

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 3 No. 5



October

4 St. Francis of Assisi



Francis of Assisi, a wealthy cloth merchant's son and troubadour, was captured in Assisi's war with Perugia and imprisoned a year before being ransomed. He abandoned his previous wealthy lifestyle. After pilgrimage to Rome, he received an auditory message from the San Damiano chapel crucifix: "Rebuild my Church which is falling into ruin." Initially he repaired churches before understanding the message. He strove to "bring the Gospel to life and life to the Gospel" by embracing "Lady Poverty" and the poor. His faithful witness drew others. Relying on 3 randomly selected Gospel passages (Mt 16:24 & 19:21, Lk 9:3), he founded the Franciscan Order and, later with Clare of Assisi, the Poor Clares. The Order, including the third order for laity, grew rapidly. In 1224, Francis, wishing to experience Jesus' love and pain during His Crucifixion, became the first to receive the stigmata. Finally, nearly blind, shortly before death in 1226, Francis composed "The Canticle of the Creatures."

9 Our Lady of Champion



Right here in our own backyard is an apparition of Mary. Not in Europe or Mexico, but in the woods of Wisconsin. Read more about it on page 2 and 3.

18 St. Luke



St. Luke was an early Christian who is credited with giving us the third Gospel and the Acts of the Apostles. The Gospel of Luke is represented by an Ox because he spends time emphasizing the sacrifice that Jesus made on the cross. In the scriptures, it has been clear to historians that St. Luke was someone of literary skill, a physician, and a companion of St. Paul. In his letter to the Colossians, St. Paul says, "Luke the beloved physician greets you..." (Col 4:14). St. Luke never learned straight from the mouth of Jesus, but is a great example of how the love of Jesus can spread through friendship, such as the friendship between him and St. Paul. It has been said that St. Luke was also a painter, therefore leading him to become the patron saint of painters and doctors. To celebrate, read your favorite passage from the Gospel of Luke, and see page 4!

29 Blessed Chiara Badano



Born in Italy in 1971, Chiara lived a normal life, filled with sports, friends, and school. However, when she was 17, she was diagnosed with terminal bone cancer. What made her simple life remarkable was the willingness with which she embraced the pain, suffering, and death that came along with her diagnosis. Of course she wanted to continue to live! But she submitted her will to Jesus' will, united her suffering to His, and continued to be joyful, growing closer to Jesus until her death at age 19. From a young age, Chiara had fostered a relationship with Jesus Christ, which is what prepared her to make the ultimate "Fiat" to God's plan for her life and to accept her suffering. Today, following the example of Blessed Chiara, make extra effort to practice uniting your suffering, be it small or large, to Christ on the cross.

Traditional Monthly Devotion: The Holy Rosary

Local Devotions

We celebrate many occasions as a Universal Church; it is also important to celebrate as a local Church. Those communal banquets, processions, and festivals organized around the local calendar give character and culture to a village. What are some of these more intimate and exclusive occasions? The Church, under the guidance of local bishops, raises certain days to the level of Feast or Solemnity for the Catholics whom those cultural devotions affect. For example, the anniversary of the dedication of a church, the feast days of patrons of a diocese, and celebrations of local apparitions and saints are elevated in rank. What are some of our local devotions? Most readers of *Restore the Roots* are in the Upper Midwest, so we will share brief accounts of the lives of a few area heroes of the faith. We encourage you to get to know those in your own areas and celebrate accordingly!

Blessed James Miller (1944-1982)

was born in Stevens Point and entered the De La Salle Brothers after high school. He dedicated his life to teaching and serving in rural missions. After many years in Nicaragua, he spent two years in St. Paul, earning the nickname "Brother Fix-It" because of his handiness. Sent to Guatemala, he taught and served the community for a year before being shot and killed (likely by members of a gang) while fixing a wall. His feast day is February 13.



Servant of God Joe Walijewski (1924-2006)

was a diocesan priest of La Crosse and missionary to the poor in Bolivia and Peru. He established parishes and soup kitchens, received his fellow Polish countryman, Pope John Paul II, on a visit, and founded the Casa Hogar Juan Pablo II orphanage in Peru, which the Diocese still cares for today. He died in Peru in 2006 and is buried above the orphanage. A simple, charismatic, and inspiring priest, he was known to say, "Then I will not have lived in vain, and I'll not care how long I'll live, if I can give and give and give."



Blessed Solanus Casey (1870-1957)

was born near Prescott, WI, one of sixteen children. Hearing the priestly call but unable to speak the Latin or German languages of diocesan seminary instruction, he joined the Order of Friars Minor Capuchin in Detroit and was eventually ordained a simplex priest, spending his life in prayer, healing the sick, and giving spiritual counsel. He died with the words, "I give my soul to Jesus Christ," and more than 20,000 attended his funeral. His feast day is July 30.



Servant of God Thea Bowman (1937-1990)

was born in Mississippi but spent formative years of her life in La Crosse as a Franciscan Sister of Perpetual Adoration. Entering at 15, she eventually taught elementary school and college students before traveling as a sought-after speaker. Diagnosed with breast cancer, she died on March 30, 1990.



Venerable Frederic Baraga (1797-1868)

was a Slovenian missionary Bishop to the present-day Upper Peninsula area. Known as the "Snowshoe Priest," he traveled through his diocese of Sault Saint Marie and Marquette during the harsh winters, establishing missions and serving the Native Americans, writing hymns and catechisms. He is buried in the cathedral in Marquette, MI.



Our Lady of Champion

In 1859, Mary appeared to the young Belgian immigrant Adele Brise in Robinsville (now called Champion). "I am the Queen of Heaven, who prays for the conversion of sinners, and I wish you to do the same," Mary said to her. When Adele acknowledged her lack of learning and asked how she was to fulfill Our Lady's request, Mary replied, "Gather the children in this wild country and teach them what they should know for salvation: their catechism and how to sign themselves. Go and fear nothing, I will help you." Adele spent the rest of her life dedicated to spreading the faith to the poor children, starting a community of women dedicated to teaching. Bishop David Ricken declared the apparition "worthy of belief" in 2010. The feast day is October 9.



Local Devotions

Typically, page 2 of Restore the Roots does not continue on. This month we want to stop and consider what exactly we just highlighted. The team here at Restore the Roots is committed to reviving and encouraging liturgical living, which means sometimes, bringing back customs for saints and feast days that have been held on to for centuries, going back to the early days of that saint, apparition or feast day. But how exactly did those traditions start? How did we “get” those saints? Why were those devotions passed down generation after generation? It usually started with local celebration and veneration of the holy person that died or the apparition that occurred. Parties and festivities happened on special days. Their stories were passed on and kept alive. Prayers were offered for their intercession and miracles happened, making them a recognized saint in the Church. Because of faithfulness of generations before us, we have traditions to live out today. And now, we have the ability to carry on that same process. We can keep the stories alive of the holy men and women who walked among us. We can have festivities and

gatherings that become annual events and traditions. We can ask for their intercession and potentially have a miracle happen for them be recognized as a saint. How amazing is that? We can be part of Church history for the next generations! We encourage you to get to know these holy men and women and our local Marian apparition so that we can celebrate them accordingly, lovingly and hopefully!

For any (or all) of the highlighted people we encourage you to go on to their website we’ve listed and get the prayer for their canonization. This will help you to ask for their intercession and maybe you could receive a miracle! For each one, we’ve linked a podcast for you to learn more of their story. We also given a few ideas how to celebrate their lives or feast days, but don’t be constrained by them. Be creative! If you come up with a particularly fun or relevant one, let us know! We’d love to share it!



Br. James Miller

BrotherJamesMiller.org

Ways to celebrate:

*Have a German meal
Visit his grave in Ellis, WI*



Listen to the podcast from Connecting the Diocese



Fr. Joe Walijewski

FrJoesGuild.org

Ways to celebrate:

*Have a Peruvian Meal
Have a Polish Meal*

Listen to to music from the Casa

Listen to the podcast from Connecting the Diocese



Blessed Solanus Casey

solanuscasey.org

Ways to celebrate:

*Have a simple supper like
soup and a sandwich
Have ice cream for dessert*



Listen to the podcast from The Flowered Path



Sr. Thea Bowman

sistertheabowman.com

Ways to celebrate:

*Have soul food, gumbo
or sweet potato pie*



Listen to the podcast from Connecting the Diocese



Bishop Feredric Baraga

BishopBaraga.org

Ways to celebrate:

*Go snowshoeing or walk in the woods
Have buckwheat pancakes*



Listen to the podcast from American Catholic History



Our Lady of Champion

championshrine.com

Ways to celebrate:

*Make a pilgrimage to the Shrine
Have Belgian waffles*



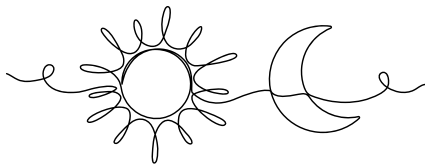
Listen to the podcast from American Catholic History

Editors: Msgr. Richard Gilles and Natalie Elskamp
Special thanks to all the contributing writers.
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St. Francis' Canticle of the Creatures

Most High Almighty Good Lord,
Yours are praise, glory, honor and all blessing.
To You alone, Most High, do they belong, And no
man is worthy to mention You.
Be praised, my Lord, with all Your creatures,
Especially Sir Brother Sun,
Who is daylight, and by him
You shed light on us.
And he is beautiful and radiant
with great splendor.
Of You, Most High, he is a symbol.
Be praised, my Lord for Sister Moon
and the Stars.
In heaven You have formed them
clear and bright and fair.
Be praised, my Lord, for Brother Wind
And for air and cloud and clear and all weather,
By which You give Your creatures nourishment.
Be praised, my Lord, for Sister Water,
For she is very useful,
humble, precious and pure.
Be praised, my Lord, for Brother Fire,
By whom You light up the night,
For he is fair and merry and mighty and strong.
Be praised, my Lord, for our Sister Mother Earth,
Who sustains and rules us
And produces varied fruits
with many-colored flowers and plants.
Praise and bless my Lord
And give Him thanks and serve Him
with great humility.



The Blessing of Animals



A popular custom today going back to the time of St. Francis is the Blessing of Animals (or pets). You can sometimes find local parishes offering a public blessing of pets. If not, you can ask your parish priest to offer a blessing for your furry friend. You can scan the QR code at the right to be taken to the blessing and offer it to the priest if he doesn't have the text.



Quill Pasta for the Gospel Writer!

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Quills are an image associated with Gospel writers and the word penne means "quill" or "feather" because of the pasta's slanted ends, which makes this pasta great for not only St. Luke but all of the the Gospel writers! (St. Mark - April 25, St. Matthew - September 21, St. John - December 27) Add in the red color of the sun dried tomatoes to symbolize their martyrdom (except St. John who was not martyred) and you have a dish for a Feast!

Creamy Sun-dried Tomato Penne

2 C. dried penne or mini penne pasta
1 T. olive oil
1/2 C. sun-dried tomatoes (chopped)
1/2 C. cream
1/4 C. freshly grated parmesan
1/2 t. garlic powder

Boil pasta. While waiting for pasta to cook, sauté sun-dried tomatoes in olive oil for a few minutes. Add cream and mix. Add parmesan and garlic powder. Mix. Drain pasta and pour sauce over warm pasta. Serves 4.

Prayer to St. Luke

**Almighty God, Who did inspire
Your servant St. Luke the
physician to set forth in the Gospel
the love and healing power of
Your Son: Graciously continue in
Your Church the love and power
to heal, to the praise and glory of
Your Name; through the same
Jesus Christ our Lord, who lives
and reigns with You, in the unity
of the Holy Spirit, one God, now
and for ever.
Amen.**

**Patron Saint of artists, physicians,
bachelors, surgeons, students and
butchers**