THE OKLAHOMA CITY +CATHOLIC WORKER+

Volume X #3 The world will be saved by Beauty + March 2011

Survival Strategies for Low Income People - Part 5

This is an on-going series. Parts 1-4 can be read online at http://www.justpeace.org

- **27. Learn the advantages of not smoking:** 20 minutes after quitting, your blood pressure drops, pulse rate declines, and the temperature of your hands and feet increases. After 8 hours, the carbon monoxide level in your blood drops to normal, and your oxygen levels increase to normal. After 24 hours, your chances of a heart attack decrease. After 48 hours, nerve endings start to grow again and your ability to taste and smell improve. Source: http://quitsmoking.about.com . DO what the non-smokers do don't smoke! Every day you don't smoke means more MONEY in your pocket that you DID NOT spend on cigarrettes as much as \$4,000/year for a 2 pack a day habit.
- **28.** Learn the lies of tobacco: (1) Smoking isn't that bad for me. (2) My smoking doesn't hurt my kids. (3) Smoking is a good way to relieve stress. (4) Smoking is something I do just for myself. (5) I am not strong enough to quit smoking. (6) Smoking makes food taste better. (7) Smoking is a good way to relax. (8) That tightness in my chest and shortness of breath after exertion isn't a serious warning of a looming heart attack. (9) Tobacco companies care about their customers. (10) If I quit, I can smoke just one cigarette & be fine.
- **29. QUIT SMOKING!** If you smoke, you may think it is impossible to quit, but that just isn't true. Tobacco is not your friend. Smoking does not make your life better. Smoking makes everything in your life worse. You are stronger than you think. It only takes about a week to kick the physical addiction to nicotine, those are the worst. **9 Steps to FREEDOM!** (1) set a quit date. (2) Make a list of the advantages of quitting smoking. Start with MORE MONEY IN YOUR POCKET. Read it whenever you are tempted to smoke. (3) The night before you quit, smoke all you want, smoke as many as you can, say "goodbye" to your habit. (4) The next day, first thing, remove all evidences of smoking from your house ash trays, cigarette butts, lighters, etc. (5) Reward yourself for quitting smoking but remember this: smoking "just one cigarette" is not a reward, it is an abusive punishment. (6) Don't smoke "just one cigarette" because it isn't "just one cigarrette" it is one or two packs a day, 365 days a year, somewhere between \$1,000 AND \$4,000/year money out of your pocket. (7) Don't delay, just do it! Call 1-800-QUIT-NOW for more free info. (8) Pray without ceasing for help! (9) For the first few days, sleep as much as you can. Go to bed early, sleep late, take naps. Schedule your quit day so that the first two days are your days off. Drink lots of water.

WISDOM FOR LIVING

One today is worth two tomorrows. . . A thief has no right to complain about being robbed... Opportunities come, but do not linger. . . Our greatest freedom is the freedom to choose your own attitude. . . Our greatest weakness lies in giving up. . . Out of adversity comes opportunity. . . Out of debt, out of danger. . . Patience is the companion of wisdom. . . Practice makes perfect. . . Pray as if no work could help and work as if no prayer will help. . . Procrastination is the thief of time. . . Promise little, do much. . . Proverbs are the daughters of experience. . . A diplomat is one who thinks twice before saying nothing. . . Beer is proof that God loves us and wants us to be happy. . . Everyone has the right to be stupid, but some people are abusing that *privilege.* . . God could not be everywhere and therefore He made mothers. . . It takes less time to do something right than to explain why it was done wrong. . . The foolish perceive meekness as weakness. . . A smile is a light in the window of your face to show your heart is at home. . . A wistful waste makes a woeful want. . . Action is the antidote to despair. . . Go out on that limb; that's where the fruit is. .

EASIEST & CHEAPEST TUNA CASSEROLE

Mix 1 can of green beans, drained, 1 can tuna, drained, 2 tablespoons parmesan cheese, 2 tb chopped onion. Microwave until hot! Serves 3.

GREEN BEAN & TUNA CASSEROLE

1 onion, chopped

2 stalks celery, chopped

2 tablespoons butter

2 cans green beans, drained

4 ounce can mushrooms, drained

1/4 cup mayonnaise 1/4 teaspoon salt

1/2 teaspoon pepper 1/8 teaspoon garlic powder

8 ounces cheddar cheese, shredded

2 6-ounce cans tuna, drained well

Sauté the onion and celery in the butter until very soft and a little browned, about 20 minutes. Combine all of the ingredients in a greased 1 1/2 quart casserole or 8x8" baking dish. Bake at 350°, uncovered, 30 minutes or until nicely browned and bubbly. Makes about 6 servings

BAKED TILAPIA

1 pound tilapia fillets, thawed

Garlic powder
Spicy Seasoning Salt
Salt and pepper, to taste
3-4 tbsp melted butter
Line a rimmed baking sheet with heavy duty foil to save
on clean-up and spray with cooking spray. Arrange the
fish in a single layer on the baking sheet. Season the fish
on both sides with the seasonings listed. Pour the melted
butter over the fillets. Bake at 425° about 8-10 minutes,
just until opaque. Do not overcook. Serve with the
browned buttery pan juices. Makes 3-4 servings

Learn from the mistakes of others – that way you don't have to make all the mistakes yourself.

Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights.

Our religion is life. This is a beautiful truth that I want to remind you of. I want to recall it to you with gratitude to God, because the preaching of religion as life is what has given resurrection & life to many who were dead in faith. It is worthwhile to believe, it is worthwhile to come to Mass on a Sunday & nourish oneself there on words of life, not because so-and-so says them, but because they are of Christ, the living one beyond comparison.

A Christian community is evangelized in order to evangelize. A light is lit in order to give light. A candle is not lit to be put under a bushel, said Christ. It is lit and put up high in order to give light. That is what a true community is like.

A community is a group of men and women who have found the truth in Christ and in his gospel, and who follow the truth and join together to follow it more strongly. It is not just an individual conversion, but a community conversion. It is a family that believes, a group that accepts God. In the group, each one finds that the brother or sister is a source of strength and that in moments of weakness they help one another and, by loving one another and believing, they give light and example.

The preacher no longer needs to preach, for there are Christians who preach by their own lives. I said once and I repeat today that if, unhappily, some day they silence our radio and don't let us write our newspaper, each of you who believe must become a microphone, a radio station, a loudspeaker, not to talk, but to call for faith. I am not afraid that our faith may depend only on the archbishop's preaching; I don't think I'm that important. I believe that this message, which is only a humble echo of God's word, enters your hearts, not because it is mine, but because it comes from God.

Works of Justice and Peace

A statement of the mission and purpose of the Oscar Romero Catholic Worker House

- **+LIVE** simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.
- **+HEAR** the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.
- **+MAKE** injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.
- **+PROTECT** the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.
- **+WORK** for reconciliation with truth, evangelism, catechesis, orthopraxis.
- +CELEBRATE life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.
- + **ENSURE** fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

For more great low-carbohydrate recipes like these, visit http://www.genaw.com/lowcarb/index.html .

Resentment is like letting someone live rent free in your mind. . . If you cut too many corners, you'll be running in circles. . . Gambling is a sure way of getting nothing for something.

Oscar Romero Catholic Worker House

We comfort the afflicted & afflict the comfortable. 1524 NW 21st, Oklahoma City, OK 73106, robert@justpeace.org www.justpeace.org | www.bettertimesinfo.org www.energyconservationinfo.org bobaganda.blogspot.com | www.bobwaldrop.net

Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children. The next delivery is April 23rd . The next delivery for Wesley Village, Towers, Bell Air, Charles Atkins, Temple Gardens is April 16. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.

SALMON SALAD

1 can salmon 1/4 cup minced onion 1/4 cup mayonnaise 1 medium stalk celery 1/3 cup sugar free pickle relish (sweet or dill)

1 few chopped pecans (optional)

Mix ingredients. Serve on top of a salad, or stuffed into a tomato or avocado, or on bread or crackers.

CRISPY FRIED FISH

2 fish filets 1 egg white Oil for frying Salt

2 ounces pork rinds, finely crushed, about 1 cup Put the egg white in a pie plate and beat with a fork until frothy. Put the pork rind crumbs in another pie plate. Heat a good amount of oil in a large nonstick skillet over medium heat. The oil should cover the bottom of the pan. Coat the fish well with the egg white and then dip the filets into the crumbs to coat them well. I recommend patting the crumbs on as thickly as you can because some will fall off while cooking. Gentle handling will help keep the crumbs from falling off too much. Very carefully place the fish in hot oil in the skillet and fry on both sides until the coating has browned slightly and the fish is cooked through. It will only take a minute or two per side. Season to taste with salt. Eat at once while the fish is hot and the coating is nice and crisp.

CAROLYN'S POOR MAN'S LOBSTER

Fresh or frozen fish fillet

1 tbspn melted butter Garlic or garlic powder, to taste

Per filet: 1/2 teaspoon white vinegar,

1-1/2 teaspoons salt,

2 tsp Splenda

Place the fish in a deep-sided skillet. Add just enough water to cover the fish. Add the vinegar, Splenda, and salt and bring to a boil. Boil 5-8 minutes or until the fish turns white and feels firm but isn't flaking. Remove the fish from the water with a slotted spoon. Place on a broiler pan and broil 2 minutes per side to dry out the fish. Combine the melted butter and garlic powder; serve the fish dipped in the garlic butter.

MAMA D'S ITALIAN TUNA PIE

1/2 cup heavy cream 6 eggs 6 oz can tuna, drained 1/2 teaspoon salt 1/4 teaspoon pepper 1/4 teaspoon oregano 1/4 teaspoon basil 1/4 teaspoon garlic powder

2 ounces mozzarella cheese, shredded 2 ounces grated parmesan cheese, 1/2 cup

Chives for garnish, optional

Beat the eggs and cream. Stir in the remaining ingredients, except the chives; pour into a greased 9-1/2 inch pie plate. Sprinkle with the chives, if using. Bake at 350° 35 minutes. Let stand 10 minutes before cutting. Serves 6.