

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**

**October 2025 VOLUME 4 #11
5330 Poinsetta Ave, Winter Park, FL 32792
321-594-4922
Office 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

Bluesky: <https://bsky.app/profile/abidingpresencewp.bsky.social>

Facebook: <https://shorturl.at/IY5ry>

YouTube - <https://shorturl.at/7anu5>

Clergy Serving the People of God

**Pastor: Most Rev. William R. Cavins pastor@apfcwp.com
Rev. Mr. Christopher M. Larsen**

Volunteer Staff Serving the Parish

Gene L. Thompson II - Technology TechSupport@apfcwp.onmicrosoft.com

Keegan Glover, LLM - LGBTQ+ Liaison

Dennis Last - JMB Crock Pot Ministry

Klaus Stodtmann - Bread Baking kstodtmann@apfcwp.onmicrosoft.com

Mass Intentions & Prayer Requests

Remembering Loved Ones in Prayer

If you would like to have someone remembered during Mass or added to our Prayer Lists, please email your request to the pastor.

Support Our Parish

We warmly invite you to support our parish community. Your generous donations are deeply appreciated and can be made at your convenience. Thank you for helping us continue our mission.

Mass Cards Available

Mass Cards are available and can be sent to loved ones as a thoughtful way to let them know they are being remembered in our prayers.

October 2025 – Abiding Presence Faith Community

Weekly & Recurring Ministries

Mondays: Breaking Open the Word – 7:00 PM via Zoom

Tuesdays: Rebecca's Pantry – 9:30 to 11:30 AM

Wednesdays: Joni's Treasures Thrift Shop – 10:00 AM to 1:00 PM

Saturdays: Divine Worship – Vigil Mass – 5:00 PM

Note: Mass on October 4 will be at 4:30 PM

Note: Formation Class is paused for October.

Special Dates & Intentions

October 2 (Thursday)

Holy Synod of the Reformed Catholic Church Convenes
11:30 AM

Divine Worship – Feast of the Guardian Angels and
Profession of Dominicans 4:30 PM

Intention: All in the Order of Preachers - Reformed
Community Prayer Service for Immigrants 7 PM

October 3 (Friday)

Holy Synod of the Reformed Catholic Church

Divine Worship – Sacrament of Holy Orders: Diaconate 4:30 PM

Intention: All Deacons of the Reformed Catholic Church





October 4 (Saturday)

Holy Synod of the Reformed Catholic Church

Divine Worship – Vigil of 27th Sunday of the Christian Year

Sacrament of Holy Orders: Episcopal Consecrations 4:30 PM

Intention: Reformed Catholic Church

October 6 (Monday)

Breaking Open the Word – 7:00 PM via Zoom

October 7 (Tuesday)

Rebecca's Pantry – 9:30 to 11:30 AM

October 8 (Wednesday)

Joni's Treasures Thrift Shop – 10:00 AM to 1:00 PM

October 11 (Saturday)

Divine Worship – Diocesan Patronal Feast of St. John XXIII

Intention: For Peacemakers

October 13 (Monday)

Breaking Open the Word – 7:00 PM via Zoom

October 14 (Tuesday)

Rebecca's Pantry – 9:30 to 11:30 AM

October 15 (Wednesday)

Joni's Treasures Thrift Shop – 10:00 AM to 1:00 PM

October 18 (Saturday)

Divine Worship – Vigil of 29th Sunday of the Christian Year

Intention: For All Who Minister in the Church

October 20 (Monday)

Breaking Open the Word – 7:00 PM via Zoom

October 21 (Tuesday)

Rebecca's Pantry – 9:30 to 11:30 AM

October 22 (Wednesday)

Joni's Treasures Thrift Shop – 10:00 AM to 1:00 PM

October 25 (Saturday)

Divine Worship – Vigil of 30th Sunday of the Christian Year

Intention: For Immigrants and Refugees (Feast of St. Oscar Romero)

October 27 (Monday)

Breaking Open the Word – 7:00 PM via Zoom

October 28 (Tuesday)

Rebecca's Pantry – 9:30 to 11:30 AM

October 29 (Wednesday)

Joni's Treasures Thrift Shop – 10:00 AM to 1:00 PM

October 31 (Friday)

Halloween – Trick or Treat – Be safe on the Streets!

*SCAP = Sunday Celebration in the Absence of a Priest

Financial Update as of 9/29/2025

Total Income Year to Date: \$ 9547.4.

Total Expenditures Year to Date: **\$10463.49**

Difference: **-\$916.09**

Balance available on hand: \$1184.03

Online Giving Made Easy

You can now make donations quickly and securely through our website!

For the most efficient processing, we recommend using **Zelle**. If you choose another payment method, please ensure your donation is sent **as if to an individual** to avoid delays.

All donations—regardless of platform—can be directed to:

 bkpg@apfcwp.com

Thank you for your continued generosity and support!

Know Your Rights: Red Cards Available

In these uncertain times, it's important for both U.S. citizens and immigrants to understand their rights. We are offering Red Cards, which outline what to do if Law Enforcement or ICE comes to your door.

 **Pick-Up:** Red Cards are available at Mass on the desk in the Narthex.

 **Request by Mail:** Send a stamped, self-addressed envelope to the Parish Office.

Limit: 5 cards per request

Please specify your preferred version:

English/English, Spanish/English and Haitian Creole / English

From the Bishop's Desk

Welcoming Delegates in the Spirit of Synodality

As we prepare to welcome delegates from across the country this October, we do so with hearts attuned to the Spirit and minds committed to the path of synodality. In the Reformed Catholic Church, synodality is not merely a method of governance, it is a way of being Church. It calls us to walk together, to listen deeply, and to discern faithfully the movement of God among us.



Synodality affirms that every voice matters. It invites bishops, clergy, religious, and laity into a shared journey of dialogue and decision-making. This model reflects the early Church, where believers gathered to pray, reflect, and respond to the needs of their communities. In our time, it is a prophetic witness against isolation, clericalism, and division.

As delegates gather, we are reminded that the Church is not built on uniformity but on unity in diversity. We come from different regions, cultures, and experiences, yet we are bound together by our baptismal call to live and love in Christ's name. The synodal process honors this diversity, creating space for mutual respect, theological reflection, and pastoral creativity.

This gathering is more than a meeting, it is a sacred moment. It is an opportunity to renew our commitment to justice, inclusion, and compassion. It is a chance to listen to the Spirit

speaking through the margins, through the wounded, and through those whose voices have too often been silenced.

Let us approach this synodal moment with humility and hope. May our conversations be marked by grace, our decisions by discernment, and our fellowship by joy. In walking together, we embody the Church we are called to be: open, courageous, and rooted in the Gospel.

Together, let us build a Church that listens, learns, and leads with love.

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. They are scheduled to be ordained October 3, 2025. They will then be joined by Deacon Mark Schmidt of Missouri to begin formation as priests.

The Role of the People in the Sacrament of Holy Orders

In the Reformed Catholic Church, the Sacrament of Holy Orders is not simply a clerical rite, it is a communal celebration of vocation, discernment, and shared responsibility. While the focus often rests on the individual being ordained, the role of the people, the gathered Body of Christ, is essential and sacred.

Holy Orders is a sacrament of service, and service begins with relationship. The people of God are not passive observers in this sacrament; they are active participants. It is the community that calls forth its leaders, affirms their gifts, and commits to walking with them in ministry. This reflects the early Church, where leaders were chosen from among the faithful and confirmed through prayer, discernment, and communal affirmation.

The Reformed Catholic Church honors this tradition by emphasizing synodality and shared discernment. Ordination is not a private decision, it is a public covenant. The presence of the community at the ordination liturgy is a visible sign of this covenant. Their

prayers, their acclamations, and their laying on of hands (when invited) express the truth that ministry is never solitary. It is rooted in the life of the Church and sustained by the love and support of the people.

Moreover, the people play a vital role in shaping the ministry of those ordained. Through honest dialogue, mutual accountability, and shared mission, the Church helps its leaders grow in wisdom, humility, and pastoral care. The ordained are not elevated above the people, they are set apart to serve them, to listen, and to lead with compassion.

This sacrament also reminds the faithful of their own baptismal calling. While not all are called to ordained ministry, all are called to ministry. The priesthood of all believers is a foundational truth in the Reformed Catholic tradition. Holy Orders, then, is not a division, it is a celebration of the diverse ways God calls each of us to serve.

As we prepare to celebrate the Sacrament of Holy Orders this October, let us remember that this is a moment for the whole Church. Let us pray for those being ordained, support them with love, and renew our own commitment to live and love in Christ's name.

Together, we are the Church. Together, we are called.

One Victory Is Not the End; Keep Fighting for Human Dignity

The recent court-ordered closure of the Alligator Alcatraz detention center is a significant and hard-won victory for justice. It affirms what we have long proclaimed: that the detention of immigrants in remote, dangerous, and dehumanizing conditions is morally indefensible. Yet even as the State of Florida complies with the ruling, the Governor's appeal reminds us that the deeper battle is far from over.

We must not let success in one battle deter us from the fight over the main issue, that all people are valued and deserve due process, as the U.S. Constitution demands and as our faith compels. The closure of a single facility does not dismantle the systems that criminalize migration, nor does it erase the suffering endured by those who were held there. It is a step forward, but the road to justice is long and requires our continued vigilance.

As followers of Christ, we are called to a persistent and prophetic witness. The Gospel does not permit us to grow complacent in the face of partial victories. Jesus Himself modeled perseverance in the pursuit of justice, confronting systems of exclusion and oppression with unwavering love and truth. We must do the same.

Let us remember that our advocacy is not rooted in politics alone, it is rooted in the sacred worth of every human being. The fight for immigrant dignity is a spiritual struggle, one that demands courage, compassion, and clarity of purpose. We must continue to speak out, organize, and pray. We must continue to welcome the stranger, defend the vulnerable, and challenge policies that treat people as problems rather than neighbors.

This moment calls for renewed commitment. Let us not be distracted by temporary wins or discouraged by ongoing resistance. Instead, let us deepen our resolve to build a Church and a society where every person is seen, heard, and honored. The Gospel demands nothing less.

Victory is not the end; it is the invitation to keep going.

What St. Francis of Assisi Teaches Us Today



In every age, the Church is called to rediscover the radical simplicity and spiritual depth of the Gospel. Few saints embody this call more vividly than St. Francis of Assisi. Though he lived in the 13th century, his witness speaks powerfully to the Reformed Catholic Church today, especially as we seek to live out a faith rooted in justice, humility, and compassion.

St. Francis teaches us that holiness is found not in grandeur, but in surrender. He renounced wealth, privilege, and status to follow Christ in poverty and joy. In doing so, he reminds us that the Church must never be captive to power or prestige. Our mission is not to dominate, but to serve. In a world obsessed with accumulation, Francis calls us to simplicity, not as deprivation, but as freedom.

His love for creation also resonates deeply with our contemporary concerns. Francis saw all of nature as a reflection of God's glory, addressing the sun, moon, animals, and elements as brothers and sisters. In an age of ecological crisis, his vision invites us to embrace a theology of care, for the earth, for the poor, and for future generations. The Reformed Catholic Church, in its commitment to justice and stewardship, finds in Francis a patron of environmental holiness.

Perhaps most profoundly, Francis teaches us to embrace the margins. He kissed the leper, welcomed the outcast, and preached peace in a time of war. His life was a living sermon of reconciliation. For us, this means standing with immigrants, the unhoused, the

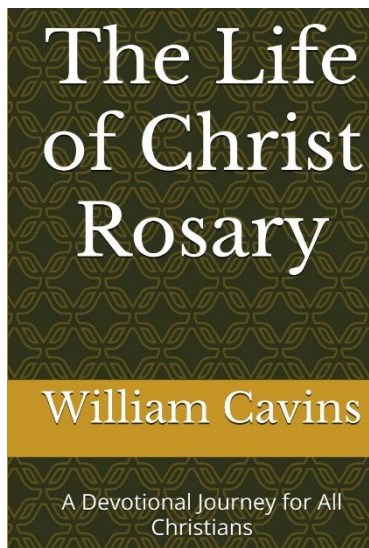
incarcerated, and all those whom society forgets. It means building communities of radical welcome, where no one is excluded from the table of grace.

In our synodal journey, Francis reminds us that discernment begins with listening, to God, to one another, and to the cries of the world. His humility and openness to the Spirit challenge us to lead not with control, but with compassion.

St. Francis of Assisi is not a relic of the past. He is a prophetic voice for today's Church. May we, like him, walk the path of peace, poverty, and praise, so that our lives may echo the Gospel and our Church may reflect the love of Christ.

October Spotlight: A Rosary for All Christians

October is the Month of the Rosary, a time to rediscover the beauty and depth of this ancient prayer. Whether you're a lifelong devotee or new to the practice, Bishop William Cavins offers a fresh and inclusive approach in his book: **The Life of Christ Rosary: A Devotional Journey for All Christians**.



This powerful devotional invites readers of all backgrounds to reflect on the life, ministry, death, and resurrection of Jesus through a rosary rooted in Scripture and accessible to all. With inclusive language, thoughtful meditations, and a focus on Christ's love and justice, Bishop Cavins reimagines the rosary as a tool for spiritual growth, healing, and unity.

Perfect for personal prayer, small groups, or ecumenical settings, this book helps deepen your connection to Christ while honoring the tradition of meditative prayer.



Available now on Amazon, search "William Cavins Rosary" to order your copy and make this October a time of reflection,

renewal, and grace.

St. Teresa of Ávila and the Reformed Catholic Church

In the Reformed Catholic Church, we seek to live a faith that is both contemplative and courageous, a faith that listens deeply to the Spirit and responds boldly to the needs of the world. In this journey, St. Teresa of Ávila stands as a luminous guide. Her life and writings offer profound wisdom for a Church committed to renewal, justice, and intimacy with God.

St. Teresa was a reformer, mystic, and spiritual mother. In a time of institutional rigidity and spiritual dryness, she dared to imagine a Church renewed from within, one rooted in prayer, humility, and love. Her reform of the Carmelite order was not driven by rebellion, but by a longing for authenticity. She teaches us that true reform begins in the soul, in the quiet places where God speaks and transforms.



For the Reformed Catholic Church, Teresa's legacy affirms that spiritual depth and ecclesial renewal go hand in hand. We are not called to abandon tradition, but to reawaken it, to strip away what is lifeless and rediscover the living heart of the Gospel. Teresa's emphasis on interior prayer reminds us that activism without contemplation becomes noise, and contemplation without justice becomes retreat. We need both.

Her writings, especially *The Interior Castle*, invite us to explore the soul as a dwelling place of God. She challenges us to move beyond surface religion and into the mystery of divine union. In a Church that values inclusion and spiritual freedom, Teresa's mystical theology offers a path of liberation, one that honors the dignity of every person as a beloved child of God.

Teresa also teaches us resilience. She faced opposition, illness, and misunderstanding, yet remained faithful to her calling. Her courage inspires us to persevere in our mission, even when the path is difficult. She reminds us that reform is not a moment, but a movement, a lifelong commitment to truth, compassion, and transformation.

In this season of synodality and renewal, may we walk with Teresa as a companion and teacher. May her passion for prayer, her love for the Church, and her bold spirit guide us as we seek to build communities of holiness, justice, and joy.

St. Teresa of Ávila, pray for us.

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

October 5, 2025

Twenty-Seventh Sunday of the Christian Year

Questions

- ◆ At a time when there has been a fight or other discord in the family, among your child's friends, at school or at church, ask your child, "Can you envision a world without fighting or violence? What would it look like? How would people settle disagreements or conflicts?"
- ◆ This week's responsorial psalm, 95, says of God, "let us acclaim the Rock of our salvation." Of course, God is not a rock any more than we are sheep, but "rock" is a way to imagine God's strength and steadfastness. Ask, "What else in nature might God be like? A tree? Mountain? Cloud? Canyon? Flower? Sunset?" Explore the many qualities of God through his creation.
- ◆ At a time you find appropriate, ask your child, "Did Jesus' followers ever feel doubt? Were they ever unsure about their faith?" If you have a mustard seed in the house, find it and look at it, or find an image in a book or on the internet. In today's Gospel, Jesus' disciples asked him to increase their faith, and he responded that faith the size of that little seed could be powerful.

Activities

- ◆ If your child is personally involved in a dispute, discuss the issues and make a plan for peaceful resolution, seeking justice for all involved. With the child, list in two columns what each party wants and then what each could give up to reach a compromise.
- ◆ With your child, plant a seed in a pot and set it in a sunny window. It could be a citrus seed you would otherwise discard or a seed you found or bought. Let the child water it and observe what happens over the next days and weeks. Faith the size of a mustard seed can grow in the same way.
- ◆ Find the image of God in Michelangelo's Sistine Chapel ceiling, looking in an art book, encyclopedia, or on the internet. Point out to your child how God gives life to humans, just as God's Spirit animates you, your child, and all people. Find other images of God by other artists and compare. Ask your child which images seem truer to him.

October 12, 2025

Twenty-Eighth Sunday of the Christian Year

Questions

◆ Ask your child, “Do you have a favorite place to pray? A place where you feel especially close to God? Perhaps a favorite seat or pew in church? Or a place indoors or outdoors, in nature?” If the child answers with a place or places, ask, “What happens if you try to pray in a different place?”

◆ When Naaman, a Gentile, was cured of leprosy, he came to believe in the God of Israel. Tell your child the story (2 Kings 5:14–17) and then ask, “Why do you think he asked for two mule-loads of earth? Do you see any connection between Naaman and your feeling that one place or another is better for prayer?”

◆ Tell your child the story of this week’s Gospel, Luke 17:11–19, about the ten lepers Jesus cured and the one Samaritan who came back, praising God. Ask, “Do we know any foreigners, people from another country or faith, who remember to thank God for blessings?”

Activities

◆ With older and younger children, act out the story of Naaman and Elisha, using the longer version in the Bible, 2 Kings 5:1–20. There are multiple roles for boys and girls. Then discuss Naaman’s conviction that God belongs to a particular plot of earth. It is human and natural to seek God in a particular place, but ask, “Is God attached to one nation more than another? One country? One ethnic group?”

◆ With a young child, make a list of blessings for which the child would like to thank God. Then help him or her invent a little song of thanks, loud or quiet, fast or slow, tuneful or tuneless. Sing it together. This can be a private song for bedtime or waking.

◆ With older and younger children, talk about the experience of people coming from other countries to make a home in North America or to find seasonal work. What different kinds of migrants and immigrants are there? How do we treat them? How did Jesus treat foreigners? Information on the Church’s position is at

www.justiceforimmigrants.org/index.shtml.

October 19, 2025

Twenty-Ninth Sunday of the Christian Year

Questions

◆ Ask your child, “When you beg for something, do parents or teachers ever get exasperated with you? Do they ever say, ‘You wear me out’? What do you do then?” After the child has had a chance to talk about this, ask, “Do you get impatient when parents or teachers nag you to finish chores or homework? What do you do when you feel that way?”

◆ Ask your child, “Do good people ever do bad things or bad people ever do good?” See if the child can think of a good person among family, friends, or public figures who has done something bad. This is easy. Then think of a person generally considered bad, like the

corrupt judge in this week's Gospel (Luke 18:1–8), and see if you can discover some good he or she has done.

◆ This week's Gospel (Luke 18:1–8) ends with a question, "When the Son of Man comes, will he find faith on earth?" Ask your child, "What do you think about that?" The Gospel promises that God will do justice. Is it possible that we are already bringing God's justice to earth? Ask, "Do you see any evidence of faith around you?"

Activities

◆ Label a sheet of paper "Evidence of Faith on Earth" and divide it into two columns: "Faithful" and "Faithless." With your child, put items in each column. Evidences of faith might be personal, like prayer or attending Mass, but they could also be social, like the work of Catholic Charities. Evidence of faithlessness could range from personal failings to social evils like crime, war, and decimation of the environment. Then put the list away for a few months or longer. When you look at it again, see if anything has changed. Has God's justice been revealed in any new ways?

◆ Read this week's psalm (121) to your child, especially these lines: "I lift up my eyes toward the mountains; / whence shall help come to me? / My help is from the Lord, who made heaven and earth." With crayons or markers, help your child to draw a picture of a world that includes mountain, sun and moon, and maybe heaven and earth as well.

◆ Tell the child the story of today's Gospel, Luke 18:1–8, and then talk about what it means to be persistent. Help the child create a way to practice persistence, either for the child individually or for the family as a whole, choosing a long-term goal for which "success" will not come quickly..

October 26, 2025

Thirtieth Sunday of the Christian Year

Questions

◆ This week's first reading says, "[The Lord] hears the cry of the oppressed." Ask your child, "Do you ever feel oppressed?" After the child has explored this, ask, "Who (else) do you think the reading is talking about?" Help your child consider and identify groups such as the poor, the imprisoned, the politically oppressed, the powerless, and the broken-hearted.

◆ Ask your child, "Is there anyone among your friends at school or church who takes pride in being better than others, a 'goody-goody' or 'teacher's pet'?" How do you feel about that person? How do you feel about other people who exalt themselves?" Perhaps consider movie or sports stars or political figures. Ask, "Do they exalt themselves?"

◆ In this week's second reading, St. Paul says, "I have finished the race; I have kept the faith." Ask your child, "Does your faith ever feel like a race? When and how? Perhaps it is more like a slow walk or even a ride. Does it sometimes speed up or slow down? Is it ever

a roller coaster, rushing up to peaks and plunging into valleys?”

Activities

- ◆ With any art materials you have, help your child draw his or her faith journey as a walk through a landscape. If there are milestones, important events in the child’s life, she can indicate them with any sort of symbol, such as a pond for baptism or a cake for a birthday. Don’t insist on literal representation, and let the child include any part of her life that comes to mind. All of life is a faith journey.
- ◆ With your child and a friend or two siblings, read or paraphrase the story of the Pharisee and the tax collector (Luke 18:9–14). Discuss people in the children’s lives who might be a braggart like the Pharisee or who might be despised like the tax collector. Then help the children improvise a boastful prayer for their Pharisee character and a humble one for the despised. Act out the scene, and be sure to reverse roles!
- ◆ With your child, choose one of the oppressed groups the child identified in the first question. Look into existing efforts to help this group, whether immigrants, orphans, farm workers, the bereaved, or another, either in your community or on the internet. Find one simple thing your child can do to help, perhaps a phone call, visit, note, or small donation.

Outstanding October Saints

October is a month rich with the witness of saints whose lives continue to inspire the Reformed Catholic Church. These holy men and women remind us that sanctity is not confined to the past—it is a living call to justice, compassion, and deep communion with God. As we journey through this month, we are invited to reflect on their lives and ask how their witness can shape our own.

October 1 – St. Thérèse of Lisieux

Known as the “Little Flower,” Thérèse teaches us the power of small acts done with great love. Her “little way” of spiritual childhood reminds us that holiness is accessible to all who trust in God’s mercy and live with humility and joy.

October 4 – St. Francis of Assisi

A model of simplicity, peace, and care for creation, Francis calls us to embrace poverty of spirit and radical love for all of God’s creatures. His life challenges us to live the Gospel with authenticity and joy, especially in service to the poor and marginalized.

October 11 – St. Pope John XXIII

The “Good Pope,” John XXIII opened the Second Vatican Council and called the Church to *aggiornamento*—renewal and openness to the modern world. His vision of a Church rooted in mercy, dialogue, and unity resonates deeply with the Reformed Catholic commitment to inclusion and reform.

October 15 – St. Teresa of Ávila

A mystic, reformer, and Doctor of the Church, Teresa teaches us the importance of interior prayer and spiritual courage. Her writings on the soul's journey toward union with God continue to guide those seeking a deeper contemplative life.

October 17 – St. Ignatius of Antioch

An early bishop and martyr, Ignatius wrote passionately about the unity of the Church and the centrality of the Eucharist. His letters remind us of the cost of discipleship and the strength found in community.

October 22 – St. Oscar Romero

Archbishop of San Salvador and martyr for justice, Romero gave his life defending the poor and denouncing violence. His prophetic voice continues to inspire those who work for peace and human dignity in the face of oppression.

October 28 – Sts. Simon and Jude, Apostles

These lesser-known apostles remind us that every follower of Christ has a role in building the Church. Their quiet faithfulness encourages us to serve with perseverance, even when our work goes unseen.

These saints are not distant icons—they are companions on our journey. Their lives challenge us to live with courage, compassion, and conviction. As we celebrate their feast days, may we be renewed in our own call to holiness and mission.

Which of these saints speaks most to your heart? Share your reflections on our Facebook page and join the conversation.



October Pumpkin Recipes Menu



Appetizer: Pumpkin-Shaped Cheese Ball

Ingredients:

- 2 cups shredded sharp cheddar cheese
- 8 oz cream cheese, softened
- ½ cup finely chopped red or orange bell pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika (smoked preferred)
- 1 celery stalk (for the stem)

Instructions:

1. In a bowl, mix all ingredients (except celery) until well combined.
2. Shape into a ball, wrap in plastic, and chill for at least 1 hour.
3. Unwrap and shape into a pumpkin by creating vertical ridges with a knife.
4. Insert celery stalk on top as the stem.
5. Serve with crackers or veggie sticks.



Crock Pot Pumpkin Chicken Soup with Bell Peppers

Ingredients:

- 2 (12.5 oz) cans of chicken, drained
- 2 (15 oz) cans of pumpkin purée (**not pie filling**)
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp chili powder (optional for heat)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper
- 4 cups chicken broth
- 1 cup coconut milk or heavy cream (added at the end)
- Juice of ½ lemon (added at the end)
- Optional toppings: chopped cilantro, pumpkin seeds, shredded cheese

Instructions:

1. Prep the Crock Pot: Add canned chicken, pumpkin purée, diced bell peppers, onion, garlic, and spices to your slow cooker.
2. Add Liquids: Pour in chicken broth and stir everything to combine.
3. Cook: Cover and cook on LOW for 6–8 hours or HIGH for 3–4 hours, until vegetables are tender and flavors meld.
4. Finish: Stir in coconut milk or heavy cream and lemon juice. Blend with an immersion blender for a smoother texture if desired.

Serve:

Ladle into bowls and top with your favorite garnishes.

Salad: Roasted Pumpkin Salad with Arugula

Ingredients:

- 4 cups cubed pie pumpkin
- 1½ tbsp olive oil
- ¾ tsp salt, ¼ tsp black pepper
- 6 cups arugula
- ¼ cup pumpkin seeds (pepitas), toasted
- ¼ cup chopped pecans, toasted
- ⅓ cup pomegranate seeds
- ½ cup crumbled feta (optional)

Vinaigrette:

- ¼ cup olive oil
- 1½ tbsp apple cider vinegar
- ¾ tsp maple syrup
- ½ tsp salt, ¼ tsp pepper
- ¼ tsp cinnamon (optional)

Instructions:

1. Roast pumpkin at 375°F for 25–30 minutes with oil, salt, and pepper.
2. Whisk vinaigrette ingredients.
3. Toss arugula, seeds, nuts, pomegranate, and pumpkin with dressing.
4. Top with feta if desired.

Entrée: Baked Pumpkin Parmesan Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- ¾ cup pumpkin purée
- 1¼ cups shredded Parmesan cheese (divided)
- 2 tbsp mayonnaise
- 1 tsp each: garlic powder, onion powder, parsley
- 1 tsp kosher salt, black pepper to taste

Instructions:

1. Preheat oven to 375°F. Spray a casserole dish.

2. Mix pumpkin, $\frac{3}{4}$ cup Parmesan, mayo, and seasonings.
3. Spread mixture over chicken in dish.
4. Bake uncovered for 30 minutes.
5. Sprinkle remaining Parmesan and bake 15 more minutes.

Side Dish: Roasted Pumpkin Cubes

Ingredients:

- 1 lb peeled pumpkin, cubed
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Toss pumpkin cubes with oil, salt, and pepper.
3. Spread in a baking dish and roast for 45 minutes, flipping halfway.
4. Serve warm.

Dessert: Pumpkin Pie Parfaits

Ingredients:

- 3.4 oz instant vanilla pudding mix
- 2 cups cold milk
- 15 oz canned pumpkin purée
- $\frac{1}{2}$ tsp cinnamon, $\frac{1}{4}$ tsp nutmeg, $\frac{1}{8}$ tsp ground cloves
- 1 cup crushed vanilla sandwich cookies
- 8 oz whipped topping, thawed

Instructions:

1. Whisk pudding mix and milk. Let set 5 minutes.
2. Stir in pumpkin and spices.
3. In jars or cups, layer: cookie crumbs, pumpkin pudding, whipped topping.
4. Repeat layers and top with more crumbs.
5. Chill until ready to serve.



**Reformed
Catholic Church
SYNOD 2025**
The City Beautiful

Synod 2025 Schedule & Agenda

Thursday, October 2nd

- 11:30am Welcome (Bishops Chris & Will) & Opening Prayer
- (Kenneth Gladding, presider)
- 12:15pm Lunch
- 1:00pm-4:00pm Pre-Synod Retreat
- 4:00pm Set up/prepare for Mass
- 4:30pm Opening Mass with Dominican Profession (Bishop Cavins, presider)
- 6:00pm Dinner
- 7:00pm Immigration Interfaith Prayer Service
- After service Transportation to hotel

Friday, October 3rd

- 6:00-8:00am Breakfast at hotel
- 8:00am-8:30am Transportation to church
- 8:30am Morning Prayer (Kody Hall, presider)
- 9:00am-12:00pm Synod Session 1: Approve amended bylaws, propose and approve new/corrected canons
- (Bishop Chris), review of Jurisdictional Mass with
- approval of proposed alternate Eucharistic Prayer
- (Bishop Heller)
- 12:00pm Lunch including Sainthood candidate reps
- 1:00pm-4:00pm Synod Session 2: Approval of proposed Saints (Bishop Chris & Deacon Mark), update on
- Education & Formation of Clergy (Bishop Will)
- 4:00pm Set up/prepare for Mass
- 4:30pm Synod Mass with Ordination of Deacons (Bishop Heller presiding)

- 6:00pm Dinner on one's own
- 7:30pm Prayer gathering at the Pulse Memorial with local
- Sisters of Perpetual Indulgence (optional)
- Afterward: Transportation back to hotel

Saturday, October 4th

- 6:00-8:00am Breakfast at hotel
- 8:00-8:30am Transportation to the church
- 8:30am Morning Prayer (Deacon Tony Rivera, presiding)
- 9:00am-12:00pm Synod Session 3: Election of new board members, future pastoral letter(s), discussion about our
- current US political situation and how we can best
- respond.
- 12:00pm Lunch inc. Order of St. Mychal Judge induction,
- sponsored by Dignity Memorial USA
- 1:00pm-4:00pm Synod Session 4: Strategic planning for the
- future of the Ref CC including proposal for a new
- southern diocese, election of a new Presiding
- Bishop in 2027, any other final items.
- 4:00-4:30pm Set up/prepare for Mass
- 4:30pm Vigil/Closing Mass with Ordination of Bishops
- (Bishop Carpenter, presiding)
- 6:00pm Transportation to hotel and restaurant
- 7:00pm-9:00pm Synod Closing Banquet at Catrina's restaurant.
- Delegates and invited guests only.