

# Christ Anglican Church

## The Solid Rock



Volume 03

August 2009

Issue 8

“**HOLY**,  
*Holy*  
**HOLY**  
is the  
**LORD**”

### The Vicar's View

Fr. Manny:

Leviticus is the main liturgical book of the OT. It gives detailed directions for divine worship as well as regulations for priests and for national and personal holiness. The overall theme of the book is summarized in the admonition from the Lord: BE HOLY BECAUSE I AM HOLY (19:2).

The last verses of Exodus describe the descent of the Glory of the Lord on the Tabernacle (Exod. 40:34-38). Man must bow down in worship when he encounters the revelation of God's glory. So it makes sense that the directives on how to worship God correctly should follow right after Exodus. The book describes the different kinds of sacrifices: holocaust, sin offering, guilt offering, peace offering. Here we find the rules for the consecration of levitical priests (chs. 8-10); the laws of purity what is clean and unclean (chs. 11-15); rules for the Day of Atonement (Yom Kippur) (ch. 16).

The Holiness Code (chs. 17-26) spells out many rules for the people to observe so that they may remain in ritual purity. "Holiness" has the meaning of otherness, distinctiveness, and separation from all the at is ordinary and profane. The last chapter deals with the laws governing release from vows.

The sacrifices of animals and cereals were intended to be external signs of the inner disposition of the heart. The purpose of all these rules is to produce and maintain a holy people who have a special relationship tot he All

Holy Lord God. The liturgical laws of Leviticus were provisional for the people of Israel until the final revelation that God made of himself in Christ Jesus. the Ten Commandments, however, are universal and so binding then and always on all men; the liturgical laws of Leviticus were abolished by the sacrificial death of Jesus on Calgary the true Lamb of God.

A knowledge of Leviticus is essential for a proper understanding of the book of Hebrews in the NT where the author describes the High Priesthood of Christ in terms of the tabernacle, Holy of Holies, and blood sacrifices.

In Christ,  
Fr Manny

### Table of Contents

<i>Vicar's View</i>	1
<i>August Scripture Readings</i>	2
<i>St. Brigid</i>	2
<i>Prayer List</i>	2 - 3
<i>Birthdays &amp; Anniversaries</i>	3
<i>Reminders</i>	3
<i>Parish Nurse</i>	4 - 6
<i>Youth Camp</i>	6 - 9
<i>Mailing Page</i>	10



**AUGUST**

**Sunday, August 2nd**

*Eighth Sunday After Trinity  
St. Peter the Apostle*

*Epistle: Acts 12:1 - 11 (BCP 244)*

*Gospel: St. Matthew 16:13 - 19 (BCP 244)*

**Sunday, August 9th**

*Ninth Sunday After Trinity*

*Epistle: I Cor. 10: 1 - 13 (BCP 201)*

*Gospel: St. Luke 15: 11 - 24 (BCP 201)*

**Sunday, August 16th**

*Tenth Sunday After Trinity*

*Epistle: I Cor. 12:1 - 11 (BCP 203)*

*Gospel: St. Luke 19:41 - 47 (BCP 204)*

**Sunday, August 23rd**

*Eleventh Sunday After Trinity*

*Epistle: I Cor. 15:1 - 11 (BCP 204)*

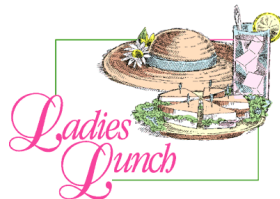
*Gospel: St. Luke 18:9 - 14 (BCP 205)*

**Sunday, August 30th**

*Twelfth Sunday After Trinity*

*Epistle: II Cor. 3:4 - 11 (BCP 206)*

*Gospel: St. Mark 7:31 - 37 (BCP 206)*



**St. Brigid's Luncheon**

The Bi-Monthly Luncheon for the members of St. Brigid's will be Wednesday, August 12<sup>th</sup> at 11:30am. We will meet at Carmichaels.

Please RSVP to Sarah by Aug. 10<sup>th</sup>

**Remember**

Every lady in Christ Anglican Church is a member of St. Brigid and is encouraged to come.



**T**HAT the Lord heal them of their infirmity, we pray especially for:

Roy Williams, Mark, Bonnie, Bryan, Gloria, Selene, Evelyn, Herbie, Mike, Stan, Ally, Bob, June, Jody, Carmen, Joan, Casper, John, Shirley, Dave, Joey, Cathryn, Sheila, Kris, Betty, George, Linda, Kay, Joseph, Karen, Mary Ann, Joanna Laurcey and Josephine Weinstein, Reinaldo Minaya,

Jose (Pepe) Ramirez, Esperanza Negron, Lisa's Stepfather, Susan & Randall Moring, Tom Williams,

Robert Spena & Adelaide Strickland.

**T**HAT the Lord tend to their several necessities, we pray for:

Brien, Rick & Sherry, Dianne and Steve, Tom and Carol, Thomas and Britney, Glen and Jocelyn Cardinal, Fr. Hartline and Family, Winnie, Daniel, Joelene and David (Little Seth parents), Patsy O'Conner, Joseph and Clair Coady, Ocala Palms, Ocala Fl Hosp.

**T**HAT the Lord bless those celebrating their birthday especially:  
Mary Cox & Diane Devine.

**T**HAT the Lord grant them rest eternal, we pray especially for:

Susan Dahl Buchanan, Doris Y. Buchanan, Little Seth, Manuel A. Otero, Cintrón & Ana L. Otero, Manuel and Francisca Carmona, Charo Ramirez de Tanabe, Cristian Orihuela, Gisela Cobos, Seth, John Hambleton, John Greene, Florence Buchanan Rutland.

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(Continued from page 2)

**T**HAT the Lord protect the Military Service Men and Women fighting this war and specially: Lance Corporal Anthony Cuesta

**T**HAT the Lord bless all those in faithful ministry.

**A**nd for all others who may need our prayers not mentioned in our prayer list.



**BIRTHDAYS:  
AUGUST:**

Mary Cox August 13th  
Diane Devine August 14th

**CARDS AND GIFTS  
FOR THE  
MILITARY**



Remember our **Support a Soldier** baskets in the Narthex. A list of needed items can be gotten from our announcement table in church.



We need volunteers for Coffee Hour !!!  
Remember to sign up.  
The Coffee Hour sign up sheet is on the bulletin board in the Parish Hall



Remember our **Baby Baskets** in the Narthex. A list of needed items can be gotten from Winnie Gooden.



Remember our **Salvation Army** basket in the Narthex. A list of needed items can be gotten from Fr. Manny.

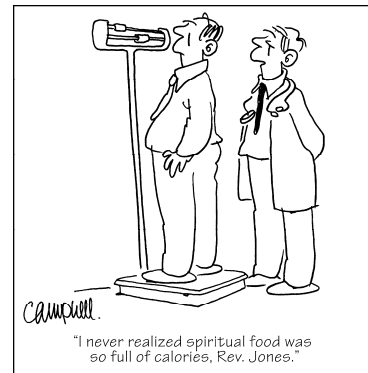


We need volunteers to write an article for the August Newsletter.

Articles needed are:

- Men's Group
- Women's Group
- Church Nurse
- Youth Camp
- Alter Guild

Please give your newsletter articles to Carol Williams





## Health tips concerning Health and the Economy

By the assistant Parish Nurse at Christ Anglican Church, Ocala, Florida  
Lisa Nickerson, RN, AS

People are looking to cut costs wherever possible out of necessity with the current economic situation. I pray for those who have lost their jobs, homes, and ability to provide for their family. Some families that didn't lose employment have had wage cuts, or their money just doesn't go as far as it used to, so they have to make sacrifices. I would like to offer some suggestions on healthy choices that will cut back on the grocery bill a little, eating out expenses, and without sacrificing your family's nutrition. I hope you find them helpful.

If you still are thinking of that Food Pyramid on the wall in school, please know that this has changed. Proteins, vegetables, and fruit should be a majority of our calories, with starches in lower quantities (anything white-flour, bread, rice, potatoes). The old Pyramid showed the **majority** of our calories coming from Grains, Rice, Breads. Thankfully the food industry is offering these starchy foods in the form of whole wheat, and even adding protein to them in some cases. Please, don't succumb to the typical Hamburger Helper style meal that is cheaper, but has a huge quantity of starch, and a few specks of meat, to make it go further. In the end your family will gain weight, increase their glycemic index (add more starches than the pancreas can comfortably process i.e. lead you on the path to Diabetes), and STILL BE HUNGRY an hour or so after the meal. Ever wonder why you are hungry an hour or two later, after having felt stuffed at the Chinese buffet? It's ALMOST ALL STARCH!! Protein is what makes you full, and stay full **longer**. You just have to take care to pick low fat proteins, and just splurge once in a while on the high fat ones.

I will give you some suggestions that will balance your food budget and your nutrition.

### Do's:

Make sure you have healthy cooking oils (Pam cooking spray, Olive Oil, Vegetable Oil), and throw out the Crisco. Keep Healthy butter substitutes. Smart Beat tastes great, and is actually Heart Healthy. It's worth splurging on.

Keep a couple bags of boneless, skinless, frozen chicken breasts in the freezer (the generic tastes the same as the name brand). Several pouches of water packed tuna fish-you can use Smart Beat Mayonnaise, and put it on whole wheat bread. Frozen fish-Salmon is very healthy. Buy Turkey Burger in large quantities, and divide it into **2 pound** ziplock bags to store in your freezer to make several meals you would normally use hamburger for. When buying noodles, look for **Barilla PLUS**-they have actually **added PROTEIN and Omega-3** to these **whole wheat** noodles (spaghetti, angel hair, elbow noodles, and even lasagna noodles are now available in this brand). Buy BROWN rice instead of white, and just add a chicken bouillon cube to it while cooking, to add flavor (this goes for the whole wheat pasta as well).

**Cut back on sugar**-Splenda now comes in a generic or large bag at Walmart, and it tastes like real sugar, and is made from real sugar, but the body doesn't absorb it like real sugar. This cuts out the extra calories, and you can bake with it. You can also make sugar free Ice Tea, and Sugar-free Koolaid with it, to cut out sugary drinks.

Low fat, sugar free puddings, and sugar-free Jello are great healthy snacks when you want something sweet. Instead of just Applesauce, they now have every fruit imaginable in an applesauce style cup-without added sugar! Generic Low-fat Vanilla Yogurt and Low-fat cottage cheese are excellent between meal protein packed snacks-yes I MIX the two together. You can have this mixture for breakfast and sprinkle some granola sparingly on

*(Continued on page 5)*

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the top. You can buy them in cost effective larger containers.

**Buy frozen generic vegetables in large bags.** This makes for quick prep, and they don't spoil. Also, frozen fruit, in the bag is always in my freezer. This can be a very cost effective way to make sure your family gets their daily servings of fruit in. And also, *save* on aggravation when you don't have to watch the *expensive* fresh fruit in the fruit bowl go to waste! Make a quick, delicious, **Smoothie** by adding the fruit to the yogurt, and a little lowfat milk, and a couple ice cubes-hit blend, and you can serve your family an on the go healthy breakfast in a cup that is fresh tasting and delicious. Boost it with a scoop of Protein Powder that Sams Club sells by the huge bag. This keeps your family feeling fuller longer, in a healthy way. Invest in some easy to clean, reusable water bottles. You can use them for smoothies on the go, or making sure you keep hydrated without buying bottled water-saves Mother Earth and your pocketbook!

**Don'ts:**

Avoid buying Ramon Noodles-they are high in salt, and have the same nutritional value as the package they come in.

Avoid Hamburger Helper type box meals that are mostly starch based

Avoid high salt lunch meats when possible

Avoid high salt canned vegetables-frozen are healthier

Avoid Tuna packed in oil, opt for water packed tuna when possible

Avoid high fat hamburger, even if it's "ON SALE"-opt for a large quantity of Turkey-burger and package it into ziplock servings that work with your family size.

**Meal suggestions:**

I always keep the huge bags of frozen chicken breasts in my freezer. When you look at your cupboards and think, "Old Mother Hubbard's Cupboard," you can make some amazing

meals if you have this on hand. Boneless, skinless, chicken breasts provides a source of low-fat protein, added to your meals. I place the pieces on a dinner plate and defrost them in the microwave, and slice the thick pieces in half, and cook them on the George Forman grill. Spraying the grill with Pam, and sprinkling "Italian Seasoning," Onion Powder, and Garlic Powder-flavors them so well. After this you have the option of slicing them in strips and putting them over Romaine Lettuce, and adding Ceasar Dressing for a restaraunt style **Chicken Ceasar Salad**. You can cook some brown rice, sautee some vegetables in olive oil seasoned with garlic, onion, and Italian seasonings, and serve this with your chicken breasts. You can dice it and put it in Spaghetti sauce, and serve it over your HEALTHY Barilla Spaghetti noodles. I call it "**Chicken Spaghetti**." Remember to go heavy on the chicken in your sauce, and try to have a little more chicken and sauce than noodles so you have lots of protein packed nutrition. Make healthy **Chicken Noodle Soup** with leftover chicken, using Barilla-Plus elbow macaroni, slice up carrots, and chopped green onion-outdo the store soups and pack yours full of chicken for nutrition.

I always cook a couple extra pieces, since you have taken time to defrost and fire up the George Forman! If you ziplock these, they are convenient, healthy, on the go lunch basics to have-already flavored up and grilled.

**Turkey Spaghetti:**

Turkeyburger makes great protein packed meat to go in Spaghetti sauce, and you hardly miss the fattening Hamburger. Again, heavy on the meat in the sauce is the key. You can make it healthy-with Turkey burger and Barilla Plus noodles (high in protein, fiber, and Omega-3 vitamins) for less than \$10 for a big family.

**Turkey Taco Salad:**

I also sautee Turkeyburger with a packet of Taco seasoning, then use it to top a plate of Romaine lettuce (the greener the lettuce the more nutrients-those 99 cent pale green

*(Continued on page 6)*

*(Continued from page 5)*

heads of lettuce have little to no nutritional value-and Romaine keeps longer). I add some generic Mexican cheese, baked Tostada chips crunched up, and some Salsa, and Low fat French dressing, and it is a restaurant style Taco salad. Remember, don't skimp on the meat, or you will be standing in front of your refrigerator at 11PM wondering what you can fix because you are STARVING!

It's a different mindset, not filling up on carbs to "fill your families bellies." Instead pumping up the healthy protein, and using frozen vegetables and fruits to keep your family healthy, and full.

I will post more of my healthy, quick, cost effective recipes upon request in the next issue. God bless you and your families.



**My first Youth Retreat year at Camp Treowth**

By Arrianna Rico

Christ Anglican Church, Ocala, Florida

First, I would like to thank the churches for raising money for my tuition to go to camp Treowth. This year's theme was "Transform" and I was truly transformed. I came back a new person. I grew spiritually, and I tried things I would never do.

Spiritually, we did activities to make us understand our religion better, like doing church sessions. Church sessions are like school sessions but learning about Jesus and God. We also did a game called Juggle Our Life. We had to pass a ball to someone and

remember that order and each time we added a ball. The object of the game was that life is like juggling masses of balls. We of course did masses. One on Sunday, and one on Thursday, and morning and evening prayer. I learned how to find my place for morning and evening prayers, using the Common Book of Prayer.

I did some new and exciting things at camp like I got to play paint ball, I climbed up on the high ropes, and did the catwalk-which was 40 feet in the air! I played Hillbilly Olympics. The Hillbilly Olympics is us doing a bunch of activities like we try and see which camper can spit a Skittle the farthest and see who could shoot a football through a swinging tire.

I had a fun time at camp, and hope to go next year. I missed my mom alot, but camp kept my mind off of her, and I had a great time. I made a friend, Emmie, who was very nice to me, and taught me how to find my way around camp. It wouldn't have been the same without her. I came home still singing the new songs we learned during "Praise and Worship." My favorite songs I learned were, "Your Mercy is Falling" and "Renagin Gin Gin Gung Ho Jesus". I got an award for being the most couragetest camper. I had a really great time at camp. I wonder what next year will bring? With much gratitude,  
Arrianna Rico



Arrianna - In My Paintball Gear

*(Continued on page 7)*

*(Continued from page 6)*



Getting Ready For The Climb.



Ging Down The Slide.



Our Designer Project.  
(Out Of Newspaper)

**C**amp this year, was a blast.. It was a shame that this year, not many people that came last year, were able to arrive.. still, we managed to have a load of fun. When we arrived, we unpacked and settled in, had mass and then just spent time with other people or just played pool, ping pong, or foosball.. The second day we all geared up and played paintball. Girls against boys, and like every other year the girls won in elimination, boys won in capture the flag.. Yours truly scoring the last point.. After that we all headed out for the showers and started teams.. Every year every team come up with skits to show to the rest of the camp on the last day before the bus arrives.. Then when we finished everyone headed for lights out, and a new day began. We headed out for the rope course, which we did only 2... The 25 ft. tall catwalk, and a 50ft tall zip line.. in all reality I have to say that the zip line kinda scared me.. especially since when you go down it feels like you drop instead of “zip” but it was a lot of fun. Same thing as the other day, we hit the showers(or at least I did) and went for skit practice, hung out with some friends and then hit bed. Then the next day we did something we never did before. We had to pick one person on our team, and have them be our “model” and have them go down the walkway. Thing was all we

*(Continued on page 8)*

*(Continued from page 7)*

had for our model was a bunch of newspaper and tape.. somehow, we worked with it and came up with a ballerina.. we sadly lost, but had a lot of fun with it.. Next day we did "Scene it" and then prepared for capture the flag.. That year was the fastest capture the flag game I had ever seen in my life.. as I recall it was less than 45 minutes long.. which others usually last about 2-4 hours.. my team won and then we did skit practice, and like every morning and night, we did morning and evening prayer. Sadly our last day had arrive and we went out to the campfire, sent our prayers to God, and I and a few other people stayed for praise and worship. Then next morning we packed everything on the bus, said our goodbyes and headed home.. It really was an amazing year, and I encourage anyone who wants to come, to join us.

Josh Otero



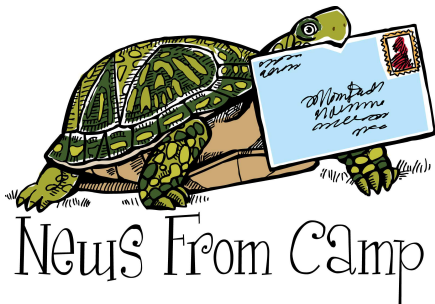
Falling In Trust.



Going Down The Slide.



Josh - In My Paintball Gear.



A Good Time.



The Kids At Camp



Sending Our Prayers To God.



Our Prayer Box.



Getting Ready for 2010



*Christ Anglican Church— The Solid Rock*

950 NW 70th Street (CR 326)

Ocala, FL 34475

**STAMP**

*A Catholic Church in the Anglican Tradition*

**Please Don't Throw Me Away Before Reading**

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   *Lisa Nickerson & Josh Otero*

**JULY 2009**  
**NEWSLETTER**

*The Solid Rock*

