

# Cliff View Notes



Vol 3 No. 1 News and Notes For Cliffview Owners, Friends and Visitors March 2013



## EASTER



This year, the most important Holy day in the Christian year, Easter, is celebrated on the last day of March.

Easter culminates the celebration and observance of Easter or Holy Week. In the days preceding Easter, many Christian communities dedicate various days to observance and religious services. Palm Sunday begins Holy Week. Palm Sunday is celebrated the Sunday preceding Easter to celebrate Jesus' triumphant return to Jerusalem. This day probably developed from the Christian Passover, or Pascha which celebrated Jesus' crucifixion and His Resurrection. Originally, Pascha was observed on Sunday with a preparatory two day fast on the preceding Friday and Saturday. This two-day fast was extended to six days which are associated with Jesus last days before the Resurrection.

Monday and Tuesday of Holy Week are not major feast days. Monday of Holy Week is generally thought to be the day Jesus drove the moneychangers from the Temple. Jesus spent the rest of the Monday before the Passion preaching and healing. Tuesday is said to be the day the Pharisees tried to trap Jesus into making a blasphemous statement. On that same day He discoursed with the Disciples on the Mount of Olives. Wednesday is widely known as "Spy Wednesday", when Judas Iscariot agreed to show the place where Jesus could be captured.

Thursday of Holy Week, known as Maundy Thursday, is when it is believed the Last Supper, the Agony in the Garden and Jesus' arrest took place. The Maundy Thursday gift giving arose from the biblical account of Jesus washing the Disciple's feet at the Last Supper. Tenebrae, a Roman Catholic and Anglican Church service held on Maundy Thursday, is the extinguishing of the alter candles. This symbolizes the temporary victory of the forces of darkness. The alters are stripped and washed on this day. The alters are left bare until Holy Saturday. Because of this practice, Maundy Thursday is also known as Shere, Sheer or Chare Thursday from the Old English for clean.

The rite of Holy Eucharist or Communion is commemorated on Holy Thursday so the liturgy of the day is devoted to that sacrament. The Lord's Supper is widely celebrated on this day by Protestant denominations.

No one has yet decided where the name "Good Friday" came from. Some feel that "good" is a corruption of "God's" or "God's Friday". Others believe that "good" is correct and refers to the good derived from the gift of salvation from sin that was bestowed on men by Christ's sacrifice. Other names for this day are the Festival of the Crucifixion and the Day of Salvation. It was called Long Friday by the Anglo-Saxons.

Greeks know it as Holy or Great Friday. Holy Friday is the name used in France, Spain and Italy.

Most Christian churches observe the Three Hours, from noon to three. The theme of these services is the Seven Last Words of Christ. The seven times Jesus spoke from the cross. All seven utterances are not contained in a single Gospel, but are spread through the four Gospels. The seven are:

"Father forgive them for they know not what they do." (Luke 23:34).

"Truly I say to you, today you will be with me in Paradise." (Luke 23:43)

"Woman, behold, your son!...Behold, your Mother!" (John 19:26-27)

"My God, My God, why hast thou forsaken me?" (Matt 27:46; Mark 15:34)

"I Thirst." (John 19:28) and

"Father, into Thy hands I commit my spirit!" (Luke 23:46)

The custom of eating hot cross buns may be one of the oldest of the Good Friday customs. These sweet buns with a cross of white icing might have their origin in Egypt where small loaves marked with symbolic horns represented the goddess Isis. The Greeks associated cross-marked buns with Diana. The buns used by early Christians were unleavened, symbolic of Passover bread eaten by Jesus.

Holy Saturday is observed in the Roman Catholic, Eastern Orthodox and Anglican Churches. One of the ceremonies performed in the Catholic Church is the lighting of the Pascal Candle. Holy Saturday is called Easter Eve in the Anglican Church and is the traditional time for baptism services.



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## Cliff View Notes

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Cliffview Resort,  
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**Publisher**  
Jenny Ison

**Editor**  
Jerry Ison

**Contributors**  
Jenny Ison  
Ian Teal  
Sandy Teal  
Nancy Hamann  
Paul Hamann  
Buck Thorn  
Tina Siegley



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## Cookin' with Jenny — Irish Stew



This is the best known Irish dish. Originally made from male kid goats, that meat was later supplanted with mutton and eventually lamb. The delicate flavor of the lamb must be preserved throughout the preparation or you have just another stew. Every year, about this time,

reporters and food editors all over the world renew the old argument as to what is really the ingredients list for true Irish Stew. If one is to use the earliest source argument, a purist would have to use kid rather than lamb. I have seen recipes which call for barley and carrots in this stew, but the barley will overpower the lamb. The carrots, if fresh and sweet, may enhance the natural sweetness of the lamb so if you like, go ahead and add carrots. I wouldn't. Of course I wouldn't use onions either, but I'm including them to save the originality of this recipe. This recipe is one obtained by years, maybe decades, of researching, creating, tasting and eating gallons of so-called Irish Stew, prepared by hundreds of "experts". I feel that I have after all these years, found the one most authentic recipe for this oh so Gaelic dish. Without further ado, here it is.

2 Pounds best end of lamb neck  
 8 Medium Irish potatoes  
 3 Large Spanish onions  
 2 Tblspns chopped fresh parsley  
 1 Tblspn chopped fresh thyme  
 (1tspn dried thyme works too, but, well it's just not the same.)  
 salt and pepper  
 2 or more cups water (mineral or spring water adds a hint of the country)

Trim all fat from the meat. Leave bone in. Using a cleaver or heavy knife, cut the meat into 2 inch chunks.  
 Clean and slice potatoes, leaving skins on.

Using a large stew pot, begin by placing a layer of potato slices, followed by a layer of onion slices, then meat. Mix parsley, thyme and salt and pepper (to taste) and sprinkle mixture between layers. Continue until all is layered into the pot ending with a layer of potatoes on top. Add enough water to cover top layer. Cover and bring to a boil. Lower heat and simmer for at least two hours or until meat is very tender. Check frequently and add water, stirring as needed. Remember not get this stew too thin by adding too much water. Irish stew is thick and rich. Too much broth can spoil this stew.

## Michael Kelly's Sauce

Michael Kelly was a composer and orchestral conductor in the early 1800's. He also had a lot of parties and did most of the cooking himself. Some of his favorite dishes included crubeens (boiled pig's hind feet), calf's head, ox tongue and tripe. These were all served with an accompanying tureen of his pungent sauce. Today, this sauce is great over cold slices of ham or roast beef. Or a piece o' lamb plucked from the stew pot!



2 Tblspns malt vinegar  
 1 Tblspn (firmly packed) brown sugar  
 1 Tspn mustard powder  
 1 Heaping tspn freshly ground black pepper  
 1 Clove garlic, crushed & finely ground  
 1 Cup melted, unsalted butter

Blend all ingredients except butter. Just before time to serve, slowly add melted butter, stirring constantly to thoroughly blend. Serve while still warm. Keep sauce warm and available at the table. Serve meat with dark heavy breads for sponging up the run off!



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# Saint Patrick



The only definite thing to be said about St. Patrick's birth is that it wasn't in Ireland. In his *Confessions*, he names his birthplace, Bannavem Taberniae, but no one knows where that is. Or was.

The year of his birth is also in question. A.D. 373, 386, 395 or even early in the 5th century are some dates given. The year I choose to believe was his birth year is 388. That makes him exactly 1625 years old March 17, 2013. Enough reason (from an Irish viewpoint) to really get out and celebrate! Speaking of Irish reasoning, an Irish legend has it that St. Patrick lived to be the same age as Moses, 120 years. Considering the life expectancy at the time was about 35 years, if St. Patrick lived to 120, that would be miracle enough for sainthood.

Patrick's father was a clergyman and a government official in either the local village or provincial government. Much about his early life is especially difficult to discover. It appears that he was fairly well off as a youngster and may have been somewhat spoiled. He did not take formal education seriously, a thing he was to regret later in his life. He felt so inferior to his contemporaries that he called himself, "... a sinner, most unlearned..".

Patrick describes his capture when he was sixteen by Irish raiders. He was taken, presumably from Britain, to Ireland where he was sold as a slave to a chieftain. Patrick was given the job of tending herds of sheep. For six years, he guarded the sheep from wolves and robbers. He slept on the ground most of the time and lived a bleak life during those years as a slave. This desolation led to a spiritual awakening in Patrick. He began to experience dreams and visions he considered divinely inspired. During one of these dreams, a voice told him to travel to the coast where a ship awaited.

He eventually made his way to Gaul (France) where he studied at Lerins, a monastery founded by St. Honoratus. After being ordained a priest then bishop, Patrick returned to Ireland where he spent the rest of his life.

Patrick's deeds in Ireland are legendary. It is difficult to separate the real from the imaginative, but he did accomplish much. Many thousands of Irishmen were converted to Catholicism. He founded numerous churches, schools, one college and organized the Church in Ireland. Many of the stories of his feats seem to be a little more fantasy than fact. He had running battles with the Irish Druids, pagan priests and mystic rulers, until he could take it no more. In one story, the Druids built a big bonfire to celebrate the pagan Spring New Year. St. Patrick built his own fire in defiance of an order that no other fire be lit that night. Even the nine chariots sent against him were no match for the pugnacious saint. He was finally forced, in his own words, "to curse their fertile lands", so they became dreary bogs..... and, as a last resort, to curse the Druids themselves, so that, "the earth opened and swallowed them up."

Legend has it that St. Patrick burned snow to make a fire, an angel repaired his drum, Jesus gave Patrick a staff and God granted Patrick the right to judge the Irish at the final judgment.

St. Patrick is credited with driving all the snakes from Ireland. In the words of a favorite Irish song. "Nine hundred thousand reptiles blue he charmed with sweet discourses, And dined on them at Killaloe in soups and second courses." Biologists say snakes never were there in the first place.

We ask, "Who you gonna believe, a scientist... or a saint?"

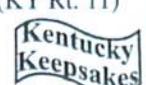


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