

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 4 No. 1



JUNE

6 St. Norbert of Xanten



Born in the year 1080, St. Norbert founded the Premonstratensian Order (commonly known as the Norbertines) on Christmas Day in 1121. After he narrowly missed being struck by a bolt of lightning, he had a profound conversion of heart and asked God, "What do you want me to do?" The Lord spoke to him through the words of Psalm 34: "Turn from evil and do good; seek peace and pursue it." Those words set the path for St. Norbert's vocation. By God's grace, he went from a life of ease and comfort to a life of penance, asceticism, and a fiery zeal to make known our Lord's love and mercy. In all that he did, he insisted that everything flow from a commitment to prayer and a deep devotion to our Lord in the Eucharist. He was known as a great reformer and a peacemaker, daily celebrating the Eucharist. He eventually was asked to serve as Archbishop as well. He died on June 6, 1134. To celebrate this Eucharistic saint and great apostle of reconciliation, consider scheduling a time this month to pray a Holy Hour during Eucharistic adoration, and schedule a time to receive the Sacrament of Reconciliation so that you too can radiate our Lord's love and mercy! Listen to the episode about St. Norbert on Saint Stories for Kids podcast by Shining Light Dolls.

7 Corpus Christi



Read about this feast day on page 3. Spend some time with Jesus in Adoration today or sometime this week.

15 St. Germaine Cousins



When reading Germaine's story, one might be reminded of Cinderella. Instead of chasing a prince, though, she chased after the Lord. From a young age, she was neglected by her father and stepmother. She slept outdoors, tended sheep, and was given little food or water. Her suffering formed her deep but simple faith. She would rush to daily Mass and leave her flock to the care of God. Never was her flock attacked by wolves. Her stepmother was determined to catch her doing wrong. One day, she saw Germaine concealing something in her apron. She ran and beat Germaine. Germaine opened her apron to reveal flowers. She gave one to her stepmother as a sign of God's forgiveness. Germaine passed away at the age of 22 after a life of much suffering and sickness. Forty years later, her body was found incorrupt. She is the patron saint of victims of child abuse. Make your own rosary with directions on page 4.

21 St. Aloysius Gonzaga



Aloysius Gonzaga (1568-1591) was the firstborn of a celebrated, wealthy and influential family from Castiglione near Mantua, Italy. He was well educated and attended the court of the Grand Duke of Tuscany in 1576 and later the court of Philip II in Madrid. Yet from an early age, he practiced a prayerful, ascetical lifestyle and felt called to join the newly formed religious order, the Society of Jesus (the Jesuits). He was met with strong opposition from his father as Aloysius was in line to inherit the family fortune as a Marquis. After prevailing, Aloysius entered the Society of Jesus in 1585. While studying in Rome, he would regularly go into the streets and care for victims of the plague. He contracted this fatal disease and died at the age of twenty-three, six years short of ordination. He is the patron saint of youth in the Catholic Church. Today, pray for the youth in your life by name and ask St. Aloysius to help them.

MONTHLY DEVOTION: The Sacred Heart of Jesus

THE FIRST THREE LATERAN COUNCILS



First Lateran Council 1123 AD, Rome

Why Was It Called? The Investiture Controversy began in 1076 when Pope Gregory VII and Emperor Henry IV were locked in a power struggle, which resulted in a series of excommunications, antipopes, and questions over who had the authority to 'invest' bishops with his ring and crozier. During the ritual, it appears that the one giving the items has authority over the one to whom they are given; can a secular emperor bestow these symbols of spiritual authority? In 1122, the Concordat of Worms disallowed emperors from investing bishops with the ring and crozier but allowed a separate ritual in which the emperor would bestow a sceptre, representing the lands over which the bishop was pastor.

Major Themes and Canons: Lateran I confirmed the Concordat of Worms and spoke against actions unbecoming of Christians. For example, one cannot be ordained or promoted for money, a priest should not live with a woman, and those who rob pilgrims have broken communion with the Church.

Second Lateran Council 1139 AD, Rome

Why Was It Called? Several hundred bishops met to resolve a schism that arose after the death of Pope Honorius II. Anacletus II had been elected as antipope against Innocent II.

Major Themes and Canons: Lateran II condemned the acts of Anacletus II, prohibited simony (receiving money for spiritual goods), usury, and jousting; clarified that penance should extend to each sin and carry a firm resolve to amend and avoid occasions of sin; and condemned those who do not affirm the Sacrament of the Lord's Body and Blood, the baptism of children, the priesthood, and legitimate marriages.

Congratulations!

One of our team members, Kyle Lang is being ordained this month! If you read Restore the Roots, stop and pray for him as he is ordained on June 27. Pray that he is not just a holy priest, but a saintly one. Congratulations, Fr. Kyle!

Third Lateran Council 1179 AD, Rome

Why Was It Called? Another schism over the papacy ensued as Alexander III was opposed by Emperor Frederick I and antipope Victor IV (succeeded by Pascal III and Callistus III).

Major Themes and Canons: Lateran III condemned the acts of the three most recent antipopes and decreed that a pope is elected by two-thirds majority among the cardinals. Those who do not accept this rightful Pontiff are excommunicated. It established 30 as the minimum age to become a bishop and 25 for priests; forbade clerics from taking on secular positions of powers; (judge, governor, etc.;) declared that lepers should be allowed to have a place to worship and be buried; and condemned the heresy of the Cathars, who said that the material world is evil by nature.

*Want to know more about the councils?
Check out Catholic Answers Focus
Podcast, "Understanding the Councils"
on your favorite podcast player.
And watch for more next month!*



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:



Ways to celebrate and honor the Sacred Heart this month:

- Consecrate your home to the Sacred Heart
- Have heart shaped foods (strawberries, cookies, use a cookie cutter for anything!)
- Listen to the Saints Alive Podcast on Margaret Mary Alacoque
- Place an image of the Sacred Heart in a prominent place in your home



FEAST OF CORPUS CHRISTI



In the thirteenth century, the Church instituted this great feast day. On the Feast of Corpus Christi, we rejoice in the extraordinary gift of the Eucharist. Jesus is truly with us and truly present at every Mass and in every tabernacle in every Catholic Church in the world. Christ has given to us His Body to eat and His Blood to drink. We, as Catholics, believe in transubstantiation, that though the bread and the wine continue to have all appearances of bread and wine at the Consecration, their substance is changed completely into Christ's Body and Blood. This feast calls us to stop and remember that very real miracle. The ringing of the bells at the Consecration calls our attention to Jesus' coming. Today at Mass, during the ringing of the bells, say, "My Lord and My God!" Making a Sign of the Cross when passing a Church is a great way to acknowledge the True Presence of Jesus in the Eucharist. There is also a plenary indulgence today if you participate in a Corpus Christi procession.

Editors: Msgr. Richard Gilles and Natalie Elskamp
Special thanks to all the contributing writers.
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Email us! RestoretheRootsLAX@gmail.com

With many ordinations and anniversaries happening in June, remember to pray for all priests. Cut this out and put it somewhere to pray daily for those priests who love and serve you!

Daily Prayer for Priests

O Almighty Eternal God, look upon the face of Thy Christ, and for the love of Him who is the Eternal High Priest, have pity on Thy priests.

Remember, O most compassionate God, that they are but weak and frail human beings. Stir up in them the grace of their vocation which is in them by the imposition of the bishop's hands.

Keep them close to Thee, lest the Enemy prevail against them, so that they may never do anything in the slightest degree unworthy of their sublime vocation.

O Jesus, I pray Thee
 for Thy faithful and fervent priests;
 for Thy unfaithful and tepid priests;
 for Thy priests laboring at home or abroad in distant mission fields;
 for Thy tempted priests; for Thy lonely and desolate priests;
 for Thy young priests;
 for Thy aged priests;
 for Thy sick priests,
 for Thy dying priests;
 for the souls of Thy priests in Purgatory.

But above all I commend to Thee
 the priests dearest to me;
 the priest who baptized me;
 the priests who absolved me from my sins;
 the priests at whose Masses I assisted, and who gave me Thy Body and Blood in Holy Communion;
 the priests who taught and instructed me, or helped and encouraged me;
 all the priests to whom I am indebted in any other way, particularly N. (name of priest)
 O Jesus, keep them all close to Thy Heart, and bless them abundantly in time and in eternity.
 Amen.



SPECIAL FEATURE! ST. NORBERT AND THE NORBERTINES

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The Norbertine Order was founded in 1121, which means it has been around for over 900 years! Without knowing it at the time, the Norbertines would prove to be an important link in the history of religious orders in the Catholic Church. Before the Norbertines, religious communities were primarily monastic, such as the Benedictines. Men in monastic communities were referred to as monks, and women in monastic or cloistered communities were called nuns. The Norbertines however didn't live a strictly monastic life. Rather, they lived a *semi*-monastic life, modeled after the life of the early apostles as read in the Acts of the Apostles (see Acts 2:42-47 and Acts 4:32-37). Norbertines lived in common at an abbey (and continue to do so today) but also went outside of the abbey to serve in the surrounding area.

Because of their particular rhythm of life, Norbertines are called *canons regular* (not monks). This name refers to their state of life, living in common, and following a rule of life. For the Norbertines, that rule of life which they follow is the Rule of St. Augustine. It wasn't until after the Norbertines that mendicant orders began (Dominicans, Augustinians, Franciscans – who are called friars), which is an even more active rhythm of life. Thus, in the history of the Church, Norbertines act like a bridge between the more contemplative orders and the more active religious communities that followed.

The earliest group of Norbertines to stay and establish a lasting foundation in the United States arrived in 1893. Three Norbertines from Berne Abbey in the Netherlands came to northeastern Wisconsin to serve within the Green Bay Diocese. They first served in the Door County peninsula area, and by 1898 they were in the De Pere area where they established a priory (which eventually was elevated to the status of an abbey) and St. Norbert College. The Norbertines lived on campus there, as they served, until they built a new abbey across the river, which was completed in 1959 – St. Norbert Abbey – where the Norbertines in De Pere still live today.

In total, there are five independent men's Norbertine communities in the United States: St. Michael's Abbey in California, Santa Maria de la Vid Abbey in New Mexico, St. Norbert Abbey in Wisconsin, Daylesford Abbey in Pennsylvania, and Immaculate Conception Priory in Delaware. There are also two women's communities: a community of active Norbertine sisters in California, as well as a cloistered community of Norbertine nuns (canonesses) in California as well.

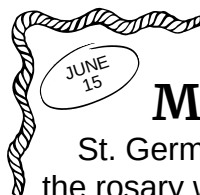
There is so much more to be said about the rich history of the Norbertines! To learn more, consider looking up any of the Norbertine communities in the US. You can also scan the QR code to get a glimpse of the Norbertine Community at St. Norbert Abbey in De Pere.



LIVE IT!

The feast of St. Norbert is a big feast day for the Norbertines. Try celebrating it like they do today. Often, the orders will have a solemn Mass, a community gathering, and then participate in acts of service. How can you replicate that in your life? If you have a family, gather and pray a decade of the rosary, followed by a game and then see if you can visit an elderly neighbor or friend and help them out. If you don't have kids, try to make it to Mass, and then gather with friends for a meal and then serve a fellow parishioner who might need a hand completing a task at home.

Special thank you to Fr. Johnathan Turba, Vocations Director at St. Norbert Abbey, for writing this month! You can contact him at vocations@norbertines.org



MAKE A ROSARY!

St. Germaine was often found praying the rosary while she was shepherding her sheep. She had a deep devotion to Our Lady. Being a poor, neglected shepherd girl, she likely made her own rosary out of things that she could find, like string. Why not try making a rosary yourself?

There are many ways to do it. Here's a simple print out for you to try. You can also look up YouTube videos for "rosary knots."

