

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 2 No. 12

May

3 Saints James & Philip



These two apostles share a feast day because their relics were brought to their current resting place at the Church of the Holy Apostles in Rome on the same day. St. James is also known as James the Less, and James, son of Alphaeus, not to be confused with St. James the Greater, the brother of the apostle John and son of Zebedee.

Traditionally, St. James the Less is also recognized as James, the brother [cousin] of Jesus and the first bishop of Jerusalem, although scholars debate this. St. Philip is known in the Gospels for having brought his friend Nathanael to Christ just after being called by Christ himself. Both St. Philip and St. James the Less were martyred. Today, celebrate these apostles by baking a loaf of bread to remember Philip's interaction with Christ in the feeding of the five thousand, or read the Letter of St. James.

8 Apparition of St. Michael the Archangel in Italy



The Basilica Santuario di San Michele Arcangelo in Italy has been a popular pilgrimage site for centuries. The devotions started in 490, when a man found his lost bull kneeling down at the foot of the cave. In anger, the farmer shot an arrow at the bull, and unexplainably the arrow pierced the farmer's foot instead. The bishop after hearing this, announced three days of fasting and on the third day Saint Michael appeared to the bishop and announced that this was a sacred cave and whoever entered it, their sins would be forgiven. Inside the cave, pilgrims will now find a full sanctuary where Mass is said throughout the day, an adoration chapel, a room full of confessionals with priests occupying them for many different languages, and a museum. Many popes and saints have visited this cave, including Pope St. John Paul II, St. Thomas Aquinas, and St. Francis. It is said St. Francis did not feel worthy enough to enter and so remained kneeling at the entrance. Pray the Chaplet of St. Michael today, (see page 3).

15 St. Dymphna



St. Dymphna was born to a rich, pagan father and a devout Christian mother. At the age of 14, her mother died, causing her father, Damon, to become mentally ill with grief. He was desperate to find another wife that resembled the looks of Dymphna's mother. No woman was to be found. As a result, it was suggested that he marry his own daughter. Dymphna fled their home with her confessor, St. Gerebran, and made their way for Belgium where Damon later found them. When Dymphna refused to return with him, Damon struck off her head with a sword. St. Dymphna is known as a martyr for protecting her purity, and being patroness of the mentally ill. Both she and St. Gerebran are believed to be buried in The Church of St. Dymphna in Gheel, Belgium where they were murdered together and where many miracles have been witnessed. Take time to pray today for those mentally afflicted. Look at the suggestions on page 4 as well.

15 St. Isidore the Farmer



One of the favorite saints for planting gardens and farming is back again!
Bring your garden crosses to Mass on the 17th or 18th for a blessing at the end of Mass.

Monthly Devotion: Mary

Pentecost

While Pentecost is not a "season" properly speaking (more on that next month!), it does mark an important change in the Church's calendar. Forty days after Easter, we celebrate Jesus' Ascension into heaven, followed ten days later by the Solemnity of Pentecost. From the Greek word meaning 'fifty', it takes its origins from the Jewish festival of Shavuot (a Hebrew word meaning 'weeks'), celebrated seven weeks and one day (50 days) after Passover.

For the Jews, Shavuot was a pilgrimage festival in which they would travel to the Temple in Jerusalem to offer the first fruits of the wheat harvest and to commemorate the day on which God gave the Torah to Moses on Mount Sinai.

On Passover, Jesus died. Fifty days later, after he rose from the dead, spent 40 days with his disciples, and ascended into heaven, the Jews were gathered in Jerusalem to celebrate Shavuot. The Holy Spirit descended upon the Apostles and the people gathered, confirming the disciples in their charge to preach the good news to all nations, "baptizing them in the name of the Father and of the Son and of the Holy Spirit." Christ is with us always, "even to the end of the age." He may have left when he ascended into heaven, but now he comes to dwell in the hearts of all who believe and are baptized. We become a Temple of the Holy Spirit and indeed, the whole Trinity, for they dwell together, three in one.

In the Acts of the Apostles, we read the account of the shocking and marvelous day. The Spirit is not a discriminating Spirit; he appeared as "tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance." All were amazed, such that some even thought everyone in the assembly was drunk! Peter, himself filled with the Holy Spirit, realized this was the moment about which Jesus had prophesied, stood up and began to preach Christ crucified and risen. His speech concludes, "Let all the house of Israel therefore know assuredly that God has made him both Lord and Christ, this Jesus whom you crucified."

Many responded, convicted by Peter's words,

and asked, "What are we to do?" and three thousand people were baptized and added to the followers of Jesus.

Two of Jesus' paradoxical teachings also find their fulfillment in Pentecost. "Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do." Greater works than Christ? How? Not on our own, but "because I go to the Father."

"It is better for you that I go," Jesus says. "For if I do not go, the Advocate will not come to you. But if I go, I will send him to you...And when he comes, the Spirit of truth, he will guide you to all truth." Because Jesus goes to the Father, he sends us the Spirit. The greater work is Christ now working in the lives and hearts of all the baptized. In this confidence, we can heed Christ's words: "Whatever you ask in my name, I will do it, that the Father may be glorified in the Son; if you ask anything in my name, I will do it."

In the words of those who witnessed the tongues of fire, "What are we to do?" What does this mean for us today? Let us ask boldly for spiritual gifts in Christ's name! Let us heed Peter's response as well: "Repent and be baptized for the forgiveness of sins...and save yourselves from this crooked generation." The Sacraments are all about the divine life, the Trinity, dwelling and operating in our souls. As Temples of the Holy Spirit, and we must work to preserve body and soul undefiled, eagerly awaiting the day of heaven when the light of the Trinity bursts forth in our soul without mediation. And we may trust in and pray to our Advocate and Comforter, who "comforts our hearts and makes them steadfast in divine patience and trust in Christ" (Chrysostom).



Indulgence Alert!



Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

A partial indulgence is granted to the faithful who,

- 1) at the beginning and the end of the day,
- 2) in starting and completing their work, or,
- 3) before and after meals,

devoutly offer some legitimately approved prayer of supplication and act of thanksgiving like the above prayer.

Mary Gardens

A staple image of the summer season is the beautiful and colorful arrays of flowers adorning the lawns of homeowners around town. Some choose to have a few pots of petunias or begonias to liven up their porch steps while others tend to their carefully crafted floral masterpieces around their yards. Those who garden know how much care, work, and dedication it takes to keep up a floral display. Gardening gives us an opportunity to offer our work as a sacrifice of love to the Lord. It may seem like a small and insignificant offering, and

the long hours spent on our knees weeding and fertilizing may be painstakingly difficult. But, growing a garden can help make you a saint. How? The "Little Flower" St. Therese says it best, "Little things done out of love, are those that charm the Heart of Christ..." and, "Nothing is insignificant or negligible in the service of God." The watering, fertilizing, pruning, and picking—when done with great love and faithfulness—are the places where the Lord can meet you, delight in you, and sanctify you. Offer to Him the dirty knees, callused hands, and sweaty foreheads, for He pours out his Merciful Love upon you, even when you're about to throw in the towel because the deer keep eating your plants.

Flowers and gardens have many associations with our faith. When Mary Magdalene visits the empty tomb on Easter morning, she does not find Jesus laying there. Instead, she sees a man walking at the tomb, whom she mistakenly believes to be a gardener. She soon finds out it was our Risen Lord and is overwhelmed with love (John 20:15). Again in the book of John, we hear Jesus comparing himself to a grape vine when he says, "I am the true vine, and my Father is the true vine grower" (John 15). Many Saints also have flowers associated with them. St. Therese is called the "Little Flower," and St. Kateri is called "Lily of the Mohawks". Lilies are also associated with St. Joseph, as a symbol of his chastity and pure love for the Holy Family. And our Blessed Mother is associated with white roses, again as a symbol of her Immaculate Heart.

One tradition that stems back all the way to Medieval times is the dedication of a garden to our Blessed Mother. Creating your very own Mary Garden is a great opportunity to become a saint while testing out your green thumb. Your garden can be as simple as placing a small Mary statue in a potted plant, or it can be as elaborate as cultivating a colorful flowerbed in the corner of your lot. Either way, your Mary Garden can be a delightful reminder for you and all of your guests of Mary's love, care, and intercession. It can also give you a quiet prayer space outside while the weather is nice.

Start simple. All you need to begin is a statue of Mary and a few flowers. This is a great activity to involve the kids, just make sure you're ready to get dirty and keep up with the watering. Listed below are some flowers that have associations with Mary, Jesus, or our Christian Faith to give you a place to begin.

Bergamot*: Mary's Crown

Black-Eyed Susans*: Golden Jerusalem

Butterfly Milkweed*: Our Lady's Cushion

Forget-me-not: Eyes of Mary

Heart Leaf Aster*: Mary's Immaculate Heart

Lanceleaf Coreopsis*: Our Lady's Star

Larkspur: Mary's Tears

Marigold (or Goldenrod*): Mary's Gold

Morning Glory: Our Lady's Mantle

Petunia: Our Lady's Praises

Poppy: Christ's Blood

Snapdragon: Infant Jesus' Shoes

Sweet Alyssum: Flower of the Cross

Zinnia: The Virgin

Pale Purple Coneflower*: Our Lady's Flower of God

* Native to Wisconsin

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MAY
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Mad Muffins



St. Dymphna's story is a sad one, one that no person should ever have to endure. Her father, as one might say, went "mad". And so, because of the not so normal ingredients in this recipe, we get "mad" muffins to remember the life and suffering of St. Dymphna.

16 sheets (full) graham crackers, finely crushed
(about 2 cups of graham cracker crumbs)
1/4 cup sugar
2 teaspoons baking powder
1 egg
1 cup milk
2 tablespoons honey
2 very (even overly) ripe bananas, mashed
1/4 cup chopped walnuts



Preheat oven to 400 degrees. Line a muffin pan with baking cups or grease the tins well. In a big bowl, combine graham cracker crumbs, sugar and baking powder. Then mix in the egg, milk, honey and mashed banana and mix well. Spoon batter evenly into muffin baking cups and top each with walnuts. Bake for 15 to 17 minutes, or until a toothpick inserted into their centers comes out clean. Cool in pan 5 minutes then remove to cool longer on wire rack.



Scan the QR code to listen to a five part series on St. Dymphna from "The Saints" podcast produced by The Merry Beggars. It's a Radio

show style program and excellent for the whole family. They are highly engaging and worth listening to even if you don't have kids!

(Note: this episode is rated for ages 7+, look at their notes for more information.)

MAY
3

Indulgence Alert!



On the Feast of Sts. James and Phillip, make a pilgrimage to St. James the Less in La Crosse. Venerate their relic of St James for a partial indulgence!

MAY
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Chaplet of St. Michael



The Feast of the apparition of St. Michael is a perfect day to pray the lesser known Chaplet of St Michael. Padre Pio recommended it to all of his spiritual children and to those who were suffering from temptations. It can be prayed daily or at any time and is especially recommended on the following feasts:

- Apparition of St. Michael the Archangel (May 8)
- Feast of the Archangels (September 29)
- Holy Guardian Angels (October 2)
- Tuesdays (the day of the week on which the Angels are traditionally honored).

The chaplet was given to Ant3nia d'Ast3naco, a Portuguese Carmelite, in a vision, with the promises "Whoever would practice this devotion in his honor would have, when approaching the Holy Table, an escort of nine angels chosen from each of the nine Choirs. In addition, for the daily recital of these nine salutations, he promised his continual assistance and that all the holy angels during life, and after death deliverance from Purgatory for themselves and all their relations."

An extra page of prayers containing the Chaplet of St. Michael has been provided or is available at this QR code.

MAY
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Pentecost Novena



After the Ascension of Jesus, while the apostles waited for the coming of the Holy Spirit, they expectantly and fervently prayed. They were afraid of what might happen to them but instead of cowering in fear, they gathered in prayer. These nine days of intense prayer is now known as the "original" novena. (Novena comes from the Latin word "novem" which means "nine"). When the Holy Spirit descended upon them at Pentecost they were emboldened to preach the Gospel and be witnesses to the faith. We encourage you to spend nine days anticipating the coming of the Holy Spirit this year. While there is no set Pentecost Novena and any prayers can be said, we have included one on the extra page that can be found at the QR code above.



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Chaplet of St. Michael Archangel

O God, come to my assistance. O Lord, make haste to help me. Glory be to the Father, etc.

[Say one Our Father and three Hail Marys after each of the following nine salutations in honor of the nine Choirs of Angels]

1. "By the intercession of St. Michael and the Celestial choir of Seraphim, may the Lord make us worthy to burn with the fire of perfect charity. Amen."
2. "By the intercession of St. Michael and the Celestial choir of Cherubim, may the Lord vouchsafe to grant us grace to leave the ways of wickedness and run in the paths of Christian perfection. Amen."
3. "By the intercession of St. Michael and the Celestial choir of Thrones, may the Lord infuse into our hearts a true and sincere spirit of humility. Amen."
4. "By the intercession of St. Michael and the Celestial choir of Dominions, may the Lord give us grace to govern our senses and subdue our unruly passions. Amen."
5. "By the intercession of St. Michael and the Celestial choir of Virtues, may the Lord preserve us from evil, and suffer us not to fall into temptation. Amen."
6. "By the intercession of St. Michael and the Celestial choir of Powers, may the Lord vouchsafe to protect our souls against the snares and temptations of the devil. Amen."
7. "By the intercession of St. Michael and the Celestial choir of Principalities, may God fill our souls with a true spirit of obedience. Amen."

8. "By the intercession of St. Michael and the Celestial choir of Archangels, may the Lord give us perseverance in faith and in good works, in order that we gain the glory of Paradise. Amen."

9. "By the intercession of St. Michael and the Celestial choir of Angels, may the Lord grant us to be protected by them in this mortal life and conducted hereafter to eternal glory. Amen."

Say one Our Father in honor of each of the following leading Angels: St. Michael, St. Gabriel, St. Raphael and your Guardian Angel.

Concluding prayers:

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ, that we may be made worthy of His promises.

Let us pray: Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael Prince of Your Church, make us worthy, we ask You, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Your Presence. This we ask through the merits of Jesus Christ Our Lord. Amen.

Novena to the Holy Spirit

Opening Prayers

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. + Amen.

Come, Holy Spirit, Creator, come
From thy bright celestial throne!

Come take possession of our souls, And make
them all thine own!

V. Send forth thy Spirit, and they shall be created.

R. And thou shalt renew the face of the earth.

- Psalm 103:30

Let us pray: O God, thou has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in His consolation. Through Christ our Lord. + Amen.

Prayers for The Gifts of the Holy Spirit

Day One - Spirit of Wisdom, preside over all my thoughts, words and actions, so that in all things I may love God for His own sake above all things. Amen.

V. Holy Mary, Seat of Wisdom, **R.** Pray for us.

Day Two - Spirit of Understanding, teach and enlighten me, so that I may never waver in my faith, but enjoy true peace of mind and heart.

V. Holy Mary, Queen of Peace, **R.** Pray for us.

Day Three - Spirit of Knowledge, teach me how to look at things in their true light, so that I may not be bound by earthly attachments, but ever rejoice in thy heavenly comforts.

V. Holy Mary, Cause of our Joy, **R.** Pray for us.

Day Four - Spirit of Counsel, grant that I may always seek thy guidance, that my thoughts and actions may be informed by good judgment, and that whenever my advice is sought by others, it will be offered with kindness, prudence, truth, and in accordance with God's will.

V. Mother of Good Counsel, **R.** Pray for us.

Day Five - Spirit of Fortitude, strengthen my weakness, so that I may never be discouraged by obstacles in the path of holiness and virtue, but may willingly accept the trials and difficulties of this life.

V. Holy Mary, Queen of Martyrs, **R.** Pray for us.

Day Six - Spirit of Piety, implant in my soul filial love toward God my heavenly Father, and brotherly love for all, so that I may delight in the service of God and my neighbor.

V. Mother of God, our Mother, **R.** Pray for us.

Day Seven - Spirit of Holy Fear, keep me mindful of the infinite Majesty of God, keep me from all selfish desires and evil actions, that I may humbly serve God and others with a clean heart and clear mind.

V. Immaculate Mary, Help of Christians, **R.** Pray for us.

Day Eight - Divine Comforter, we come to thee in our trouble and distress. In the name of Jesus, our Redeemer, come to our assistance and console us in all our trials and sufferings. Amen.

Day Nine - Holy Spirit, Spirit of Truth, come into our hearts; give to all people the brightness of thy light, that they may be pleasing to thee in the unity of faith. Amen. -Pope Leo XIII, July 31, 1897

Concluding Prayers

For all who work for the Church

O Holy Spirit, Creator, graciously aid and inspire those who are engaged in fulfilling the mission of the Church, who work to build thy Kingdom by teaching and evangelizing others. Grant that by thy supernal power, they may be strengthened and confirmed against the assaults of the Enemy. By thy mercy and grace, renew the spirit of thy servants to whom thou hast entrusted this labor, that in thee all their works may glorify the Father and His only begotten son, Christ our Lord. + Amen.

Saint Augustine's Prayer to the Holy Spirit

Holy Spirit, powerful Consoler, sacred Bond of the Father and the Son, sweet Hope of the afflicted, Descend this day into my heart and establish therein thine amiable empire. Enkindle my soul - alas! so tepid! the salutary flames of thy love, that I may be inflamed and that my soul and body may be subject to thee. I believe that when thou dwellest in us, thou dost prepare a dwelling for the Father and the Son. Deign then to come to me. Come, O sweet Consoler of abandoned souls! Come, O Protector of those who are in need! Succor of the afflicted, come and purify me; suffer no evil desire to take possession of me, heal all my wounds. Come to me, Strength of the weak, Support of the wavering; Come to me, O thou who lovest the humble and resistest the proud; Come to me, Hope of the needy, Father of orphans; Come to me, Star that guidest the mariner in his way, and offerest a secure harbor to the shipwrecked; Come to me, True glory of the living, sole hope of the dying; Make me all that thou wishest me to be, and conduct me by thy grace, so that I may be ever pleasing to thee. Amen.

Closing Prayer

May the power of the Holy Spirit ever be with us, we beseech thee, O God. Cleanse our hearts and save us from all dangers; through our Lord Jesus Christ, who with thee and the Holy Spirit liveth and reigneth, one God, world without end. + Amen.