

Restore the Roots

Cultivating Your Domestic Church

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

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August

4 St. John Vianney



John Vianney was born during the French Revolution to a farming family. Despite the political and social chaos, his family remained steadfast and instilled the practice of the faith in him. John knew he was called to be a priest. He lacked formal education and struggled to understand his Latin lectures. Nevertheless, he persevered and his longing was eventually fulfilled. At his parish in Ars, the faithful had grown lackluster in their faith. His mission was to reignite souls for the Lord. Fr. Vianney had the gift of reading souls, performed miracles, and spent anywhere from 11-16 hours a day in the confessional. As his fame spread, people traveled from all over to hear his homilies and receive penance from him. Many people had dramatic conversions to the faith through his ministry. Fr. Vianney died on August 4th, 1859 and was canonized in 1925. He is the patron saint of parish priests. If you have not been to confession in a while make plans to go using the guide on page 3 if you need help.

15 Solemnity of the Assumption



Even though this feast is not a holy day of obligation this year it would still be a great idea to go to Mass and bring herbs with you to be blessed. No blessing at the Mass you attend? No problem! Ask any priest to bless them! See page 3.

16 St. Stephen of Hungary



St. Stephen of Hungary was born a pagan but was baptized at the age of 10 with his father, chief of the Magyars. At 20, he married Gisela who was the sister of future emperor St. Henry. He worked tirelessly to bring Christianity to Hungary for both political and religious reasons. He appealed to Pope Sylvester II for assistance and asked that he confer the kingship upon him as the first Christian king of Hungary which occurred on Christmas day, 1001. He established a tithing system for church support and abolished widely held pagan customs. His son Emeric died in 1031 and for the remainder of St. Stephen's life there was controversy over his successor including his nephews' plots to assassinate him. He died in 1038 and was canonized with his son in 1083. He is the patron of stone masons and the protector of children suffering from severe illnesses. Today, pray in thanksgiving in a different way with the meal prayer found on page 4.

23 St. Rose of Lima



St. Rose of Lima was born in 1583, to a well-to-do Spanish family who lived in Peru. She was originally named Isabel, however by the time of her confirmation this name was changed to Rose, as a tribute to the beauty of both her soul and body. She was very pure and concerned about the possibility of her beauty leading her to become vain and would take seemingly drastic measures to overcome this temptation – at one point rubbing pepper juice on her face to mar it. Rose joined the third order Dominicans and so was able to work simultaneously in the world among the poor and cultivate a deep prayer life which included various visions. By the time she died at the age of thirty-one she had impacted many people. Today in honor of St. Rose, make lima bean soup (recipe on page 4) and listen to the podcast mentioned.

Traditional Monthly Devotion: *The Blessed Sacrament*



Medieval Councils



First Council of Lyons

1245 Lyons, France Called by: Pope Innocent IV

Why Was It Called? Disputes over temporal and spiritual power between the papacy and Emperor Frederick II caused Gregory IX to call a Council. It was, however, prevented by the Emperor.

Gregory's successor Innocent IV travelled to Lyons, outside of the Emperor's jurisdiction, and summoned a Council to discuss Church reform, the Holy Land, the savage Tartars, and Emperor Frederick's persecution.

Major Themes and Canons: A bull was proclaimed, excommunicating Frederick II and

stripping him of his royalty. Clarifications were made around excommunications, which aim at "healing and not death, correction and not destruction." Vigilance was encouraged near Tartar (Turkish-speaking) borders. And defense of the Holy Land was encouraged, requiring clerics to give 5% of Church revenue to assist the efforts. This Council also began the tradition of cardinals wearing red hats, signifying their willingness to shed their blood for the Church.

Second Council of Lyons

1274 Lyons, France Called by: Pope Gregory X

Why Was It Called? After a 3-year conclave, Gregory X was elected pope, even though he was not present, or was even a priest! Quickly ordained a priest and bishop of Rome, he called a Council to discuss the troubles in the Christian and wider world. A former crusader, the Holy Land was on his mind, as was the reunion between East and West. Famously, St. Thomas Aquinas died enroute to Lyons, and St. Bonaventure died after the fourth session.

Major Themes and Canons: A crusade was called, but again the Pope's death prevented its execution, and money raised was distributed throughout Italy. Because of recent lengthy conclaves and antipopes, the Council included detailed decrees about papal elections, including that they should eat only one small dish at meals! Most notably, Lyons II represents a brief restoration of unity between the East and the

West. Byzantine Emperor Michael VIII Palaeologus captured Constantinople in 1261, ending Latin rule there. He and the Pope sought to unite the Churches, and Michael wanted protection against Sicily's King Charles of Anjou. Theologically, the East accused the West of denying the Father as fount and origin when it says that the Holy Spirit "proceeds from the Father and the Son." Lyons clarified: "The Holy Spirit proceeds eternally from the Father and the Son, not as from two principles, but as from one principle." The one procession or spiration maintains the Father as origin. Emperor Michael and the Council representatives from the East promoted the union, though his death in 1282, the Eastern priest's unwillingness to accept the teaching, and future popes' slowness to respond when the East was threatened with war reintroduced the schism.

Council of Vienne

1311-1312 Vienne, France (near Lyons) Called by: Pope Clement V

Why Was It Called? The papacy had moved to Avignon, to later return to Rome with Pope Gregory XI in 1376. In the meantime, King Philip IV of France was engaged in a war with England and was simultaneously in debt to the Knights Templar, who protected pilgrims traveling to the Holy Land. Philip accused the Templars of abominable offenses and heresy, put many on trial, forced confessions, and executed their leaders. With deteriorating relations, Clement V called a Council.

Major Themes and Canons: The Council of Vienne was a political disaster. Though the charges were fabricated, Clement disbanded the Knights Templar, probably succumbing to threats from Philip IV who, although a devout Catholic, wanted to subordinate Church authority to the French state. The King was released of his debt and given Templar property throughout France. A few other reforms were declared, and a crusade was called, though this time the King's death prevented its execution.



Guide to making a good confession

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St. John Vianney was a great advocate of going to confession and so in honor of his feast day make plans to go to confession. Not sure how to do it? Use this guide to help you receive God's love and grace in this healing sacrament, and after you have finished, remember to thank the priest!

Start by finding a quiet place and asking the Holy Spirit to help you remember your sins and feel genuine sorrow for them. A simple prayer is: **"Holy Spirit, help me to see my sins clearly, to be truly sorry for them, and to trust in the mercy of God."** Don't rely on your memory alone. Use an examination of conscience. If you identify a mortal sin, remember how many times you committed it.

When you go to confession the priest will welcome you. Make the Sign of the Cross and say: **"Bless me, Father, for I have sinned. It has been [mention how long—weeks, months, or years] since my last confession."**

Then tell the priest your sins. Be clear and honest. You don't need to tell a story or provide excuses; just state the sins simply. **"These are my sins..."** (List your mortal sins first, then venial sins). When you are finished, let the priest know by saying: **"For these and all the sins of my past life, I am truly sorry."**

The priest may offer some brief spiritual advice. He will then give you a "Penance"—usually a few prayers to say or a small act of kindness to perform—to help you begin your amendment. After giving you a penance, the priest will ask you to express your sorrow by praying the Act of Contrition. This prayer tells God you are sorry and intend to do better.

The priest will then extend his hand and pray the words of Absolution. Listen for the words: "...and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." Your Response: Make the Sign of the Cross and say, **"Amen."** The priest will usually conclude with a short dismissal, such as, "The Lord has freed you from your sins. Go in peace." Your Response: **"Thanks be to God."**

Need an Examination of Conscience?

To make a good confession, it's important to prepare well. If you don't typically use an examination, try one of these. Or if you always use the same one, try searching for a new one. Sometimes the way things are written will bring up a different memory.

Scan this code to find a variety of



examinations of conscience for all ages and stages. (Or search 'FOCUS examination of conscience'.)

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Bring herbs to Mass to get blessed on the Solemnity of the Assumption!



After they are blessed, you can use them in a meal immediately or you can dry them and put them in a vase near a statue of Mary or in your prayer space. Then, throughout the year, as was custom for so many centuries, when someone is sick or injured, put some of those herbs in their food or drink. Place them (or yourself) under Mary's Mantle and trust that she will take care of you and bring your needs to Jesus Himself. (If the Mass you go to doesn't bless herbs, just ask a priest to bless them!)



The Power of God



Throughout the year, the Catholic Church gives the faithful sacramentals such as blessed herbs so that we can use them to dispel the powers of sin and invite the power of God into our hearts and homes. These sacramentals remind us that Jesus and the power of God are more powerful than evil. Through the blessing, God can impart good into humble substances such as water, salt and garden herbs so that they can be used to put evil to flight. This realization should bring us hope and joy while inspiring us to live a life of virtue, confident that we can withstand the temptations of the enemy with the help of the Lord!

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Meal Prayer

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St. Stephen was a grateful man. He received his kingdom as a gift from God, and built up the Church physically by building churches, monasteries and supporting priests to show God he was thankful for what the Lord had given to him. What has the Lord given to us? What has He entrusted to us? How can we thank Him? Using St. Stephen as an example, use this guide to start a meal prayer. Consider doing this weekly! God is lavishly bestowing us with gifts; we have nothing short to be thankful for!

Begin with the Sign of the Cross.

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Name God with a title.

"Heavenly Father," or "Lord Jesus," or "Gracious God,"

Thank God for the meal.

"Thank You for this food and for the hands that prepared it."

Invite everyone to share one gratitude.

Go around the table with a prompt such as:

- "Today I thank God for..."
- "One blessing I noticed today was..."
- "I saw God's goodness when..."
- "Today I'm grateful for..."

Or think of how the Lord is inviting you to be a Kingdom builder:

- What responsibility has God entrusted to you?
- How can you use your gifts to build God's Kingdom?

After everyone has shared, one person can say:

"Lord, thank You for showing Your love through these blessings. Help us to recognize Your presence every day and to share these gifts with others."

Pray for others.

"We remember those who are hungry, lonely, sick, or in need today. Bless them and help us to be generous."

Close with a traditional blessing.

"Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen."

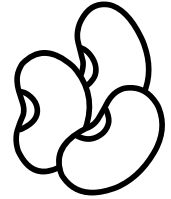


Lima bean soup

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Ingredients

- 2 cups dried lima beans soaked overnight
- 6 cups chicken broth
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 stalks celery, sliced
- 1 cup ham, diced
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon lemon juice optional



Instructions

- Heat olive oil in a large pot over medium heat. Sauté onions, garlic, carrots, and celery until softened and fragrant.
- Stir in the diced ham cooking for a few minutes to release its smoky flavor.
- Pour in the chicken broth, add the soaked lima beans, bay leaves, and dried thyme. Bring to a boil, then reduce heat to low and let simmer for about 90 minutes.
- Season with salt, pepper, and a squeeze of lemon juice if desired. Adjust seasoning to taste.
- Ladle into bowls and serve warm.

While you're cooking this soup (or some other time), check out this podcast about St. Rose of Lima. This is a radio storytelling podcast and may remind you of Paul Harvey. Find it on your favorite podcast app or do a quick search!



Lives of the Saints Podcast
Covenant Network
St. Rose of Lima