

Mercy Meatless Mondays

An easy guide for prayerfully living meat-free during the Season of Creation



Celebrate the Season of Creation by observing **Mercy Meatless Mondays!**

As the impact of climate change becomes harder to deny, people around the world are beginning to look at patterns of food production and consumption. Meat production consumes large amounts of grain and water and leads to massive deforestation in areas such as the Amazon where land is cleared for animal grazing. The Food and Agriculture Organization (FAO) of the United Nations has determined that if 50 percent of the world's population restricts their diet to 2,500 calories a day and reduces meat consumption overall, at least 26.7 gigatons (a gigaton is 1,000,000,000 tons) of greenhouse gas emissions could be avoided by 2050.

For the next seven weeks, the Institute Justice Team invites sisters, associates, companions, coworkers, partners in ministry, students and Mercy volunteers to consider making Mondays meatless. For each week, this booklet provides some information on the impact of meat production along with recipes for a meatless lunch and dinner dish. This initiative is adapted from the Friday Food Fast Facts, put together by the IHM Sisters in Monroe, Michigan for Lent 2019.

This effort is rooted in our 2017 Chapter Recommitment *Called to New Consciousness* which challenged us to *work zealously toward the sustainability of all life by caring for Earth's ecosystems, addressing global climate change, advocating for the fundamental right to clean water and committing ourselves to an "integral ecological conversion."*

Meatless Mondays also coincides with the *Season of Creation* which begins on September 1 (World Day of Prayer for Creation, which began in the Orthodox Church) and ends on October 4, the Feast of St. Francis of Assisi. In 1989 Ecumenical Patriarch Dimitros I proclaimed September 1 as a Day of Prayer for Creation. Major European Christian churches embraced this effort in 2001, and in August 2015, Pope Francis announced that he had decided to institute a World Day of Prayer for the Care of Creation in the Catholic Church on September 1. He said, "As Christians we wish to contribute to resolving the ecological crisis which humanity is presently experiencing."

The *Season of Creation* has special significance for Catholics this year because the Special Assembly of the Synod of Bishops for the Pan-Amazon Region, *The Amazon: New Paths for the Church and for Integral Ecology*, opens in Rome on October 6. The synod working paper notes that the Amazon River basin and the surrounding tropical forests regulate cycles of water, energy, carbon and air movements on a planetary level, yet it is the second most vulnerable area of the planet after the Arctic: "At present, climate change and the increase in human intervention (deforestation, fires and changes in land use) are driving the Amazon towards a point of no return." (Synod Working Paper, 16)

Among the many ecological challenges facing the Amazon is the destruction of the rainforest to provide land for animal grazing. This is fueled by the growing demand for meat. Participating in Mercy Meatless Mondays is a way to act on our belief that we are all connected.

While you're making this weekly commitment, we also invite you to encourage your parish priest to schedule an event during the Season of Creation. You may find in this booklet a sample letter to pastors adapted from one prepared by the Global Catholic Climate Movement; it contains links to other resources, including a proclamation from the Vatican in support of the Season of Creation.

SAMPLE LETTER TO PASTOR

Dear **(pastor's name)**,

I'd like to share [a letter](#) from the Vatican's Dicastery for Promoting Integral Human Development that invites us to participate in the Season of Creation, Sept. 1-Oct. 4. The Vatican's letter refers to [this overview](#) of activities that are often celebrated in parishes like ours.

Considering this call from the Vatican, I respectfully request that we celebrate the Season of Creation this year here at **(parish name)**. I/we would like to talk with you about how I/we might be of help in offering an event at one point during this season.

Each year, tens of thousands of Christians around the world unite to celebrate the Season of Creation. Some communities pray, some do hands-on projects, some advocate. All protect creation because it's part of our faith. An event in a community like ours is part of the movement to recharge our sense of hope and deepen our spiritual roots. An event will help us feel connected and motivated to live out our faith in caring for creation.

The Season of Creation begins September 1, the day of prayer for care of creation. It concludes on October 4, the feast of St. Francis. More information is available at the [Season of Creation website](#).

I **(or the name of a parish committee)** would like to schedule a time to speak with you about celebrating the season with an event. Would **(some dates and times offered)** be convenient?

Many thanks,

(Name and/or title)

SHARE ON SOCIAL MEDIA

We encourage everyone taking part in Mercy Meatless Monday to share their meatless creations with us on social media! Share photos of your meals and how you're living meat-free on Facebook, Twitter, and Instagram using **#MercyMeatlessMonday**. We can't wait to see all the ways you'll live meat-free during the Season of Creation!

MEATLESS MONDAYS – Week One

Adapted from “Friday Food Fast Facts” from the IHM Sisters, Monroe, MI

To work zealously toward the sustainability of all life by caring for Earth’s ecosystems, addressing global climate change, advocating for the fundamental right to clean water and committing ourselves to an “integral ecological conversion”

***-Chapter 2017 Recommitment
Called to New Consciousness***

We invite you to view the following two-minute video:

“Why Taking Time Away from Meat Can Make a Difference.”

<https://www.youtube.com/watch?v=GV7kLTFmxcY>

We think you’ll agree that eating less meat can lead to:

- Reduced pollution
- Conservation of Earth’s resources
- Combatting world hunger
- Better health outcomes for individuals

Then, try a new recipe or two, found on the following pages.

“Our food choices impact Earth. We will raise consciousness collectively and individually about the impact of our food choices, leading to the transformation of the global food system for the benefit of the whole Earth community.”

-The IHM Food Ecotone Group

LUNCH

EGG SALAD-AVOCADO WRAP

- Combine 1 chopped hard-boiled egg + 2 chopped hard-boiled egg whites, ¼ mashed avocado, 1 tsp. lemon juice, 2 tsp. chives. Spread on an 8-inch whole-wheat tortilla. Top with Romaine lettuce or mixed field greens and roll into a wrap. Serve with a fresh fruit salad of kiwi and sliced strawberries, for a light and healthy lunch. *Serves 1. Recipe from Woman’s Day Magazine.*

DINNER

TOMATO AND CHEESE MACARONI

For the *Tomato Sauce*:

- 2 T. olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 T. fresh basil, finely chopped
- 1 28-oz. can diced tomatoes in liquid
- salt and pepper to taste



For the *Macaroni*:

- 2 cups macaroni noodles cooked according to package directions
- 1 ½ cups grated Swiss or cheddar cheese
- 1 cup grated parmesan cheese
- ¼ cup fresh bread crumbs
- 1 T. finely chopped fresh basil
- 1 T. butter or margarine

Preheat the oven to 375°F. Make the sauce: in a large frying pan, heat the oil over medium heat. Add the onion and garlic. Sauté for 3-5 minutes or until onion is soft. Add the tomatoes, including the liquid, basil, salt and pepper. Cook for 10 minutes, stirring occasionally. Mix both cheeses together in a small bowl. Grease a casserole dish. Spoon a third of the tomato sauce into the dish. Top with a third of the cooked macaroni and a third of the cheese. Repeat the layers twice. Sprinkle the top with bread crumbs and basil and dot with butter or margarine. Bake for 25 minutes or until golden brown. *Serves 4-6.*
Recipe from *The Jumbo Vegetarian Cookbook*.

MEATLESS MONDAYS –Week Two

Adapted from “Friday Food Fast Facts” from the IHM Sisters, Monroe, MI

The climate is a common good, belonging to all and meant for all. At the global level, it is a complex system linked to many of the essential conditions for human life. A very solid scientific consensus indicates that we are presently witnessing a disturbing warming of the climatic system...Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it...
-Pope Francis, Laudato Si, #23

Studies show that meat production produces more greenhouse gases than the production of vegetables, including carbon dioxide, methane, and nitrous oxide—the three main contributing sources of greenhouse gas. Beef has been found to produce a total of 30 kg of greenhouse gas (GHG) per kg of food, while carrots, potatoes, and rice produce .42, .45, and 1.3 kg GHG per kg of food, respectively.

Making a choice to eat foods that are lower on the food chain, such as fruits, vegetables, nuts and grains, may well be the most effective way an individual can stop climate change.

Click on the following link to learn how changing your eating habits can impact global climate change and to take a quiz to test your knowledge of which foods are planet-friendlier.

Eat Low Carbon

<http://www.eatlowcarbon.org>

At the time of the UN Climate Conference in November, 2017, Pope Francis warned against falling into the trap of ‘four pervasive attitudes’ in the pursuit of concrete environmental solutions: denial of the problem, indifference, comfortable resignation, and blind trust in technical solutions.

- National Catholic Reporter, December 1-14, 2017, page 11

LUNCH

SPINACH AND ORZO SALAD

- 1 package baby leaf spinach (10 oz.)
- 3-4 stalks celery hearts, sliced
- 1 cup matchstick carrots
- ½ cup diced red onion
- 10-12 grape tomatoes, cut in half
- 3 cups cooked orzo (about 1 ½ cups uncooked)
- ¾ cup crumbled feta cheese
- 2 t. dried basil
- ¾ cup garlic vinaigrette dressing, or any dressing of your choice



Cook orzo according to package directions. Drain and rinse orzo. Transfer to large bowl, and then add all ingredients, except spinach. Toss orzo mix until well coated with dressing. Add spinach and toss well. Add salt, pepper, and more dressing, if needed. *Serves 6-8. Recipe from Aunt Mid's Brands.*

DINNER

EASY STIR-FRY

- 2 T. honey
- 2 T. vinegar
- 2 T. orange Juice
- 4 t. soy sauce
- 1 ½ t. cornstarch
- 2 T. vegetable or olive oil
- 16 oz. bag of frozen stir-fry vegetables
- 2 cups hot cooked rice (white or brown)
- *optional: cashews*



In small bowl, mix together honey, vinegar, orange juice, soy sauce and cornstarch. Set aside. Pour oil into large skillet; heat to medium-high. Add vegetables and cook for 5 minutes, stirring frequently. Add sauce mixture to skillet and cook until thick and bubbly; stirring continuously. Serve over hot rice. Top with cashews, if desired. *Serves 3-4. Recipe from: Fix it and Forget it Vegetarian Cookbook.*

MEATLESS MONDAYS – Week Three

Adapted from “Friday Food Fast Facts” from the IHM Sisters, Monroe, MI

We hear the cry of our suffering world. The impoverishment of peoples, the devastation of Earth, and oppressive social norms and systems call us in this moment to act.

***-Chapter 2017 Recommitment
Called to New Consciousness***

The livestock sector—raising cows, pigs and chickens—generates as much greenhouse gas emissions as all cars, trucks and automobiles combined.

Greenpeace.org recommends several ways to reduce the amount of greenhouse gas emissions into the environment. Here are two suggestions that may challenge us into action:

- Commit to reducing your meat and dairy consumption by a few meals per week and tell five friends about your choice to find alternative proteins.
- Make fresh fruits and vegetables a bigger part of your diet.

Check out “What if the World Went Vegetarian” for more information about gas emissions and meat production. <https://www.youtube.com/watch?v=ANUoAdXfA60>

As we gather with friends and family for a meatless meal, may this simple prayer remind us of the importance of balance in all we do.

Loving God, bless all those gathered here today
as we come together in friendship and fellowship.
Thank you for the blessings of our individual
and collective God-given gifts.
Place in our hearts the desire to make a difference
to our families, to our community, to our country,
and to the many cultures and peoples worldwide.
Give us balance in times of distraction and uncertainty.
Help us move towards our goals with determination
and always with an abundant sense of humor.
Thank you for food in a world where many know only hunger;
For our faith in a world where many know fear;
For friends in a world where many know only loneliness.
Please bless this food we are about to share, those who prepared it, those who serve it,
and those who have worked to make today the special occasion that it is.
For all of this we give you thanks.

- Izola White

<https://www.xavier.edu/jesuitresource/online-resources/Mealtime-Prayers.cfm>

LUNCH



POWER LUNCH PLATE

Arrange 1 sliced apple, 10 almonds, 15 baby carrots, 8 slices of Melba toast, and a 1-inch cube of Swiss cheese on a plate.

Serves 1. Recipe from Woman's Day Magazine.

This is a perfect lunch for a summer day or for those busy times when there isn't much time to cook. Even with its quick preparation, this lunch is chock full of protein, fruits and vegetables, as well as healthy carbohydrates to help give a boost of energy.

DINNER

MUSHROOM STROGANOFF

- 8 oz. egg noodles, uncooked
- 2 T. butter or margarine
- 1 medium yellow onion, chopped
- 1 t. garlic, minced
- 4 cups (12 oz.) mushrooms, sliced
- 2 T. brandy or cognac, if desired
- 1 T. Worcestershire sauce
- 1 T. Dijon-style Mustard
- 1 cup sour cream
- 2 t. all-purpose flour
- fresh chopped chives and freshly ground black pepper for garnish



Cook noodles according to package directions. Melt butter in a skillet, and cook onion and garlic for 2 minutes, stirring occasionally. Add mushrooms, cook for 4 more minutes. Add brandy, if desired, and carefully ignite using a lighted match. Shake skillet until flames subside. Add Worcestershire sauce and mustard; mix well. Combine sour cream and flour in small bowl and mix well. Reduce heat to medium-low and stir sour cream mixture into the mushroom mixture. Cook for 2-3 minutes or until thickened and bubbly, stirring frequently. Drain noodles well and spoon mushroom mixture over noodles. Sprinkle with chives and fresh ground black pepper, if desired. Suggestion: serve with a tossed green salad and crusty whole grain bread. *Serves 4. Recipe from: Meatless Dishes in Twenty Minutes.*

MEATLESS MONDAYS – Week Four

Adapted from "Friday Food Fast Facts" from the IHM Sisters, Monroe, MI

Greater scarcity of water will lead to an increase in the cost of food and the various products which depend on its use.

**-Pope Francis
*Laudato Si' On Care for Our Common Home***

Going Meatless Helps Conserve Water

Approximately 1,850 gallons of water are needed to produce a single pound of beef, while approximately 39 gallons of water are needed to produce a pound of vegetables

Americans consume nearly four times the amount of animal protein than the global average. When compared with current food intake in the United States, a vegetarian diet could reduce water consumption by up to 58% per person.

Source: <https://www.meatlessmonday.com/>

Mindful Eating Practice

Choose one meal today for this practice. It can be eaten alone or with others.

As you sit down with your food, take a few conscious breaths. Gaze at the meal, and notice all of the different ingredients that make it up. Reflect on the journey that each took to arrive at your plate and all of the people, plants and animals involved in the process.

If you'd like, you can say this blessing:

Thank you for this food.

Thank you to the Earth for providing the fruits, vegetables, nuts and grains for us.

Thank you to the farmers who worked so hard in the fields,

Thank you to the people who brought it to the market.

Thank you to our cooks and helpers who put in so much energy that this food could come to us.

May I use the energy of this food to help the people

Who don't have enough to eat right now,

Who don't have access to shelter, clothes or medicine.

And may we also use the energy of this food to help the environment and animals.

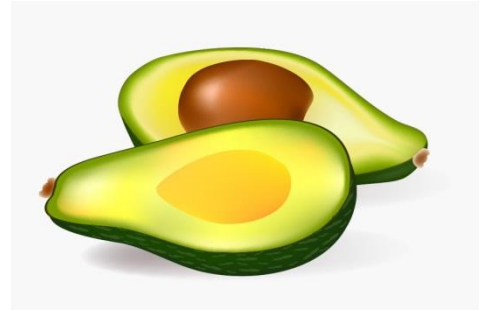
May all living beings be full of loving kindness.

As you eat, continue to practice presence by taking your time and fully tasting each bite. Afterwards, pause to reflect on any thoughts or desires that arise.

LUNCH

CHEESE and AVOCADO OMELET

- 4 large eggs
- 2 T. milk
- ¼ t. salt
- 1 ripe avocado, peeled and diced
- 1/8 t. fresh ground black pepper
- ¾ cup Cojack cheese (Colby and Monterey Jack), shredded
- ½ cup prepared salsa or picante sauce



Beat eggs along with milk, salt and pepper. Heat butter over medium-high heat in a 10-inch skillet. When butter is bubbly, add eggs. Cook for 2 minutes or until eggs begin to set. Lift edges of omelet gently to allow uncooked portion to flow to edges and set. Cook 3 more minutes. Sprinkle avocado and cheese evenly over omelet. Fold one edge over, slide onto serving platter. Heat salsa in same skillet, then pour over omelet and serve. *Serves 2. Recipe from Meatless Dishes in Twenty Minutes.*

DINNER

VEGETABLE PILAU

- 2 T. butter or margarine
- 1 onion, thinly sliced
- 1 bay leaf
- ground cumin, pinch
- ground cinnamon, pinch
- 1 cup rice
- 1 cup frozen mixed vegetables (may use fresh, sauté in oil first if using fresh)
- 2 cups water or vegetable stock
- salt and pepper to taste
- dash of cayenne pepper



Melt butter in saucepan over medium heat. Sauté the onion for 5 minutes or until golden. Add bay leaf, cumin and cinnamon, cook for 1 minute. Add the rice and cook, stirring constantly until rice is transparent. Add frozen vegetables, cook 1 minute. Add water, salt, pepper and cayenne. Bring to boil. Cover and reduce heat to lowest setting. Cook 20 minutes. Remove lid, remove bay leaf. Fluff before serving. *Serves 4. Recipe from The Jumbo Vegetarian Cookbook.*

MEATLESS MONDAYS – Week Five

Adapted from “Friday Food Fast Facts” from the IHM Sisters, Monroe, MI

Earth Charter Principles

II. Ecological Integrity

5. ***Protect and restore the integrity of Earth’s ecological systems, with special concern for biological diversity and the natural processes that sustain life.***
6. ***Prevent harm as the best method of environmental protection and, when knowledge is limited, apply a precautionary approach.***
7. ***Adopt patterns of production, consumption and reproduction that safeguard Earth’s regenerative capacities, human rights and community well-being.***
8. ***Advance the study of ecological sustainability and promote the open exchange and wide application of the knowledge acquired...***

-Earth Charter Initiative

Our choices and actions impact our relationship with God, each other and with the whole Earth community.

One calculator estimates that we would need 3.5 planets to support our current lifestyle, according to Dr. Robert Lawrence of the Johns Hopkins Center for a Livable Future.

What is a person to do if (s)he already recycles, conserves water and minds electric usage?

What if there were one small change you could make that would add up to a big difference for the health of the planet and help you to live healthily? Would you try it?

We invite you to view the following link as Dr. Hopkins speaks about our eco-footprint:

<https://www.youtube.com/watch?v=8WZieldtFq4>

Learn how one person took up the challenge and became a vegetarian:

<https://www.sistersofmercy.org/blog/2019/04/05/my-vegetarian-thing/>

We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile.

***-Pope Francis
Laudato Si #212***

LUNCH

SPINACH MUSHROOM QUESADILLA

- ¼ cup sweet onion
- ¼ cup mushrooms, sliced
- 1 t. olive oil
- ½ clove garlic, minced
- 1 cup baby spinach
- ¼ cup black beans, canned – drained and rinsed
- 8-inch whole wheat tortilla
- 2 T. goat cheese, crumbled



Sauté onion and mushroom in olive oil over medium heat for 5 minutes. Add garlic, spinach and black beans; sauté for 2 more minutes. Scatter mixture on tortilla, top with the goat cheese. Fold tortilla in half, then cook in a non-stick skillet over medium heat until crisp, 3 minutes per side. *Serves 1.* Recipe from: *Woman's Day Magazine.*

DINNER

BARBECUED BEAN CASSEROLE

- 1 T. vegetable oil
- 1 large yellow onion, chopped
- 1 t. minced garlic
- 1 large bell pepper, red or green, chopped
- 1 18-oz. jar oven-baked beans, undrained
- 1 16-oz. can dark red kidney beans, drained
- 1 16-oz. can butter beans, drained
- ¾ cup packed light brown sugar
- ½ cup ketchup
- 2 T. Dijon-style mustard
- 1 T. cider vinegar
- Sour cream for garnish, if desired



Sauté onion and garlic in large saucepan over medium heat for 3 minutes. Add beans, brown sugar, ketchup, mustard and vinegar to the saucepan. Mix well, bring to boil. Stir in bell pepper and simmer, uncovered, for 8-10 minutes, stirring often. Transfer to individual serving bowls; top with sour cream.

Serve with a tossed green salad. *Serves 4.* Recipe from: *Meatless Dishes in Twenty Minutes.*

MEATLESS MONDAYS – Week Six

Adapted from “Friday Food Fast Facts” from the IHM Sisters, Monroe, MI

We hear the cry of our suffering world. The impoverishment of peoples, the devastation of Earth, and oppressive social norms and systems call us in this moment to act

**-Chapter 2017 Recommitment
Call to New Consciousness**

Our choices and actions impact our relationship with God, each other and with the whole Earth community.

A question to ponder: If beef were more expensive, would you eat as much of it?

A team of French scientists recently published a paper on the practicality of putting a carbon tax on beef as a tool for meeting European Union climate change targets. The French researchers decided to take a look at a carbon tax on beef because the European Union has committed to cut its greenhouse gas emissions—including agricultural emissions—by more than half by midcentury. Their study found that a relatively steep tax, based on greenhouse gas emissions, would raise the retail price of beef by about 40 percent and cause a corresponding drop in consumption, much like the sugar tax on sodas and the tax on tobacco products.

The tax would also reduce the substantial contribution of beef and dairy cattle to water pollution, deforestation, biodiversity loss and human mortality.

To read more, visit:

www.nytimes.com/2018/03/17/opinion/sunday/carbon-tax-on-beef.html

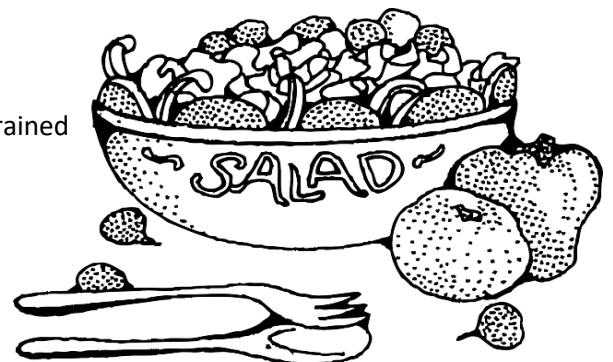
There is an urgent need to develop policies so that in the next few years, the emission of carbon dioxide, and other highly polluting gases can be drastically reduced.

**-Pope Francis
Laudato Si’: On Care for Our Common Home**

LUNCH

VEGETABLE COBB SALAD

- 4 cups packed shredded romaine lettuce
- 1 8-oz. can garbanzo or red kidney beans, rinsed and drained
- 1 large ripe tomato, seeded and diced
- 1 ripe avocado, peeled and diced
- ½ cup crumbled blue cheese
- ½ cup canned beets, drained and diced or julienned



- 2 hard-cooked eggs, peeled and diced
- 1/3 cup olive oil
- 3 T. red wine vinegar
- ½ t. salt
- ¼ t. sugar
- ¼ t. freshly ground black pepper

Arrange lettuce on a large serving platter. Top with beans, tomato, avocado, cheese, beets, olives and eggs in rows over lettuce. Combine oil, vinegar, salt, sugar and pepper and mix well with fork. Drizzle over salad and toss well. *Serves 4. Recipe from Meatless Dishes in Twenty Minutes.*

DINNER

CHILI CON ELOTE

- 2 19-oz. cans red kidney beans, rinsed and drained
- ¼ cup vegetable oil
- 1 onion, diced
- 1 garlic clove, minced
- 2 stalks celery, diced
- 1 green pepper, diced
- 1 carrot, diced
- 1 cup mushrooms, thinly sliced
- 2 cups vegetable stock
- 1 28-oz. can diced tomatoes in liquid
- 1 cup corn
- SPICES: 2 t. chili powder, 1 ½ t. salt, 1 t. dried oregano, 1 t. ground cumin



Mash ½ of the beans in small bowl. Set aside. Sauté onion and garlic over medium heat, 3 minutes. Add celery, green pepper, carrot and mushrooms; sauté 2-3 minutes. Add the stock, tomatoes and liquid, corn, kidney beans (whole and mashed), chili powder, salt, oregano and cumin – stir. Cover and simmer for 30 minutes. If chili is too watery, remove lid and simmer additional 10 minutes. *Recipe from Jumbo Vegetarian Cookbook.*

MEATLESS MONDAYS – Week Seven

Adapted from "Friday Food Fast Facts" from the IHM Sisters, Monroe, MI

In the Amazon rainforest.... a deep crisis has been triggered by prolonged human intervention, in which a "culture of waste" (LS 16) and an extractivist mentality prevail. The Amazon is a mirror of all humanity which, in defense of life, requires structural and personal changes by all human beings, by nations, and by the Church.

-Synod Preparatory Document: Preamble

Over the past several weeks, we have been engaged in praying, reading about, and contemplating the possibility of eating more meatless meals. Perhaps reducing meat consumption is one of those personal changes to which the synod is calling all people in defense of life and in solidarity with all creation.

This article from the Mayo Clinic investigates that possibility and offers some suggestions for making that desire a reality.

Meatless meals: The benefits of eating less meat

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193>

We offer this this prayer by Joyce Rupp as you discern these choices.

Come and Stay at My House Today

Jesus, I am yearning to wear a Zacchaeus heart.

I am wanting to hear you call my name just as you did his.

I am anxious to know that you are inviting yourself to my home.

I am humbled, amazed, excited, and astounded, just as he was.

But that is where the desire to wear a Zacchaeus heart stops, because I know what happens when you visit someone's house.

Conversations occur. Choices are presented. Changes happen.

That's because you look for more than dust when you come to visit and you talk about things more vital than the weather.

You move into the heart's dimension. You gaze deeply.

You don't just dwell. You interact. You activate.

You dwell so lovingly that the truth cannot be resisted.

Help me to welcome you and yearn for your love.

Grant me a Zacchaeus heart that turns around and sees the truth.

I need the gaze of your love to remind me of my truest self.

I, too, need the strong call to make amends and start anew.

Hurry, Jesus, come and stay at my house today.

- Joyce Rupp

<https://www.ncronline.org/blogs/come-and-stay-my-house-today>

LUNCH

GREEK FETA FLATBREAD

Spray one large whole wheat pita with olive oil cooking spray. Bake in a 375° oven for 5 minutes.

Toss together four halved grape tomatoes; 1 Tbsp. chopped red onion, two chopped Kalamata olives, 2 Tbsp. feta crumbles, pinch of oregano, 1 tsp. extra-virgin olive oil.

Spoon over pita

Optional: Before assembling pita flatbread, spread hummus or pesto on pita and then top with remaining items.

Serve with a small tossed salad or some dried fruit, such as dates.

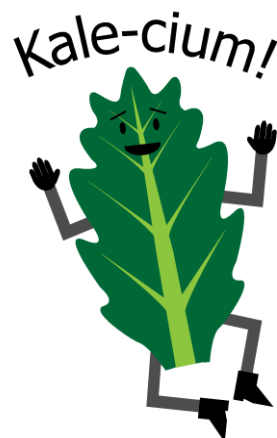
Serves 1. Recipe from Woman's Day Magazine



DINNER

AFRICAN STEW

- 1 onion, finely chopped
- 2 garlic cloves, minced
- 4 cups vegetable stock
- 2 cups sweet potatoes, peeled and diced
- 1 cup chickpeas (garbanzo beans)
- ½ cup brown rice
- ¼ t. salt
- ¼ cup peanut butter
- 2 cups kale Leaves, chopped (no stems)
- 2 T. lemon juice
- 1 T. soy sauce
- hot pepper sauce to taste



Sauté onion and garlic in 2 T. of the vegetable stock over medium heat for 3-5 minutes or until onion is soft. Add the remaining stock, sweet potatoes, chickpeas, rice and salt. Bring to boil. Reduce heat and simmer, covered, for 45 minutes.

In a small bowl, combine the peanut butter with ½ cup of the liquid from the stew. Stir into a smooth paste. Add the peanut butter mixture and the kale to the stew. Cook for 5 minutes. Stir in the lemon juice, soy sauce, and hot pepper sauce. Serve with rice or whole grain bread and a tossed green salad.
Serves 4. Recipe from The Jumbo Vegetarian Cookbook

