

Restore the Roots

Cultivating Your Domestic Church

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

Vol. 2 No. 5

October Feast Days

5 St. Faustina



St. Faustina is the saint to whom we can attribute the Divine Mercy Chaplet. She was born into a devout Catholic family, and at the age of 20 she joined the Sisters of Our Lady of Mercy. Six years after joining the order, she had a vision of Jesus holding up one hand in blessing while His other hand pointed to His chest. Jesus told her to have this image of Him created and the words “Jesus, I trust in you” written on it. He also asked for the second Sunday of Easter to be promoted as a celebration of Divine Mercy. St. Faustina recorded her visions of Jesus in her diary. Some of her spiritual gifts were prophecy, the ability to read souls, and the hidden stigmata. She is the patron saint of mercy and provides us with an extraordinary example of gratitude towards God. Today, take 10 minutes to pray the Divine Mercy Chaplet. Try a heart shaped dessert with red on one side and blue on the other! (Like a heart shaped cookie with red a blue frosting or a heart shaped pancake with strawberries and blueberries. Be creative!)

17 St. Ignatius of Antioch



St. Ignatius of Antioch was born in Syria around the year 50 AD. He and his friend, St. Polycarp, were students of the Apostle St. John. Appointed the Bishop of Antioch, Ignatius was an active defender of the faith against both heresies and persecutions. During the persecution of Trajan, he was arrested and sentenced to be taken to Rome to be thrown to the beasts. On the way to Rome, he wrote some eloquent letters to the various churches, some of which still exist today. Enjoy his feast day with some Nachos (which were named after the chef who invented them, Ignacio - a version of Ignatius!)

20 Canonization of Blessed Elena Guerra



Known as the Modern Apostle of the Holy Spirit, Bl. Elena Guerra (1835-1914) received a deep devotion to the Holy Spirit after her Confirmation at the age of 8. She had a heart for serving those who were poor or sick from a young age. Elena herself was sick to the point of being bedridden for 8 years when she was only 22. In 1866 she founded the Sisters of St. Zita (now known as the Oblate Sisters of the Holy Spirit) which focused on the religious education of young girls. Her most notable student was St. Gemma Galgani! After approving another miracle for her canonization earlier this year, Pope Francis will declare her St. Elena Guerra on Oct 20! Celebrate this new heavenly friend by increasing your devotion to the Holy Spirit! Read page 3 for more info on how to do that and more information about St. Elena. St. Elena, pray for us!

31 All Hallow's Eve



No matter how you look at it, Halloween just seems like one of those secular holidays that doesn't have much significance; however, we as Catholics CAN celebrate Halloween. The holiday is deeply rooted in Catholic cultural tradition, but with it being commercialized, it's hard to see where the traditions align with our faith. Can you celebrate it and still remain true to the faith? Absolutely. It's important that we Catholics do celebrate the holiday and “take it back,” in some ways. (Read more on page 4.)

Traditional Monthly Devotion: The Holy Rosary



Tuesday Devotion: The Guardian Angels



We often try to instill gratitude into our children by saying something along the lines of, "Right now there are people whom you have never met working to ensure your safety, education, and formation. Police officers, teachers, medical students, farmers, and many more are hard at work, and by their efforts they help you flourish." The same is true in the spiritual life. Right now there is a battle going on around us. An invisible battle, an intellectual battle, but a battle nonetheless. Right now our guardian angels with Saint Michael are defending us against demons who seek to ruin our souls.

Before we were created, God made the angels. Since God can only do good, He created all nine "choirs" good, in a loving relationship with Him, from the highest seraph to the lowest angel. He also gave them free will, meaning that they were capable of loving but also capable of choosing to turn away from Him. He revealed to them salvation history. "Look at all I will create," He showed them, "from the rivers to the birds to the trees. And look, this I call man. Like the animals, I will give him a body. And like you, I will give him a spirit that he may love me. But in his pride, man will fall away from me, creating a chasm he cannot restore. He will have to die. But I will go to him, I will be born of a virgin named Mary; I will take on flesh, die, and rise so that man's death might not be eternal. I will die and rise so he can be with me forever, like you. And you, you will help him. I will send you to watch over mankind, and especially my mother Mary."

At this, the brightest angel Lucifer exclaimed, "Non serviam! I will not serve! We are spiritual creatures, higher than the highest man, higher than this woman you want us to help. I will not serve!" With that, a great battle ensued, with a third of the angels following Lucifer (Satan) and the rest fighting with Saint Michael. Saint Michael declared, "Who is like God?" and cast Satan and his followers out of heaven, where they remain seeking to lure God's creation away from its Creator.

The spiritual battle is real, though we must not fear. "If God is for us, who can be against us?"

God sent Jesus to save us and the angels to help us. The angels ministered to Jesus in the desert, and they minister to us in our need. On Tuesdays, the Church suggests a special devotion to the guardian angels. Why? If angels are higher creatures than us, how can praying to them help us?

Though your guardian angel is your spiritual and intellectual superior, he* is not omniscient and cannot read your thoughts or communicate with you, unless you give him permission. Just as we must open up to a person in order to grow in friendship, and just as it is easier to help a friend out of a difficult situation the more we know about them, so too with the angels. As we develop a friendship with our guardian angels, we help them help us. And we grow in gratitude for their care.

God "commands his angels with regard to you to guard you wherever you go. With their hands they shall support you, lest you strike your foot against a stone." You have a special angel devoted just to serving you! He wants you to get to heaven. Talk to him! Pray to him. Ask for his protection and guidance. Then just as the heroic stories of hidden police officers and farmers never cease to amaze us, so will there be great rejoicing in heaven when we see the work of our guardian angels and with them meet God.

This month, commit to praying to your guardian angel in a special way every Tuesday!

Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side to light, to guard, to rule and guide. Amen

Angele Dei, qui custos es mei, me, tibi commissum pietate supérna, illumina, custódi, rege et gubérna. Amen.

*Angels are without gender but most often referred to with the masculine pronoun.



St. Elena and the Holy Spirit

Between 1895-1903, St. Elena strongly felt that there was a need to "return to the Spirit" and wrote many letters to Pope Leo XIII asking him to encourage a greater devotion to the Holy

Spirit among Catholics. He did what she asked and not only asked all the bishops to lead their faithful in a Pentecost novena but he also placed the new century under the protection and guidance of the Holy Spirit by reciting the *Veni Creator Spiritus* on January 1, 1901. That same day, in Topeka, Kansas, there was a prayer gathering that the Holy Spirit descended upon so powerfully. Since that day, devotion to the Holy Spirit has been slowly growing but in recent decades has taken hold in many places. It's time to invite the Holy Spirit here! Come, Holy Spirit!

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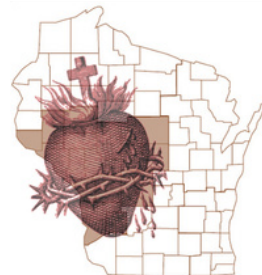
Fostering a Love of the Holy Spirit

How much do we actually know about the Holy Spirit? Do we trust the Holy Spirit to guide, comfort and heal us? As the Third Person of the Trinity, God Himself can do all these things, but do we believe that He can? Often the miracles that happened in the Bible, be it healings of the body, conversions of thousands at a time or a massive conversion of a sinner, we think of as purely "in the past". St. Elena Guerra wanted people of OUR time to see that these things were possible because the Holy Spirit made that all happen at and after Pentecost and we STILL have the Holy Spirit today. These things are possible. Healings and conversions happen today when we know, trust and expect the Holy Spirit.

If we weren't taught this and we haven't come across it before, how can we learn how to do this? Oct 19-21 Cathedral is bringing in Bart Schuchts, who has a passion for teaching how to love and trust the Holy Spirit. Oct. 19 at the Day of Equipping, Bart will teach about the Holy Spirit, and how to pray, trust and ask for healing from the Holy Spirit. If you've never encountered the Holy Spirit, this is a powerful day to come and meet God as the Holy Spirit.

On Oct. 20 and 21, Bart will present his story of conversion, how he received the Father's love and present a time for an encounter with the Holy Spirit. Bart is engaging and personable and no matter your state in life or your age, you will walk away with a new found love of God through Bart. Come, celebrate St. Elena's canonization by coming into relationship with the Holy Spirit. That would make St. Elena so very happy!

Register for either event at:



cathedralsjworkman.org/church-on-fire-mission/

**"Pentecost is not over.
In fact it is continually going on in every time and in every place, because the Holy Spirit desired to give himself to all men and all who want him can always receive him, so we do not have to envy the apostles and the first believers; we only have to dispose ourselves like them to receive him well, and He will come to us as he did to them."
- Saint Elena Guerra**

Editors: Msgr. Richard Gilles and Natalie Elskamp
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Can Catholics Celebrate Halloween?



All Hallow's Eve itself is situated as the first day of a three day Catholic festival known as Hallowtide (All Hallow's Eve, All Saints Day, and All Souls Day). The name of Halloween comes from "All Hallow's Eve," which refers to the Vigil of All Hallow's Day (also known as All Saints Day). Catholics have a long standing tradition of celebrating the biggest solemnities with a vigil as preparation (think Christmas Eve or Easter Vigil). The Catholic tradition also encourages feasting and celebration before the beginning of a time of intense prayer (think *Mardis Gras*). Halloween is no exception. It is the festive introduction to two intense days of prayer for our beloved departed.


During the three days of Hallowtide, we are asked to shift our focus to death and last things, and to think about the Church in her three locations: the Church militant, the Church triumphant, and the Church suffering. Halloween gives us, the Church militant—the ones still fighting the war against temptation here on earth—a special task of asking the Church triumphant—the saints in Heaven—for their intercession, for the Church suffering—the holy souls in Purgatory. Halloween is the day of preparation and festivities before we enter into some of the holiest days of the year.


The celebration of Hallowtide also reminds us of the realities of death, judgment, Heaven, and Hell. This is not to scare us or to lead us to doom. On the contrary, the Church calls us to *momento mori* (to remember our death) so as to inform and guide how we live right now. When we ponder the realities of Heaven, Purgatory, and Hell, it gives us a different perspective. How am I living my life here on earth? Am I focused on the things that pass, or the things that last for eternity? As we ponder, we pray for those who have run the race, and those who are still being purified.


The spirit of Halloween is steeped in holiness, but the physical traditions also have a Catholic purpose. The practice of trick-or-treating is said to have many different origins. One origin comes from 19th Century England. Children of poorer families would go door-to-door, offering to pray for deceased loved ones in exchange for a treat. This was also known as "souling," and the treat


exchanged was known as a "soul cake," which was a pastry spiced with cinnamon. The tradition of carving Jack-o-lanterns is believed to have Irish roots, except they carved turnips instead of pumpkins.



Perhaps you want to celebrate, but you don't want to give into or engage with modern practices. There are many ways you can reclaim this holiday as Catholic. It's time to show the world how All Hallow's Eve should be celebrated and how to remember our beloved dead!

 **Take it as a learning opportunity** - this time of the year is a great time to learn more about what the Catholic Church believes about death, judgment, and last things. Perhaps search for a Catholic podcast or video that talks about the spiritual realm. Have a discussion with your family about what *memento mori* means and how we can live our lives in light of it.

 **Keep the Light on** - is there any other time of the year where you will have strangers and neighbors knocking on your door? What an opportunity to share Christ with them. Send them off with a "May God bless you!" and be a joyful witness!

 **Dress up as Saints** - have your children dress up as their favorite saint or religious figure. This is not only a great way to learn and imitate the holy men and women, but it could be a great conversation starter for the people you encounter.

 **Visit the dead** - Though cemeteries have a morbid association with them, it can actually be a place where great love resides. If you are able, bring your family with you to visit deceased members of your family. Pray a rosary or chaplet at the site of their graves. Offer it up for the purification of their souls, and all souls in Purgatory.

 **INDULGENCE ALERT** 
A partial indulgence, applicable to the souls in purgatory, is granted to the faithful who devoutly visit a cemetery and at least mentally pray for the dead or devoutly recite lauds or vespers from the Office of the Dead or the prayer "Eternal Rest."

**Eternal rest grant unto them, O Lord,
and let perpetual light shine upon
them. May they rest in peace.** 4