

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

4 Blessed Pier Georgio Frassati



Pier was born in 1901 in Turin, Italy, to affluent, influential and atheist parents. From a young age, he faithfully served the poor and he had given his life as a sacrifice to the Lord. Many stories tell of how he'd give up his bus fare or jacket to someone in need. He also lived a very relatable life, enjoying time with his friends and engaging in his favorite activities, like mountain climbing. In everything he did, from his studies to his political involvements and everything in between, he was authentically and enthusiastically Catholic, calling his peers to it, too. He deeply impacted so many within his short 24 years that thousands showed up to attend his funeral, surprising and moving his parents. In 1990, he was beatified by Pope St. John Paul II and he is anticipated to be canonized in 2025! In celebration of his incredible life, enjoy a hike with someone, or donate items to a charity that serves needy people. Verso l'alto!

16 Our Lady of Mount Carmel



The apparition of Mary at Mount Carmel has a featured article along with the Brown Scapular on page 4. Check there for ideas on how to celebrate.

23 Saint Bridget of Sweden



St. Bridget of Sweden, born in 1303, lived a life of piety and compassion. She was from a devout and noble family. Bridget married and had eight children. Widowed in 1344, Bridget dedicated herself entirely to spiritual pursuits. Renowned for her visions and mystical experiences, she became a beacon of faith, advocating for church reform and serving as a counselor to many, including royalty. Bridget founded the Order of the Most Holy Savior (the Bridgettines), emphasizing contemplative prayer and charitable works. Her virtuous life was characterized by humility, austerity, and an unwavering commitment to God. St. Bridget's legacy inspires Catholics to deepen their faith and emulate her devotion to Christ and service to others. Today, try your hand at a Swedish cookie, recipe on page 3, or have Swedish meatballs!

26 Saints Joachim and Anne



We featured the grandparents of Jesus last year and we include them again this year to remind grandparents of the great importance in instilling the faith and praying for your grandchildren daily. See page 3 for a prayer for not only today but every day!

29 Mary, Martha and Lazarus



The feast of St. Martha, Mary and Lazarus is relatively new. In 2021, Pope Francis added Mary and Lazarus to the Feast day of St. Martha, which had already been on July 29. Why the change? In the Bible accounts we find that these three are almost always named with at least one of the others. In orthodox traditions, Mary, Martha and Lazarus were always celebrated together. We know that they were close friends of Jesus and so today, we should look for a way to be a friend of Jesus. Maybe that's paying for a meal for the person behind you in line, or inviting someone over for a meal. Maybe you offer a neighbor a hand or just take awhile to chat with a random person at the store. What would you do if everyone you met today was Jesus? Do it!

Traditional Monthly Devotion: Most Precious Blood of Jesus



Daily Devotions



Saint Paul writes to the Thessalonians that we are to “rejoice always,” and “pray without ceasing.” What does it mean, to “pray without ceasing”? Are we to spend our whole day in church, in intermittent silence and song?

Not at all! In fact, for those married and living in the world, it would be a neglect of our real (and good) responsibilities if we spent ten hours each day in the chapel. Yet we are still called to “pray without ceasing.” How? In his letter, St. Paul is speaking about how to conduct oneself in the Church community. “We urge you, brothers,” he writes, “admonish the idle, cheer the fainthearted, support the weak, be patient with all. See that no one returns evil for evil; rather, always seek what is good for each other and for all. Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus. Do not quench the Spirit. Do not despise prophetic utterances. Test everything; retain what is good. Refrain from every kind of evil.”

Ceaseless prayer, then, is a disposition, a firm and constant orientation to follow Christ joyfully through the Church community. By living in this steady Christian hope, our whole lives become a prayer! In order to “pray without ceasing,” however, the Church in her wisdom recognizes that we must pray at specific moments. The spiritual life is like a garden; we must be attentive to the whole plot of land, but at certain times we focus on a specific section. Today, for example, it

is time to prune tomatoes; tomorrow to weed the carrots; the next to harvest cucumbers. The Church likewise offers seasons and moments to pray specifically, to tend to specific aspects of our life and the Christian mysteries in order to help us to come to know Christ and to give thanks in all circumstances. On the yearly level, we have the liturgical seasons of Advent, Christmas, Ordinary Time, Lent, and Easter to remind us of Christ’s coming, public ministry, suffering, death, and resurrection. On the monthly level, we have devotions to Mary, the Saints, and the Eucharist, which “Restore the Roots” highlighted this past year. Even on the hourly level, all of creation points to the Christian mysteries! The morning sun reminds us of new life and Christ’s rising from the dead; for this reason the prayers that priests and religious pray every morning speak of the resurrection. The setting sun reminds us of Christ’s passion and our future death; in turn, the evening prayers speak of the hope we find in the Cross.

This month, we wish to highlight the daily devotions. Did you know that each day of the week is dedicated to a different aspect of our faith?! As we go about the week, let us take a moment to pause and reflect upon each of these important mysteries and powerful intercessors in the spiritual life! The next three months, we will discuss more in-depth a few of the days: Sunday, Tuesday and Friday

<p>Sunday</p>  <p><i>Resurrection and the Holy and Undivided Trinity</i></p>	<p>Monday</p>  <p><i>The Holy Spirit and the Souls in Purgatory</i></p>	<p>Tuesday</p>  <p><i>The Holy Angels</i></p>	<p>Wednesday</p>  <p><i>Saint Joseph</i></p>
<p>Thursday</p>  <p><i>The Blessed Sacrament</i></p>	<p>Friday</p>  <p><i>Christ's Passion and His Sacred Heart</i></p>	<p>Saturday</p>  <p><i>The Blessed Virgin Mary and her Immaculate Heart</i></p>	



Swedish Vanilla Cookies for the feast of St. Bridget

JULY 23



- 16 tablespoons unsalted butter, softened
- 1 cup granulated sugar
- 1 teaspoon vanilla Extract
- 1/2 teaspoon salt
- 1 large egg
- 2 3/4 cups All-Purpose Flour
- 1/2 cup raspberry jam



Entrustment Prayer to Sts. Joachim and Anne for Your Grandchildren

JULY 26

Dear Saints Joachim and Anne, loving parents of the Blessed Virgin Mary, the Lord God has blessed you with the privilege of being a part of the whole plan of salvation. You have been honored by the Lord God to be the grandparents of the Incarnate Word of God.

O illustrious grandparents of the Lord and Redeemer Jesus Christ, we approach you in all humility and entrust to you, our grandchildren. They mean the world to us. They are our joy, just as you experienced with the Child Jesus.

Saints Joachim and Anne, our world now is full of unprecedented events. Accidents may occur at any time. Sickness can arrive at our doorstep. Violence and threats are all around us. In all of these, our grandchildren are the most vulnerable.

Please pray for our grandchildren. May God protect them from people, places, and events that may endanger their lives and welfare. Protect them from evil and sin. Guard them as they live their lives for the glory of God.

Help them to recognize that God is their defender and that He can keep them secure if they follow His path and ask for His help in staying safe. Give them the ability to understand that when they choose their own path, disregarding God's way, they leave His sphere of safety.

May God grant them wisdom and prudent judgment to sense any danger. May they be empowered by the grace and strength of God. May God embrace them with His protection and guidance.

Saints Joachim and Anne, faithful and loving grandparents of Jesus, pray for us. Amen.

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1. Preheat the oven to 350°F. Lightly grease two baking sheets, or line with parchment.
2. In a large bowl, beat the butter, sugar, vanilla, and salt until very light. Beat in the egg.
3. Add the flour, stirring until well blended.
4. Use tablespoon cookie scoop (about 4 measuring teaspoons) of dough for each cookie. Scoop cookies onto the baking sheets, leaving 2" between them.
5. Use your fingertip (for smaller cookies) or thumb (for larger cookies) to put an indentation into the center of each. Fill the indentation with raspberry jam 1/2 teaspoon for each tablespoon-scoop cookie.
6. Bake the cookies for 12 to 14 minutes. Remove them from the oven.
7. Let the cookies cool for about 5 minutes to firm up, then move them to a rack to finish cooling. Then, eat! St. Bridget, pray for us!



Indulgence Alert!

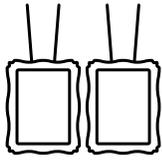


A partial indulgence is granted to the faithful who devoutly recite the Litany of the Most Precious Blood. This would be a perfect way to honor the monthly devotion to the Most Precious Blood! Find the Litany here:



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Mount Carmel, Our Lady and the Brown Scapular

JULY
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Near present day Haifa, Israel, is Mount Carmel. This place is mentioned first in the Bible about 900 years before Christ was born as the place where the false god Baal was being worshiped. Elijah prayed to God who lit his sacrifice with fire from Heaven, leading the people to turn to God. (1King 18) After this, Mount Carmel continued to be a holy location of prayer, mentioned many other times in the Bible. 2000 years later, a new community of Christian brothers, the Brothers of the Blessed Virgin Mary of Mount Carmel, came into existence in the 12th century. These brothers, set apart from the rest of the culture, devoted their lives to God in prayer under the guidance of the Blessed Virgin Mary. However, in the 13th century, with persecution of these Carmelites growing more severe, Mary appeared to the prior of the community, St. Simon Stock. She presented to him the Scapular with this message: "whoever dies wearing the scapular will be saved." While the scapular was given to St. Simon as part of their habit and is very large (think of an apron on your front and back), small versions were made to unite oneself to the Carmelite spirituality and union with Mary, with the hope that Mary will also provide the same grace to those who are not Carmelites.



The Brown Scapular is a sacramental. We introduced these last month, so you might be somewhat familiar with it or maybe you don't get it at all. Someone might object to wearing the brown scapular because it sounds "superstitious," but this is not the case if done with right intention. Sacramentals are not like the sacraments because they do not confer the Holy Spirit. to us in the same way. However, with the blessing from the Church, these objects can help us to receive grace and help prepare us by having proper disposition to cooperate with grace (see Catechism 1670). In wearing the Brown Scapular, we are trusting that Mary will protect us at our death. There is no superstition here; we who love and honor Mary, know that she loves us and will guide us into heaven!

The small version of the brown scapular is two pieces of brown wool, attached with cord to be worn around the neck, with one piece of wool on the front and the other on the back. To be enrolled in the brown scapular, you can get a scapular and take it to any priest to be enrolled. Typically this was done at First Communions but sadly it is not often done anymore. If you are unsure if you were enrolled in the Brown Scapular, you can just tell that to the priest. If you were, (maybe you can see it in your First Communion pictures!) then you only have to get a brown scapular and start wearing it! The Blessing transfers to each new scapular, so when you wear that one out, or break it, just simply burn or bury it and put on a new one. To celebrate this beloved feast of Mary, become enrolled in the Brown Scapular if you aren't already. Have caramel brownies for a treat today! (Or any caramel treat would be appropriate, even a caramel latte!)

