



K A N S A S    †    M I S S O U R I    †    O K L A H O M A

- Minister's Message
- Webmaster's Corner
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- Independence Summer Gathering

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## M i n i s t e r ' s   M e s s a g e

As I sit down to write this message to you, it is the third week of Lent. Earlier this week we read the prayer of Azariah who was thrown into the fiery furnace with his two companions. Ever feel like your life is out of control and that you have been thrown into your own fiery furnace of life? It seems that every morning this Lent I am beginning over again. Yesterday was such a busy, hectic and demanding day on my time that I made a mess of my resolutions once again. So today I feel like I am starting Lent all over again. When Lent started I was excited. For the first time in a few years, I was actually going to be home for the entire season. I thought, "Now I can really focus on my prayer, fasting and other resolutions. Wrong. It seems more than ever, my time is not my own. As they say, life happen while you're making plans!

I don't regret it, really. My husband had an accident early December, and the recovery is taking a very long time. So I have to take over more of the home chores as well as the caretaking. Then three weeks ago, a good friend of mine, single and living alone, was diagnosed with cancer and had to have surgery. Again, helping people is not suffering for me, but giving up the time I had planned to do something else sometimes feels like it.

It's just, well, life happening while I'm making plans.

One thing I am doing for Lent this year is facilitating a parish retreat using Fr. David Pivonka, TOR's series THE WILD GOOSE. It is all about getting to know the Holy Spirit, and opening ourselves up to accept His gifts and actions so we

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## Regional Executive Council

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can better do the will of God.

In session one, Fr. Pivonka uses the example of pennies in talking about human value. He explains that some pennies are shiny and new, they are attractive and look as though they were just minted. They have lived a charmed and pristine life, as though they were treasured and preserved and were well taken care of.

But there are lots of dirty and even black pennies. These pennies have had a hard life - passed from hand to hand quickly, dropped in the mud, stepped on, and beaten up. However, the truth is that if we take both a shiny penny and a dirty penny to the store, they have the same worth. And, it's the same with people. We all have worth in the eyes of God. He sees us all as His children.

I often feel like the dirty penny -disregarded, ignored, blackened with sin, worn out with troubles and problems. But in my night prayers and examen, I am brought back to God and realize that in his eyes, I have worth. If I let Him, God can use me for His purpose, for His mission. He can use me to get His great work accomplished. If I will only overcome my discouragement, I will hear His voice clearly in my life. And once I hear His voice, I only need to follow where He leads. Bishop Barron reminds me that, "Our life is not about us." Our life is a gift from God, and so it is all about God's generosity and mercy. So, even though I may be only a small part of the whole picture, no one can do the work God has intended for me to do, just like no one can to the work God has given you to do. And we do it gratefully and obediently.

In the St. Therese of Lisieux retreat 33 Days to Merciful Love by Fr. Michael Gaitley, MIC, the first resolve of the consecration prayer helps me to remember how even the smallest act is important in the lives of those around me:

"I firmly intend to fight discouragement,  
to do little things with great love,  
and to show mercy to my neighbor in deed, word and prayer."

Because God loves us, we have great worth. And because He loves us, He has reserved for each of us a part of his mission. And what is that mission? To let everyone know that He loves them, personally and deeply. I can only deliver this message to the people whom God sends in to my life. It is your work to deliver God's message of love to the people who enter your life.

So today, I brush my confused and messy self off, raise my head once again to face the world squarely, and move on with God's hand on my shoulder and His love in my heart, to deliver his message - one person at a time. One moment at a time. In little ways. In ways of poverty. In God's way. In our Franciscan way.

God's blessings for a meaningful Lent that leads to the hope and promise of Easter!

Judith, OFS



## JDP Website Update

Our new website has been live for 5 months now. We currently have over 200 pages of active content and it grows weekly. Since then we have had over 700 unique visitors from all over the world and our site has been accessed over 20,000 times.

The site features Daily Readings, Short Christian Guide, Daily Novenas, Prayer Resources, Regional Newsletters, TAU-USA, Vox Franciscan, Event Calendar, Venite Vespers/Antiphons (151), Site Directory with links to other resources around the net, Smartphone app recommendations, National/NAFRA Map with links to the other 30 regional sites, JDP Regional Map, Photo Galleries, Formation Resources, and more.....

The site is now featuring Lenten Resources. For 2018.

We have come a long way in a short time period of time and look forward to what the next 6 months will bring.

The site is a communication and resource hub for our region and anyone who wishes to visit. There are almost 4 billion people on the internet.

So if you want to “stay in the know” about what’s happening in our region, Franciscan and Catholic, give it a try if you haven’t already and keep coming back. We update it constantly.

It has been designed to work on Smartphones and tablets too <https://sfojuandepadilla.org>.

If you would like to receive updates when new stuff is added or changed, just click on the bell  in the lower right hand corner and we will push updates to you. This is not email and is secure.

Oh, did I say it is secure? All data is encrypted between you and the site (https).

Ok, enough of the tech stuff.

All ideas and comments are welcome, so drop me a line anytime.

Peace, Bart Ridge OFS  
[bart@sfojuandepadilla.org](mailto:bart@sfojuandepadilla.org)

P.S. We have nicknamed the site “Juan”.

## Webmaster's Corner



Bart Ridge OFS



From the Regional Spiritual Assistant

## THE “TRUE FOUNDATION” OF FRANCIS’ ORDER—LADY POVERTY

### REFERENCES:

#### **Omer Englebert, St. Francis of Assisi**

*Of all ... virtues, poverty is the one that was to impart its originality to the Franciscan Order and constitute its “true foundation.”*

*Voluntarily poor one may be from philosophy or asceticism, for reasons of zeal, of charity, and others still. But Francis was poor from love. He made himself poor because his beloved Christ had been poor. He espoused Poverty because she had been “the inseparable companion of the Most High Son of God,” and because for twelve centuries she had wandered about forsaken.*

*In truth, it was a wonderful union. Never was a loved woman the object of a more chivalrous and loyal cult, of more impassioned and more charming homage.*

[chapter 6]

#### **Jesus, The Gospel of Matthew**

*The young man said to him, “All of these I have observed. What do I still lack?” Jesus said to him, “If you wish to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven. Then, come, follow me.”*

#### **David Wann and John de Graef, Affluenza**

*Possession overload is the kind of problem where you have so many things you find your life is being taken up by maintaining and caring for things instead of people. Everything I own owns me. People feel sad and what do they do? They go to the mall, and they shop, and it makes them feel better, but only for a short time. ... Tragedy is wanting something badly, getting it and finding it empty. Addiction to stuff is not easily understood. The goal is to get back to a place of perceived power and carefree abandonment.*

#### **Poison, Something To Believe In**

*I drive by the homeless sleeping on a cold dark street, like bodies in an open grave, underneath the broken old neon sign that used to read “Jesus Saves.” A mile away live the rich folks, and I see how they’re living it up. While the poor, they eat from hand to mouth, the rich is drinkin’ from a golden cup. And it just makes me wonder: why so many lose, so few win. Give me something to believe in.*

^^^^^^^^^^

Pardon the reference to a rock song, but this song has always moved me to deep thought in a number of areas. One of them: it is an old neon sign that no longer functions, reading “Jesus Saves.” And perhaps, the reason why Jesus is no longer saving is the desire among so many to be rich. No wonder so many are losing: we have nothing to believe in.

For Francis, of course, there was something to believe in. As Englebert and every

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other biographer of Francis point out, that something was Jesus Christ, and for Francis the avenue to salvation through Jesus—“Jesus saves”—was poverty. Francis and his first followers, and later, the first Capuchins, were poor, really poor. Convinced that God was everything in their lives, they wanted nothing else.

The religious leaders that have taken the time to try to talk to us about poverty have always had a very difficult time. Simply put, we cannot live a life of poverty as Francis and the early Capuchins did. We live in the twenty-first century, not the twelfth or sixteenth. We have to have cars, we have to have money, we have to have conveniences. One cannot minister in the world without them.

One of the things that has always bothered me in my ministry is that I cannot do anything “free.” I always get paid for it. I give of myself to someone in the parish who really needs what I have to give—I’m paid to do that. I teach someone, children and young people who really need me as a teacher—I’m paid to do that. I’m kind to someone in the hospital who really needs what I have to help them heal—I’m paid to do that. I give to the poor in the institution that I work in—I’m paid to do that. You get the point. Maybe everyone of us must adopt some minor mission, something good for humankind, and insure that we are *not* paid. Is that possible?

Thinking in this vein, poverty becomes a very personal matter—how can *I* live the poverty that I have vowed to the Lord? Granted that we must have the wherewithal to function in this world, what can I do individually to insure that I am living poorly? Perhaps the best way to consider that question is to challenge ourselves with related questions:

1. *If giving implies that I get nothing in return, am I truly giving to the poor around me?*
2. *Am I “saving” too much, in the form of clothes, personal money, personal possessions?*
3. *Ask a friend of yours (who is not a Third Order member): what is a “simple lifestyle”? And then apply the answer to yourself.*
4. *Am I truly distinguishing between the things I need and the things I want?*
5. *When was the last time I really “felt the pinch” of poverty? Should I be feeling it a little more?*
6. *Could I give away anything I have to someone else right now?*
7. *Do I have too much stuff? Should some of it be given away?*
8. *If someone would say, “Prove to me that you are poor,” how would I answer?*

## Message from the Top



By Father Mike Scully OFM Cap  
 · online at [www.hayspost.com](http://www.hayspost.com)  
 Or dial  
 Mix 103 on Sundays  
 10 am—12 am to the live show



**St. Gabriel the Archangel**

Patron of Communications

Pray for us.



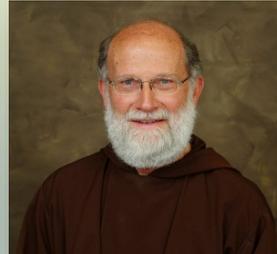
Juan de Padilla Region

## Regional Summer Gathering

June 22-24, 2018



# “Living the Beatitudes As a Franciscan”



## Father Bill Kraus OFM Cap.

We are excited to have retained Father Bill Kraus OFM Cap as director for the 2018 Summer Gathering. He has expertise as Franciscan retreat master and is known for his ability to touch hearts and souls. Father Bill will focus upon how we can live the Beatitudes as Franciscans. He will also discuss Clare's "gazing" meditations and give us time to practice this.

Father Bill served the Order and the Church as a seminary teacher, novice master, provincial councilor, local superior, homeless shelter director, inner-city pastor, and vocation director. Then in September of 1998, he became a foreign missionary at Yecora in a remote mountainous region of northern Mexico, where he assisted friars from the Capuchins Province of Western America both in evangelizing the local people and in helping form some as new Capuchin brothers.

Come to be inspired by Brother Bill, develop your understanding of Franciscanism and renew your friendship with your brothers and sisters in the region. There will be opportunities to visit the Good News Book Store, Francis World (specializing in Franciscan gifts), walk the beautiful grounds and see the Franciscan Mission Warehouse.

Registration information is being sent by email from "Juan" (region's email) and posted on [www.sfojuandepadilla.org](http://www.sfojuandepadilla.org).

***Franciscan Prayer Center***  
***2100 N. Noland Road,***  
***Independence MO***



For more information: [www.sfojuandepadilla.org](http://www.sfojuandepadilla.org)





## THE FORMATION CORNER



Janice Keeley  
Formation Director  
In the Sea of Galilee

### THOUGHTS ON FORMATION

Hello Everyone. I hope your efforts toward daily conversion are being blessed this lent and that your Easter Season is one to remember.

Please put the following dates on your calendars:

**Juan de Padilla Annual Summer Gathering**, June 22-24, Franciscan Prayer Center, Independence, MO. Fr. Bill Kraus, OFM, Cap. will be the weekend presenter. Fr. Mike says that he is a very brilliant presenter and Fr. Bill has been very agreeable about anything we have asked him. The theme of the weekend is "Living the Beatitudes as a Franciscan." Besides the spiritual offerings, we also plan to have FUN during the weekend. I look forward to seeing everyone.

**Second Annual Franciscan Renewal Workshop**, Saturday, September 8, **Stillwater, OK.**

**Second Annual Franciscan Renewal Workshop**, Saturday, September 29, Capuchin Friary, **Victoria, Kansas.**

**Second Annual Franciscan Renewal Workshop**, Saturday, October 20, Location to be announced, **Independence, MO.**

**Franciscan Renewal** will include a lot of Fr. Mike and include ideas gleaned from evaluations of last year's course. There will be more sharing among attendees. Of course, more information will be coming. Watch your e-mails.

I wish you all peace and all good,  
Janice Keeley, OFS, Formation Director

### More About Father Bill Kraus OFM Cap . .



Fr. Bill was quoted as saying that In his Capuchin life, he is a brother and a priest. He became a Capuchin brother through profession of vows in 1968. He didn't cease being a brother when he was ordained as a priest in 1973. Rather, he brought to the ministerial priesthood the charisma of his Capuchin brotherhood, especially his minority and fraternity, to "father" as a "brother." "When you address me, I'll answer to both "Father Bill" and "Brother Bill." But in truth, Br. Bill think "brother" keeps him closer to the edge of the church where he lives.



You can find much information from the web about Fr. Bill's retreats to Poor Clare and Capuchins. He is highly recommended by our regional spiritual assistant, Fr. Scully.



## Fraternity News



### St Elizabeth of Hungary – Leawood, KS

St. Elizabeth has an active apostolate in conjunction with the Poor of Jesus Christ (PJC). We provide lunches to the homeless every other month. We provide for and make 80 sack lunches. This means that in 2017, we made 960 sandwiches in 480 lunches. That is 480 times that someone was less hungry. We are so fortunate that we could be of service to our homeless brothers and sisters.

In addition to the food for the homeless, a few members of our Fraternity joined PJC in the Fishermen's Net event in July. This annual event's purpose is to serve the homeless by supplying them with clothing, haircuts, a hot lunch, and an opportunity for a shower. Participating Fraternity Members pictured are: Alice Crews, Deanna Perry, Jennifer Garrison, Katrina Garrison.



### Secular Franciscans of the Holy Eucharist- Independence, MO



Thirty-six professed members of the Secular Franciscans of the Holy Eucharist Fraternity, Dyan Haugh, Candidate, Andi Gamblin, visitor and Sr. Josephine Boyles, Spiritual Assistant, were present March 11, 2018 for the Welcoming Ceremony of 5 individuals interested in the Franciscan way of life. Those welcomed were Eugene Diamond Mary Engen, Carolyn Huff, Colleen Seaman and Allan Shaff.

The new inquirers received a Franciscan Crown Rosary with instructions as their welcoming gift. These inquirers are being guided on their Franciscan journey by Tess Moore OFS and Sally Yendrek OFS. (no picture available)

### Queen of the Angels – Buckner, MO

Members of Queen of the Angels prepare their homes for 2018. Monsignor Kaiser OFS, Spiritual Assistant to the fraternity blessed salt, olive oil and water for members at the January gathering.

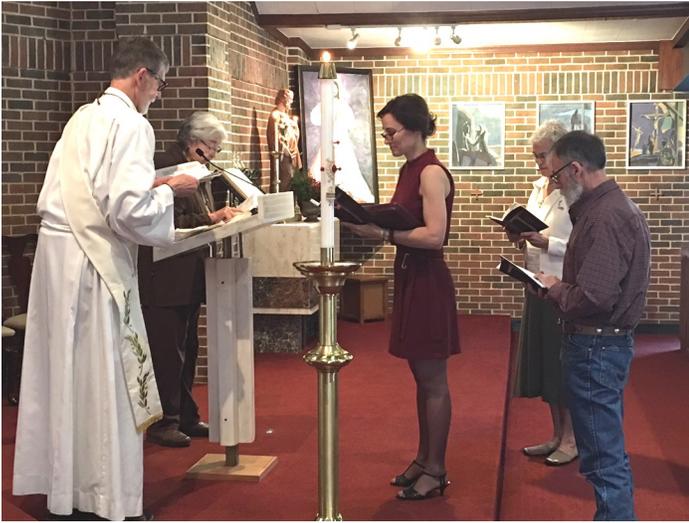
Pictured are Monsignor Kaiser OFS and candidates Janice Cox OFS, Margaret Madsen OFS, Jo Keller OFS and Helen Boos OFS.





# Fraternity News

## Little Portion Profession Tahlequah, OK

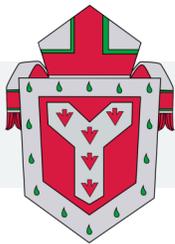


During a special mass, on January 27, 2018, Paula Guinnip was processed into Little Portion Fraternity, Tahlequah, OK. Formation director is Deacon Mark Keeley, OFS; minister, Mary Mead, OFS; witnesses are Steve Hamby, OFS and Janice Keeley, OFS.

## 2021 "Q"



The 2021 Quinquennial will be on August 18-22 at the Sheraton Grand Hotel in Phoenix AZ.



### The Roman Catholic Diocese of Tulsa

The Ecclesiastical province of Oklahoma City covering the eastern region of the U.S. state of Oklahoma.

Its ecclesiastical territory includes all of 31 counties in eastern Oklahoma, including the most populous county of the group, Tulsa County.

The resignation of Bishop Edward James Slattery was accepted on May 13, 2016, and David Konderla named his successor.



On January 14, the fraternities of the Tulsa diocese sponsored a meet and greet, with a potluck dinner. The honored guest was the relatively new bishop, Most Reverend David Konderla.



## Brother Jacoba Fraternity, Lawrence, KS

### Awarded NAFRA Grant for Outreach to First Nation People

Outreach to First Nation People is a non-profit foundation created by three members (Monica Olivera, president, Lynne Lonnquist, treasurer, and Dan Lonnquist, secretary) of the Brother Jacoba fraternity in Lawrence, Kansas, in March, 2016. This program provides clothing, shoes, bedding and blankets, kitchenware, furniture, toys and books to remote Native American reservations which as a result of being so isolated are less likely to have access to agencies and organizations offering assistance of this nature.



The majority of items are obtained through donations from local churches subsequent to "church" sales when an abundance of items are left unsold. Clothing is sorted to ensure adequate quality and boxed according to men's, women's, girls' and boys'. When enough items are available to warrant a trip to a reservation and then

a person who is able to ensure the fair distribution of the items on a reservation in need is contacted, a moving truck is rented and a trip is made to the selected reservation. More recently, we have discovered that we are able to ship boxes to certain reservations with which we have contact as a more economical method. For the Christmas season, we also obtain new winter coats and toys for school age children on the reservations as a result of a "matching" program through two local Catholic grade schools. We have also been able to obtain donations of winter coats from a local Episcopal school. Transportation to the reservation as well as the return trip, shipping and a storage costs are the only expenses which the foundation incurs. Each step of the process is provided by volunteers from our Franciscan fraternity as well as from the community. The most recent trips include trips to the Hopi reservation in Arizona in 2015, the Yankton Lakota Sioux reservation in South Dakota in 2016, the Potawatomie reservation in Kansas in December, 2016, and June, 2017, the Navajo tribe at Black Mesa in 2017, and the Navajo tribe at Forest Lake and Black Mesa in January, 2018. In 2016, our non-profit received a donation of \$5000 from the Potawatomie tribe in Kansas which makes donations to organizations which benefit the people located in their county (Jackson). These donations are possible as a result of the profits from the casino on their reservation.



example, painting apartments and yard maintenance) for a local rental property management service as a means of obtaining additional funds throughout the year. We are grateful for any donation as the cost for a typical trip to a remote reservation will be between \$2000 - \$3000 which includes renting a moving truck, insurance for the truck, gasoline, the expense for return transportation to Lawrence from the reservation area, lodging and meals. In addition to monetary donations, we are also interested in schools and organizations which would be interested in purchasing winter coats and toys for children on the reservation as part of our Christmas project when we visit one or more schools on a reservation during the Christmas season. The foundation has a website ([firstnationsoutreach.com](http://firstnationsoutreach.com)) which provides details and photographs of each trip to a reservation and background information regarding each reservation that we have visited. We believe that our ministry focuses on the truly forgotten and neglected poor who are so remote from civilization that most people are unaware of their plight and the extent of their poverty.



Dan with the principal at Moenkopi Elementary school in a Hopi Reservation

# St. Anthony Fraternity – Wichita, Ks



Beatitudes – Feeding the Hungry  
Professing Brothers & Sisters  
Feeding Members – Mini Retreat



Wichita SFO feeds the hungry  
Sharon Meckenstock holds a check for \$1,131 donated Dec. 10 to the Lord’s Pantry, a food ministry at St. Jude Parish in Wichita, by members of the St. Anthony Fraternity. Meckenstock said the donations would feed Pantry patrons for about a month. From left are Antonio Ramirez, Christopher Riggs, Chet Kirby, Brian Berkemper, Adam Nguyen, Tony Barba, and Larry Menestrina. The donation was the culmination of the fraternity’s Christmas project.



Three men were professed as members of the St. Anthony Fraternity Secular Franciscan Order Saturday morning, Jan. 27, at the Cathedral of the Immaculate Conception in Wichita. From left are Adam Nguyen, Jerry Cornejo, and Dr. Tony Barba. Father Drew Hoffman celebrated the Mass. Juliana Menestrina (Larry’s daughter) served.



St. Anthony Fraternity mini-retreat held Saturday, March 10, at the Spiritual Life Center in Wichita. Ten Franciscans prayed an outdoor Stations of the Cross and a rosary, socialized, and had lunch together.





# SPIRITUAL RESILIENCE: Thirty Days To Refresh Your Soul

By Robert J. Wicks, O.F.M.

RESILIENCE. That word jumped out at me when I first encountered this book. As a social worker, resilience is a valued attribute; one we like to cultivate in our clients. Resilience helps us grow stronger and helps us bounce back more quickly from setbacks.

I felt I wanted and needed a shot of spiritual resilience in my own life so I fell for this book which, as an added bonus, was by one of my favorite Franciscan authors, Father Robert Wicks, an established psychologist and spiritual director.

Father Wicks draws on Scripture and spiritual standouts throughout the ages to help us to identify ways to help ourselves be more spiritually resilient. This book is a breath of fresh air, which I highly recommend for anyone who needs spiritual refreshment and strengthening. ~ By Susan Tabor OFS

 <b>CALENDAR EVENTS 2018</b>		
DATE	EVENT	Location
April 14	Visitation – Little Portion	St. Bridget Catholic Church, Tahlequah, OK
April 15	Elections – St. Stanislaus & St. Adalbert	Broken Arrow, OK
May 6	Elections – St. Joseph	Hays, KS
May 25	Regional Formation Committee	Haskell Catholic Center, Lawrence, KS
May 26	REC Meeting @ 10 am	Haskell Catholic Center, Lawrence, KS
June 22-24	Regional Summer Gathering	Franciscan Prayer Center, Independence, MO
July 22	Elections – St. Elizabeth @ 2 pm	Cure d’Ars, Leawood, KS
August 1,2	Porziuncola Indulgence	All Churches
August 10t	Regional Formation Committee	Haskell Catholic Center, Lawrence, KS
August 11	REC Meeting @ 10 am	Haskell Catholic Center, Lawrence, KS
September 8	Franciscan Renewal Workshop	Stillwater, OK
September 21-23	NAFRA Visitation	Franciscan Prayer Center, Independence, MO
September 29	Franciscan Renewal Workshop	Victoria, KS
October 3	Transitus of St. Francis	World-wide
October 4	Feast of St. Francis of Assisi	World-wide
October 6	Brown Robe Fundraiser – Fr. Mike	Denver, CO
October 9 – Nov 4	NAFRA Chapter – Judith	St. Louis, MO
October 20	Franciscan Renewal Workshop	TBA, Independence, MO
November 9	Formation Committee Meeting	Haskell Catholic Center, Lawrence, KS
November 10	REC Meeting	Haskell Catholic Center, Lawrence, KS



## JPIC Corner

Happy Easter to all! And I pray you also had a productive Lent!

First I owe all of you an apology, and especially to fraternity animators. Your regional animator has been sidelined with a broken foot, which I broke the end of October. And the healing process was prolonged when, though the bones were healing properly, a ligament wasn't and I had to have foot surgery December 29. Then I spent six weeks in rehab as I was under strict orders not to bear weight on my right foot.

I'm at home now but still in physical therapy and still using a walker and am in a camm boot, which I dislike immensely. But life does go on, thankfully, and I'm now getting back into the swing of things. So maybe you'll hear a little more from me now!

I want to applaud Oklahoma City for all of the work they are doing to enhance Christian-Muslim relations in the Oklahoma City area. Even before the Sultan and the Saint was released, they were busy bringing groups together to plan some dialoguing events.

The JPIC Animators' Handbook is still in the revision process. I'll let you know when it's available; the wait will be worth it; it will contain many useful resources for you to use with your fraternities.

I still need JPIC animators for several of our fraternities in the region. If you have questions or need assistance in appointing someone, please don't hesitate to contact me at [souljourner@sbcglobal.net](mailto:souljourner@sbcglobal.net) or at 785-865-9949. For those fraternities who have appointed JPIC animators, thank you!

Susan Tabor OFS  
Regional JPIC Coordinator



### Francis of Assisi: A New Biography by Augustine Thompson

#### *Did You Get Your Copy Yet?*

Regional Spiritual Assistant, Fr. Mike, has asked that everyone read a copy of Thompson's book based upon the historical facts of the life of Francis of Assisi.

The Franciscan Renewal Workshops is in the second year of three in which Father is discussing this book as it relates to Francis and our vocation as secular Franciscans.

If you don't have copy, you can get it used or new on Amazon and other sites for a reasonable amount. It is a good investment.





## Hot Cross Buns, Anyone?

By Susan Tabor OFS

*With Help from Franciscan Media*

Hot Cross Buns are sweet rolls marked with a cross on the top. They are a very popular Lenten treat, especially on Good Friday. There are many myths and legends surrounding the history and significance of Hot Cross Buns, but the author took a special liking to the ones that he learned about from the *Smithsonian*.

Due to the blessed cross on top, hot cross buns hung from the kitchen ceiling all year long are supposed to protect from evil spirits. They're also said to prevent kitchen fires from breaking out, and ensure that all breads baked that year will turn out perfectly delicious!

Gratings from a preserved bun were mixed with water to provide a cure for the common cold.

Those who share a hot cross bun are supposed to enjoy a strong friendship and bond for the next year. A line from an old rhyme captures this lore: "Half for you and half for me, between us two, good luck shall be."

In 1592, Queen Elizabeth I decreed that hot cross buns could no longer be sold on any day except for Good Friday, Christmas or for burials. They were simply too special to be eaten any other day.

SERVINGS: 1 dozen buns    COOK TIME: 25 mins, PREP TIME: 30 mins, READY IN: 3 hrs.

### Ingredients:

1/2 cup water very warm, tap  
 1/2 cup whole milk  
 1/2 cup sugar  
 4 1/2 tsp active dry yeast  
 1/3 cup unsalted butter, melted  
 1 egg yolk (s), large  
 1 1/2 tsp vanilla extract pure  
 3/4 tsp salt  
 1/2 tsp nutmeg, grated  
 1/2 tsp cinnamon  
 1/4 tsp ginger ground  
 3 cups flour (13 oz)  
 1/2 cup raisins or currants (heaping)  
 1/2 cup citron  
 Egg Wash  
 1 egg (s) beaten with a tablespoon of water

### Icing/Glaze

2 cups powdered sugar, sifted  
 2 tbsp milk or as needed for a thick frosting  
 1 tsp vanilla extract pure, or almond extract  
 1 tsp oil





*(Continued from previous page)*

**Instructions:**

Dissolve the yeast by sprinkling it over the very warm water and add a pinch of sugar to activate.

Heat milk in a medium saucepan over low heat until about 100 degrees F. (but no more than 110 degrees)

In a mixer, fitted with a dough hook, add the warmed milk to the yeast mixture.

Plump the raisins (or currants) and citron in the microwave with a little orange juice; cool and set aside.

To the yeast & milk mixture add the remaining sugar, melted butter, egg yolk and extract.

Add the salt, nutmeg, cinnamon and ginger to the mixture and continue kneading.

Add the flour, 1 cup at a time, until the dough starts pulling away from the sides of the bowl.

Remove the orange juice from the raisins and citron and discard.

Add the raisins and citron to the dough and mix well. The dough should be slightly sticky and not dry.

Knead until soft and elastic, about 8 min. Shape into a ball.

Brush the inside of a large bowl with butter. Put dough in the bowl and turn to coat. Cover with plastic wrap and let rise at room temperature until doubled in size, about 1 hr. 30 min.

To form the rolls: Pam a 9x13" Pyrex pan. Turn the dough out of the bowl and roll into a log. With a dough cutter or sharp knife, divide the dough into 12 equal portions. Roll each of these pieces into a round bun shape, tucking the edges under.

Place them seam side down in the prepared pan, leaving a little space between each roll. Cover the pan with plastic wrap and let rise in a warm place until the rolls are doubled in size, about 45 min. or longer.

Meanwhile, preheat your oven to 350 degrees F. and prepare your egg wash.

Prepare glaze: In a mixer, combine powdered sugar, milk and vanilla or almond extract and oil until smooth (the oil will give it a high gloss). The icing should be quite thick. If too runny, add more powdered sugar. Transfer icing to a pastry bag or a zip lock bag with a corner snipped off.

Remove the plastic wrap from the top of the rolls and brush the buns with egg wash. Bake rolls until golden brown and puffy, about 25 min. (an instant read thermometer inserted into the roll should read 190 degrees F.)

Ice buns with a thick cross shape on the top of the warm buns and serve.

From THE MONASTERY KITCHEN



## *Sister Death*

At this time, we have not heard of a brother or sister who has passed in 2018. Please let Judith know if you have a member who passes away.