

A periodical written, edited, composed and printed by the teen Catholic Club of the St. Thomas Aquinas Catholic Homeschool Group, Louisville, KY.

How it all began

By Ian Berenson

November 2011

Volume I, Issue I



Agnes Grace: First Friday at Little Sisters of the Poor

As you are reading this newsletter, you may be wondering, "wow, when did the teens start doing this?" Well, I will tell you. It started 3 years ago in 2008, and that is where this articles story begins.

It was a gloomy dark and stormy night... actually, it was daytime, and, not all that gloomy. These are the times I would always be able to get my best ideas. I was online looking up some designers notes for a video game I enjoyed playing, and I saw something that I had never heard of before "Dragon*Con". "What in the world is this?" I was thinking, so I naturally did what most would do when they see something on the net they didn't know, "Viva la Wikipedia!!!" after 45 seconds of looking, I found out that this Dragon*con was a gaming/anime convention held in Indianapolis, Indiana every year. Next thing that goes through the mind of my 14 year old self? "I wana go!"

Unfortunately, it being \$65+ it was pretty much out of the question. I later on find out that I could go for free (not including travel and lodging fees) if I were part of the media. So I decided I will start a newspaper for this sole reason, and for the next 3 years I worked on getting the idea to pass in the homeschool group, and as this time passed, I started coming up with more that the newspaper could do and have.

Now look where we are, Issue #1 has finally arrived!!! Hope you have fun reading the upcoming issues of *Fist of God - Word of Truth*.

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Special points of interest:

- Explore forms of entertainment both new and old
- Answers to some questions you may have about the faith.
- Football the great American sport and some things you should know.
- Yummy cake recipe for your party needs.

What is a Vocation?

By Maggie Stromberg

What is a vocation? Well, by many standers, it's a call. But what does that mean? According to www.vocation.com, a vocation is what God has called you to do with your life. God said "Even before you were born, I knew you." But that doesn't mean you know that right away. How do you know what your vocation is? Does God just come to you and say "Hey man! Guess what, I want you to become the Pope!" Or "Hello little one, could you go and spend your life praying for all the sick and suffering in the world?" Some people do get the inspiration of the holy spirit just like that, but for most of us, it's hard to say what our call is. It takes lots time and prayer to figure out what God wants with our life. For some people it's the hard ship of raising a large family, and for some, serving the poor people of our world. But each person can basically be one of these: single, married, consecrated, religious or a priest. Most people know what these are, but if you would like to look more into it, please visit www.vocation.com for more information. At this link you can find more vocation stories, and what a vocation is according to the Catholic church.

Best Chocolate cake By Teresa Morris

3 cups of flour
1 2/3 cups sugar
1/2 cup shortening
3/4 cup water
3/4 cup buttermilk
1 tsp. baking soda
1 tsp vanilla
1/2 tsp. salt
1/2 tsp. baking powder
2 large eggs
4 ounces unsweetened baking chocolate
melted and cooled

1. Heat oven 350 degrees . Grease bottom and sides of pan (9 x 13).
2. Beat all ingredients with electric mixer on low speed 30 seconds , scraping bowl constantly . Beat on high speed 3 minutes , scraping bowl occasionally . Pour into pan.
3. Bake 40 to 45 minutes, or until toothpick inserted in center comes out clean .

Now I have a frosting recipe for cake :

Chocolate Buttercream Frosting
3 cups powdered sugar
1/3 cup margarine or butter .
1 1/2 tsp. vanilla
1 to 2 tbsp. milk

1. Mix powdered sugar and butter in medium bowl . Stir in vanilla and milk .
2. Beat until smooth and spreadable . Enjoy the recipes



Book Review

Plain Kate by Erin Bow

Reviewed by Ian Berendsen

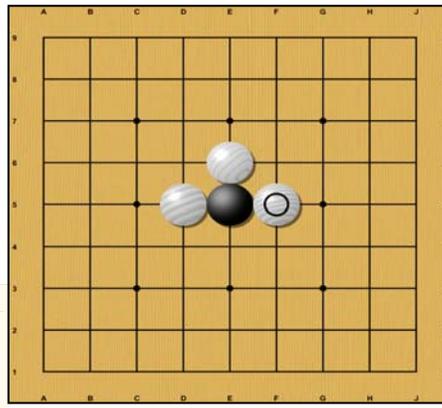


Set in a fictional world resembling the environment of the witch burning in Salem, Massachusetts, *Plain Kate*, starts off in the fictional town of Samilae. With her mother having died while giving her birth, Katerina Svetlana, commonly called Plain Kate, lived with her wood carver father, Piotr Svetlana. Kate is a gifted carver, and many would say “A person who could wield a knife as well as, in their eyes, halfway to a witch.” After Plain Kate’s father dies due to a sickness, Plain Kate is forced to live on her own, living off her carvings. Kate’s life takes a turn for the worst when a man with “Witch White” skin appears and forces her into a deal where she loses her shadow. Kate must now face many trials and dilemmas to re-obtain her shadow.

Plain Kate is an excellent book for the adventurous readers. The only potentially objectionable content is the dealing of Salem like witchcraft, and one mention of puberty, where Kate is traveling with gypsy like travelers, and one of their laws is that when any woman is bleeding, even when she is injured, she is forbidden to talk or interact with the males. I give *Plain Kate* a 4.7/5 for literature, and recommend it for teens on up.

Game of the Month

By Ian Berenson



Go, Igo, Weiqi, Baduk, are all names for the same game that was started in China over 4000 years ago, and was later perfected by the Japanese. The goal is simple; obtain more points by the end of the game.

I will be teaching you readers how to play this ancient oriental game of strategy over the coming issues of this newspaper.

What make Go exciting are all the battles for territory (i.e. Empty spaces completely surrounded by a player's stones), the basic rule to capture a player's playing piece, called stones, is to completely surround it, thus taking away its "life". It is commonly confused by new players that you must surround it, horizontally, vertically, **and** diagonally. Only the first 2 are true. Imagine it like this: each stone is a plant, and the lines are water ways for the fields. Water can only follow the lines. If you cut off all the water ways and leave no open areas between your pieces and your opponents, you kill off your opponent's "plant" by keeping it from having any water.

By capturing an opponent's piece you gain that piece to put in your "prisoners" area off the board. This is the lesson we will focus on today

If White's turn: What does white do? If Black's turn: How does Black live?

The answers for both questions are the same: E4... Should Black play there, Black will escape the imminent death that it faces. If White plays there it obtains 2 points, 1 for the capture of the black piece and another for obtaining a territory (completely surrounded empty area (s))

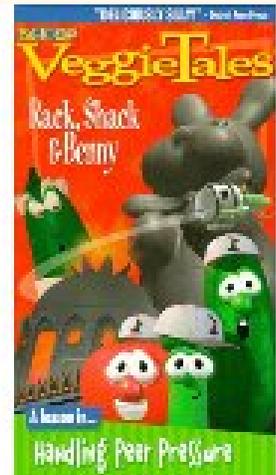
If you are interested in learning more about this game, please consider helping me start a Go club for our Homeschool group. Joining would be free with the exception of helping out to buy Go boards when needed. Email me at: ercbear@windstream.net if you're inter-

VeggieTales: Rack Shack and Benny review

By Andrew Kanotz

This month I am reviewing a classic VeggieTales which is also one of my favorites, Veggie Tales: Rack, Shack, and Benny. This Veggie Tales deals with the problem of peer pressure, which means feeling compelled to do something just because your friends are doing it. I like this movie because of how funny it is for all ages and how well it translates the tale of Shadrach, Meshach, and

Abednego into a light-hearted, music-filled story that captivates viewers of all ages. The amusement begins when Larry the Cucumber starts wearing an oven mitt on his head proclaiming that it's the new "it" thing in fashion. Larry can't see where he is going, however, and falls into the sink. Bob the Tomato then

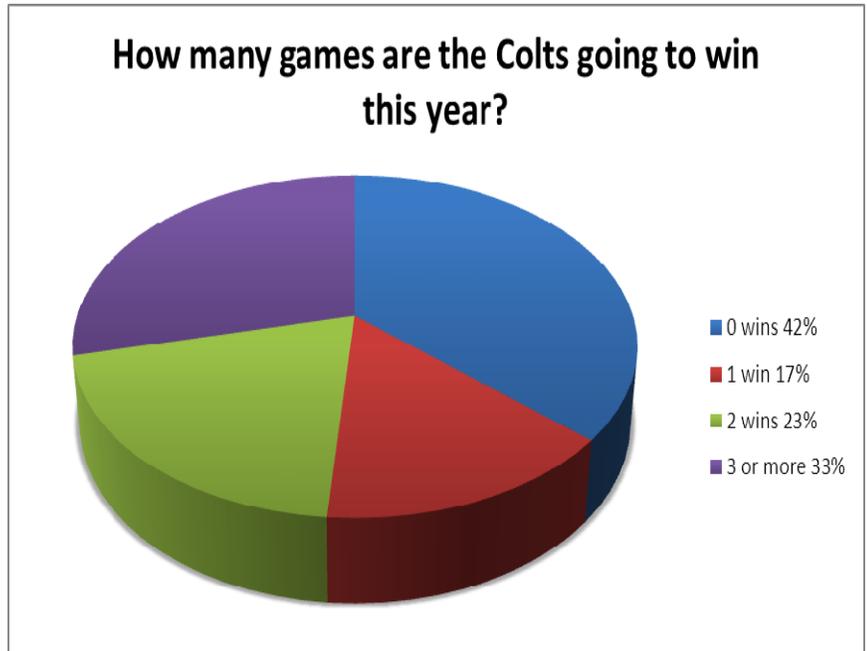


shares the story of Shadrach, Meshach, and Abednego from the Book of Daniel, but with a twist. The three boys, Rack, Shack, and Benny work in a chocolate bunny factory. One day, their boss unveils an enormous bunny idol which he expects all of his workers to bow before. Now Rack, Shack, and Benny know it is wrong to bow down to anyone or anything but God, but those who don't will be thrown into the fiery furnace. What will they do? Will they bow down to the bunny? Or will they be thrown into the fiery furnace? Watch Veggie Tales: Rack, Shack, and Benny to find out.

Can the Colts Win?

By Johann Pybus

Well I'll just put it this way, the Indianapolis Colts are having a terrible season. Mainly, because 2006 Super Bowl MVP and 4 time NFL MVP, Peyton Manning is injured for the season. So, this is what some of our guys and girls in the group have said about the Colts season.



Football Game Schedule

by Johann Pybus

NFL what2watch4 (all games are on Sunday)

Nov. 6: New England vs. NY Giants 4:15 p.m. on FOX

Nov. 7: Chicago vs. Philadelphia 8:30 p.m. ESPN

Nov. 13: Detroit vs. Chicago 1:00 p.m. on FOX

Nov 20: Dallas vs. Washington 1:00 p.m. FOX

Nov. 27: Buffalo vs. NY Jets 1:00 p.m. on CBS

Predictions:

Giants

Chicago

Detroit

Washington

Buffalo



Battlefield 3 Beta game review

By Ian Berendsen

Battlefield 3 is the most anticipated First-Person Shooter (FPS) of 2011. I have had the honor of playing in its open beta multiplayer for 3 weeks before its official release, and all I can say is, "Bring it on!!!"

Though it asks a lot of your computer to play on the high and ultra quality, those with not so strong computers will not be disappointed with the low and medium qualities. From the stunning graphics and realistic sounds to the destructible environment and the fast pace game play, you will never find yourself getting bored of this game. It is also available on console if your computer is not up to date. I give Battlefield 3 beta a 5/5 stars for the most addicting pre-release I've ever played, and I can't wait to play and review the full game.

Editor's Note: Beta content may not be representative of the final product. Game rated M for mature player discretion advised

The Doc's Office

Treating Your Doubts and Questions

No Need to Apologize By Dr. J.

George asks: What is apologetics? The word looks like it means you're apologizing for being Catholic.

Doc's Diagnosis: Nothing wrong. Just the common mistaking of something healthy for something unhealthy (I mean, c'mon, it's so easy to connect the two "A" words). To help resolve your problem, George, here are three guidelines.

1. **Know what it is-** First and foremost, "apologetics" does not mean saying, "Sorry I'm Catholic." The word is derived from the Greek word "apologia," which means "to give a defense." Thus, apologetics is the presenting of a reasoned defense of the Catholic Faith. It is nothing new; in fact, it has been around ever since Christianity began: "Always be prepared to make a defense to anyone who calls you to account for the hope that is in you, yet do it with gentleness and reverence." (1 Pet. 3:15)

2. **Use it for your health, and others'-** It is definitely necessary for a Catholic to know how to defend his Faith. Here are some ways to become a good apologist:



Baby Bunny saved by Teresa Morris from neighbor's cat



Monastery trip to EWTN. Photo by Johann Pybus

Fist Of God-Word of Truth

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St. Thomas Aquinas homeschool group

**If you would like to submit a puzzle/game/
picture or story idea, please contact**

stnprogres@aol.com.



**Pictures From the First Friday at Little Sisters
Of The Poor**

St. Francis Patron Saint of Catholic Action By Justin Pybus

Catholic Action??? What in blazing purgatory is that? To sum it up, Catholic Action is the active participation of the laity, under the guidance of the bishops and priests, in the Church's mission to spread the Gospel to every person in the world. But, whoa, wait a minute, what does St. Francis, the friend of wolves, birds, and other wild critters, have to do with all this? As a matter of fact, St. Francis' whole life was all about Catholic Action. It all began with God's famous words while he was praying in the St. Damian's Church: "Francis, repair my Church, which is falling into ruin." Francis interpreted "Church" as the dilapidated St. Damian's; however, he soon realized that God really wanted him to rebuild the Catholic Church, the Mystical Body of Christ, whose members were falling into heresy and sin.

And the Catholic Action began. Francis

and his Friars Minor (Little Brothers) traveled throughout Italy, and later throughout the world, preaching the Gospel of Christ to those who had fallen from it and exhorting sinners to repent. Probably his most heroic act was when he traveled all the way to North Africa, risking his life to convert the Moslem Sultan; he almost did, as the sultan himself commented, "If all Christians were like you, I would indeed become one." St. Francis also founded a tradition which inspires in the hearts of Christians the true Christmas spirit: the nativity scene. God showed how pleased He was of Francis' new devotion when the figure of Baby Jesus came alive in his arms. So, whenever we think about St. Francis, let us not only remember him as the lover of nature and animals, but also as the lover of the Church, whom he toiled to build up and heal