

# THE STORY OF MAMAS, *The Cheesemaker*

(FEAST DAY: SEPTEMBER 2)

**St. Mamas** was born in the third century to Christian parents, Theodotus and Rufina, who died shortly after his premature birth. He was adopted and raised as a Christian by a pious woman named Ammia. She sent him to study grammar, as he was a very intelligent boy, and at the age of fifteen already succeeded in converting many of his schoolmates to Christ.

Because this was illegal under the emperor Democritus, he was brought to trial where St. Mamas bravely underwent the interrogation and confessed not only his belief in Christ, but declared the pagan idol worship of the empire to be sheer foolishness. Enraged, the emperor tried to have him drowned, but Mamas fled into the wilderness where he lived by himself in prayer and fasting. Soon, the wild animals began to present themselves and gather during his prayers. Having no one else for company, Mamas read the Gospel to the wild goats and deer and they began to nourish him with their milk. He gathered enough milk from the animals to make cheese for any poor visitors who came his way, and it didn't take long for news of this unusual man to spread.

Soon, recognizing him to be the fugitive Christian, the emperor sent a group of soldiers to arrest him. Mamas appeared so simple that

the soldiers almost mistook him for a shepherd, but the saint invited them into his home, gave them some milk, and told them that he was indeed the man they were looking for, knowing full well the fate that surely awaited him. He made such an impression on the soldiers that they hated to arrest him, and trusted him when he told them that they could go on ahead, and that he would follow them into the city. They waited at the city gate for Mamas, and soon saw him approaching, accompanied by a lion. Bravely, he submitted to the authorities and underwent his martyrdom.

They threw him into a cage with wild beasts, but to everyone's surprise they soon befriended him. This enraged the pagan priest, who then mortally wounded Mamas with this trident. In a cave outside the city wall, Mamas gave his soul to God and was buried and soon after his death, his Christian friends who prayed for his intercession before God began to receive miracles in answer to their prayers!

Our saintly friend, Mamas understood that everyone, even those who do not have much, must share whatever they have in order to please God. Although he lived alone in the wilderness, St Mamas had a lot of milk on hand, so he used what he had and made cheese to give to those who came to visit him! *Let's make some cheese today, some to enjoy and some to share with our friends!*

*-Written by Lynne Wardach*

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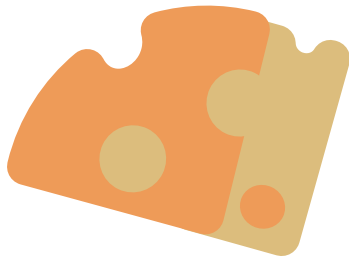


St. Mamas Cheese

## St. Mamas CHEESE

### What You'll Need:

- 1 gallon whole milk  
(raw milk works best, but NEVER use high-temp, ultra-pasteurized milk!)
- 1/2 cup lemon juice or vinegar
- 1 teaspoon salt



### Directions

Pour the milk into a saucepan and, over medium heat, bring the milk to a simmer, around 200°F, stirring it and occasionally, scraping the bottom of the pot to make sure the milk doesn't stick. When it comes to

temperature it will be steamy and frothy. Remove the milk from the heat and stir in the lemon juice. You should notice the milk begin to curdle; this is good. Cover the milk and let it stand for 10 minutes to give the acid time to completely separate the curds and whey. At the end of 10 minutes, if the curds don't

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