

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 2 No. 6

November Feast Days

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, a holy day of obligation, 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.

3 St. Martin de Porres



St. Martin de Porres was a religious brother who served as a barber, farm hand, distributor of alms, and infirmarian for the Dominican Friary in Lima, Peru. He had a desire to leave and pursue the foreign mission with full acceptance of possible martyrdom. This desire was not fulfilled, but instead, he endured a level of martyrdom through sacrificing his body to severe penances. God gifted St. Martin with bilocation and spiritual wisdom, which he used to solve his sister's marriage problems and the theological problems of his order and for bishops. He showed great love to all humans and animals. Today, spend some time with animals, or make a traditional Peruvian dish, Arroz con Pollo. (Editor's favorite recipe on page 4!)

4 St. Charles Borromeo



St. Charles Borromeo was born in 1538 to a wealthy family. When his uncle became Pope Pius IV in 1560, he was appointed as a cardinal and Secretary of State for the Archdiocese of Milan. When his eldest brother died, he had the option to be laicized to carry on the family name, but prayerfully declined. He played an integral role in the Council of Trent as one of the principal directors. He combatted the growing Protestant movement and advocated for reform within the Church. His efforts were not welcomed by everyone and he survived an assassination attempt in 1569. When a famine and plague broke out in Europe, he used his own money to aid those who were hungry and ill. St. Charles Borromeo is the patron saint of catechists and seminarians. Today, pray for our seminarians! Consider writing them a letter of encouragement. (Find out how at: <https://diolc.org/priesthood/meet-the-priests-for-tomorrow/>)

30 St. Andrew the Apostle



St. Andrew was a fisherman who immediately followed Jesus when they crossed paths. It has been said that St. Andrew preached the Gospel to Romania, Ukraine, Russia, Istanbul, and Greece after the death of Jesus. He was a martyr who suffered death by being tied to a cross. It's important to remember that St. Andrew is the one who introduced Peter to Jesus. It was a small action that made a huge impact on the foundation of the Catholic Church. Today, take time to pray and ask God to show you where your small actions have made a big impact. St. Andrew is the patron saint of Scotland, fishermen, gout, sore throats, and more. Celebrate his feast day by enjoying some Scottish shortbread cookies or fish for dinner! Today also starts the St. Andrew Novena, found on page 3.

Traditional Monthly Devotion: Holy Souls in Purgatory

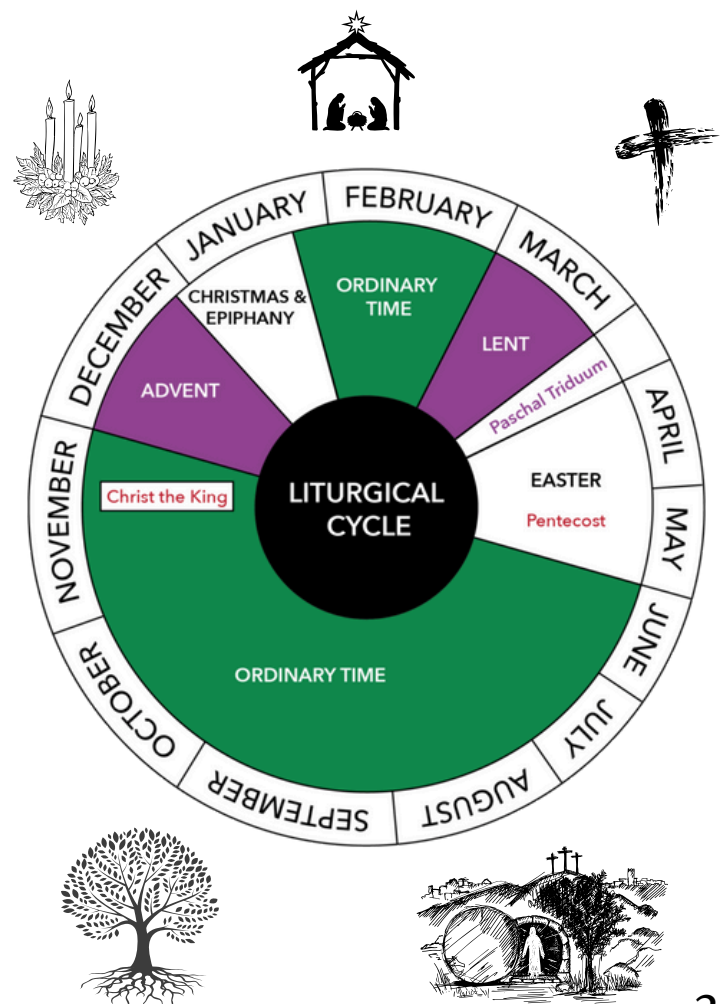
New Article Feature: The Liturgical Year

In ancient Greece and when the Gospels were being written, there were two words one could use when referring to time. When a farmer says, "It's 6:00. Time for me to feed the cows," he is using the *chronos* (Χρόνος) meaning of time. *Chronos* is a measurement of seconds, minutes, and hours. Think of a stopwatch, also called a chronometer. It is technical, quantitative, and dull. On the other hand, when lover and beloved say, "It's time for us to get married," they do not mean, "The clock reads 2:00. Time to go." Rather, they are using the *kairos* (καιρός) sense of time. "Everything in our lives has led us to this point. We are ready. It is time. This occasion will make us more complete." *Kairos* is full, qualitative, and charged with meaning. It could mean 'weather' or 'season', though it is most commonly used to express a certain fittingness of occasion.

The New Testament is filled with references to time. When the disciples ask at the beginning of Acts, "Lord, will you at this time restore the kingdom to Israel?" they are concerned with quantitative *chronos*. It is true that Christ entered into *chronos* by becoming man, but he is more concerned with *kairos*, which is the "fullness of *chronos*," as Saint Paul writes in Galatians. Jesus' incarnation and work of redemption come at the fitting time to lead us to salvation. When John in Revelation tells us that the "time is near," he does not mean that we can pinpoint the date of Jesus' return to a quantitative moment; rather, he exhorts us to be vigilant, for the season of the Lord's second coming is upon us. The *kairos* is near.

In our modern world, we spend much of our days arranging the *chronos* of our life: making appointments, scheduling visits, completing tasks, fulfilling duties. But we were not made simply to efficiently order our days. Revelation tells us that in heaven, *chronos* shall be no more! We long for a *kairos* charged with meaning; we long for a restoration of all things in Christ.

The Church in her wisdom proposes a calendar, a liturgical year. Of what does it consist? Below we have included the seasons of the liturgical year, and in this next year of Restore the Roots, we will explore a different season each month. By this calendar, we chart the weeks, days, and hours, but more importantly, the liturgical year teaches us about the mystery of salvation history, the lives of the saints, and God's own interior life as we relive Christ's passion, death, and resurrection and wait for his second coming. In the liturgy, especially at the Mass, time meets eternity! We are moved from *chronos* to *kairos*, such that the ordinary moments of our day can become a participation in the *opus Dei*, the work of God and a glimpse of the eternity that awaits us. May we live liturgically this year, concerned less with the efficient scheduling of our day and more with the Church's rhythms, her *kairos*, of fasting and feasting.



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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:

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.

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).

ORA PRO NOBIS

This month we have an additional resource for you to pray for your beloved dead. Write all your family and friends who have died and place it somewhere you will see it daily. Each day you can offer your prayers for that person and you can take advantage of the partial indulgence for them. You will be doing a work of mercy praying for the dead and your loved ones will thank you! (Follow the QR code to the right.)

PRAY FOR US



St. Andrew Novena

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The St. Andrew Novena, also known as the Christmas Anticipation Prayer, is a prayer that is said 15 times a day from November 30 to December 24. The origins of the prayer are unknown but many believe that it originated in 19th century Ireland. It is a beautiful prayer helpful in focusing our mind to the meaning behind Advent and preparing our hearts to receive Jesus at Christmas. The St. Andrew Novena is very powerful with so many reporting that their petitions were answered.

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires, [here mention your request] through the merits of Our Saviour Jesus Christ, and of His blessed Mother. Amen.



Follow this QR code or go to the Restore the Roots page on the Cathedral Website to print out an "Ora Pro Nobis" document to pray for your loved ones.

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Special thanks to all the contributing writers and proofreaders.
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“Eucharist” means “Thanksgiving”

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Mass is a glimpse of Heaven on Earth. We see pictures and statues of Saints who have gone before us and continue to pray with us from Heaven. We see Jesus laid out on the cross above the altar, reminding us of His great love and mercy. We see candles and smell incense as prayers are lifted high. We sing joyously with the angels as we praise our Heavenly Father. We taste the sweetness of God’s love as we receive the Eucharist, Jesus’ Body and Blood. Mass is one big prayer we offer to God in thanksgiving for all He has done. We get the term “eucharist” from the Greek word “eucharistia,” which means “thanksgiving.” Receiving Holy Communion is a Sacrament that we should frequent in order to give God thanks for His gift of the Eucharist. By receiving the Eucharist, we can receive spiritual growth, forgiveness of venial sins, a taste of the wedding feast, eternal life, and participate in being one in the Body of Christ.

This Thanksgiving, make it a point to go to Mass to receive the Eucharist with your family. Perhaps start a new family tradition of attending Mass and afterwards, share with each other all the blessings you see in your life. God has given us many things to be thankful for: life, family, friends, our homes, food, etc. As you gather with family and friends to eat food and celebrate this Thanksgiving, be mindful of all the great gifts God has given you, especially His Son who remains present with us always in the Eucharist.

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9-11

Eucharistic Miracles Exhibit

In the history of the Catholic Church, there have been Eucharistic miracles approved by the Catholic Church. They are visible proof of Jesus Christ’s Real Presence in the Holy Eucharist. This Exhibit was created by Blessed Carlo Acutis, a 15-year old from Milan, Italy. The Exhibit will be available for viewing at Mary, Mother of the Church in La Crosse at the following times:
Saturday, Nov. 9 : 3:00 PM – 6:00 PM
Sunday, Nov. 10 from 7:00 AM - 12:00 PM
Monday, Nov. 11 from 5:00 PM – 7:00 PM
(Presentation at 7pm.)

Arroz con Pollo

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Ingredients

- ½ cup olive oil
- 4 chicken legs
- ½ red onion chopped finely
- 1 tablespoon garlic paste
- ¼ teaspoon cumin
- 1 tablespoon ají amarillo chili pepper paste*
- 1 cup cilantro leaves freshly processed
- 2 cups white long-grain rice
- ½ cup green peas (fresh or frozen)
- ½ cup carrots
- 2 ½ cups chicken stock or water
- 1 cup salsa criolla (below)
- Salt and pepper to taste



Salsa criolla relish (optional)

- 1 onion julienned
- 1 small limo chili pepper (or jalapeno) finely chopped
- 1 teaspoon parsley finely chopped
- 1 tablespoon olive oil
- 1 teaspoon lime juice
- Salt and pepper to taste

Instructions

1. Season the chicken with salt and pepper, and fry in a frying pan over a medium heat until browned. Remove chicken and set aside.
2. Heat a tablespoon of oil in a pot, lightly fry the onion, garlic paste and ají amarillo paste, and cumin for two minutes over a medium heat.
3. Blend the cilantro. Add the cilantro paste, mix well and let the ingredients cook for another five minutes, or until the onion is soft.
4. Add the chicken to this mixture of seasoning and cook for 20 minutes or until the chicken is completely cooked inside. Remove the chicken pieces and set aside.
5. Add the rice, carrots and peas to the same pot. Add 2½ cups of chicken stock. Bring to a boil over a high heat without a lid. As soon as it starts to boil, cover the pot and let the rice cook over a low heat for 20-25 minutes approximately.
6. Prepare the salsa criolla by mixing the julienned red onion, finely chopped limo chili pepper, parsley, olive oil, lime juice and salt. Add the cooked carrots and peas.
7. Place a generous portion of rice on each plate, top with a piece of chicken and serve with salsa criolla.

*Substitute any chili paste that you can find.