

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 3 No. 6

November

1 & 2 All Saints' Day and All Souls' Day



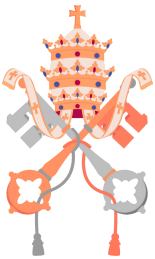
At the start of the month of November, we find two intense days: one to feast and one to fast. First, on All Saints' Day, we commemorate all those who have gone before us and have attained the glory of heaven. The next day, we remember all those who have died and have yet to attain their final reward. While they undergo their final purification, we are to pray for them. First, attend Mass! Then, start some of the many good and efficacious prayers for the holy Souls, found on page 3 and 4.

5 Sts. Elizabeth & Zechariah



Zechariah and Elizabeth were an elderly, childless married couple until the Archangel Gabriel appeared to Zechariah during his priestly service in the Temple and promised that Elizabeth would conceive and bear a son. Because Zechariah doubted Gabriel's word, he was struck mute until the birth of the child, John the Baptist. No longer mute, Zechariah proclaimed the Benedictus (the Canticle of Zechariah). Of note, it was at the time of the Blessed Virgin Mary's visit to Elizabeth immediately following the Annunciation, that John stirs within his mother's womb and we hear from the mouth of Elizabeth that Mary is blessed among women and blessed is the Fruit of her womb. In turn, Mary responds with her Magnificat. Although, Sts. Elizabeth and Zechariah are not found on the current Roman Calendar, they are still worthy of honoring today. Pray the Canticle of Zechariah today!

10 St. Leo the Great



St. Leo the Great served as Pope from 440 to 461. He was known for bringing unity among disputing Christians and for defending the faith from heresies. St. Leo wrote a letter, known as *Leo's Tome*, to the Patriarch of Constantinople, Flavian, defining the teaching that Jesus Christ is both fully human and fully divine, two natures in one person. This teaching was debated and then accepted at the fourth Ecumenical Council of Chalcedon, which Pope Leo I led. According to tradition, when *Leo's Tome* was read at the Council, those in attendance cried out, "Peter has spoken through Leo!" He was also known as a peacemaker, having been able to negotiate with Attila the Hun to prevent an invasion of Rome. Today, pray for the intercession of St. Leo the Great for our new, Pope Leo XIV!

25 St. Catherine of Alexandria



St. Catherine of Alexandria (287-305 A.D.), virgin and martyr, according to legend, successfully debated 50 pagans, converting them to Christianity. She herself was imprisoned and sentenced to death for refusing to deny her Christian faith. When she touched the breaking (torture) wheel, it miraculously shattered. She was beheaded instead. She is the patron of students, teachers, philosophers, librarians, lawyers and unmarried women. See page 3 for a simple meal idea.

Traditional Monthly Devotion: Holy Souls in Purgatory



ECUMENICAL COUNCILS



This year marks the 1,700th anniversary of the First Council of Nicaea, the first ecumenical council called in an effort to resolve disputes within and without the Church and to bring about the unity of believers. Throughout the Church's life, 21 such councils have been called, and their teachings have theological, practical, and liturgical importance for us today. As the goal of Restore the Roots is to help foster liturgical living, we have decided to dedicate the next twelve months to uncovering some of these roots through an exploration of the historical context, important documents, and implementation of the councils.

This month, we ask three questions. What is an ecumenical council? What are its biblical roots? And what is so important about the First Council of Nicaea?

"Ecumenical" comes from a Greek word meaning "the inhabited world." The aim of these councils are to bring together bishops from the places to which Christianity has spread to address doctrinal and practical matters, resolve disputes, and unite the Christian community. We receive a model from the Acts of the Apostles. Chapter 15 reports that some people from Judea were teaching that "unless you are circumcised according to the Mosaic practice, you cannot be saved." Paul and Barnabas strongly disagreed, and as the dispute persisted, they decided to go to Jerusalem to address the apostles and presbyters. Importantly, it was not from selfish interest that they gathered; rather, "they were sent on their journey by the church," to serve the common good before their individual good. What went on at this council? Meetings, "much debate," and speeches. In the end, through the authority of Peter, the Prince of the Apostles, it was decided that circumcision and other Jewish rituals were not necessary for Gentile converts to Christianity, but the practices of abstaining from "meat sacrificed to idols, from blood, from meats of strangled animals, and from unlawful marriage" were to be continued.

As Christianity continues to spread, questions, disputes, and tensions arise. These tensions are not bad in themselves; it is how we respond to them that can be praised or lamented. Just as friction smooths sharp stones and shines coins when shaken together, arguments and debates smooth out and clarify beliefs and practices. For the first 300 years of Christianity, believers had to practice in secret and under persecution. When in

313 Constantine allowed the practice of Christianity in the Roman Empire, churches were publicly erected, and bishops could preach openly. While large-scale persecutions from the outside ceased, more disputes arose within the Church, as clergy sought to understand who God is and what the Church is. In the late 310s, a large controversy broke out between Bishop Alexander of Alexandria and the priest Arius about the nature of Christ. Alexander taught that Jesus is the Son of God from all time, eternally generated from the Father. Arius disagreed, saying that Alexander's teaching makes the Trinity one person rather than three. He believed that only the Father is eternal; Jesus is the highest creature of the Father. His famous line became, "There was when he was not," that is, there was a time when Jesus did not exist as Son of God. The dispute reached the ears of Emperor Constantine, who for theological and political reasons desired it to end. He called together the bishops in the Roman Empire, and with more than 300 arriving in the city of Nicaea, they debated for several months. In the end, a creed was written to define the faith, which with Alexander and against Arius, proclaimed Jesus "begotten from the Father... God from God, light from light, true God from true God, begotten not made, of one substance with the Father." They were "anathematized" or declared to be outside the Church who refused to accept the teaching of Council and maintain with Arius that "there was when He (Jesus) was not, and, before being born He was not, and that He came into existence out of nothing."

The Arian dispute was not the only question resolved at the Council of Nicaea. The bishops also decided upon when to celebrate Easter (some were using the Jewish calendar and others a different lunar calendar), resolved a dispute about a sectarian bishop, set guidelines for those seeking to enter the Church, and extended mercy to those who had lapsed and desired to return. Teachings of ecumenical councils carry great weight and must be followed to maintain communion with the Catholic Church, but that does not necessarily mean that everyone follows them. What were the effects of the Council of Nicaea? Did the Arian controversy cease? Were theological tensions calmed? Next month we will consider what led to the calling of the First Council of Constantinople in 381.

NOV.
1-8



INDULGENCE ALERT FOR THE POOR SOULS IN PURGATORY



A plenary indulgence, applicable only to the souls in purgatory*, is granted to the faithful who,

- on any and each day from November 1 to 8, devoutly visit a cemetery and pray, for the departed;
- on All Souls' Day (or, according to the judgment of the ordinary, on the Sunday preceding or following it, or on the solemnity of All Saints), devoutly visit a church or an oratory and recite an Our Father and the Creed.

A partial indulgence, applicable only to the souls in purgatory*, is granted to the faithful who,

- devoutly visit a cemetery and pray for the dead;
- devoutly recite lauds or vespers from the Office of the Dead or the prayer: (found on back page, "Eternal rest grant unto them...")

To gain a plenary indulgence (only one per day), the faithful must be in a state of grace and the following conditions must accompany the prescribed act: have the interior disposition of complete detachment from sin, even venial sin; receive the sacrament of confession within 20 days, receive the Holy Eucharist, and recite prayers for the intentions of the Holy Father (one Our Father and one Hail Mary is suggested as a minimum, but any other additional prayers may be added).

**Typically, indulgences can be gained for oneself or poor souls, but this one is only for poor souls.*

ST. CATHERINE OF ALEXANDRIA PASTA

The wheel, which was supposed to be the form of torture and death for Catherine, God shattered and would not allow her death in that manner. It has become the image most commonly associated with St. Catherine. Today, make a meal with wheel shaped pasta. It's often found in the pasta aisle and it's a simple add to a week night meal!

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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

NOV.
5

THE CANTICLE OF ZECHARIAH



Blessed be the Lord, the God of Israel;
He has come to His people and set them free.
He has raised up for us a mighty Savior,
Born of the house of His servant David.

Through His holy prophets He promised of old
That He would save us from our enemies,
From the hands of all who hate us.

He promised to show mercy to our fathers
And to remember His holy Covenant.

This was the oath He swore to our father
Abraham:

To set us free from the hands of our enemies,
Free to worship Him without fear,
Holy and righteous in His sight
All the days of our life.

You, My child shall be called
The prophet of the Most High,
For you will go before the Lord to prepare His way,
To give his people knowledge of salvation
By the forgiveness of their sins.

In the tender compassion of our God
The dawn from on high shall break upon us,
To shine on those who dwell in darkness
And the shadow of death,
And to guide our feet into the way of peace.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

Amen.

THE SPEECHLESS MAN



Looking for more stories of the saints for kids? Or appropriate bedtime media? JuiceBox Bedtime stories are Catholic Podcasts meant for young ears in our lives.

The episode "The Speechless Man" tells the story of Zechariah, so this is a perfect day to listen! Find it on your favorite podcast app or at spiritjuicekids.com.



NOVEMBER: PRAY FOR THE POOR SOULS



During November, we are implored to pray for the souls in purgatory. Use this calendar to pray each day for a different soul. Write any family, friends or acquaintances that you know who have passed away on the lines below. Then, post this in a prominent location. Each day of November, say the prayer of St. Gertrude and the Eternal rest prayer for that person. Say it with your morning coffee or add it right after your meal prayer at dinner. Consider offering extra prayers or sacrifices each day for that person. If you have kids, teach them to do the same. You can even have them pick 30 pieces of Halloween candy to set aside for each day and once they pray the prayer, they can choose a piece of candy. Or, they could even forgo a piece of candy and offer that sacrifice for that soul!

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners every where, for sinners in the universal church, those in my own home and within my family. Amen

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

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