



THE CORD

A Newsletter From St. Anthony's Guild

Dear Friend of St. Anthony,

With the Winter season behind us, we can now begin enjoy longer and warmer days. Many of us may begin to think about vacations and the ways we celebrate what is for some, the best season of the year. On June 13th, we will be celebrating the annual Feast Day of St. Anthony and thank him for his various intercessions for our needs.

In return for the good that we each desire, let's promise to live our lives as St. Anthony did—conforming our actions to the truths taught to us by the Church and by serving the poor and those in need. Let us be thankful for the wonderful things we have in our lives today. The Franciscan Friars will continue to pray for all of our St. Anthony Guild members and all of your needs each and every day.

Peace and Blessings for a Happy Feast of St. Anthony,

Fr. David Convertino, OFM

Executive Director of St. Anthony's Guild

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The Legend of St. Anthony's Bread

In modern times, "St. Anthony's Bread" is often associated with the donations collected for the poor in St. Anthony's name. However, the origin of this Franciscan-run charity program actually has something to do with the staple food for which it was named. One legend dates back to the year 1263, when a child drowned near the Paduan Basilica of St. Anthony during its construction. It is said, that a young mother, with a 20-month old son, left him alone in the kitchen for a few minutes. The young boy saw a tub of water and ended up head first in it. When the mother returned, her son was lifeless. The child's mother prayed to St. Anthony to bring her boy back to life. In return, she promised to give to the poor an amount of corn equal to the child's weight. When the child was miraculously revived, the mother made good on her promise and the poor were fed thereafter. The legend of St. Anthony's bread had begun.

The legend of St. Anthony's bread was furthered centuries later in the late 1800's. A French shop owner named Louise Bouffier of Toulon could not open the door to her shop, the lock appeared broken. She asked a locksmith to open the door without any force - but he could not, so he went to get his tools to break the door open. Louise prayed to St. Anthony and vowed that she would give bread to the poor if the locksmith could open the door without breaking it. Miraculously, when the locksmith returned, he tried the lock again and was easily able to open it. Louise then started the charity of giving loaves of bread to the poor people of Toulon in honor of St. Anthony.

In the spirit of giving bread to the poor on this upcoming feast day, below is a recipe for an Italian bread which can be shaped into individual loaves for you to pass out at church, among friends and family, or to the disadvantaged in your community.

Italian Mini-Loaves: Yield: 16

Ingredients:

3 cups flour, divide
2 packages active dry yeast
1 Teaspoon dried Italian seasoning
1 Teaspoon dried parsley flakes
1 1/4 cups 1% milk
1/4 cup water

2 Tablespoons butter or margarine
2 Tablespoons sugar
1 Teaspoon garlic salt
1 egg
3/4 cup grated parmesan cheese, divided
2 Tablespoons butter or margarine,
melted

INSTRUCTIONS:

In a large mixing bowl, combine 1 and a 1/2 cups of flour, yeast, Italian seasoning, and parsley flakes. In a saucepan, heat and stir the milk, water, butter, sugar, and garlic salt just until warm (120°-130°) and the butter almost melts. Add the milk mixture to flour mixture. Add the egg and beat with an electric mixer on low or medium speed for 30 seconds, scraping the bowl constantly. Beat on high speed for 3 more minutes. Using a wooden spoon, stir in 1/2 cup of the parmesan cheese and as much of the remaining flour as you can. Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth (3-5 minutes total). Shape the dough into a ball. Place it in a lightly greased bowl, turning once to grease the top and bottom surfaces. Cover and let rise in a warm place until doubled in size (about 45 minutes). Grease baking sheets or a 13" x 9" x 2" baking pan. Punch the dough down and turn it out onto a lightly floured surface. Divide the dough into 16 portions, shaping each into a round mini-loaf. Place mini-loaves on sheet or pan. Brush the tops with 2 tablespoons butter and sprinkle with remaining parmesan cheese. Cover and let rise in a warm place (about 15 minutes). Bake in a 375° oven for 20-25 minutes or until golden brown. Enjoy!



Test Your Knowledge of Saint Anthony of Padua

By Fr. Jack Wintz, OFM



Why do most churches have a statue of St. Anthony?

It is a tribute to the popularity of St. Anthony that you will find his statue in most churches. However, in newly constructed churches, this may not be the case, since there has been a new emphasis after Vatican II on the centrality of the altar. The Eucharist is the center of our faith life. If we are honest,

sometimes in the past there has been too much of an overemphasis on devotional practices and not enough on the liturgy itself. As always balance is the key.

Is there a statue of St. Anthony in the church you attend?

Of all the places where St. Anthony prayed, which was his favorite?

In the town of Camposampiero there was a hermitage built by a nobleman by the name of Count Tiso. Anthony asked the Count to construct a small hut in the branches of a large walnut tree. It was not far from a Franciscan community and

Anthony spent a good amount of time there towards the end of his life. That tree house was described as the place Anthony could find the connection between heaven and earth. Today there is a small chapel there called the Shrine of the Walnut Tree.

Where do you find a quiet place to reflect on your connection to God?



Recipe From a Friar

The following recipe is courtesy of Fr. Frank Sevola, OFM who is the Guardian of St. Anthony's Shrine in Boston, MA.

Chicken Thighs with Pancetta and Tomatoes: Serves 4

Ingredients:

3 Tablespoons Olive Oil
6 Ounces Diced Pancetta (Or Bacon)
8 Medium Sized Skinless Chicken Thighs
1 Medium Onion, Diced
4 Large Garlic Cloves, Peeled & Minced
1/2 cup Dry Red Wine
1 (400g) Can Diced Tomatoes
2 Tablespoons Tomato Paste

1 Cup Water
1 Teaspoon Chopped Rosemary
1 Teaspoon Chopped Thyme
Salt & Pepper to Taste
1/2 Teaspoon Red Hot Pepper Flakes (Optional)
1 Tablespoon Balsamic Vinegar
1 Pound Small Rigatoni (Optional)
Chopped Fresh Parsley for Garnish

INSTRUCTIONS:

In a large heavy skillet, heat the oil over medium heat and cook the pancetta until cooked through and lightly browned, about 5 minutes. Remove the pancetta to a plate, set aside, and brown the chicken thighs well on all sides, about 10 minutes. Remove the chicken to the plate and cook the onions until translucent and soft, stirring often, about 5 minutes. Add the garlic and cook just until fragrant. Add the wine, increase heat to medium high heat, and cook just until the wine is reduced by half. Add the tomatoes, tomato paste, water, rosemary, thyme, salt, pepper, and pepper flakes if using. Bring to a boil, then reduce to a simmer and return the chicken and pancetta to the pot. Cover the pan, and cook over low heat for 20 minutes, or until the sauce has thickened, adding additional water as needed if the sauce thickens too much. Taste the sauce, and adjust salt and pepper as needed. Stir in the balsamic vinegar and place the chicken on a platter. Top with the sauce, then sprinkle with the chopped fresh parsley. (Optional) In the meantime cook the rigatoni according to the instructions on the box and then serve the chicken thighs and the sauce over the rigatoni.



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