

IN THIS ISSUE

A NOTE FROM THE PUBLISHER



Yasser Rostrom's "The Tree"
symbolizes Adam and Eve as
the birth of humanity and the
monotheistic religions as
they reach toward the hand
of God. (Copyright
Caravan.org)

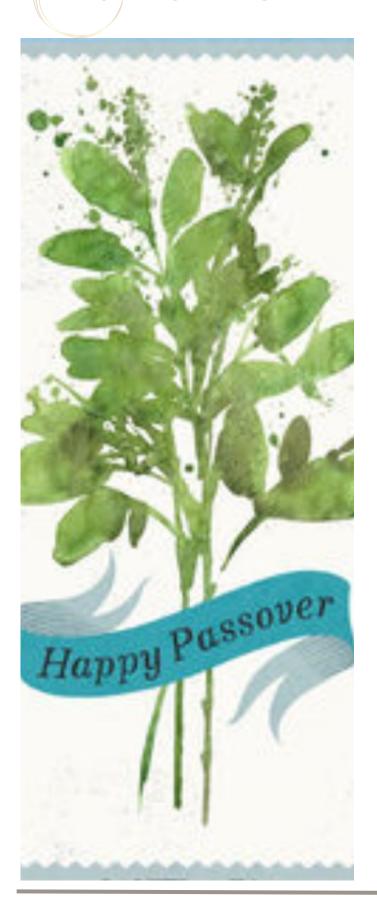
- April 2023 The Tree of Beliefs -

The Abrahamic religions followed paganism: Judaism, Christianity, and Islam in that order. There are some similarities and some differences, but each of these can be referenced to the pagan celebratory times and rough dates (how coincidental).

This year's month of April brings about three major religious holidays - Jewish Passover, Christian Easter, and Islamic Ramadhan. While each falls on a different part of the spring, this year, they're all (mostly) celebrated in April. However, Ramadan began on March 24nd, but will end this month.

First came the pagan spring celebrations of fertility. That's where the Bunny Rabbit, Eggs, and baskets with grass or straw originated, although at different times and for various reasons.

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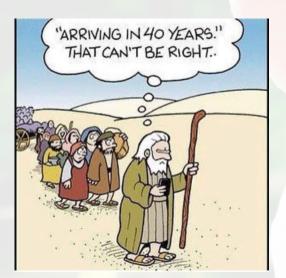
For instance, the bunny rabbit's origin in the pagan festival is shrouded in secrets but was supposedly celebrated in March or April to welcome Spring, also called Ostara or Easter. This may have originated from Eostra, the fertility goddess, as rabbits are known to breed exceedingly abundantly, again, fertility.

Not to belabor the point (pun intended), but from the 1920s until the 1960s, rabbits (or mice) were used to confirm conception by injecting a woman's urine into the uterus of a small animal (the rabbit test). A euphemism -"the rabbit died," became a turn of phrase to describe pregnancy.

This year, Easter Sunday will fall on 9TH APRIL 2023 for Catholic and Protestant churches and on 16TH APRIL 2023 for Orthodox churches. Jewish Passover (Pesach) starts on April 5 and ends on April 13, 2023.

Constantine. who happened to favor Christianity, elected to celebrate Orthodox Easter Day, which takes place on the Sunday after the first full moon after Passover.

It was not until the 17th century that Eastern European lore held that bunnies brought colored eggs to good children. Because eggs are laid usually in a confined area where chickens and other fowl are nested comes the basket and straw (later synthetic green grass). As another aside, in Eastern Orthodox circles, eggs were colored red to represent the blood Jesus shed by His death on the cross.



A man, his wife, and his cranky mother-in-law went on vacation to the Holy Land. While they were there, the mother-in-law passed away.

The undertaker told them, "You can have her shipped home for \$5,000, or you can bury her here in the Holy Land for \$150."

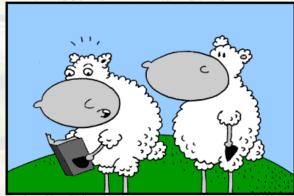
The man thought about it for a while and told the undertaker he would just have her shipped home.

The undertaker asked, "Why.... why would you spend \$5,000 to ship your mother-in-law home when it would be wonderful to be buried here and spend only \$150?"

The man said, "A man died here about 2000 years ago. He was buried here and three days later, he rose from the dead."

"I just can't take that chance."

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AH YES, HERE IT IS ... SAYS HERE THAT PASSOVER IS A TIME OF CELEBRATION INCLUDING A FEAST OF UNLEAVENED BREAD, BITTER HERBS AND ... UH OH



On the Lighter Side

Q. Why was the Easter Bunny so upset?

A. He was having a bad hare day!

Q. What do all the Eggs do When it's Time for the Egg Hunt?

A. Scramble!

Q. Why Did Jesus Appear to **Women First After the** Resurrection?

A. He Wanted the News to Spread Quickly!

Q. Why Does Ramadan Go By So Quickly?

A.Because We Fast!

Q. What army base is off limits on Passover?

A. Fort Leavenworth

Q. Did you hear about the gefilte fish that went deaf?

A. He had to buy a herring-aid.



The Celebration of Passover

https://www.jewishvirtuallibrary.org

Passover begins on the 15th day of the Jewish month of Nissan. It is the first of the three major festivals with historical and agricultural significance (the other two are Shavu'ot and Sukkot). Agriculturally, it represents the beginning of the harvest season in Israel. The primary observances of Passover are related to the Exodus from Egypt after 400 years of slavery, as told in the biblical Book of Exodus from chapters 1 to 15.

Passover lasts for seven days (eight days outside of Israel). The first and last days of the holiday (the first two and last two outside of Israel) are days on which no work is permitted. Work is permitted on the intermediate days, referred to as *Chol Ha-Mo'ed*.

The name "Passover" is derived from the Hebrew word Pesach which is based on the root "pass over" and refers to the fact that GOD "passed over" the houses of the Jews when He was slaying the firstborn of Egypt during the last of the ten plagues. Passover is also widely referred to as Chag he-Aviv (the "Spring Festival"), Chag ha-Matzoth (the "Festival of Matzahs"), and Zeman Herutenu (the Time of Our Freedom).

Many Passover observances still held were instituted in chapters 12 to 15 of the Exodus story in the Torah. The most significant observance involves the removal of chametz (leavened bread) from homes and property. Chametz includes anything made from the five major grains (wheat, rye, barley, oats, and spelt) that has not been thoroughly cooked within 18 minutes after coming into contact with water (Ashkenazic Jews also consider rice, corn, peanuts, and legumes as chametz). The removal of chametz commemorates that the Jews left Egypt in a hurry and did not have time to let their bread rise. It is also a symbolic way of removing the "puffiness" (arrogance, pride) from our souls.

Jews are prohibited from eating chametz during Passover and may not own or derive any benefit from it, including using it to feed pets. This important stipulation requires Jews to sell all remaining leavened products before Passover begins, including utensils used to cook chametz.

The grain product we eat during Passover instead of chametz is called matzah. Matzah is unleavened bread made simply from flour and water and cooked quickly. This is traditionally considered the bread the Jews made for their flight from Egypt. Matzah is also referred to as *Lechem Oni* (Bread of Affliction).

Guest Contributor **PDATES APRIL '23**

HIBAYBAY

by Daniel Hodges

Is there Braille in Heaven? I know it sounds untrue But what if you could gaze beyond Your finite point of view? Would you see mere markings Just made for broken eyes? Or would you witness equity No longer bound by lies?

The falsehoods are abundant A river with no dam. They make me feel unworthy and Ashamed of who I am. They emphasize the difference. They minimize my gifts The loss of self grows deeper An unrelenting drift.

Thankfully these feelings Do not get the last word For there is truth and hope beyond The fears that we have heard Ability is present In every mind and soul It's long past time for us to change Our perception of whole.

I was not born broken Nor somehow incomplete No accident has led me to I won't accept defeat God made me in his image His love has loosed my chains No need to fix the parts of me That He. Himself, ordains.

Is there Braille in Heaven? I guess that I don't care. For either way I know that I Will find my solace there Though earthly sight is fleeting True vision is unbound. It does not live within our eyes. In hearts it can be found.

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HISTORY OF CHRISTIANITY

The history of Christianity concerns the Christian religion, Christian countries, and Christians with their various denominations from the 1st century to the present. Christianity originated with the ministry of Jesus, a Jewish teacher, and healer who proclaimed the imminent Kingdom of God and was crucified c. AD 30-33 in Jerusalem in the Roman province of Judea.[1]

His followers believe that, according to the Gospels, he was the Son of God and that he died for the forgiveness of sins and was raised from the dead and exalted by God, and will return soon at the inception of God's kingdom. The earliest followers of Jesus were apocalyptic Jewish Christians.[1]

The inclusion of Gentiles in the developing early Christian Church caused the separation of early Christianity from Judaism during the first two centuries of the Christian era.[2] In 313, the Roman Emperor Constantine I issued the Edict of Milan, legalizing Christian worship.[3] In 380, with the Edict of Thessalonica put forth under Theodosius I, the Roman Empire officially adopted Trinitarian Christianity as its state religion. Christianity established itself as a predominantly Roman religion in the state church of the Roman Empire.[4] Various Christological debates about the human and divine nature of Jesus consumed the Christian Church for three centuries, and seven ecumenical councils were called to resolve these debates.[5] Arianism was condemned at the First Council of Nicea (325), which supported the Trinitarian doctrine as expounded in the Nicene Creed.

In the Early Middle Ages, missionary activities spread Christianity towards the west and the north among Germanic peoples;[6] towards the east among Armenians, Georgians, and Slavic peoples; [7] in the Middle East among Syrians and Egyptians;[8] in Eastern Africa among the Ethiopians;[9] and further into Central Asia, China, and India.[10] Christianity played a prominent role in the development of Western civilization, particularly in Europe from late antiquity and the Middle Ages.[11][12] During the High Middle Ages, Eastern and Western Christianity grew apart, leading to the East-West Schism of 1054. Growing criticism of the Roman Catholic ecclesiastical structure and its corruption led to the Protestant Reformation and its related reform movements in the 15th and 16th centuries, which concluded with the European wars of religion that set off the split of Western Christianity. Since the Renaissance era, with the European colonization of the Americas and other continents actively instigated by the Christian churches,[13][14][15][16] Christianity has expanded throughout the world.[17]

Today, there are more than two billion Christians worldwide and Christianity has become the world's largest religion.[18] Within the last century, as the influence of Christianity has progressively waned in the Western world, Christianity continues to be the predominant religion in Europe (including Russia) and the Americas, and has rapidly grown in Asia as well as in the Global South and Third World countries, most notably in Latin America, China, South Korea, and much of Sub-Saharan Africa. continued on page 12

Using Art Creation to Make Man Made Systems Human Adaptive to Lift our Human-Potential RiverLogic: Tools to Transform Resistance **Why and How Congregations Need to Build a Military Ministry Living an Extraordinary Life**

Missed Any **Episodes?**



"Be courteous to all, but intimate with few; and let those few be well tried before you give them your confidence."

-George Washington

History of Ramadan

The month of Ramadan is that in which was revealed the Quran; a guidance for mankind, and clear proofs of the guidance, and the criterion (of right and wrong). And whosoever of you is present, let him fast the month, and whosoever of you is sick or on a journey, a number of other days. Allah desires for your ease; He desires not hardship for you; and that you should complete the period, and that you should magnify Allah for having guided you, and that perhaps you may be thankful.[Quran 2:185]

Muslims hold that all scripture was revealed during Ramadan, the scrolls of Abraham, Torah, Psalms, Gospel, and Quran having been handed down on the first, sixth, twelfth, thirteenth (in some sources, eighteenth)[42] and twenty-fourth Ramadans, [year needed] respectively. [43][selfpublished source] Muhammed is said to have received his first guranic revelation on Laylat al-Qadr, one of five odd-numbered nights that fall during the last ten days of Ramadan.[44]

Although Muslims were first commanded to fast in the second year of Hijra (624 CE),[43] they believe that the practice of fasting is not in fact an innovation of monotheism[45] but rather has always been necessary for believers to attain tagwa (the fear of God).[46][Quran 2:183] They point to the fact that the pre-Islamic pagans of Mecca fasted on the tenth day of Muharram to expiate sin and avoid drought.[47]

[self-published source] Philip Jenkins argues that the observance of Ramadan fasting grew out of "the strict Lenten discipline of the Syrian Churches," a postulation corroborated by other scholars, including theologian Paul-Gordon Chandler, [48] [49] but disputed by some Muslim academics.[50]

Relation to the Jews and Yom Kippur

According to Al-Bukhari, Muhammad initially chose the date of the fast as the day of Ashura (the 10th day of the 1st month), probably the Jewish Yom Kippur.[51] This fast was later replaced with the fast of the 9th month (Ramadan).[52]

Important dates

The first and last dates of Ramadan are determined by the lunar Islamic calendar.

Beginning

Ramadan beginning dates between Gregorian years 1938 and 2038, including an error on the ante-penultimate line. Note that this table is based on an unspecified variant of the Islamic calendar and that, according to local practices, there can be differences of one (or even two) days.

Because the Hilal, or crescent moon, typically occurs approximately one day after the new moon, Muslims can usually estimate the beginning of Ramadan; [53] however, many [who?] prefer to confirm the opening of Ramadan by direct visual observation of the crescent.[54]

Source - Wikipedia continued on page 14



continued from page 5 Celebration of Passover

The content of the seder is summed up in fourteen parts:

Kaddesh (Sancitifcation), Urechatz (Washing), Karpas (Vegetable), Yachatz (Breaking),

Maggid (The Story), Rachtzah (Washing), Motzi Matzah (Blessings),

Maror (Bitter Herbs), Korech (Sandwich), Shulchan Orech (Dinner),

Tzafun (Dessert), Barech (Grace), Hallel (Song), Nirtzah (Closing)

Now, what does that mean?

1. Kaddesh: Sanctification

The word is derived from the Hebrew root Qof-Dalet-Shin, meaning holy. This is a blessing over wine in honor of the holiday. The wine is drunk, and a second cup is poured.

2. Urechatz: Washing

A washing of the hands without a blessing in preparation for eating the Karpas.

3. Karpas: Vegetable

A vegetable (usually parsley) is dipped in salt water and eaten. The vegetable symbolizes the lowly origins of the Jewish people; the salt water symbolizes the tears shed as a result of our slavery. Parsley is a good vegetable to use for this purpose, because when you shake off the salt water, it looks like tears.

4. Yachatz: Breaking

One of the three matzahs on the table is broken. Part is returned to the pile, the other part is set aside for the afikomen (see below).

5. Maggid: The Story

A retelling of the story of the Exodus from Egypt and the first Passover. This begins with the youngest person asking The Four Questions, a set of questions about the proceedings designed to encourage participation in the seder. The Four Questions are also known as Mah Nishtanah (Why is it different?), which are the first words of the Four Questions. The maggid is designed to satisfy the needs of four different types of people: the wise son, who wants to know the technical details; the wicked son, who excludes himself (and learns the penalty for doing so); the simple son, who needs to know the basics; and the son who is unable to ask, the one who doesn't even know enough to know what he needs to know. At the end of the maggid, a blessing is recited over the second cup of wine and it is drunk.

6. Rachtzah: Washing

A second washing of the hands, this time with a blessing, in preparation for eating the matzah.

7. Motzi Matzah: Blessings over Grain Products and Matzah

The ha-motzi blessing, a generic blessing for bread or grain products used as a meal, is recited over the matzah. A blessing specific to matzah is recited, and a bit of matzah is eaten.

8. Maror: Bitter Herbs

A blessing is recited over a bitter vegetable (usually raw horseradish; sometimes romaine lettuce),

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The Tree of Beliefs

Now that paganism (and its modern-day adaptations by various religious views) are out of the way, let's talk a little deeper about the spiritual aspects of how these three faiths all seem to cross this month.

Judaism was the first of the major religions to be recorded, dating back thousands of years before what we refer to as AD (anno dominial after the death of Christ). Some say the Hebrew faith dates back to before recorded history; it begins with the accounts of the ancient world around the **4th millennium BC** and coincides with the invention of writing—the hieroglyphs date to between 3400 – 3200 BCE. While possibly not written yet, the faith in the One True God could have been passed from generation to generation through stories.

The Hebrew calendar (Hebrew: יְהַלְּהַחַ הָּעִבְרִי, romanized: HaLuah Halvri), also called the Jewish calendar, is a lunisolar calendar used today for Jewish religious observance, and as an official calendar of the state of Israel. It determines the dates for Jewish holidays and the appropriate public reading of Torah portions, yahrzeits (dates to commemorate the death of a relative), and daily Psalm readings, among many ceremonial uses. In Israel, it is used for religious purposes, provides a time frame for agriculture, and is an official calendar for civil holidays alongside the Gregorian calendar.

Hard-boiled eggs are an essential part of this meal, along with bagels, lentils, and other round-shaped food, as a reminder of resurrection and the circle of life.

The eggs are often dipped in ashes in memory of the destruction of the Holy Temple. The food is intended to convey the fact that life must go on.

Christianity came about through the birth of Jesus in a small town in Judea - Bethlehem. Throughout his life and the subsequent lives of his followers, Christianity has become the most significant religious faith in the world, with more than 2 billion followers.

Much like Paganism, Judaism, and Islam, there are many similarities yet disparities among Christian beliefs and customs.

Eastern Orthodox and Western (Roman Catholic & Protestant) Christianity believe in the Resurrection being the anchor to their faith, there are quite a few disparities among them as well.

No one knows when Christ was physically born to human parents, it is celebrated in the West on December 25th each year. Eastern Orthodox believers hold to the traditional date in January.

It is estimated that His birth was really some time in April or May, based on hints and clues found in ancient seasonal and lunar statements and suppositions found in ancient texts.

In fact, ancient stories from the bible state that shepherds were in the fields by night tending their sheep - that would be anytime between April and October. The colder months would find them in barns, sheds, and other close quarters for warmth and protection for the animals.

Based on lunar calendars of the time, along with pagan holidays, December 25th was settled upon for various reasons.

Leadership Redefined: Expanding the Definition of Profit

by Hugh Ballou

Life is divided into three terms – that which was, which is, and which will be. Let us learn from the past to profit by the present, and from the present, to live better in the future.

William Wordsworth



Simple Definition of Profit

- to get an advantage or benefit from something
- to be an advantage to (someone): to help (someone)
- to earn or get money by or from something

Are You Focused on Money or Results?

Traditionally, leaders, especially social entrepreneurs running a business, charity, or religious institution, are driven by passion and purpose. Many want to "save the dolphins" without building an infrastructure to accomplish their worthy mission...that's focusing on passion.

Many entrepreneurs are in business to achieve financial gain...that's focusing on money. Successful leaders have a balanced approach to success. They provide value to others and receive income from the value given.

Looking through this balance lens allows a leader to review the classics, such as Napoleon Hill's "Think and Grow Rich," and learn something very different... it is not about money. Even Hill stated that financial wealth is at the bottom of his list of attributes of wealth because it was the least important of the traits.

continued from page 6 History of Christianity

Christianity originated in 1st-century Judea from a sect of apocalyptic Jewish Christians within the realm of Second Temple Judaism. The basic tenets of the Jewish religion during this era were ethical monotheism and the Torah, or the Mosaic Law.[27] In this period, the Second Temple of Jerusalem was still central to Judaism, but synagogues were also established as institutions for prayer and the reading of Jewish sacred texts.[28] The Hebrew Bible developed during the Second Temple Period, as the Jews decided which religious texts were of divine origin; the Masoretic Text, compiled by the Jewish scribes and scholars of the Early Middle Ages, comprises the Hebrew and Aramaic 24 books that they considered authoritative.[29]

The Hellenized Greek-speaking Jews of Alexandria produced a Greek translation of the Hebrew Bible called "the Septuagint", that included books later identified as the Apocrypha, while the Samaritans produced their own edition of the Torah, the Samaritan Pentateuch; according to the Dutch-Israeli biblical scholar and linguist Emanuel Tov, professor of Bible Studies at the Hebrew University of Jerusalem, both of these ancient editions of the Hebrew Bible differ significantly from the medieval Masoretic Text.[29] Currently, all the main non-Protestant (Roman Catholic, Eastern Orthodox, and Oriental Orthodox) Christian denominations accept as canonical the Deuterocanonical books, which were excluded from the modern Hebrew Bible

and the Protestant Bible.[30] The Septuagint was influential on early Christianity as it was the Hellenistic Greek translation of the Hebrew Bible primarily used by the 1st-century Christian authors.[28]

The Roman province of Judea in the 1st century AD

The religious, social, and political climate of 1st-century Roman Judea and its extremely neighbouring provinces was diverse and constantly characterized by turmoil,[1][31][32] socio-political numerous Judaic movements that were both religious and political.[33] The ancient Roman-Jewish historian Flavius Josephus described the four most prominent sects within Second Temple Judaism: Pharisees, Sadducees, Essenes, and an unnamed "fourth philosophy",[34] which modern historians recognize to be the Zealots and Sicarii.[35] The 1st century BC and 1st century AD had numerous charismatic religious leaders contributing to what would become the Mishnah of Rabbinic Judaism, including the Jewish sages Yohanan ben Zakkai and Hanina ben Dosa. Jewish messianism, and the Jewish Messiah concept, has its roots in the apocalyptic literature produced between the 2nd century BC and the 1st century BC,[36] promising a future "anointed" leader (messiah or king) from the Davidic line to resurrect the Israelite Kingdom of God, in place of the foreign rulers of the time.

The third of the monotheistic religions of Abraham is Islam - the Muslim faith.

The Hijri calendar (Arabic: ٱلتَّقْوِيم ٱلْهِجْرِيّ, romanized: al-taqwīm al-hijrī), also known in English as the Muslim calendar and Islamic calendar, is a lunar calendar consisting of 12 lunar months in a year of 354 or 355 days. It determines the proper days of Islamic holidays and rituals, such as the annual fasting and the annual season for the great pilgrimage.

In almost all countries where Islam is predominant, the civil calendar is the Gregorian calendar, with Syriac month names used in the Levant and Mesopotamia (Iraq, Syria, Jordan, Lebanon, and Palestine). Still, the religious calendar is the Hijri one.

This calendar enumerates the Hijri era, whose epoch was established as the Islamic New Year in 622 CE.[1] During that year, Muhammad and his followers migrated from Mecca to Medina and established the first Muslim community (ummah), an event commemorated as the Hijrah. In the West, dates in this era are usually denoted AH (Latin: Anno Hegirae, "in the year of the Hijrah").[a]

In Muslim countries, it is also sometimes denoted as H[2] from its Arabic form (سَنَة, abbreviated هِجْرِيَّة , abbreviated هها). In English, years before the Hijra are characterized as BH ("Before the Hijra").[3]

As of 30 July 2022 CE, the Islamic year is 1444 AH. In the Gregorian calendar reckoning, 1444 AH runs from approximately 30 July 2022 to 18 July 2023.

With regard to eggs, Muslims may consume eggs from a Halal animal, which includes most birds, but not snakes or other reptiles.

When questioned about consuming eggs for the celebration of Easter, it is impermissible to do so, as it would be respecting a religion other than Islam.

"There are Muslim majority countries that have nonreligious spring celebrations. In Egypt, the spring festival is called Sham el-Nessim. Ancient Egyptians believed that "Sham El Nessim" day marks the beginning of world creation; today there is still a feast celebrated with a special meal that consisted of colored eggs, salted fish, onions, and lettuce. Eggs refer to the creation of life and Egyptians used to draw on eggs their wishes and prayers.

By the same token, the Iranian spring/new year festival, Nowruz. Iranians traditionally gather around a "Haft-Seen" which is the traditional table setting to bring in new beginnings. Also on the "Haft-Seen," many people decorate eggs for good luck and fertility. In Pakistan, they celebrate Basant, which is a famous spring festival (with lots of kites) mostly celebrated in Lahore. Traditions include wearing yellow and flocking to green spaces.

The majority of Muslims in the U.S. do not participate in Nowruz, Basant, Sham el-Nessim. Yet, some do partake in the American traditions of egg hunts, egg decorating, and giving baskets to children. Muslims are not celebrating the resurrection of Christ because the Quran states he did not die but rather was ascended to heaven."

Taken from https://islamimommy.com



continued from page 8 History of Ramadan

Night of Destiny

Qadr Night is considered the holiest night of the year.[55][56] It is generally believed to have occurred on an odd-numbered night during the last ten days of Ramadan; the Dawoodi Bohra believe that Laylat al-Qadr was the twenty-third night of Ramadan.[57][58]

Eid

The holiday of *Eid al-Fitr* (Arabic: عيد الفطر), which marks the end of Ramadan and the beginning of Shawwal, [59] the next lunar month, is declared after a crescent new moon has been sighted or after completion of thirty days of fasting if no sighting of the moon is possible. Eid celebrates of the return to a more natural disposition (fitra) of eating, drinking, and marital intimacy.[60]

Religious practices

The common practice is to fast from dawn to sunset. The pre-dawn meal before the fast is called the suhur, while the meal at sunset that breaks the fast is called iftar.[61] Muslims devote more time to prayer and acts of charity, striving to improve their self-discipline, motivated by hadith:[62][63] "When Ramadan arrives, the gates of Paradise are opened and the gates of hell are locked up and devils are put in chains."[64]

Fasting

Ramadan is a time of spiritual reflection, self-improvement, and heightened devotion and worship. Muslims are expected to put more effort into following the teachings of Islam. The fast (sawm) begins at dawn and ends at sunset. In addition to abstaining from eating and drinking during this time, Muslims abstain from sexual relations[3] and sinful speech and behaviour during Ramadan fasting or month. The act of fasting is said to redirect the heart away from worldly activities, its purpose being to cleanse the soul by freeing it from harmful impurities. Muslims believe that Ramadan teaches them to practice self-discipline, self-control,[65] sacrifice, and empathy for those who are less fortunate, thus encouraging actions of generosity and compulsory charity (*zakat*).[66] Muslims also believe fasting helps instill compassion for the food-insecure poor.

Exemptions to fasting include travel, menstruation, severe illness, pregnancy, and breastfeeding. However, many Muslims with medical conditions[vague][who?] insist on fasting to satisfy their spiritual needs, although it is not recommended by hadith.[61] Those unable to fast are obligated to make up the missed days later.[67]

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"The Gospel is not about being nice; it is about being honest and just, and the world doesn't like those two things very much. Our job is to learn how to be honest, but with love and respect. Dr. Martin Luther King, Jr. taught us that before we go out to witness for justice, we have to make sure that we can love and respect those with whom we disagree."

- Richard Rohr

Leadership Skills, Evaluation

by Hugh Ballou

"Continuous improvement requires systematic evaluation. Continuous improvement requires unfiltered evaluation"

- Anonymous



Mastering the Evaluation is a Valuable Leadership Skill

Often I interview a potential client and hear that they have a strategic plan...more often than not, it's put away somewhere and dusty. In other conversations about creating a strategic plan, I hear the same story...we have completed the previous plan and need a new one. Both of these paradigms are very curious to me.

Once you create a strategic plan, it becomes an organic process that migrates over time. It's inefficient to stop and regroup as if starting all over again. If there's a long-term strategy, then it's always a long-term one if the leader commits to regularly evaluating the plan, revising and updating it, and recommitting it. It's an ongoing process and not a stop-and-start process.

I've also written about the most dysfunctional systems in organizations, including the annual review*.

Instead of waiting an entire year to evaluate, set up an ongoing evaluation and course correction system.

Set Aside Time for Evaluation

We do not set aside time to plan and evaluate. Let's face it. We don't do it. Most of us don't do it. I teach this, and I must still force myself to do it. Our lame excuse is that we don't have time. We don't have time because we haven't defined the value for the evaluation or the cost for lack of assessment. It's very costly to repeat, undo, or redo things, and it's very destructive to the morale of the people.

A tradition in strategic planning is to do a S.W.O.T. (define the Strengths, Weaknesses, Opportunities, and Threats). That's a broken model which puts us back into the traditions that have caused us problems in the first place. It's time to rethink evaluations.

I have used a simple model for many years. It came from my training as a meeting facilitator. It's an efficient use of time and resources and exposes things that need attention. Simple is good.

Here are the Key Steps

First, define what you and the team are evaluating: Is it the plan? Is it the process? Is it the team? Is it the organization? Is it the skills? etc. You get the idea. If you are conducting an evaluation, then define what is being evaluated.

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continued from page 11 Leadership Redefined

In James Allen's classic, "As a Man Thinketh," he noted that we don't attract what we need; we attract what we are.

How do you define success?

Does your team reflect your philosophy?

Your culture is a reflection of your leadership.

Check out my **Unbound Leader** program to learn the process for success at the **UnboundLeader.com**

I've called that program "Unbound Leader: Unlocking Your Inner Potential for Success."

It's time to do something different. Look at my short video to see if this program is a fit for you

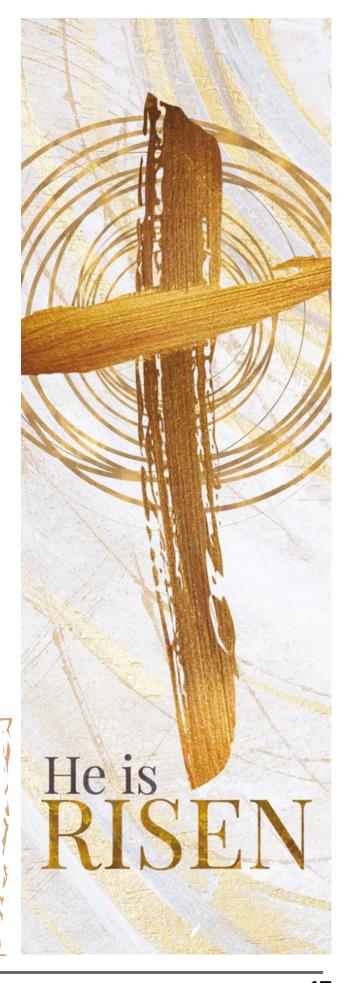
http://TheUnboundLeader.com



I'll see you in the video... then in the winner's circle!

"There are those who hate Christianity and call their hatred an all-embracing love for all religions."

-G K Chesterton



continued from page 14 History of Ramadan

UPDATES APRIL '23

Suhoor

Each day, before dawn, Muslims observe a pre-fast meal called the suhoor. After stopping a short time before dawn, Muslims begin the first prayer of the day, *Fajr*. [68][69]

Iftar

At sunset, families break the fast with the iftar, traditionally opening the meal by eating dates to commemorate Muhammad's practice of breaking the fast with three dates.[70][71] They then adjourn for Maghrib, the fourth of the five required daily prayers, after which the main meal is served.[72]

Social gatherings, many times in buffet style, are frequent at iftar. Traditional dishes are often highlighted, including traditional desserts, particularly those made only during Ramadan.[example needed] Water is usually the beverage of choice, but juice and milk are also often available, as are soft drinks and caffeinated beverages.[73]

In the Middle East, iftar consists of water, juices, dates, salads and appetizers; one or more main dishes; and rich desserts, with dessert considered the most important aspect of the meal.[74] Typical main dishes include lamb stewed with wheat berries, lamb kebabs with grilled vegetables, and roasted chicken served with chickpeastudded rice pilaf. Desserts may include luqaimat, baklava or kunafeh.[75]

Over time, the practice of iftar has evolved into banquets that may accommodate hundreds or even thousands of diners.[76] The Sheikh Zayed Grand Mosque in Abu Dhabi, the largest mosque in the UAE, feeds up to thirty thousand people every night.[77] Some twelve thousand people attend iftar at the Imam Reza shrine in Mashhad.[citation needed]

Charity

Zakat, often translated as "the poor-rate", is the fixed percentage of income a believer is required to give to the poor; the practice is obligatory as one of the pillars of Islam.

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and it is eaten. This symbolizes the bitterness of slavery. The maror is eaten with charoses, a mixture of apples, nuts, cinnamon and wine, which symbolizes the mortar used by the Jews in building during their slavery.

9. Korech: The Sandwich

Rabbi Hillel was of the opinion that the maror should be eaten together with matzah and the paschal offering in a sandwich. In his honor, we eat some maror on a piece of matzah, with some charoses (we don't do animal sacrifice anymore, so there is no paschal offering).

10. Shulchan Orech: Dinner

A festive meal is eaten. There is no particular requirement regarding what to eat at this meal (except, of course, that chametz cannot be eaten). Among Ashkenazic Jews, gefilte fish and matzah ball soup are traditionally eaten at the beginning of the meal.

11. Tzafun: The Afikomen

The piece of matzah set aside earlier is eaten as "dessert," the last food of the meal. Different families have different traditions relating to the afikomen. Some have the children hide it, while the parents have to either find it or ransom it back. Others have the parents hide it. The idea is to keep the children awake and attentive throughout the pre-meal proceedings, waiting for this part.

12. Barech: Grace after Meals

The third cup of wine is poured, and grace after meals is recited. This is similar to the grace that would be said on any Sabbath. At the end, a blessing is said over the third cup and it is drunk. The fourth cup is poured, including a cup set aside for the prophet Elijah, who is supposed to herald the Messiah, and is supposed to come on Passover to do this. The door is opened for a while at this point (supposedly for Elijah, but historically because Jews were accused of nonsense like putting the blood of Christian babies in matzah (the Blood Libel), and we wanted to show our Christian neighbors that we weren't doing anything unseemly).

13. Hallel: Praises

Several psalms are recited. A blessing is recited over the last cup of wine and it is drunk.

14. Nirtzah: Closing

A simple statement that the seder has been completed, with a wish that next year, we may celebrate Passover in Jerusalem (i.e., that the Messiah will come within the next year). This is followed by various hymns and stories.

Muslims believe that good deeds are rewarded more handsomely during Ramadan than at any other time of the year; consequently, many Muslims donate a larger portion – or even all – of their yearly zakāt during this month.

Nightly prayers

Tarawih (Arabic: تراويح) are extra nightly prayers performed during the month of Ramadan. Contrary to popular belief, they are not compulsory.[78]

Recitation of the Quran

Muslims are encouraged to read the entire Quran, which comprises thirty juz' (sections), over the thirty days of Ramadan. Some Muslims incorporate a recitation of one juz' into each of the thirty tarawih sessions observed during the month.

Cultural practices

In some Islamic countries, lights are strung up in public squares and across city streets,[79][80] [81] a tradition believed to have originated during the Fatimid Caliphate, where the rule of Caliph al-Mu'izz li-Din Allah was acclaimed by people holding lanterns.[82]

On the island of Java, many believers bathe in holy springs to prepare for fasting, a ritual known as Padusan.[83] The city of Semarang marks the beginning of Ramadan with the Dugderan carnival, which involves parading the warak ngendog, a horse-dragon hybrid creature allegedly inspired by the Buraq.[84] In the Chinese-influenced capital city of Jakarta, firecrackers are widely used to celebrate Ramadan, although they are officially illegal.[85] Towards the end of Ramadan, most employees receive a one-month bonus known as Tunjangan Hari Raya.[86] Certain kinds of food are especially popular during Ramadan, such as large beef or buffalo in Aceh and snails in Central Java.[87] The iftar meal is announced every evening by striking the bedug, a giant drum, in the mosque.[88]

Common greetings during Ramadan include Ramadan mubarak and Ramadan kareem, which mean (have a) "blessed Ramadan" and "generous Ramadan" respectively.[89]

During Ramadan in the Middle East, a mesaharati beats a drum across a neighbourhood to wake people up to eat the suhoor meal. Similarly in Southeast Asia, the kentongan slit drum is used for the same purpose.

Ramadan in Earth orbit

Muslim astronauts in space schedule religious practices around the time zone of their last location on Earth. For example, this means an astronaut from Malaysia launching from the Kennedy Space Center in Florida would center their fast according to sunrise and sunset in Florida's Eastern Time. This includes times for daily prayers, as well as sunset and sunrise for Ramadan.



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Next. define the protocol for team interaction. Be sure to include everyone who has information to share. Often, I welcome the janitor or phone receptionist in an organization because they know things that nobody else knows. It's essential to get the complete picture when evaluating things. Indeed the data intake and the planning are not appropriate for everyone in the organization, so separate the functions and invite the proper participants. Then define how the group will interact. Declare that the session is a safe space to speak the truth kindly. It's essential to get data and not necessary to blame people. Address the facts and don't blame. This way, you will get more valuable and accurate information.

It's essential to separate the evaluation and the planning. The evaluation provides perspective for the planning. Allow time for gaining perspective, thinking about the information, and regrouping for moving forward. Information overload and rush to implementation can both be problematic.

Here's my simple three-step evaluation:

- 1) What's Working: Or what we do well. Define the valuable skills and processes to KEEP. We mustn't throw out the baby with the bath water when making changes later, as the old expression goes. Define the core competencies and systems that are valuable and build on those.
- **2) What Needs Changing:** This is not a negative, a critical activity like we get when defining weaknesses in a SWOT. This is honestly identifying things that could be

better or things that we might want to STOP doing. This group of items will make a big difference, so could you take time with this step? You should group the related things to see if combining them or setting up a priority or sequence with them is helpful. This will become the basis for your action plan.

3) New Things to Consider: When looking through the information in steps 1 & 2, there will be ideas for new systems, skills, or processes to consider. Be careful here and ensure you are adding only a little to a process that is already full.

In team evaluations, this process allows the team to create synergy and develop peer-to-peer accountability. The process itself is valuable, and what happens in the culture adds significantly to that value. Often, the more excellent value is what happens within the team and not the evaluation results. The process builds trust and creates the synergy of community.

Furthermore, this process also works when you work alone. Evaluate yourself and your strategies, and your plan. Invite a colleague to participate, and you'll get an expanded perspective.

Therefore, set your calendar to do this monthly at a high and semi-annually at a detailed level. You'll be glad you did and get better over time, so that it will take less effort.

"Faith is the substance of things hoped for, the evidence of things not seen ... Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear."

—Hebrews 11:1,3

Earth Day 2023: Theme, Date, Latest Events and Celebrations

https://www.earthreminder.com/

Once again, it's that special time of the year! We can't wait for Earth Day 2023, which is just around the corner. Earth Day is a celebration of the earth and our environment. It is a historical event that takes place every year. On Earth Day, we will remember how closely we are connected to the earth, as well as our responsibility to protect it.

On this day, we come together to show our support for the planet and make pledges to do our part in protecting it. All of us can contribute to the environment by planting trees, cleaning up waste, and reducing our dependence on non-renewable resources like fossil fuels.

All the latest updates of Earth Day 2023 are given below. So, let's dive in.

When is Earth Day 2023?

The annual Earth Day event takes place on April 22 each year. This year, Earth Day is on Saturday, 22 April 2023. Participating in this global event raises awareness of the importance of protecting our planet and its natural resources. In addition, it encourages people to engage in conserving the environment. Rallies, concerts, and tree-planting activities are among the many activities and events that take place on Earth Day.



Brief History of Earth Day

The first Earth Day was celebrated on April 22, 1970. The event was organized by Gaylord Nelson, a United States Senator from Wisconsin. He was inspired to action after witnessing the damage caused by an oil spill in Santa Barbara, California in the year 1969.

Gaylord Nelson realized that there was a need for humans to become more environmentally aware and active in preserving our planet. He hoped that Earth Day would be a way to educate people about the importance of environmental protection.

Earth Day quickly became a global phenomenon. More than 20 million people participated in the events across the United States on the first Earth Day. Today, Earth Day is celebrated in more than 193 countries around the world. At present, more than 1 billion people around the world take part in Earth Day.

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and the Protestant Bible.[30] The Septuagint was influential on early Christianity as it was the Hellenistic Greek translation of the Hebrew Bible primarily used by the 1st-century Christian authors.[28]

The Roman province of Judea in the 1st century AD

The religious, social, and political climate of 1st-century Roman Judea and its neighboring provinces was extremely diverse and constantly characterized by socio-political turmoil,[1][31][32] with numerous Judaic movements that were both religious and political.[33] The ancient Roman-Jewish historian Flavius Josephus described the four most prominent sects within Second Temple Judaism: Pharisees, Sadducees, Essenes, and an unnamed "fourth philosophy",[34] which modern historians recognize to be the Zealots and Sicarii.[35] The 1st century BC 1st century AD had numerous charismatic religious leaders contributing to what would become the Mishnah of Rabbinic Judaism, including the Jewish sages Yohanan ben Zakkai and Hanina ben Dosa, Jewish messianism, and the Jewish Messiah concept, has its roots in the apocalyptic literature produced between the 2nd century BC and the 1st century BC,[36] promising a future "anointed" leader (messiah or king) from the Davidic line to resurrect the Israelite Kingdom of God, in place of the foreign rulers of the time.

Ministry of Jesus

The main sources of information regarding

Jesus' life and teachings are the four canonical gospels, and to a lesser extent the Acts of the Apostles and the Pauline epistles. According to the Gospels, Jesus is the Son of God, who was crucified c. AD 30–33 in Jerusalem.[1] His followers believed that he was raised from the dead and exalted by God, heralding the coming Kingdom of God.

Apostolic Age

The eastern Mediterranean region in the time of Paul the Apostle

The Apostolic Age is named after the Apostles and their missionary activities. It holds special significance in Christian tradition as the age of the direct apostles of Jesus. A primary source for the Apostolic Age is the Acts of the Apostles, but its historical accuracy has been debated and its coverage is partial, focusing especially from Acts 15[38] onwards on the ministry of Paul, and ending around 62 AD with Paul preaching in Rome under house arrest.

The earliest followers of Jesus were a sect of apocalyptic Jewish Christians within the realm of Second Temple Judaism.[1][39][40][41][42]

The early Christian groups were strictly Jewish, such as the Ebionites,[39] and the early Christian community in Jerusalem, led by James the Just, brother of Jesus.[43] According to Acts 9,[44] they described themselves as "disciples of the Lord" and [followers] "of the Way", and according to Acts 11,[45] a settled community of disciples at Antioch were the first to be called



Dreaming Dreams

by Montgomery Alexander Kaine

I dream of flying like birds in the sky
Their grace and freedom bring a smile
But sometimes, I can't help but ask why
God didn't create humans to fly freestyle?

His intention to create in his likeness and image
Turned out badly in the Garden of Eden
I'm sure eating the apple made Him grimace
He may have chosen better species to succeed in

Throughout millennia from the start to today
Humans have failed Him constantly
But the balance of His power will never sway
For proof, freely consult Bible Prophecy

Our Creator is patient, merciful, and kind Regardless, stiff-neck beings resist They have it their way, oh, so maligned His love, kindness, and mercy dismissed

When will it be the end? This eternal struggle
Between the rivals and enemies of all that is good
There's no telling when He'll call for a rustle
For we know the outcome, we've learned since childhood

I stopped dreaming of flying over land and ocean
A waste of time to simply dream
Instead, do my best to share the Good News revelation
To walk in His ways is such a better scheme

Dreaming dreams is quite often odd

But they could be so foretelling

So I'll dream of the voice of God

Calling me to heaven, a dream most compelling

Earth Day 2023 Theme

Following last year's successful campaign, global Earth Day organizer EarthDay.org (EDO), has announced the 2023 theme. The theme for Earth Day 2023 is "Invest in Our Planet."

Yes, it will be a continuation of the successful 2022 campaign. Once again, we must act boldly in order to achieve a successful outcome. We should innovate in a broader sense, and put our ideas into practice in an equitable manner.

Our planet needs our investment now. As we look forward to 2023, it is necessary that we come together once again in partnership for mother earth. In order for a green, prosperous, and equitable future to become a reality, businesses, governments, and civil society must take action against the climate crisis.

Let's once again adopt a green economy to take advantage of its benefits. Developing a stable future requires widespread support from governments, society, institutions, and businesses.

Earth Day 2023 All Events and Updates On April 22, 2023, Earth Day

Event Update 1: The University of Scranton Earth Day Essay 2023 Contest is open to students in grades five through twelve. Also, there will be no charge for it. Students can write about topics such as renewable energy, gardening, eliminating single-use containers, recycling, bees, conservation, access to healthy eating, public transportation, factory farming, community, family, and many more.

Update 2: As part of the city of Reading's 275th anniversary celebration in conjunction with BERKS COUNTY EARTH DAY 2023, the event will mark the 53rd anniversary since 1970. Rain or shine, the free Earth Day event will be held at Reading City Park, 11th & Constitution Blvd. It will be from 12 noon to 5 pm on Saturday, April 22, 2023. There is parking available around the park.

Event Update 3: Students throughout Indiana can participate in hands-on classroom presentations virtual and webinars provided by the Indiana Department of Environmental Management to celebrate Earth Day 2023. For elementary schools, presentations on land, water, air, and recycling are available for 30-55 minutes. There are engaging presentations that teach participants how to reduce, reuse, and recycle waste, as well as how a watershed works.

Update 4: As part of the Kala Ghoda Art Festival, "Matter", an electric mobility startup, and EARTHDAY.ORG featured an art installation called "earthMATTERS". Together with Earth Day organization, Matter raises awareness about human activities' negative impacts on the environment and encourages people to adopt eco-friendly mobility.



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"Christians." Some early Christian communities attracted God-fearers, i.e. Greco-Roman sympathizers who made allegiance to Judaism but refused to convert, and God-fearers, i.e., Greco-Roman sympathizers who made allegiance to Judaism but refused to convert and therefore retained their Gentile (non-Jewish) status, who already visited Jewish synagogues.

Including Gentiles posed a problem, as they could not fully observe the Halakha. Saul of Tarsus, commonly known as Paul the Apostle, persecuted the early Jewish Christians, then converted and started his mission among the Gentiles. [46] The main concern of Paul's letters is the inclusion of Gentiles into God's New Covenant, which conveys that faith in Christ is sufficient for salvation. [46] [48][49] Because of this inclusion of Gentiles, early Christianity changed its character and gradually grew apart from Judaism during the first two centuries of the Christian Era. [46] The fourth-century church fathers Eusebius and Epiphanius of Salamis cite a tradition that before the destruction of Jerusalem in AD 70, the Jerusalem Christians had been warned to flee to Pella in the region of the Decapolis across the Jordan River.

The Gospels and New Testament epistles contain early creeds and hymns and accounts of the Passion, the empty tomb, and Resurrection appearances.[52] Early Christianity spread to pockets of believers among Aramaic-speaking peoples along the Mediterranean coast and the inland parts of the Roman Empire and beyond, into the Parthian Empire and the later Sasanian Empire, including Mesopotamia, was dominated at different times and to varying extents by these empires.

Ante-Nicene period

The ante-Nicene period (meaning "before Nicaea") was the period following the Apostolic Age down to the First Council of Nicaea in 325. By the beginning of the Nicene period, the Christian faith had spread throughout Western Europe and the Mediterranean Basin and to North Africa and the East. A more formal Church structure emerged from the early communities, and various Christian doctrines developed. Christianity grew apart from Judaism, creating its identity by an increasingly harsh rejection of Judaism and rejection of Judaism and Jewish practices.

Developing church structure

The number of Christians grew by approximately 40% per decade during the first and second centuries.[54] In the post-Apostolic church, a hierarchy of clergy gradually emerged as overseers of urban Christian populations took on the form of episkopoi (overseers, the origin of the terms bishop and episcopal) and presbyters (elders; the origin of the term priest) and then deacons (servants). But this emerged slowly and at different times in different locations. Clement, a 1st-century bishop of Rome, refers to the leaders of the Corinthian church in his epistle to Corinthians as bishops and presbyters interchangeably. The New Testament writers also use the terms overseer and elders interchangeably and as synonyms.



The Ultimate Cheatsheet for Critical Thinking

Want to exercise critical thinking skills? Ask these questions whenever you discover or discuss new information. These are broad and versatile questions that have limitless applications!



Who

- ... benefits from this?
- ... is this harmful to?
- ... makes decisions about this?
- ... is most directly affected?
- ... have you also heard discuss this?
- ... would be the best person to consult?
- ... will be the key people in this?
- ... deserves recognition for this?

What

- ... are the strengths/weaknesses?
- ... is another perspective?
- ... is another alternative?
- ... would be a counter-argument?
- ... is the best/worst case scenario?
- ... is most/least important?
- ... can we do to make a positive change?
- ... is getting in the way of our action?

Where

- ... would we see this in the real world?
- ... are there similar concepts/situations?
- ... is there the most need for this?
- ... in the world would this be a problem?
- ... can we get more information?
- ... do we go for help with this?
- ... will this idea take us?
- ... are the areas for improvement?

When

- ... is this acceptable/unacceptable?
- ... would this benefit our society?
- ... would this cause a problem?
- ... is the best time to take action?
- ... will we know we've succeeded?
- ... has this played a part in our history?
- ... can we expect this to change?
- ... should we ask for help with this?

Why

- ... is this a problem/challenge?
- ... is it relevant to me/others?
- ... is this the best/worst scenario?
- ... are people influenced by this?
- ... should people know about this?
- ... has it been this way for so long?
- ... have we allowed this to happen?
- ... is there a need for this today?

How

- ... is this similar to _____?
- ... does this disrupt things?
- ... do we know the truth about this?
- ... will we approach this safely?
- ... does this benefit us/others?
- ... does this harm us/others?
- ... do we see this in the future?
- ... can we change this for our good?

globaldigitalcitizen.org

Lagging Behind?

It's Not Too Late to Plan for the Remainder of the Year:

Whether it's a national observance or a day to celebrate your staff, being prepared is critical to your success. Make sure to add special days of personal celebration or special recognition

April 2023

Financial Literacy Month >>Learn More National Give a Life Awareness Month

1st – April Fool's Day

7th - Good Friday

9TH - Easter Sunday

15th - Tax Day

22nd - Earth Day

26th - Administrative Professional's Day

27th - Take Our Sons and Daughters to Work Day

May 2023

Mental Health Month

4th - May the Forth Be With You Day

7th - Mother's Day

19th - Bike to Work Day

29th – Memorial Day (Banks Closed)*

June 2023

Safety month

14th – Flag Day

19th – Juneteenth National Independence Day

19th - Father's Day

20th - Juneteenth National Independence Day

Observed (Banks Closed)*

August 2023

International Peace Month Wellness Month

28th – ML King's I Have a Dream Speech

July 2023

National Parks Month

4th – Independence Day (Banks Closed)*

September 2023

Hispanic Heritage Month >>Learn More

4th - Labor Day (Banks Closed)*

11th - Patriot Day

23rd – First Day of Autumn

continued from page 18 Lagging Behind?

October 2023

Cybersecurity Awareness Month >>Learn More
National Breast Cancer Awareness Month
Oth Columbus Day (Papils Closed)*

9th – Columbus Day (Banks Closed)*
Online Banking Day

31st - Halloween

December 2023

3rd - Advent Begins

3rd – International Day of Those with Disabilities Day

24th - Christmas Eve

25th - Christmas Day (Banks Closed)*

31st - New Year's Eve (Banks Closed)*

November 2023

Career Development Month Native American Heritage Month

5th – Daylight Saving Time Ends

11th - Veterans Day (Banks Closed)*

23rd - Thanksgiving (Banks Closed)*

24th – Black Friday

25th - Small Business Saturday

27th – Cyber Monday

28th - Giving Tuesday

*observed by the Federal Reserve System

JULY

"In short, good leaders must have a certain capacity for thinking beyond polarities and tapping into full, embodied knowing (prayer). They have a tolerance for ambiguity (faith), an ability to hold creative tensions (hope), and an ability to care (love) beyond their own personal advantage."

Richard Rohr

Hugh's Favorite Recipes: Cornish Hen in Orange Sauce

RECIPE

Servings: 4-6

Prep Time: 10 Minutes Total Time: 90 Minutes

INGREDIENTS

- Glass of dry white wine
- Cornish Hens
- 1/4 cup melted unsalted butter
- 1 tsp salt
- 1/2 tsp pepper
- 3/4 cup orange juice
- 1/2 cup packed brown sugar
- 2 tsp maple syrup
- 1/2 cup Madeira wine or sherry
- 2 tsp lemon juice
- 1 tsp grated ginger
- 1 tsp mustard
- 1/4 tsp ground allspice
- 2 tsp cornstarch



DIRECTIONS

1. Pour a glass of dry wine to drink.

2.Heat oven to at 375°. Tie legs of each hen together; turn wing tips under backs. Place on a greased rack in a roasting pan. Brush with butter; sprinkle with salt and pepper. Bake, uncovered, for 1 hour.

3.Meanwhile, in a saucepan, combine the remaining ingredients; bring to a boil. Reduce heat; add the cornstarch dissolved in an equal amount of water, simmer, stir with a whisk uncovered, until thickened, 15 minutes. Spoon over hens two to three times as you bake the hens about 15 – 20 minutes longer until a thermometer reads 170°. 4.Serve with your favorite grain, potatoes, or side dish.

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