

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 3 No. 4

September

8 The Nativity of the Blessed Virgin Mary



Celebrate Mary today! Do you have a birthday tradition in your house or growing up? Do it for Mary! Or, throw a party and invite some friends. Have white or blue foods. Go to Mass, say a rosary or sing a Marian hymn like Immaculate Mary or an Ave Maria.

15 St. Catherine of Genoa



Born into nobility, Catherine had a desire to enter religious life. But due to her age (13), she was denied. She married a nobleman who was unfaithful, and Catherine tried to cope with her disappointment with selfish pleasure for 10 years. One confession changed all of that. She reformed her life, and eventually her husband did the same, dedicating their lives to serving the poor and sick, even moving in to the hospital. Catherine began to receive visions after that confession, many of which involved her own sins and that of purgatory. Today, go to confession or plan to go as soon as possible. And choose one act to do for the poor or sick.

17 St. Hildegard of Bingen



A true renaissance woman, Hildegard was a composer, mystic, visionary, philosopher and a master of herbs and medicinal arts. Today, she is one of the four women doctors of the Church. She was taught at a young age to read and sing the Latin Psalms and it is said that her visions started early as well. She was liked by all who met her but she became a force to be reckoned with. Founding a convent, composing more chants than any other medieval composer, writing 600 pages of visions and cataloging hundreds of plants for medicinal use and developing recipes for health, her work is still being used today. Try out her "Cookies of Joy" on page three or listen to some of her music today.

17 Ember Days Start



Ember Days are optional days of preparation and fasting. Fall Ember Days are September 17, 19, and 20. Wednesday and Saturday are days of fasting; one meal with meat is permitted. Friday is a fasting day with no meat. We thank God for the grapes that produce the wine that becomes the Precious Blood of our Lord. Offer fasts for priests and more vocations!

25 Bl. Herman the Cripple



Bl. Herman was born in the early 11th Century with multiple severe physical disabilities. His poor farming family was not able to care for him, so they gave him up to a Benedictine monastery on Reichenau Island in Germany. There, Herman soared to new heights. He took his vows at age 20, and continued to study as a prolific polymath. He became fluent in four different languages and mastered many subjects, including music, astronomy, geometry, and poetry. His most well-known contributions to the Church were his poetic hymns, namely the Salve Regina and the Alma Redemptoris Mater. Today, pray the Salve Regina (spoken or in chant), and maybe even make it a goal to memorize it in Latin!

MONTHLY DEVOTION: *Seven Sorrows of Mary*



Celebrations of Feasts and Memorials



In his book, *In Tune with the World: A Theory of Festivity*, Josef Pieper makes two important claims. First, festivity assumes a cosmology. That is, for joy to exist, there first must be a substantial reason for joy, a festive occasion. “But the reason for joy,” Pieper writes, “although it may be encountered in a thousand concrete forms, is always the same: possessing or receiving what one loves, whether actually in the present, hoped for in the future, or remembered in the past....One who loves nothing and nobody cannot possibly rejoice, no matter how desperately he craves joy. Joy is the response of a lover receiving what he loves.” This leads to his second claim: feasting and fasting affirm that existence is good. “At bottom,” Pieper writes, “everything that is, is good, and it is good to exist. For man cannot have the experience of receiving what is loved, unless the world and existence as a whole represent something good and therefore beloved to him.” Even to celebrate solemn occasions, like funerals and Good Friday, assumes the fundamental goodness of the world. It is good and fitting to weep at funerals, though I cannot weep over death if I do not think that life is good. Further, consolation from grief is a true mark of festivity. We go through the Cross to get to the Resurrection.

This is the very scope of *Restore the Roots*—to seek to be in tune with the world, to feast well and to fast well, to rejoice and to mourn according to the Christian calendar and cosmology.

We have written about the liturgical seasons and the most important days of the year: solemnities. Feasts are next in rank, commemorating saints or moments from the life of Christ and Mary. They are celebrated on a single day rather than beginning the night before with Vespers, and we recite the Gloria but not the Creed at Mass. Memorials are either obligatory or optional, depending on the universal significance of the celebration, and they commemorate a particular saint or saints. Next month we will speak of local devotions—festive occasions that are important in the life of a community, region, or nation but do not take on the same universal significance.

Practically, what do Feasts and Memorials mean for us? They are a reminder the world is created good, that we are made by and for love! Our actions should conform to these occasions: an extra piece of candy after dinner, more time spent with family, reading about the life of the particular saint, and inviting others to share in the rejoicing. Not every Memorial or Feast will be celebrated with the same intensity, but pick one or two that resonate with you and celebrate them well (for example, Saint Agnes on January 21 if your name is Agnes, or Saint Philip Neri on May 26 if that falls on your birthday).

“Where love rejoices, there is festivity,” Pieper writes, quoting Saint John Chrysostom. Let us rejoice in love, bringing peace to the soul, family, community, and cosmos!

What feasts or memorials should I celebrate?

We’ve given a few ideas on what feast you may want to consider celebrating but here are a few more ideas to get you thinking. Remember, it doesn’t have to be an extravagant celebration each time, a simple gesture is beautiful too!. The point is to mark that feast or memorial and honor your saintly friends! (Remember to include dates for your kids!)

- Saints that share your name, first or middle, (or a form of your name).
- The feast day of your confirmation saint
- Feasts or memorials that fall on birthdays, or baptism, first Communion or wedding anniversaries, etc.
- Any of your favorite saints or devotions.
- Any particular interest, hobby or profession you have. Look up the patron saint if you don’t already know it and honor them and ask for their intercession!
- Your parish’s feast day!
- Any date of major significance in your journey of faith, particularly if you are a convert.
- Do you have someone that you love that has passed away? Did they have a favorite devotion? Look up the feast day associated with it and celebrate that. If you know their favorite saint that could also be an option. Or the feast day of the saint that ties to their name.

*A poem to honor
Our Lady on her birthday!*



St. Hildegard of Bingen (1098-1179)
Translated from the Latin by Hugh McElroy

Hail! O greenest branch
that went forth in the windy gusts
of the saints' discernment.

When the time came
for you to blossom on your branches,
“Hail! Hail!” was said to you,
because the heat of the sun produced sweat
like the fragrance of balsam on you.

For in you
a beautiful flower bloomed,
which gave scent
to all the spices which were dry.

And they all appeared
in full freshness.

Whence the heavens poured dew over the grass
and the whole earth was made happy
since its womb produced grain
and since the birds of the sky
had nests on it.

From there food for humans was made,
and the great joy of banqueters.
Whence, o sweet Virgin,
no joy is lacking in you.

All these things Eve scorned.

But now let there be praise to the Most High.

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A way we can honor anyone is through our own creations. We challenge you today to make something of your own as an offering to Mary. It could be a poem, a prayer, or a song. Or you could do something with your hands and paint, draw or create something. Even things like baking a special loaf of bread, or arranging flowers can be your beautiful gift to her. (If you have kids, don't forget to encourage them to do something as well!)

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?
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SEPT.
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St. Catherine and Purgatory



St. Catherine of Genoa had a vision of the souls in purgatory and once wrote; “Sin’s rust is a hindrance, and the fire burns the rust away so that more and more the soul opens itself up to the divine inflowing.” How are you cooperating with God in this life to purify your soul, so less purification will happen in the next life? Take time to acknowledge the Jubilee Year 2025 with either a pilgrimage or pious visit.

Conditions of a Plenary Indulgence:

- Receive Holy Communion
- Praying for the intentions of the Pope
- Detachment from all sin
- Receiving the sacrament of Reconciliation two weeks before or after the pilgrimage.

The Jubilee indulgence may also be obtained by piously visiting a designated Jubilee site and engaging in Eucharistic adoration for a suitable period of time, ending with an Our Father, a Profession of Faith, Invocations to Mary

SEPT
15

Seven Sorrows of Mary



Honor the monthly devotion (or September 15th's feast of Our Lady of Sorrows) by praying the Litany of Our Lady of the Seven Sorrows, or pray the Seven Sorrows of Mary. It can be as simple as meditating on a sorrow, followed by an Our Father, seven Hail Marys, and "Holy Mother hear my prayers, and renew in my heart each wound of Jesus my Savior." Complete this prayer pattern with each sorrow:

Simeon's Prophecy

The Flight Into Egypt

The Loss of Jesus in the Temple

Mary Meeting Jesus on the Way to Calvary

The Crucifixion of Jesus

The Taking Down of Jesus from the Cross

The Burial of Jesus



You can also look up longer versions of this devotional prayer that include scriptures and beautifully written prayers for each sorrow. Check out this QR Code for a PDF that walks you through praying this devotion and includes the Litany at the end.



SEPT.
17

St Hildegard's Cookies of Joy



Ingredients

- 12 tablespoons butter
- 3/4 cup brown sugar
- 1/3 cup raw honey
- 4 egg yolks
- 2 1/2 cups spelt flour (you can usually find it in the baking aisle)
- 1 teaspoon salt
- 1 tablespoon nutmeg
- 1 tablespoon cinnamon
- 1 teaspoon cloves

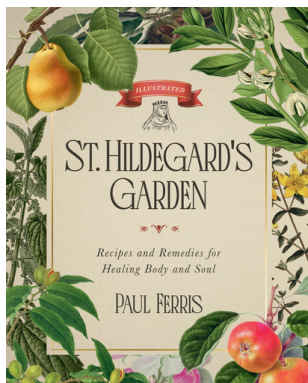


Instructions

1. Melt the butter, then add it to a medium bowl with the sugar, honey, and egg yolks. Beat gently, then fold in the rest of the ingredients. Refrigerate the dough for an hour.
2. Flour a surface and then roll out the cookie dough until about a 1/4 inch thick. Cut the dough into small circles using a cookie cutter or a glass.
3. Line a baking sheet with parchment paper, then bake at 375 degrees Fahrenheit for 10 minutes, or until a golden-brown. Let cool, then enjoy.



While you bake or enjoy these cookies, listen to some of St. Hildegard's beautiful music on this Youtube playlist!



Interested in learning more of the wisdom from this interesting saint and doctor of the church? Sophia Press has a beautiful book "St. Hildegard's Garden" that includes recipes, profiles of plants and how to use them in elixirs, tonics, teas and herbal remedies all from the writings of St. Hildegard. There's even growing advice for plants and garden plans to produce the best harvest.

SEPT.
25

Bl. Herman Patron of the Disabled



Bl. Herman is proof that every life has inherent worth and dignity, and that God can work through even the toughest of situations. Modern day people have suggested that Bl. Herman likely had cleft palate, spina bifida, cerebral palsy and possibly ALS. Despite his physical limitations, including not being able to write himself, and becoming blind later in life, he let the Lord be glorified in his amazing accomplishments. (All the hymns he composed were written after he became blind.) Bl. Herman is the patron of the disabled and the unborn (because many babies are aborted due to disabilities). May the witness of Bl. Herman teach us that each and every person is a beloved child of God and help us to treat everyone we meet with dignity and respect.

Salve Regina Latin

Salve, Regina, Mater misericordiae,
vita, dulcedo, et spes nostra, salve.

ad te clamamus

exsules filii Evae,

ad te suspiramus, gementes et flentes
in hac lacrimarum valle.

Eia, ergo, advocata nostra, illos tuos
misericordes oculos ad nos converte;
et Iesum, benedictum fructum ventris tui,
nobis post hoc exilium ostende.

O clemens, O pia, O dulcis Virgo Maria.

Salve Regina English

Hail, holy Queen, Mother of Mercy,
our life, our sweetness and our hope.

To thee do we cry,

poor banished children of Eve;
to thee do we send up our sighs,
mourning and weeping in this valley of tears.

Turn then, most gracious advocate,
thine eyes of mercy toward us;

and after this our exile,
show unto us the blessed fruit of thy womb,
Jesus.

O clement, O loving, O sweet Virgin Mary.
Pray for us O holy Mother of God,
that we may be made worthy
of the promises of Christ.



Scan this QR code to hear
the Salve Regina chanted