

## What's the Buzz at Reformation?

March 6, 2022

March 2	Weds.	Ash Wednesday 7pm service at Reformation
March 13	Sun.	Turn clocks ahead 1 hour, before you hit the hay
March 21	Mon.	Ronald McDonald House

### Things to give up for Lent

- 1. Fear of failure.**  
What could I do if I were told there's no way to fail?
- 2. Fear that other people will think I'm stupid.**  
My "dumb" questions might help someone else as well as me.  
My possible mistake or failure will educate me, and possibly others.
- 3. Letting others make decisions for me, that I should make for myself.**  
If it matters to me, I should be the driver, not the backseat driver!
- 4. Not taking time to find out what's important to me.**  
Even the Addams Family had values.
- 5. Not putting in sufficient effort because I want to appear cool.**  
I will live up to my promises "because I said I would."
- 6. Perfectionism.**  
Jesus can be perfect, I can't. It's not a human's job. If God can enjoy or forgive my quirks or mistakes, why can't I?
- 7. Negative stereotypes**  
Holding on to negative stereotypes is like going around with a cardboard box on my head - it makes it hard to see.
- 8. Giving up when it is important to keep trying.**  
I want to be able to look back on my life and see that I persevered.
- 9. Getting too comfortable when I need to either tread water or swim.**  
God chooses me as part of His team.
- 10. (choose your own feat, and donate it to the trash pile)**

Source: Lebowitz, Shana "7 Psychological traps that can undermine your success", *BusinessInsider.com*

## **Ham & 2-Bean Soup**

Time: 1 hour 45 min. (soak the dried beans the overnight)

Serves 4

**1/2 lb. Great Northern beans**

**1 lb. ham, diced**

**2 T. butter**

**1/2 tsp. salt, optional**

**1/2 tsp. pepper**

**2 carrots, sliced into coins**

**1 fennel bulb, trimmed, cored, and cut into wedges (optional)**

**about 1 cup green beans (fresh, frozen, or canned), trimmed if fresh**

**1/2 tsp. dried oregano or thyme**

**1 T. balsamic vinegar**

The night before, cover beans with 8 cups water and let stand to soak overnight.) The next day, drain and set aside.

In the same pot, put ham, 8 cups fresh water, soaked beans, salt & pepper, and bring to a boil. Reduce heat to a simmer, cook 1 hour. Add carrots, green beans, oregano or thyme, and fennel (if using), and keep simmering 30 minutes more.

Stir in cider vinegar just before serving, or let people add some at table if they want.

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March 13, 2022

## Seussian silliness in court, and also in Congress

Senator Ted Cruz read *Green Eggs and Ham* aloud in Congress during the filibuster over funding of Obamacare.

In 2007, US District Court Judge James Muirhead got an egg in the mail from a prisoner protesting the meals in prison. Muirhead was not amused, and wrote:

I do not like eggs in the file  
I do not like them any style.  
I will not take them fried or boiled,  
I will not take them poached or broiled.

I will not take them soft or scrambled  
Despite an argument well-rambled.  
No fan am I of the egg at hand.  
Destroy that egg! Today! Today!  
Today I say!  
Without delay!

Source: "Green Eggs and ham," *Wikipedia.org*

## **Meal-in-One Potato Salad with Ham, Greens, and Egg**

Time: 4 1/2 hours (includes 4 hours chilling time)

Serves 4 (recipe can be doubled)

**4 medium-to-large potatoes, scrubbed, peeled and cubed (redskins don't need to be peeled), or an equivalent amount of small potatoes**

**2/3 cup mayonnaise, or to taste**

**2 T. snipped chives**

**1 T. cider vinegar**

**2 tsp. Dijon mustard**

**1/2 tsp. sugar**

**1/8 tsp. salt, optional**

**1 cup chopped cooked ham**

**1 stalk celery, sliced**

**2 hard-boiled eggs, peeled and chopped**

**2 cups lightly packed greens such as baby spinach or arugula**

In a large saucepan, cook potatoes in water for 8-10 minutes or until just tender. Drain well. Allow to cool.

While potatoes are cooling off: in a large bowl, combine other ingredients, except eggs and greens, and stir. Add eggs and potatoes and stir gently. Chill at least 4 hours. Add greens just before serving.

### Happy Father's Day???

#### St. Joseph's Day, March 19

In Italy, Father's Day is March 19, and this coincides with the Christian celebration of St. Joseph's Day.

For St. Joseph's Day, a popular custom is to give a St. Joseph altar in the home, a custom dating back to the Middle Ages (about 1050-1450). A statue of Joseph and the baby Jesus is placed on the altar, along with food and flowers. The food, which can include breads, cookies, and cakes, goes on the altar the night before; fruits, vegetables, and other foods are put on the altar on the 19th. In Sicily, an olive branch is hung on the door of the church to show that there is an altar and to welcome anyone in to worship, recite the Rosary, and/or light candles. The food is blessed by the parish priest. Some people dress up as members of the Holy family or as saints, and proceed to eat the altar food. Also on the altar are dried fava beans, to remind us of past severe famines.

Across Italy, special sweets include Covezun di San Giuseppe (a tiny turnover filled with walnuts and chocolate), sfrappole (strips of dough knotted, fried and sugared), rice cakes, zeppoles (a puff filled with cream, cherry and glazed orange), lamb cakes, "bones of the dead" (a hard cookie more like a candy), cross buns, and St. Joseph cream puffs.

Breads are often made in special shapes, such as a cross, beard, ladder, palm leaf, or shepherd's cross.

*Mollicu* (*mollica*) are breadcrumbs. Here is a way to use bread (fresh or stale),. This pays homage to St. Joseph because the crumbs look like sawdust (remember, he was a carpenter). OR, for a light dessert, sugar the bread, cut into cubes or fingers, and serve with honey or other sweet dipping sauce

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**Pasta con Mollica** (pasta with sardines & breadcrumbs; adapted from Rachel Ray website)

Time: 25 minutes

Serves 4-6

**1 lb pasta, long or shapes**

**1/2 cup sliced almonds**

**6-10 T. olive oil, plus more for drizzling at table**

**1 cup bread crumbs (if not readymade, you can toast fresh or stale bread, then crumble it with a knife, or in a blender or food processor, depending on how big you like your crumbs)**

**1 c. flat-leaf parsley, chopped**

**10-12 anchovy fillets (about 1 oz), (or other boneless fish like 5-6 oz. tuna)**

**6 cloves garlic, sliced thin**

**3 T. capers, optional**

**1 - 1 1/2 tsp. crushed red pepper, or to taste**

**salt to taste**

In a large skillet over medium heat, cook almonds, stirring constantly, about 3 min. Do not let them burn. Transfer them to heatproof cutting board, let cool, then chop.

In the same skillet over medium heat, put 3 T. oil, then add breadcrumbs, cook about 4 min. until deep gold (don't let them burn). Transfer crumbs to a bowl, and let them cool a few minutes before adding almonds, and parsley.

In the same skillet over medium heat, heat 5 T. oil, then add anchovies and cook 1 minute (if using tuna, break it up in the pan). Add garlic, capers, and crushed red pepper. Reduce heat to low. Let this sauce simmer while pasta cooks, then remove from heat.

Cook pasta al dente, then drain and save 1 cup of the cooking water. Stir the cooking water into the anchovy sauce. Add the pasta and about 2/3 of the crumbs. Toss 1 minute, then top with rest of breadcrumbs. Serve with more olive oil for drizzling, if desired.

## No-Regrets Fund

A woman named Stacy wrote how her sister Cheryl once asked her to go on a trip. Stacy felt she could not afford it, and thought she was being wise to turn Cheryl down. A year later, Cheryl died unexpectedly and now her sister regrets refusing the trip.

Since then, Stacy has made it a point to set aside money for special events with family or friends, giving them priority in her budget as they have in her heart. She calls this her No-Regrets fund. To build it, Stacy and her husband bought a house that was not the most expensive in the area, cut out unnecessary spending (such as buying things she didn't need and hardly used), sold some of her "stuff" that was cluttering up her home/mind, and also found ways to increase her income by freelancing and babysitting.

**Put your money where your mouth is.**

*~ Anon.*

**The truth is maybe we are just average. But the way I see it - families where parents get up every morning and go to jobs that are hard so they can get their kids through school and then through life, and struggle to make it all work and manage to do it with dignity and a little humor -- well, that's not average. That's extraordinary.**

*~DeAnn Helina & Eileen Heisler, *The Middle**

**The family is a haven in a heartless world.**

*~attributed to Christopher Leach*

**Families are like fudge - mostly sweet with a few nuts.**

*~ Anonymous*

## **Poached Ginger Chicken & Udon Noodles**

Time: 35 min.

Serves 4

**1 (30-32 oz.) can low-sodium chicken broth**

**1" piece of ginger, peeled and cut into 4 slices**

**4 skinless, boneless chicken breasts (cut in half horizontally), or thighs**

**6 baby bok choy, quartered**

**1/2 tsp. red chili flakes or to taste**

**3 (7 oz.) pkgs. precooked udon noodles (found in Asian groceries)**

**4 tsp. hoisin sauce (found in Asian groceries)**

**2 tsp. sesame oil (found in Asian groceries)**

**1/2 cup chopped cilantro**

In a large pot, boil chicken broth with ginger. Reduce heat to medium, add chicken. Gently poach, flipping after 4 minutes, for total of 8-10 minutes. Discard ginger. Transfer chicken to cutting board and slice thinly.

Add bok choy and chili flakes to broth and cook about 1 minute until almost tender. Add udon noodles, discard seasoning packets or save for another use. Cook 1-2 minutes longer. Strain.

Return noodles to the pan with chicken, bok choy, hoisin, sesame oil and cilantro. Toss and serve.