)

- ¾ cup chopped green bell pepper, (roughly 100g)
- ¾ cup chopped red bell pepper, (roughly 100g)
- 1 medium onion, chopped OR ½ large red onion (100g)
- 5 cloves garlic, minced
- 1 tablespoon chili powder or chipotle powder
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 ½ teaspoons cumin powder
- juice of 1 large lime, about 1 ½ tablespoons
- 1 ¼ cups vegan mozzarella cheese shreds, or a mix if you like

TO GARNISH: chopped parsley, chopped tomatoes, vegan sour cream

### ***Directions:***

1. Add the veggie broth, and then all the ingredients EXCEPT the cheese and the lime into the slow cooker. Stir a few times to completely combine.
2. Set the slow cooker to HIGH for 2 to 2 ½ hours. I've made it both ways, and it just depends on your individual slow cooker.
3. When there are about 10 minutes left, open the slow cooker and add the lime juice and ½ the cheese. Stir it in as best as you can, then smooth the mix back flat again. Sprinkle the rest of the cheese over the top. Place the lid back on and let it cook for the last 10 minutes.
4. When the casserole is ready, serve with your favourite toppings (avocado, chopped green onions, parsley, tomato and sour cream). Enjoy!!

## ***Vegan Strawberries and Cream Sheet Cake***

### **Ingredients:**

- 14 ounces (400g) fresh strawberries, plus more for the topping
- 1 cup (230 ml) plant-based milk (I used oat milk)
- 1 ½ tablespoons (23 mL) fresh lemon juice
- 6 tablespoons (90 mL) aquafaba (the liquid from a can of chickpeas)
- ¼ cup (60 mL) extra virgin olive oil
- 1 ¼ cups (240g) organic cane sugar

- 3/4 teaspoon almond extract (or 1 1/2 teaspoons vanilla extract)
- 2 cups (240g) all-purpose flour
- 1 cup (90g) blanched almond flour (can sub with more all-purpose flour)
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt

### **Toppings**

- Coconut Whipped Cream Frosting, recipe below
- Fresh strawberries, de-stemmed and sliced in half or quarters
- 1 small orange, zested

### **Directions:**

1. Preheat the oven to 350°F/175°C. Line a 13x9x2-inch (33x23x5-cm) rectangular baking pan with parchment paper, letting it hanging over both sides.
2. Make the strawberry puree. Wash the strawberries and slice off the stems. Add the strawberries to a food processor and pulse until the strawberries are mostly pureed but have a few small chunks remaining.
3. Make the vegan buttermilk. Combine the plant-based milk and lemon juice and stir. Set aside to curdle.
4. Prepare the aquafaba. Pour 6 tablespoons of the liquid from a can of chickpeas into a small bowl. With a handheld electric mixer (or stand mixer), beat the aquafaba on medium speed until it's foamy throughout, 45-60 seconds.
5. Mix the wet ingredients. In a large bowl, mix together the extra virgin olive oil and sugar – use the electric mixer on low speed or use a whisk. Then add in the strawberry puree, whipped aquafaba, vegan buttermilk, and the almond extract or vanilla extract.
6. Mix the dry ingredients. In a medium bowl, mix together the all-purpose flour, almond flour, baking powder, and salt.
7. Combine the wet and dry. Switch to a wooden spoon and fold the dry ingredients into the wet ingredients. Once the cake batter is comes together, stop mixing! Overmixing can cause the cake to become dense or dry.

8. Pour the batter into the prepared pan and spread it out evenly. Bake for 35 minutes, or until a toothpick in the center comes out clean with a few moist crumbs. Transfer the cake to a wire rack to cool.
9. When the cake is cooled, frost it with the Coconut Whipped Cream Frosting and garnish with the fresh strawberries and orange zest.

### ***Grandma Anne's Chicken Casserole***

#### **Ingredients:**

##### **For the casserole**

- Nonstick spray
- 8 ounces egg noodles, cooked
- 1 1/2 pounds boneless, skinless chicken, breasts or thighs, cut into 1/2-inch pieces
- 2 teaspoons kosher salt, divided
- 3/4 teaspoon ground black pepper, divided
- 3 tablespoons vegetable oil, divided
- 4 tablespoons unsalted butter, divided
- 8 ounces cremini or white mushrooms, sliced
- 3 tablespoons all-purpose flour
- 1 1/2 cups chicken broth
- 1 cup milk
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 8 ounces sour cream

##### **For the topping**

- 1 sleeve Ritz Crackers
- 2 tablespoons of butter, melted

#### **Directions:**

1. Preheat the oven to 350°F.
2. Spray a 9x13-inch casserole dish with nonstick spray or grease with butter.
3. Cook the egg noodles:



4. Bring a pot of water to a boil. Add the egg noodles and cook 2 minutes less than the package directions (they will finish cooking in the casserole). Drain and set aside.
5. Meanwhile, cook the chicken:
6. Season the cubed chicken with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper.
7. Heat a large skillet over medium-high heat and add 1 tablespoon of butter. When the butter melts and begins to foam, add 1 tablespoon of vegetable oil. Sauté the chicken, turning to brown all sides, until lightly golden brown and no more pink color is visible, 5 to 7 minutes. It will not be completely cooked but will finish cooking in the casserole. Remove the chicken from the pan to a plate and set aside.
8. Cook the mushrooms: Into the same pan, add another 1 tablespoon of butter and 1 tablespoon of oil. Add the mushrooms and sauté until they are tender and browned and most of the juices have cooked away, 4 to 5 minutes. Season with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper and set aside with the chicken.
9. Make the sauce: Add 2 tablespoons of butter and 1 tablespoon of oil to the pan. Whisk in the flour and let cook until the mixture turns light tan and smells nutty, 1 to 2 minutes. Slowly stir in the chicken broth followed by the milk. Continue whisking until it just begins to thicken. Reduce the heat to medium and stir in 1 teaspoon kosher salt, 1/4 teaspoon pepper, onion powder, and garlic powder. Simmer until the soup has thickened, about 8 more minutes.
10. Assemble and bake: Add the cooked noodles, chicken, and mushrooms to the pan with the soup. Add the sour cream and mix until everything is combined. Add more salt and pepper, if needed.
11. Pour into the prepared pan. To make the topping, place the Ritz crackers in a zip-top bag and use your hands or a rolling pin to crush them into coarse breadcrumbs. Combine with the melted butter in a small bowl. Sprinkle over the top of the casserole.
12. Bake until the topping is browned and the casserole is bubbly, 30 to 40 minutes.



Abiding Presence Faith Community

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