

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 2 No. 11

APRIL

7 St. John Baptist de La Salle



John Baptist de La Salle was the eldest son in a wealthy family in Reims, France. From a young age, he knew he wanted to be a priest, so much so that he received a tonsure at age 11 and was named a canon of the cathedral at age 16. When his parents died, he ran the household and educated his younger siblings until they were fully grown. When he finished, he was ordained to the priesthood at age 26. Most people in his time lived in great poverty and could not afford to send their children to school. John made it his mission to provide accessible education. He left his position at the cathedral to form a community called Brothers of the Christian Schools. He spent the rest of his life forming teachers to teach, and educating the youth living in poverty. Pray for teachers today! (See page 3) If you want a treat, try a macaron or an éclair. You could even give one to a school teacher with the prayer attached!

20 Easter

Christ is risen! Celebrate the Resurrection of the Lord today and for the entire season! Look for our Easter issue with ideas to honor and observe this great season of feasting!

24 St. Mary Cleophas



St. Mary Cleophas was the mother of St James the Less and possibly the sister-in-law of the Virgin Mary by way of marriage to St. Joseph's brother Cleophas. She was one of the women who followed Jesus during his ministry and witnessed His crucifixion. On Easter Sunday she accompanied St. Mary Magdalene to Jesus' tomb. As a woman in that time, she undertook ridicule and danger in following Jesus from town to town. She is an example to Christians to be courageous and stand by Christ in all trials. One legend says that she and others were cast into the sea without sails or oars. They drifted to France, where she eventually died. This is where the name "les Saintes-Maries-de-la-Mer" for a town in southern France comes from. It means "The Holy Marys of the Sea." Today, meditate on these scriptures: John 19:23-25 and Mark 16:1-8.

27 Divine Mercy Sunday

Take advantage of this outpouring of grace!! Check your area for feast day activities.

28 St. Louis Marie de Montfort



St. Louis Marie de Montfort was a 17th century saint well known for his devotions to the Virgin Mary and the Blessed Sacrament that began in his childhood. His gift of preaching often drew large crowds, sometimes as large as thousands. It also caught the attention of the local Jansenists (a heretical movement that believes in absolute Predestination). Due to the prominence of Jansenism in the French Church, many bishops banned St. Louis from preaching in their dioceses. He endured this persecution, even survived being poisoned by his opposition, and wrote his book "True Devotion to the Blessed Virgin." (Available in PDF form for free online.) Celebrate by making a donation to one of the two congregations that he founded; the Daughters of Divine Wisdom or the Company of Mary (also known as the Montfort Missionaries). You could attend a daily Mass or pray a Marian devotion to honor his love of the Blessed Mother and the Eucharist.

Monthly Devotion: *Blessed Sacrament*



HOLY WEEK

(Reflection continued from March issue.
Scan the QR code to access March.)



Good Friday: Friday is a good day for sorrow. The God who became man has been murdered. Pope Benedict XVI encourages us, "In returning home, we too, like those who were present at the sacrifice of Jesus, beat our breasts, recalling what happened. Is it possible to remain indifferent before the death of the Lord, of the Son of God? For us, for our salvation he became man, so as to be able to suffer and die." Nevertheless, "Through the sorrowful way of the cross, the men of all ages, reconciled and redeemed by the blood of Christ, have become friends of God, sons of the heavenly Father." For a moment, the world has stopped. But the veil is torn, and the new covenant, a new creation, is ushered in



there will be no end." How is that possible if he is dead? She was also told by Simeon that a "sword of sorrow" would pierce her heart. How did Mary live Holy Saturday? I imagine with courage. Mourning, yes, but never despairing. She may have visited and comforted friends (perhaps the apostles), wept with them, and calmly prepared a meal and the spices to anoint Christ's body the next day. On this most silent and sobering day, we wait with the apostles while Christ invades hell and "makes captive our captivity."

Holy Saturday: If Friday is a day for sorrow, then Saturday is a good day for courage. Christ is in the tomb. The world is silent. Imagine: what might Mary the Mother of Jesus have done that day? She received a promise from the angel Gabriel that the child born to her would be called "holy, the Son of God," that "he will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom



Easter Sunday: We know the ending; Christ wins! Though knowing the outcome does not take away from the thrill of victory. We will consider in detail the Easter Season next issue; for now we point out that the silence of Saturday is broken with festive alleluias. If you have never attended an Easter Vigil Mass, we encourage you to do so! In the liturgy, darkness becomes light and cold becomes heat through the Easter Fire; death becomes life when new members are baptized, the weak become strong in receiving the Eucharist and Confirmation, and sorrow is turned to joy in the rising of Christ from the dead. It is around this great mystery that the rest of the year turns.



LITURGICALLY LIVE HOLY WEEK

Palm Sunday



Fold or weave your palm and tuck it behind a crucifix at home. Scan the QR code for directions.



Tuesday of Holy Week

Attend the Chrism Mass if you are able, 10:30am at Cathedral. Remember your priest in your prayers today and as a family, talk about the different priests you've had throughout your life. End by praying for all of them.

Spy Wednesday



If you have kids, hide 30 quarters in a room and let them find the money. After the craziness, talk to them about how greed changes people's actions. If you don't have kids, make today a shopping day for a local food pantry or charity.



Holy Thursday

Make your own Passover meal in honor of the Last Supper: Lamb, bitter herbs (lettuce), grapes

or wine, unleavened bread (crackers), haroset (applesauce). Then, after you attend Mass tonight, there are three practices you can do: **1.** go to adoration and "keep watch an hour with Jesus". **2.** obtain an indulgence by saying or singing the Tantum Ergo after Mass. **3.** Make a pilgrimage to seven different churches to stay with Jesus. Scan the QR Code for more on 2 + 3.

Good Friday



Make or buy Hot Cross Buns. Keep today quiet and prayerful, especially between the hours of 12-3pm. Attend a Good Friday service and venerate the Cross (indulgence attached). Today start the Divine Mercy novena, too! (QR code)

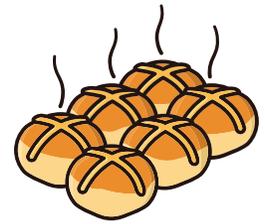
Holy Saturday - In Silence We Wait

Do your Easter baking and cleaning without extra noise. Go to the Easter Vigil if you can as well.

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HOT CROSS BUNS FOR GOOD FRIDAY



Although it is common to find Hot Cross Buns all throughout Lent now, they are traditionally a Good Friday “treat”. Originating in England in the 1361, a monk gave them out on Good Friday along with the usual soup to the poor. The custom was continued year after year and spread throughout the country. Hot Cross Buns, along with other Good Friday breads were considered blessed and were believed to provide protection against disease and danger. Your homemade version might not have the same protection but they sure are delicious!

Yield: about 24 buns
From A Continual Feast

Ingredients:

- 1 package dry yeast
- 1/4 cup warm water (100 degrees F)
- 1 teaspoon white or light brown sugar
- 1 cup milk
- 1/2 cup sweet butter
- 1/3 cup brown or raw sugar
- 1 teaspoon salt
- 2 eggs, beaten
- 4 to 4 1/2 cups sifted flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 2/3 cup dried currants

Icing:

- 2 tablespoons milk
- 4 tablespoons confectioners’ sugar (more if needed)
- grated rind of 1 lemon

Directions:

Sprinkle the yeast into the lukewarm water. Stir in 1 teaspoon sugar. Let sit until frothy.

Scald the milk. Add the butter, sugar, and salt. Stir until blended. Cool to lukewarm. Beat the eggs until light, and combine with the milk mixture. Add the yeast.

Sift 3 1/2 cups of the flour with the spices into a mixing bowl. Make a well, and pour in the yeast mixture. Beat for 5 minutes. Toss the currants with the remaining 1/2 cup of flour. Mix into the dough.

Place the dough on a lightly floured surface and knead until the dough is smooth and elastic, adding more flour if necessary. The dough should be fairly firm, otherwise it will not take the cuts for the cross.

Place the dough in a greased bowl, turning to grease the top. Cover the dough with a towel and put it to rise in a draft-free spot until doubled in volume. This will take about 2 hours.

Punch the dough down. Shape it into 2 dozen buns.

Place the buns 1 1/2 to 2 inches apart on well-greased cookie sheets or in muffin pans. With a sharp knife cut a cross into the top of each bun. Allow them to rise until doubled in bulk, 30-45 minutes.

Bake at 400 degrees F for about 20 minutes.

For the frosting, mix the milk with enough sugar so that the icing is not runny. Add the rind. Brush a cross on the top of each bun.

Note: The icing on Hot Cross Buns is considered by some purists to be new-fangled, feel free to eliminate!



THE MONTH OF THE BLESSED SACRAMENT



*"We have all these names for the Eucharist,
at the center of all of it though is: the
Eucharist is the love of the Father for you."*

-Fr Mike Schmitz



For more, check out his 14 minute podcast Catechism in a year "Day 181: The Sacrament of the Eucharist (2024) or scan this QR code.

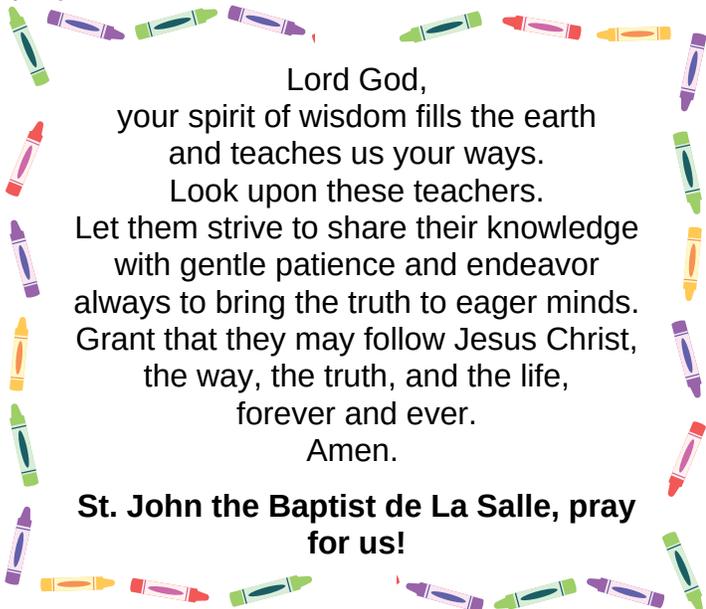
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PRAYER FOR SCHOOL TEACHERS

APRIL 7

With St. John Baptist de La Salle the patron of school teachers, it would be fitting to pray for teachers today! If you have kids in school or know teachers personally, insert their names in this prayer.



Lord God,
your spirit of wisdom fills the earth
and teaches us your ways.
Look upon these teachers.

Let them strive to share their knowledge
with gentle patience and endeavor
always to bring the truth to eager minds.
Grant that they may follow Jesus Christ,
the way, the truth, and the life,
forever and ever.
Amen.

**St. John the Baptist de La Salle, pray
for us!**

**"JESUS CHRIST IS NOT KNOWN AS
HE OUGHT TO BE BECAUSE MARY HAS
BEEN UP TO THIS TIME UNKNOWN."
-ST. LOUIS DE MONFORT**



In the 1940's, St. Louis de Montfort's work "True Devotion to Mary" was published with the intention to strengthen relationships with Jesus through devotion to Mary. The book is replete with information on the important role the Blessed Virgin Mary has played in our journey to holiness. The back end of the book includes preparation and instructions for consecration to Jesus through Mary (Marian Devotion), which was later transformed into a Do-It-Yourself Retreat called "33 Days to Morning Glory" by Fr. Michael E. Gaitley. Consider starting this retreat journey and ending it on the vigil of a Marian feast day. Here are some upcoming date suggestions:

April 10 to May 13 (Our Lady of Fatima)

April 28 to May 31 (The Visitation)

May 7 to June 9 (Mary, Mother of the Church)

May 26 to June 28 (Immaculate Heart)

JUBILEE YEAR REFLECTION

Throughout this year of the Jubilee we will periodically have reflections to help call our mind back to the purpose and focus of this year. This one was inspired by the Poco a Poco podcast on the Jubilee:

Some of the traditions of the Jubilee year can be easy to dismiss in our minds because of how much our culture has changed today (E.g.: we no longer have slaves to set free). Even though much has changed, we can still apply the four Jubilee Year requirements to our lives today.

Slaves are set free. What are you a slave to? Work on setting yourself free this year. Some examples may be social media, money, TV shows, unhealthy habits, having too busy of a schedule or to-do list. Think about what you are letting take priority over God.



Debts are forgiven. Have you forgiven anyone in your life who needs it? Are there still some hard feelings that can be talked about or prayed through? Are you showing kindness to everyone? Take time to pray the Our Father slowly.



Everyone gets to rest and play. The Jubilee Year should be special and set apart. How can you incorporate more rest and play this year? Can you plan something special once a week? Maybe there is a spiritual book you have been wanting to read for a long time. Perhaps this is the year you use that book to help you rest in God more.



Everyone gets to come home. Plan to see family with QUALITY visits. Be very intentional with your time given to your family. Come home to God by giving Him more time of your day. Can you go to daily Mass sometimes? Can you visit Jesus in adoration? Is there a nearby pilgrimage you can go on for a day? Have you been to confession recently? What steps can you make to draw closer to the Lord?

