

Restore the Roots

Cultivating Your Domestic Church

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

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JUNE

1 Ascension of the Lord



40 days after His Resurrection, Jesus ascends to His Father in Heaven. Read the article on page 3. Today, a traditional activity is climbing a mountain and having a picnic. Go to the highest point you can find! Have popovers or pavlova for an airy, cloudlike treat.

8 Pentecost



Veni, Sancte Spiritus! Come, Holy Spirit! Have a bonfire and wear red to Mass!

11 Ember Days Start



Summer Ember Days are June 11, 13 and 14, these are optional days of fasting. Wednesday and Saturday are days of fasting; one meal with meat is permitted. Friday is a fasting day with no meat. We thank God for the wheat that is made into hosts, consecrated as Jesus' Body. Offer fasts for priests and more vocations!

15 Trinity Sunday



Today we celebrate the Solemnity of the Holy Trinity which is the union of the Father, Son, and Holy Spirit. This is a profound mystery, and we will never understand it on this side of heaven but if we have faith we can believe in the Trinity's existence and remember that Jesus said, "Blessed are those who have not seen and yet believe." (John 20:28) Play and instrument today, see the St. Ignatius' quote on the Trinity on page 3 to understand why!

21 St. Aloysius Gonzaga



Aloysius Gonzaga was born into a family of high rank during the Renaissance period in Italy. His father wanted him to be a war hero, but Aloysius had a different plan. He had great devotions to Mary and the Psalms from a young age, and by 11 was teaching the catechism and fasting. He eventually joined the Society of Jesus as a seminarian, but not until after a long battle with his father who tried to convince him to stay in his "normal" vocation. As a seminarian, he had to relearn a new type of fasting and prayer in community. In 1591, the Jesuits opened a hospital to care for those affected by the plague. Aloysius cared for the ill, and by the age of 23, he caught the disease and died. As the patron saint of seminarians, today pray for our seminarians found on page 4.

27 Solemnity of the Most Sacred Heart of Jesus



This special devotion feast day has a connection with your priest this year, read on page 4 to find out how. Celebrate with strawberry shortcake today and pray for your pastor!

30 First Martyrs of the See of Rome



During the bloody reign of Roman Emperor Nero, a fire destroyed much of the city of Rome in 64 A.D. According to Roman historian Tacitus, Nero blamed the Christians for starting the fire to deter the rumor that he himself had set the fire to make room for a new palace. He rounded up Christians and had them crucified, fed to wild beasts, or burned on torches. Rather than stamping out Christianity, this and other persecutions in the early Church strengthened the faithful by the martyrs' heroic witness to Christ. This feast is the day after the feast of St. Peter and St. Paul who were also martyred in Rome during Nero's reign. Let the feast of these unnamed martyrs remind us that we are all called to be saints, and try one of the ideas on page 4 today.

MONTHLY DEVOTION: The Sacred Heart of Jesus



THE LITURGICAL YEAR : ORDINARY TIME



When we hear the word 'ordinary', we tend to think of something plain or boring. We may be tempted to think, "This season is not celebrating anything special, so it is called 'ordinary'." The word 'ordinary', however, comes from the Latin *ordo*, which can simply mean 'numbered' or 'counted'. Cardinal numbers refer to an amount (I have one apple, two oranges, etc.), while ordinal numbers refer to a position (He came in first, she came in second, they came in third and fourth, etc.). The season of Ordinary Time, then, simply means that the weeks are counted. We speak of the second, third, and thirty-fourth week of Ordinary Time. (Interestingly, because Ordinary Time officially begins on a Monday, there is no 'first' Sunday. The Baptism of the Lord is celebrated on a Sunday, and the Second Sunday of Ordinary Time is celebrated the following week.)

If the weeks are counted, we can ask the question, "Counted from what? What occasion gets to claim the first week?" In the Old Calendar of the Church, the term 'Ordinary Time' was not used; rather, we spoke of 'Epiphanytide' and 'Pentecostide'. After Epiphany would come the 'Second Sunday after Epiphany,' 'Third Sunday after Epiphany,' and on until the Easter Octave). After Pentecost, the calendar would continue with the second, third, etc. 'Sunday after Pentecost' until Advent began. In the Novus Ordo, we count the weeks of Ordinary Time from the Baptism of the Lord (after Christmas) until Ash Wednesday and resume after Pentecost until Advent.

Ordinary Time is anything but plain and boring! What do we consider during these weeks? The readings focus on the public ministry of Christ, the God-man who walked among us to save sinners and carry us back to the Father. Saint John Chrysostom writes, "Although Christ might, while staying in the same place, have drawn all men to Himself to hear His preaching, yet He did not do so; thus he gave us the example to go about and seek those who perish, like the shepherd in his search of the lost sheep or the physician in his attendance on the sick."

During this ordinary, counted season, pay close attention to the extraordinary deeds Christ is pleased to work for us!

What should we do during Ordinary Time?

Ordinary Time should not be a time to wait for the next "big" liturgical season to come and prod us to make changes in our spiritual life. Often times referred to as a growing season, we can take steps now to deepen our faith, root out sin and become more faithful followers of Christ. Instead of waiting for Lent and Advent, why not try something new, now? This Ordinary Time, pick something to work on making a new habit. If you make a new habit after a month, pick another. Focus on being 1% better to follow Jesus more closely! Here are a few ideas:

- 🌀 Daily Rosary (or just a decade)
- 🌀 Bi-Monthly Confession
- 🌀 Read the Sunday Gospel before Mass each week
- 🌀 Go to one extra daily Mass a week
- 🌀 Nightly Examen of Conscience
- 🌀 Daily Morning offering
- 🌀 Scheduled weekly Adoration
- 🌀 Replace one of your entertainment or news sources with a Catholic one



Looking for a way to make the faith for your kids or grandkids "Ordinary"?

Shining Light Dolls, a Catholic company with a passion for passing on the faith to the next generation, is releasing a new magazine next month for Catholic kids. The fun of getting mail for kids without any of the worry about what might be on each page is here!

From the publisher: *Catholic Kids Club Magazine is a monthly Catholic magazine created especially for kids ages 8–12. Each issue is packed with stories of saints and miracles, deep dives into Church teaching, hands-on faith-based activities, games, nature explorations, and more. Whether your child loves art, science, saints, or snacks, they'll find something to love in every issue!*

**This is not an affiliated post however as many of the Restore the Roots parents are excited to see this for our kids, we wanted to share it with you!*





THE ASCENSION, PENTECOST AND THE JUBILEE YEAR



Before Jesus ascended into heaven, He said to his apostles, "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age." (Matthew 28:19-20) This is the great commission of Christ's followers; to make other followers of Christ. This is OUR commission! But we cannot do this on our own. Because of His Ascension, Jesus is now seated at the right hand of God the Father and is able to intercede for us while still being present to us on earth without being in bodily form.

Jesus ascended into heaven so that He could send down the Holy Spirit at Pentecost. The outpouring of the Holy Spirit brought with it gifts to sanctify His Church, enlighten and strengthen the apostles and to help them preach the Gospel. Those gifts are for us now too! But these gifts do not come without a sense of responsibility. We must go into the world and give a message of hope which is more important than ever in this Jubilee Year of Hope. We live in a world where hopelessness abounds and the way the world will regain this hope is through the message of Jesus' Resurrection, Ascension, and the expectation of His second coming. In this Jubilee Year of Hope, we can see that by Jesus' ultimate sacrifice, slaves are set free, our debts are forgiven and we are able to go Home to heaven some day, as we remember Jesus' entrance into Heaven today. Our job is to spread that Good News. Let us pray that God will pour out His Holy Spirit upon us at Pentecost and fill us with these extraordinary gifts so that we may preach the Gospel and fill the world with the hope of the Risen Lord who now intercedes for us in Heaven.

“Each key having its own individual sound, but when played together, each key, without losing any of its own distinctiveness, contributes itself and together they form a unified harmonic chord.
- Saint Ignatius of Loyola



THE FIRST U.S. POPE!

Truly, it is a momentous event to have one of our native born elected as pope! We need to be remembering him in our daily prayers. While we can certainly add him into our prayers (and we should), the Vatican has a prayer specifically for the pope which we've included below. Perhaps cutting this out and posting it somewhere will remind you to pray for our new beloved Pope!

The "Connecting the Diocese" podcast released an episode on May 17 with Bishop Battersby discussing the importance of an American pope, issues that Pope Leo will face, the succession of the Papacy, what an Augustinian is and much more. It's worth the time to listen to our Shepherd speak about our Holy Father.



Prayer for the Pope

V. Let us pray for Leo XIV, our Pope.

R. May the Lord preserve him, and give him life, and make him blessed upon the earth, and deliver him not up to the will of his enemies.

Our Father...

Hail Mary...

O God, shepherd and ruler of all the faithful, look favorably on your servant Leo XIV, whom you have set at the head of your Church as her shepherd; grant, we pray, that by word and example he may be of service to those over whom he presides so that, together with the flock entrusted to his care, he may come to everlasting life.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

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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



PRAY FOR OUR SEMINARIANS!

JUNE 21

As St. Aloysius is the patron saint of seminarians, we can't miss the opportunity to encourage you to pray for our seminarians in the diocese! We need good, holy men to become the priests that lead us to heaven and offer the sacraments to us. If you are not already praying for our seminarians, now is a great time to start. Our seminarians are: Kyle Lang, Alex Radtke, John Francis, Luke Kaiser, Jake Lozon, Michael Leis, Andrew McNally, Thomas Cummings, Ethan Mahrol, Joey Uhlir and Cade Statz.

Loving God, I ask for a special blessing and outpouring of the Holy Spirit on (seminarian's name), whom you have called to be yours. Let his vocation grow and develop through a deep spirit of prayer and by following the path of Jesus Christ, your Son. May Mary protect him from all harm and, through her powerful intercession, obtain for him all the graces he needs to grow into the image of Jesus, the high priest. Give him the grace to embrace the cross through all difficulties, knowing that faith is made strong through trials. Make the yoke easy and the burden light by keeping him ever close to the loving Heart of your Son.

Amen

(Rev. Victor Perez)



THE HOLY MARTYRS

JUNE 30

One symbol of a Christian martyr is a laurel leaf. Laurel leaf crowns were given to Greek Olympians for winning their events. Seen as sign of victory for finishing the race, laurel leaves or wreaths are found in art or images of the saints, and using laurel leaves is a simple way to call to mind these martyrs. Here are two simple ideas!

Bay Leaf Tea

Did you know that laurel leaves are the same as bay leaves? Bay leaf tea is thought to help with blood sugar regulation, digestion and anxiety but in this case we can sip and think of the martyrs and heavenly aid!

1 cup just boiling water

1 bay leaf

Put the leaf into a mug and pour the hot water over the leaf. Let the leaf steep in the hot water for 5-10 minutes. The longer you let it sit, the stronger it will be. Remove the leaf and add honey or lemon if desired. Enjoy while asking the martyrs to intercede for you to walk as faithfully as they did to Heaven.



THE MONTH OF THE SACRED HEART



Indulgence Alert!



Honor the Sacred Heart of Jesus this month by praying the Litany of the Sacred Heart. Find it here:



THE SACRED HEART AND THE PRIESTHOOD

JUNE 27

The devotion to the Sacred Heart is often times a favorite of priests, and it is one that Bishop Battersby has specifically encouraged because of the beautiful promises that come with the devotion. This year the priests of the diocese will be gathering at Priest Unity Days on June 26 and June 27, the Feast of the Sacred Heart. Specifically today, stop and pray for your pastor, all the priests of the diocese and Bishop Battersby, that they may abundantly receive God's grace and an outpouring of the Holy Spirit, experience greater brotherhood among their brother priests and warmly welcome in the three new priests who will be ordained on June 28; Deacons Joseph Glatczak, Matthew Szymanski and Brian Ward. (Remember to pray for these men too!)

Laurel Wreath Crown Craft



Materials needed:

Paper plate, green construction paper, glue

Directions: Cut the center of the paper plate out to fit on the head of the child. (Smaller hole for a little kid, bigger hole for a older child.) Trace a leaf shape (like a football) on to the green construction paper and cut out enough to fill up the rim of the paper plate. Glue them on and wait for it to dry. Explain that the saints who have laurel leaves gave everything they had to follow Christ and that these crowns should remind us to do the same!

