

Restore the Roots

Cultivating Your Domestic Church

A Liturgical Living Initiative of St. Joseph the Workman Cathedral, La Crosse, WI

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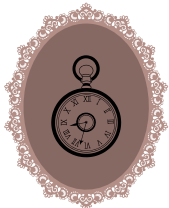
July

6 St. Maria Goretti



Maria Goretti was born into a poor Italian farming family in 1890. After her father's death, her mother and siblings worked in the fields while Maria worked at home. One day Alessandro, a neighbor, started making aggressively inappropriate advances toward her. She vehemently fought back against him. Enraged by this, he stabbed her 14 times. Just before Maria died she forgave Alessandro. She was 12 years old. Alessandro was caught and sentenced to 30 years in prison. He was unrepentant until one night when Maria appeared to him. She was in a garden giving him 14 lilies as a symbol of her forgiveness for him. This vision changed his life. He, along with Maria's mother and siblings, were present at her beatification, and he was a significant testifier in her cause for canonization. Her story is a strong example of how God's mercy is stronger than evil. Whom do you need to forgive today? Start by forgiving them in your heart in prayer with the meditation on page 3.

12 Sts. Louis and Zélie Martin



Sts. Louis & Zélie Martin, best known as the parents of St. Thérèse of Lisieux, the Little Flower, are the first married couple canonized at the same time in 2015, following beatification in 2008. Their lives were models of holiness. Louis hoped to enter religious life but was unsuccessful and turned to watchmaking. Zélie also aspired to religious life but discerned this was not God's will and became a lacemaker. The couple married in 1858 after a brief courtship and lived celibately until a confessor advised them to raise as many children as possible for God's glory. The couple had nine children with five daughters surviving infancy; all entered religious life, four as Carmelite nuns. Zélie died of breast cancer at 45 and Louis died 27 years later after much suffering including a three year psychiatric hospitalization. They are the patron saints of marriage, parenting and widowers. Make some lace cookies on page 3 for a special treat today.

21 Start novena for Bl. Solanus Casey



One of our previously featured blessed is coming up! Prepare by reading page four and praying the novena each day from the 21 to the 30th! Bl. Solanus, pray for us!

30 St. Peter Chrysologus



St. Peter Chrysologus was an adult convert to Christianity, becoming a priest, then bishop in 433. As bishop, Peter was diligent in tending to those under his spiritual care, encouraging them to receive the Eucharist frequently and remain committed to the Blessed Virgin Mary for fortification against Paganism and heretical threats. Peter's homilies, which were short, but meaningful, provided explanations of the Gospels and Catholic teaching to further sustain the faithful. For his preaching prowess, Peter was given the surname Chrysologus, meaning Golden-tongued and in 1729, he was named a Doctor of the Church. St. Peter Chrysologus is invoked against fevers and rabid dogs; orders of preachers and homilists. On this day, offer prayers for the homilists in your life that God would continue to bless them and inspire them to preach faithful messages.

Traditional Monthly Devotion: Most Precious Blood of Jesus



The Fourth Lateran Council

The Fourth Lateran Council is considered the most substantial and important council of the Middle Ages and the high point of the Medieval Church. Many of its decrees form the basis for practices and articulations of the faith that we take for granted today. Pope Innocent III called the council in 1213, and although it did not open until November 1215, allowing priests, religious, and civil authorities from around Europe to participate. Innocent, reigning from the age of 37 until his death at 55 in 1216, was one of the most charismatic and influential figures in church history. He dedicated his life to church reform, combating heresies, and seeking to regain the Holy Land.

Lateran IV met for three sessions in November. Reform, the heresies of the day, and the Holy Land were discussed, although politics were also involved. Innocent had excommunicated Emperor Otto IV, (whom he had previously crowned) and declared Frederick II Holy Roman Emperor. Some bishops continued to back Otto IV, and a dispute broke out during the second session, creating lasting tensions amongst the members. Religious matters still shone through in the constitutions from the Council, and Innocent himself had a heavy hand in drafting them.

The 71 constitutions can be divided in various ways, but working numerically: The first is a profession of faith, based upon the Nicene Creed and focuses concisely and strongly on the Trinity: The Father is from none, the Son from the Father alone, and the Holy Spirit from both equally, eternally without beginning or end; the Father generating, the Son being born, and the Holy Spirit proceeding; consubstantial and coequal, co-omnipotent and coeternal; one principle of all things, creator of all things invisible and visible.

The second and third constitutions refute heresies. Most pressing was a charismatic apocalyptic priest and founder of a religious order, Joachim of Fiore, who posited a fourth person of the Trinity (he said the shared essence amounted to a fourth person). And the Albigensian or Cathar heresy which taught that the human body and all other material substances were evil.

The next section treats church discipline and moral reform among the clergy. Importantly, it also requires the faithful to go to confession at least once a year and receive the Eucharist at least at Easter, refining the doctrine of transubstantiation, commands doctors (physicians of body) to call for a priest (physicians of soul) when a patient is in danger of death, and prohibited new religious orders, since the rampant proliferation of orders was spreading doctrinal confusion.

The constitutions then treat more practical matters like bishop elections, benefices, taxes, marriage, tithing, simony, and usury it also forbids church officials from holding an office where they would have to condemn persons to death. It ends by preaching a crusade to the Holy Land, which was never carried out on account of Innocent's death.

Innocent III and Lateran IV are often cited for their harsh treatment of Jews. Innocent was certainly firm that Christ fulfilled the Old Law, and several constitutions reflect his firmness, including the condemnation of the anti-Christian practice of usury, decreeing against a Jewish convert's continued use of old rites and prohibiting Jews from holding public office in the Papal States. As he aimed to preserve and strengthen the Christian mission, elsewhere he also rightly wrote against the violent coercion of a Jews and Muslims (or anyone for that matter) into conversion.

While Innocent's early death may have limited the carrying out of Lateran IV's reforms, it remains pivotal for the faith we have inherited 800 years later. And can be seen as a high point in the history of the church.

Why not read the constitutions for yourself? Each one is not long and some are very relevant still today.

Try the first one!



<https://www.papalencyclicals.net/councils/ecum12-2.htm#1>



Lace cookies for Zélie and Louis Martin

JULY 12

St. Zélie was a wife, mother and lacemaker. Honor the feast day today by making lace cookies. And don't forget to watch them closely so they don't burn - a tribute to watchmaker, St. Louis!!

- 1 ½ cups whole raw almonds
- ½ cup unsalted butter
- ¾ cup light brown sugar
- ¼ cup honey
- ½ teaspoon vanilla extract
- 1 pinch salt
- 3 tablespoons all-purpose flour

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment.
2. Place almonds into the bowl of a food processor; alternate pulsing and running at full speed every few seconds until finely chopped and crumblike. Be careful not to go too far; you don't want them too fine and pasty.
3. Combine butter, brown sugar, and honey in a saucepan over medium heat. Stir a few times and cook until melted and dissolved. Bring to a boil, then carefully remove from the heat.
4. Add vanilla extract, salt, and flour, and whisk until smooth. Add chopped almonds and mix with a spatula until everything is combined.
5. Drop eight uniformly sized, rounded spoonfuls of batter (each about 2 teaspoons, or 15 grams) onto the prepared sheet. Fine-tune the cookie shapes and make sure they are evenly spaced.
6. Place in the center of the preheated oven and bake until golden brown and a bit darker around the outsides, 10 to 12 minutes, rotating the pan halfway through. Watch carefully because your oven may cook hotter and they may be done earlier!
7. Remove from the oven and slide the silicone liner off the baking sheet and directly onto the countertop. Allow to sit until cool and crisp, 3 to 5 minutes, then gently peel cookies off the liner. Repeat to bake remaining batches.

*adapted from King Arthur baking



Indulgence Alert!



A partial indulgence is granted to the faithful who devoutly recite the Litany of the Most Precious Blood. This would be a perfect way to honor the monthly devotion to the Most Precious Blood! Find the Litany here:



JULY 6

Forgiveness Meditation



Unforgiveness often becomes a barrier to experiencing God's grace and peace. Holding onto resentment, anger, or the desire for revenge weighs heavily on the heart and can damage relationships with God and others. Jesus repeatedly teaches that those who receive God's mercy are called to extend mercy in return. We are called to forgive like St. Maria Goretti. This forgiveness meditation by Sr. Miriam James Heidland is a profound tool to help you work through the pain in your life inflicted by others.



JULY 30

St. Peter Chrysologus' short Homilies



On YouTube you can listen to one of St. Peter's sermons. (Search Christ Calms The Storm: A Short Homily by St. Peter Chrysologus) It's amazing that though it was written in the 5th century the message is still very relevant today. I guess that's the wonder of the Living Word!

If you are looking for more homilies by St. Peter Chrysologus, try the book "Fathers of the Church: A New Translation" which contains 72 of St. Peter's relatively short homilies. From the publisher's descriptions: "The imagery that he employs indicates how attuned he was to the experiences of his congregation, how enamored he was of the beauty of the countryside or seashore, and how thoroughly imbued he was with the letter and the spirit of the Scriptures." A worthy read, indeed! Find the book on the Catholic University of America Press website, cuapress.org

Editors: Msgr. Richard Gilles and Natalie Elskamp
Special thanks to all the contributing writers and proofreaders.

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Local Devotion: Blessed Solanus Casey



Recently, Bishop Battersby has encouraged our priests to promote devotion to our local servants of God, venerables and blessed. Our feast days we know and love now, come from devotion of the faithful in years past. Saints become known saints through miracles sought by the faithful! So let's revisit one of our local blessed this year with new fervor!

Blessed Solanus Casey was born on November 25, 1870, near Oak Grove, Wisconsin, and belonged to St. Mary's Parish in Big River, in our diocese. At age 21, he entered St. Francis de Sales Seminary in Milwaukee, but was encouraged to join a religious order instead. He became a Capuchin friar in Detroit, taking the name Solanus, and was ordained in 1904 as a "Simplex Priest." For 20 years in New York he served as a porter, welcoming and counseling countless visitors. Known for his deep faith and his encouragement to "thank God ahead of time," he became associated with many remarkable healings. He died in Detroit on July 31, 1957, and was beatified in 2017. Blessed Solanus reminds us that ordinary people can become saints through extraordinary faithfulness.

Ask for Bl. Solanus Casey's intercession daily and pray for his canonization! This novena was released last year by the Capuchins and would be excellent to say at any time of the year for specific intentions but would also be a wonderful way to lead up to his feast day on July 30. Start July 21!

NOVENA & LITANY OF BLESSED SOLANUS CASEY

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: O Blessed Solanus, Patron of the sick and the poor! By your word and deed, you followed Christ, who said, "Amen, I say to you, whatever you did for one of these least brothers or sisters of mine, you did for me." (Mt 25:40). O Blessed Porter of Divine Graces, you welcomed, consoled, listened to, and prayed for the numerous sick and the poor, and obtained the miracles of God for them. Impoverished by the ailments of my body, mind, and spirit, I come to you seeking the healing God desires for me.

All: Father Solanus, trusting in the power of your intercession, we pray to you for...

Day 1...those who feel lost or insignificant, that they may find their true worth in the kingdom of heaven.

Day 2...those who grieve. Console them and turn their sorrow into hope.

Day 3...ourselves. Teach us humility and gentleness, that we may treat each other with respect and kindness.

Day 4...ourselves. Fill us with a desire for justice and guide us to act according to your will.

Day 5...ourselves. Help us to be compassionate, and to forgive others as we have been forgiven.

Day 6...ourselves. Purify our hearts, that we may see you in all things.

Day 7...ourselves. Make us instruments of your peace, and help us to reconcile with one another.

Day 8...those who suffer for their faith. Give them strength and grant them the courage to stand firm in the face of adversity.

Day 9...those in need of healing. Strengthen their faith in God's healing power, that they may experience restoration of mind, body, and soul and give glory to God.

All: We humbly ask that you present our petition to God, trusting in His divine will and mercy. Amen

Litany of Blessed Solanus Casey

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

Christ hear us, **Christ graciously hear us.**

Blessed Solanus, lover of Jesus and Mary, **Pray for us.**

Blessed Solanus, follower of Francis of Assisi, **Pray for us.**

Blessed Solanus, comfort for the sick and the poor, **Pray for us.**

Blessed Solanus, model of meekness and humility, **Pray for us.**

Blessed Solanus, example of trust in God's love, **Pray for us.**

Lamb of God, who takes away the sins of the world...

Spare us, O Lord.

Lamb of God, who takes away the sins of the world...

Graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world...

Have mercy on us.

Prayer for the Canonization of Blessed Solanus Casey

O God, I adore You. I give myself to You. May I be the person You want me to be, and May Your will be done in my life today.

I thank You for the gifts You gave Father Solanus. If it is Your Will, bless us with the Canonization of Father Solanus so that others may imitate and carry on his love for all the poor and suffering of our world.

As he joyfully accepted Your divine plans, I ask You, according to Your Will, to hear my prayer for... (your intention) through Jesus Christ our Lord. Amen.

"Blessed be God in all His Designs."

Leader: Pray for us Blessed Solanus Casey...

All: That we may be made worthy of the promises of Christ.

Leader: Let us pray. O God, we give you thanks for all the ways Your holiness shines forth in the humble life of our Capuchin Brother, Blessed Solanus Casey. Help us not to simply admire him, but to learn from him, so we too may become like him. Open us to all the graces You are giving to us on our earthly pilgrimage, as we place our prayer through Christ our Lord. **Amen.**