

# Restore the Roots

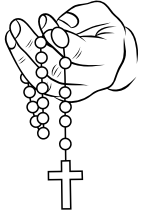
Cultivating Your Domestic Church

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

Vol. 2 No. 3

## August Feast Days

### 8 St. Dominic



St. Dominic was born in the year 1170 in the town of Calaroga, Spain. He was ordained a priest when he was 25 years old. The bishop of his diocese had Dominic travel with him to France where he encountered the Albigensian heresy. Dominic was saddened by how many people were being led astray and determined to devote his life to converting them. He went from town to town preaching in the marketplaces and town squares. Even though he often had very little success, in time his teaching won over a few and with these he started a religious order which is now called the Dominicans. In 1221, he planted the first orange tree in Europe which still lives today at Santa Sabina in Rome! Tonight go stargazing as he is the patron saint of astronomy, pray a rosary (maybe under the stars?), eat an orange or have a Mimosa!

### 9 St. Teresa Benedicta of the Cross



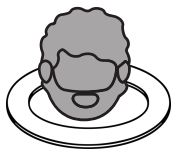
St. Teresa was born Edith Stein in Germany in 1891 to Jewish parents. She abandoned her Jewish faith at age 14 and pursued a career in academia, studying philosophy and earning her doctorate. In 1921, she read the autobiography of St. Teresa of Avila, was convicted of the truth of Catholicism, and was baptized. She wanted to join the Carmelite order like St. Teresa of Avila, but was encouraged by her spiritual advisors to continue teaching. She taught and wrote philosophical works until 1933, when the rise of the Nazis prevented her from teaching due to her Jewish ethnicity. She was finally able to enter a Carmelite convent where she continued her writings. In 1942, she was arrested by the Nazis and killed in the gas chambers at Auschwitz on August 9th. She is a patron saint of Europe. Today, learn about the Holocaust and pray for an end to sins against mankind. Eat a Jewish bread in honor of her heritage; babaka, challa or bagels!

### 15 Assumption of Mary



The Solemnity of the Assumption of Mary is a holy day of obligation; go to Mass today! Don't do it because you have to, do it because you want to honor the Mother of God. An old tradition is to have herbs blessed for this feast. Read the about it on page 4 and bring some herbs to church and ask for a blessing! Celebrate by eating white, airy or herbed foods today: angel hair pasta with alfredo, pavlova, or herb quiche!

### 29 Passion of St. John the Baptist



In Matthew 14 and Mark 6, we read that John spoke out against Herod for living with his brother's wife, Herodias. Herod arrested John, but did not plan on executing him for fear of what his followers might do. On Herod's birthday, Herodias's daughter danced for him. He was impressed, so he offered her anything she'd like. After consulting with her mom, she requested the head of John the Baptist. Reluctantly, Herod ordered John's execution to fulfill his promise. Tradition says that his head was buried by Herodias, then found by his followers and buried on the Mount of Olives. As John's birth prefigured that of Jesus Christ's, so too does his death. John died for speaking the Truth. What are ways that you can stand for Truth in your life? Today, have a grasshopper parfait (or just mint chocolate chip ice cream!).

**Traditional Monthly Devotion: *The Blessed Sacrament***



# Sunday, Day of Rest



This month we focus on Sunday, which is dedicated to the Resurrection and the Trinity. We also know it in the West as the “Lord’s Day,” the “Christian Sabbath,” and a “day of rest.” It is this last title, “day of rest,” that we wish to consider this month. We will first explore what the idea of rest has to do with the Trinity and the Resurrection before asking: How ought we to observe Sunday rest?

## *Rest and the Trinity*

When asked by his sister, “What does God do all day?” Saint Thomas Aquinas responded, “He delights in Himself.” In other words, He rests. God is a Trinity, a Communion of Persons, united by relations of love. Faith gives us assurance of things unseen; hope drives us to persevere in the pursuit of a good yet to be obtained; but love enjoys and rejoices in an obtained good. Our Sunday rest, then, is a participation in the very life of God, who rested “from all the work He had made” at the beginning of the world and rests in Himself as the Trinity of Persons from all eternity.

The two main characteristics of good things are 1) they are meant to be enjoyed, and 2) they desire to be communicated or shared.

What is enjoyment but resting and delighting in an obtained good? This is true of lesser goods; for instance, we slowly savor a piece of cake while simultaneously wanting others to enjoy a piece as well. While lesser goods are more limited in their enjoyment and sharing (too much cake turns into a bad thing), higher goods like friendship can be enjoyed and shared ever more deeply. The highest good, God, is our Eternal Rest, supremely enjoyable, and supremely communicable. Our Sunday rest, then, after a week of toil and labor, is a glimpse of heaven to come, where we will delight with our Supreme Good for eternity.

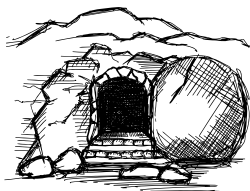
## *Sunday Rest*

How are we to rest on Sunday, then? Rest is not an absence of activity, but rather a fullness. A husband and wife, when truly in love, do not feel “inactive” or lazy when they enjoy each others’ presence, even when they are just sitting quietly together. On different occasions, after healing on the sabbath, Jesus responds to the angry crowd, “It is lawful to do good on the sabbath,” and, “My Father is at work until now, so I am at work.” Sunday rest is not permission to be a couch potato for a day; rather, it is a freedom from servile, judicial, and commercial work and a freedom for celebration, service, and friendship. After Mass, cook, invite friends, play music, have a square dance! Play sports instead of watching sports. Read a book, visit a shrine, have a picnic, write a poem, visit sick or poor people, pray as a family, eat jelly beans, go sledding or swimming, take a hike, take a nap on the beach. The ways of resting in the Lord and sharing that joy with others are many and varied, and this joy on earth, born from the Eucharist, allows us to anticipate more greatly our future joy that will never end.



## *The Eighth Day*

The Jewish people continue to celebrate the Sabbath on the seventh day (Saturday), the day when God rested from the work which He created. But for us, as the Catechism says, “a new day has dawned: the day of Christ’s Resurrection. The seventh day completes the first creation. The eighth day begins the new creation. Thus, the work of creation culminates in the greater work of redemption. The first creation finds its meaning and its summit in the new creation in Christ, the splendor of which surpasses that of the first creation.” Sunday, the first day of the week, also represents the eighth day: the beginning of time and the new beginning into eternity. This new beginning is not possible without the Resurrection of Christ from the dead, which we celebrate each Sunday at the Mass, where we “proclaim your death, O Lord, and profess your Resurrection, until you come again.”



# What if I can't get to Sunday Mass?

At some point in our life, we will likely encounter the problem of not being able to attend Mass. It could be that we are sick, or that we are taking care of a sick child or elderly parent that we cannot leave. Or maybe we are traveling and even though we looked up the Mass times, we get there to find out that they just changed the time and now we missed Mass. Provided that we do our best to go to Mass, especially in the last instance, it is not a mortal sin not to attend Mass in these cases. (It should be noted that missing Sunday Mass or holy days of obligation, when we could have attended, is a mortal sin.)

What should we do if we validly can't make it to Mass? Here are a few suggestions:

1. Set aside time to pray. If you are caring for someone sick, you may not be able to devote much time, but do as much as you are able.
2. Read the Mass readings. These can be found online at the USCCB website or on many apps like Amen, Hallow and others. Spend some time meditating on the readings.
3. Find a homily or explanation of the readings. Bishop Barron, Fr. Mike Schmitz and the Augustine Institute all have great reflections.
4. Read through the parts of the Mass and say the prayers. The Apostles Creed, the Our Father and the Gloria when applicable.
5. Make an act of Spiritual Communion since you cannot receive Jesus in the Eucharist.
6. As much as you are able, keep Sunday as a day of rest!

## ACT OF SPIRITUAL COMMUNION

MY JESUS,  
I BELIEVE THAT YOU ARE PRESENT  
IN THE MOST HOLY SACRAMENT.  
I LOVE YOU ABOVE ALL THINGS,  
AND I DESIRE TO RECEIVE YOU INTO MY SOUL.  
SINCE I CANNOT AT THIS MOMENT  
RECEIVE YOU SACRAMENTALLY,  
COME AT LEAST SPIRITUALLY INTO MY HEART.  
I EMBRACE YOU AS IF YOU WERE ALREADY THERE  
AND UNITE MYSELF WHOLLY TO YOU.  
NEVER PERMIT ME TO BE SEPARATED FROM YOU.  
AMEN.

“God is love, and Love is goodness giving itself away. It is a fullness of being that does not want to remain enclosed in itself, but rather to share itself with others, to give itself to them, and to make them happy.”  
St. Teresa Benedicta of the Cross

## The Blessed Sacrament

The month of August is traditionally devoted to the Blessed Sacrament. This month, work on making an act of thanksgiving after you receive Jesus, present in the Eucharist, at Communion. There are many prayers written for this and you can use any one you wish.

The Anima Christi has an indulgence attached to it though, making it an exceptional prayer to learn and say!



### INDULGENCE ALERT



There is a partial indulgence for reciting the "Anima Christi" after receiving Communion..

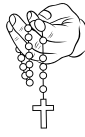
### ANIMA CHRISTI

SOUL OF CHRIST, SANCTIFY ME.  
BODY OF CHRIST, SAVE ME.  
BLOOD OF CHRIST, INEBRIATE ME.  
WATER FROM THE SIDE OF CHRIST, WASH ME.  
PASSION OF CHRIST, STRENGTHEN ME.  
O GOOD JESUS, HEAR ME.  
WITHIN THY WOUNDS HIDE ME.  
SUFFER ME NOT TO BE SEPARATED FROM THEE.  
FROM THE MALICIOUS ENEMY DEFEND ME.  
IN THE HOUR OF MY DEATH CALL ME.  
AND BID ME COME TO THEE,  
THAT WITH THY SAINTS I MAY PRAISE THEE  
FOR EVER AND EVER.  
AMEN.

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## St. Dominic and the Rosary



Though the essence of the Rosary — the Our Father and the first part of the Hail Mary— had been around since the time of Jesus, St. Dominic received the format of this prayer from the Blessed Mother as a “weapon” against modern errors and spiritual evils. In 1214, St. Dominic stole away into the forest for three days and three nights, praying for the conversion of sinners. While he was praying he fell into a coma. In the coma, Our Lady appeared to him, and taught him how to pray the Rosary, and asked him to preach about its power. He did as she asked, and preached about this spiritual weapon until his death in 1221.

The Dominicans, the Order of Preachers, was founded by St. Dominic and is still active today. Their mission is to “proclaim the Gospel to every corner of the world... that every soul may come to know and love Jesus Christ.”

The Rosary is a powerful weapon against evil and a great vehicle for peace. If you're trying to pray it but can't seem to find time or space, here are a few practical steps:

1. Invest in a beautiful and sturdy Rosary. Make sure that it feels good in your hand and you won't skip beads. Then carry it with you *everywhere*.
2. Have an intention. Pray for a specific intention you care deeply about for a practical number of days (perhaps nine). Or pray for a different member of your family each day, or with each decade.
3. Schedule it in. Pick a time, set an alarm, and pray your rosary. Pair it to a daily task like a walk or commute to work.
4. If you don't have a large enough block of time during each day, pray the five decades separately throughout the day.
5. Meditate on the mysteries: Each set of mysteries has a suggested day. You can pray it on those days or choose a set of mysteries to meditate on for a whole week.
6. Listen to an app or rosary meditation as you pray along. It can help you to focus!
7. Pray with other people or with your family. A family rosary is a great way to end the day!



## Herb Blessing

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One tradition for the Assumption of Mary is to have herbs blessed. *"This blessing comes from Germany, and formulas for it are found as early as the tenth century. The blessing of herbs was reserved only to the feast of the Assumption. Herbs had not our restricted English meaning but included all kinds of cultivated and wild flowers, especially those which in some way had a symbolic relation to Our Lady. The people brought herbs to church on her feast not only to secure for themselves another blessed object, but also to make of the occasion a harvest festival of thanksgiving to God for His great bounty manifested in the abundant fruits of the earth. The herbs were placed on the altar, and even beneath the altar cloths, so that from this close contact with the Eucharist, they might receive a special consecration, over and above the ordinary sacramental blessing of the Church."* -From the *Rituale Romanum*



Bring herbs and flowers to your pastor for this great blessing! Go gather some fresh herbs from your garden, the farmers market or a friend; rosemary, thyme, sage, savory, parsley or flowers like lavender or chamomile are just a few ideas. Tie them in a little bundle with some string, yarn or ribbon. Blue would be especially fitting! After they are blessed, you can use them in a meal immediately or you can 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, has a broken bone, is recovering from surgery, etc., pull a few of those herbs to put in their food or tea. Place them (or yourself) under Mary's Mantle and trust that she will take care of you and bring your needs to Jesus Himself. Another use is to throw some of the herbs in the fire when a storm is approaching, asking for Mary's protection from any harm. If you have a wood burning fireplace, this would be a great idea! Use these herbs always to remind us of Mary's help and protection!