

Restore the Roots

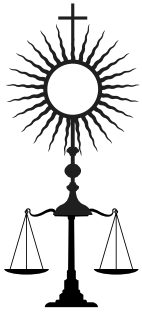
Cultivating Your Domestic Church

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

Vol. 3 No. 3

August

1 St. Alphonsus Liguori



St. Alphonsus, an Italian who was proficient in canon and civil law by the age of 16. He left the practice of law to become a priest whose mission was to bring back simplicity and kindness; meaning he focused on the practicals of the faith rather than the abstracts. In the 1700's he founded the Redemptorist Congregation, a group of priests who served the rural areas and dedicated themselves to imitating Christ here on earth. At the age of 66 he became a bishop. He later struggled with rheumatoid arthritis and betrayal by some of his Redemptorists. He found great strength in the Eucharist during his times of suffering. St Alphonsus has two famous writings: *The Glories of Mary* and *Visits to the Blessed Sacrament*. He is the patron saint of those suffering from arthritis. To honor his feast day, commit to doing an examination of conscience and going to confession. Afterwards, treat yourself to an Italian pastry, such as a cannoli or tiramisu!

14 St. Maximilian Kolbe



St. Maximilian Kolbe was born in Poland in 1894. At a young age, the Virgin Mary appeared to him. From then on, he spent his life promoting devotion to her. He joined the Conventual Franciscans by 16 and lived much of his priesthood fighting for unity in the Church, establishing monasteries in Japan and India, and founding a publishing house. During the occupation of Poland in WWII, he set up a temporary hospital, housed refugees, and published anti-Nazi writings. He was arrested and sent to Auschwitz in 1941, where he received severe punishments for his priesthood. Many witnessed his encouraging, peaceful demeanor in the camp. Two months into his imprisonment, he volunteered to take the place of a man who was sentenced to death. He died on August 14th. Listen to the podcast suggestions on page 3 and pray for those who oppose and oppress the Catholic faith.

15 Solemnity of the Assumption



Go to Mass and bring herbs with you to be blessed. No blessing at the Mass you attend? No problem! Ask any priest to bless them! See page 3.

21 St. Pius X



St Pius X was an Italian pope born into poverty, who showed deep piety and intelligence from a young age. He walked several miles each day to attend school and eventually entered the seminary, becoming a priest at 23. Known for his humility and pastoral heart, he focused on teaching the faith simply and clearly, especially to children and the poor. As pope in the early 1900s, he encouraged frequent reception of the Eucharist and lowered the age for First Communion. He famously said, "To restore all things in Christ," which became the motto of his papacy. Pius X reformed church music, promoted the sacred liturgy, and opposed modernist errors that threatened Church teaching. He lived a life of personal holiness and died in 1914. To honor his feast day, attend daily Mass or go to adoration - and afterwards, enjoy a rustic Italian dish like risotto or minestrone. As the patron saint of pilgrimages, go on or plan a pilgrimage today, it doesn't have to be elaborate or far away. Just remember to invoke his intercession! See page 4.

Traditional Monthly Devotion: *The Blessed Sacrament*

Happy Solemnities!

Last month we highlighted the Holy Days of Obligation. This month, we would like to share names of the other Solemnities in the Church's calendar and highlight a few. In addition to every Sunday and the ten days mentioned last month, the Church celebrates with highest solemnity the Annunciation on March 25, the Most Sacred Heart of Jesus on the Friday after Corpus Christi Sunday, the Nativity of Saint John the Baptist on June 24, and each of the days of the Easter Octave. A few special Solemnities always fall on a Sunday: Pentecost, Trinity Sunday, and the Solemnity of Christ the King.

When we think, act, and celebrate with the mind of the Church, we are conformed to Christ, learn the history of our salvation, and become most fully alive. The bad news? We have sinned, we are cut off from communion with God. This we recall throughout Lent, leading to Christ's Passion, Death, and Resurrection. The good news? With Gabriel's Annunciation to Mary, salvation enters the world. Christ's coming is announced by the prophets and by Saint John the Baptist. The God-man is born on Christmas day, born to a sinless Virgin (Immaculate Conception), raised by Saint Joseph, lives among us, dies but rises to new life and gives us new life on Easter morning. He Ascends into heaven but sends us his Holy Spirit at Pentecost. This gives us the strength to follow in the footsteps of Saints Peter and Paul, preaching the good news of our salvation to the nations and even suffering death for the name of Christ. All this is to bring us to participate in the life and love of the Trinity, which we will praise in heaven together with All the Saints, glorifying Christ who sits as King of the Universe.

On these days, we have great reason for joy. Let our actions be in accord with such festivity! Let us worship God, serve the poor, enjoy family, and bake a cake. For God has visited His people. And by living liturgically, we remember and make present again His saving work until He visits us anew.

Solemnities are not for being solemn!

Solemnities offer the easiest entry point to liturgical living for anyone looking to start. Since the Solemnities are the biggest feast days on the

Church calendar, these are the days worth pulling out all the stops and having special meals, parties, traditions or outings each year. Listed here are the solemnities with special ways to celebrate each day. (Put them in your calendar right now and make a point to do something special for each one this next year. We've removed Christmas and Easter from this list because although they are solemnities, usually there's already celebrations planned for them!)

Assumption of Mary - Aug. 15

Get herbs blessed. Eat an "herb heavy" meal or make a dessert with herbs.

All Saints Day - Nov. 1

Pick a saint for the next year. Dress up like a saint (kids). Recite your own litany of saints.

Christ the King - Moveable (Nov. 23, '25)

Have a regal feast or eat chicken ala king. Recite the Te Deum.

Immaculate Conception of Mary - Dec. 8

Eat white foods. Sing Immaculate Mary.

Mary, the Holy Mother of God - Jan. 1

Say/sing Veni Creator Spiritus. Host people in your home for dinner or a party.

Epiphany of the Lord - Moveable (Jan. 6, '26)

Bless home with chalk inscription. Eat King cake.

Saint Joseph - March 19

Eat pasta and bread. "Make" a St. Joseph's table.

Annunciation of the Lord - Mar. 25

Have waffles for breakfast or dinner. Say a rosary.

Ascension of the Lord - Moveable (May 14, '26)

Eat cloudlike foods. Hike/go to the highest point.

Pentecost - Moveable (May 24, '26)

Pick gifts and fruits of the Spirit. Do the novena leading up to Pentecost. Have a bonfire!

Most Holy Trinity - Moveable (May 31, '26)

Have tres leches cake, Neapolitan ice cream, tri-colored pasta or pretzels.

Corpus Christi - Moveable (June 4, '26)

Participate in a local procession. Bake/eat bread.

Sacred Heart of Jesus-Moveable (June 12, '26)

Consecrate your home to the Sacred Heart, have a strawberry dessert.

Nativity of John the Baptist - June 24

Have a bonfire (invite a priest for blessing it!) Eat grasshoppers (ice cream) or honey desserts.

Saints Peter and Paul - June 28

Have a fish dinner. Say the Angelus.

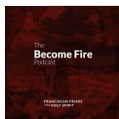
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St. Maximillian



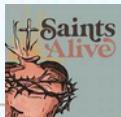
After receiving a vision of Mary as a young boy, St. Maximillian's life was dedicated to being a servant of Mary. He was tireless in his efforts to spread the devotion to the Sacred Heart of Jesus and to convert sinners, particularly Freemasons.

Often times, when we hear things that are contrary to the faith or see injustices, we have something stir within us. Many times these are strong reactions. We can look to this steadfast and joyful saint for guidance. When he was confronted with the Freemasons spreading anticatholic pamphlets, he simply prayed for them: "Oh Mary, conceived without sin, pray for us who have recourse to Thee, and for all those who do not have recourse to Thee, especially the Masons and all those recommended to Thee." We can do the same or similar when we are moved to anger, frustration, or sadness.



Hear about St. Maximillian and more ideas of how to live like him, like the one above, on the "Become Fire" podcast, season 1 episode 7.

Saints Alive has two radio-drama episodes on the life of St. Maximillian, suitable for older children and adults alike. (Due to the content of him being in Auschwitz, it is recommended for ages 7+.)



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Bring herbs to Mass to get blessed on the Solemnity of the the Assumption!



After they are blessed, you can use them in a meal immediately or you can dry them and put them in a vase near a statue of Mary or in your prayer space. Then, throughout the year, as was custom for so many centuries, when someone is sick or injured, put some of those herbs in their food or drink. Place them (or yourself) under Mary's Mantle and trust that she will take care of you and bring your needs to Jesus Himself. You can also ask for Mary's protection from any harm during storms by burning some of the herbs in a fire. (If the Mass you go to doesn't bless herbs, just ask a priest to bless them!)

The Real Presence

To focus on this month's devotion of the Real Presence of Jesus in the the Blessed Sacrament, we recommend the book "Giorgio's Miracle". Written locally by the mother of a priest in the Diocese of La Crosse, the children's novel highlights the Eucharistic Miracle of Turin, Italy in 1453 where a stolen Monstrance with a consecrated host levitated above the town! The miracle is incredible and the story is good for the whole family.



*"If you desire to find Him immediately,
see - He is quite close to you.*

*Tell Him what you desire, for it is to console you and
grant your prayer that He remains in the tabernacle."*

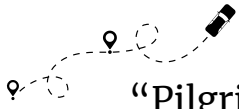
- St. Alphonsus

HELP WANTED!

Do you love to write?
Passionate about liturgical living?
Have a teaching or knowledge charism?
Want to help from home in your spare time?

Restore the Roots is now in over 30 churches in 3 dioceses. We are all volunteers and are seeking a few more helping hands on our team! We are in need of writers, creative ideas, and help with planning, coordination, layout and design. The time commitment is small. If you love reading Restore the Roots each month and would like to help in anyway, email Natalie at
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Editors: Msgr. Richard Gilles and Natalie Elskamp
Special thanks to all the contributing writers.
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Want to bring Restore the Roots to your parish?
Email us! RestoretheRootsLAX@gmail.com



Hit the (Catholic) Road!



“Pilgrimages are vital for a Christian’s life of faith” – Pope Leo XIV

In honor of St. Pius X, our highlighted saint this month, why not plan a pilgrimage? There’s still time left in summer and the beauty of the fall is just around the corner. In this Jubilee Year, this is a perfect opportunity to soak up all those graces! But why go on a pilgrimage anyway? A pilgrimage is a journey to a holy or sacred site that seeks to encounter God and transform you in the process. It’s not a vacation. One seeks change and renewal not comfort and entertainment. While The Holy Land and Rome are often first thought of as pilgrimage sites, they are not the only ones and there are many other options that don’t even require leaving the State! We have three “big” Marian Shrines that find their way to the top of Wisconsin (and even national) pilgrimage lists. They are; The National Shrine of Our Lady of Champion, Holy Hill and The Shrine of Our Lady of Guadalupe, but there are many smaller or lesser known “jewels” hidden among the topography of God’s Country. We’ve highlighted just a handful of them here. You could add them to one of the big shrines, string smaller ones together for a longer trek or choose just one for a day pilgrimage. Any one of these is sure to bring you closer to the Lord with the right mindset!



The Wisconsin Way Pilgrimage

Loosely based on the Camino de Santiago in Spain, this Walking pilgrimage goes from the National Shrine of Our Lady of Champion near Green Bay down to Holy Hill near Milwaukee. One could do the whole route or just a small part. Find more information and routes on wisconsinway.com



Schoenstatt Shrines

Replicas of the Schoenstatt Shrine in Germany, these small buildings are spaces of deep peace and Marian presence. Wisconsin has two, one in Madison and one in Waukesha, outside of Milwaukee.



Dickeyville Grotto and Shrines

Constructed between 1925-1930 by pastor Fr. Matthias Wernerus, the Grotto is comprised religious American Folk art dedicated to God and country.



National Shrine of St. Philomena

Outside of the Wisconsin Dells, an outdoor shrine replicating the dungeon where St. Philomena died, and an upper Shrine built by hand of granite that is said to have cured the crippled man building it, this houses a first class relic of 3rd Century martyr, St. Philomena.



St. Francis Xavier Cathedral

Modeled after a church in Germany, this Green Bay Cathedral has vast and beautiful murals, including a 40 by 25 foot mural of the Crucifixion behind the altar.



St Patrick’s Church (Benton, WI) and Grave of Ven. Samuel Mazzuchelli

Fr. Mazzuchelli, a missionary priest from Italy was sent to Dubuque, IA to serve as the only priest for hundreds of miles in any direction. He founded 30 churches, built 20 of them, fought for the rights of Native Americans and heard confessions for up to 14 hours a day. After his death, he was found wearing a penance chain around his waist, skin grown around it. That chain is still available to be seen today.



Rudolph Grotto

Constructed as a fulfilled promise to Our Lady after Fr. Wagner regained his health as a seminarian, this is the largest hand built grotto in the State. Paths wander over 5 acres of the grounds with numerous shrines. The Wonder Cave features 26 shrines and its design is based on the catacombs in Rome. Near Stevens Point.



Basilica of St. Josaphat

Modeled after St. Peter’s Basilica in Rome, when this Milwaukee Basilica opened it had the second largest dome in the United States, second only to the US Capitol Building. Don’t miss the large collection of relics!



National Shrine of St. Joseph

Located in Green Bay, this was the first Shrine to St. Joseph in the United States and has the Statue of St. Joseph and the Child Jesus that was installed in 1891 still available for veneration. It is the only St. Joseph statue in the US that was “papal-crowned.” (by Pope Leo XIII)