

Restore the Roots



Cultivating Your Domestic Church

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

Vol. 1 No. 7

November Feast Days

1 ALL SAINTS DAY

This day is set aside to honor all of the saints, not only the saints whom the church recognized as saints but also ones that don't have a feast day - from those Holy men and women whom we knew to live a holy life and witness to the faith but are not formally recognized by the Church and for those who died for the faith but may be unknown to us. We honor all these for their sacrifice. Today, a customary thing to do, especially for kids, is to dress up as a favorite saint! You can also create your own personal/family litany of saints. Or you can choose a new saint to help you through the next year. (See page 3.)



2 ALL SOULS DAY

Today we commemorate all the faithful departed, or those souls who, after separating from their body, have not been perfectly cleansed from all attachment to sin. We pray for the Church suffering as they undergo the purification by God in purgatory and anticipate the Beatific Vision, or the immediate knowledge of God which the angelic spirits and the souls of the just enjoy in heaven. Today, priests have the privilege of celebrating Mass three times, and it is through this sacramental offering that the departed acquire consolation and obtain their liberation. You, as part of the Church militant, can honor those who have gone before us today by attending Mass, offering a Mass for a loved one, lighting a candle, writing the names of your deceased loved ones in the Book of Remembrance at Cathedral Parish, praying the Office of the Dead, or by obtaining a partial or plenary indulgence for the souls in purgatory. See page 3 for more information.



11 ST. MARTIN OF TOURS

Martin was born in the 4th century in what is present day Hungary to noble parents. His father was in the military and because of this, Martin was required to enter the military at age 15. He was also learning about the faith at this time and this pricked his conscience about participating in war. A few years later, Martin, riding his horse through the city, saw a poor man in tattered rags. Martin stopped, cut his cloak in half and gave it to the man. That night he had a dream of Jesus wearing that cloak who spoke to the angels and said, "Martin has given me his cloak and yet is only a catechumen." Shortly after this Martin was baptized and then requested to be released from the military. He went on to become a monk, and then a reluctant yet holy bishop who was loved by his people. The feast of St. Martin or Martinmas became an important feast day in Europe with many traditions. Read about them on page 4 and pick one to try. Today, also consider how you might imitate St. Martin by giving to the poor, not just giving from excess but also giving in sacrifice.



22 ST. CECILIA

Saint Cecilia was born to a wealthy Roman family in the 2nd century. She vowed her virginity to Christ, but was married off by her parents to a Roman named Valerian. Cecilia asked an angel to guard her virginity. On her wedding night, she told Valerian of her vow. He said he would honor her vow if he could see her angel. Cecilia asked him to be baptized first. Valerian agreed and after his Baptism, he returned to his wife and saw an angel next to her. Saint Cecilia converted hundreds through her witness of faith in God. She was arrested and martyred because of this. According to legend, it took many attempts to martyr Cecilia. Her body was exhumed in 1599, and she was found to be the first incorruptible saint. Saint Cecilia is the patroness of music because at her wedding, she sang in her heart to God alone. Do something musical to celebrate St. Cecilia today; sing hymns, play an instrument, or use kitchen utensils to create a family band!



26 SOLEMNITY OF CHRIST THE KING

This feast always falls on the Sunday before the first week of Advent, the season in which we prepare for Christ's second coming. We await our King's return and prepare a path for him. Added to the Roman Calendar in 1925, Pope Pius XI established the feast to combat the secularism and atheism of the time, in which Christ was being cast out of public life. Today, crown an image of Christ as a reminder that temporal authorities come and go, but Christ reigns forever! And do something on page 4!



SEE PAGE 2



THE HOLY SOULS IN PURGATORY



On November 2, the Church celebrates the Commemoration of All the Faithful Departed, also called All Souls' Day. Having just celebrated the saints in heaven and implored their intercession, we turn our attention to those who have left this earth but await their eternal reward of glory. These are the suffering souls in purgatory, whose salvation is assured but who need to be purified before they can see God face to face. In her wisdom, the Church allows us to acutely witness in a brief period all three of her parts: the Church Triumphant in heaven (Nov 1), the Church Suffering, in purgatory (Nov 2), and the Church Militant on earth (us!). We see where we are aiming, we pray for those who have died but are not yet at their final rest, and we realize the gravity of our time on earth in the army of Christ. We become more aware of the importance of offering prayers and good works as his followers.

The Church has recommended praying for the dead, especially at the Mass, since her beginning, though the first written record of taking a day to commemorate all the faithful departed comes from the ninth century. Two hundred years later, St. Odilo of Cluny named November 2 as the day for his congregation to pray and offer special Masses for the dead. That date quickly became the norm throughout the West.

It is a noble thing to pray for the dead; in fact, it is a spiritual work of mercy. Not only does it serve the souls for whom we pray, but it also reminds us of the most important moment of our own lives: our death. Considering our death, we ought to be spurred on to live well. Time is of the essence! On earth we may still lose grace and return to grace; we may gain or lose merits for ourselves and others. But when we die, our final decision has been made; we have chosen for or against God for all eternity. Those in heaven are living and delighting in God's presence and interceding for us, those in hell are dying forever in God's absence, and those in purgatory are experiencing its purifying flames. Everyone in purgatory will eventually make it to heaven, but right now they are suffering— not from a physical pain but from an even greater pain, the pain of separation and longing to be united with their Father. To use an analogy, the experience of purgatory is like the experience of a child who knows she will receive a cookie and can even see the cookie jar, but must wait until after dinner. The desire and presently-unfulfilled longing produces angst. When we apply a plenary indulgence to a soul in purgatory, that pain is removed, and the soul receives the fulfillment of every desire!

How should we celebrate All Souls' Day? For whom should we pray? It is a beautiful opportunity to intercede for our loved ones who have died. Having a Mass offered for the repose of the soul of a parent, grandparent, spouse, or child is a most powerful action. In addition, the faithful may receive a plenary indulgence, applied to one soul in purgatory, for visiting a chapel and praying the Our Father, Apostles' Creed, and Eternal Rest prayer. They may also receive an indulgence each day from November 1-8 by praying at a cemetery. How amazing that God gives us the opportunity to assist in a soul's release from purgatory! Then that soul may intercede for us! Go as a family to the nearest cemetery and spend some time in prayer.

PRAYER OF SAINT GERTRUDE THE GREAT

St. Gertrude has the most famous prayer for Holy Souls in Purgatory. St. Gertrude was a Benedictine nun who lived in the 13th Century. This is a very powerful prayer to assist souls in their final purification so as to attain the Beatific Vision.

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners every where, for sinners in the universal church, those in my own home and within my family. Amen



Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

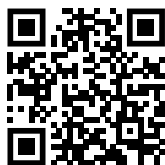
RIP or Rest In Peace is from the Catholic prayer "Eternal Rest." Originally in Latin, it ends with "requiescant in pace" or in English, "may they rest in peace". This now very secular phrase is from our Catholic roots praying for the souls of loved ones!

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A NEW SAINT FOR THE YEAR

There is a saying that you don't choose a favorite saint but a saint chooses you. Why not allow a new heavenly friend into your life this year? An All Saints day tradition is to find a new saint for the upcoming year. You can do this in a few different ways. Start by asking the Holy Spirit to guide you. Then you could just open a saint book to a random page and pick the first saint you see. You can go online to the "Saint Name Generator". Or, you could even pick a group of saints as a family and write their names on slips of paper and choose from those. Some examples of different groups of saints are: modern day saint, North American saints, child saints, pope saints, etc. Don't forget to write your saint down and put it somewhere you see! Pray to them daily, ask them for help, learn about them either through reading articles online or buying a book about them, and celebrate their feast day. By the end of a year, you might have a new favorite saint!



SaintsNameGenerator.com

YOUR LITANY OF SAINTS

A powerful prayer in the church is that of the Litany of Saints when we invoke them to intercede for us. While we have a set litany in the liturgy, you can also create your own litany for yourself. Write down all your favorite saints, saints you were named after, the saint's feast day you were born on, your confirmation saint and don't forget your new saint of the year! You can do this for your family too. Each person can pick 2-3 favorite saints and list them all together. After each saint, write "pray for us". Place this in a prominent location or your prayer space and say it on a regular basis especially big feast days like All Saints day, Christ the King, Christmas, etc. But also personal feast days like baptism, confirmation and wedding anniversaries. This is a great activity to do with kids. They can have their own litany that they can use for morning or bedtime prayers. There are even some great printables online for kids to make their own litany with images of saints. (The Little Rose Shop online has an All Saints free download, use the litany print and add the saint cut outs to the bottom.)

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INDULGENCE ALERT FOR THE POOR SOULS IN PURGATORY



A plenary indulgence, applicable only to the souls in purgatory, is granted to the faithful who,

- on any and each day from November 1 to 8, devoutly visit a cemetery and pray, for the departed;
- on All Souls' Day (or, according to the judgment of the ordinary, on the Sunday preceding or following it, or on the solemnity of All Saints), devoutly visit a church or an oratory and recite an Our Father and the Creed.

A partial indulgence, applicable only to the souls in purgatory, is granted to the faithful who,

- devoutly visit a cemetery and pray for the dead;
- devoutly recite lauds or vespers from the Office of the Dead or the prayer Requiem aeternam (Eternal rest) on page 2.

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and Natalie Elskamp**

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writers and proofreaders.**

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with out the express permission of the editors.**

To gain a Plenary Indulgence (only one per day), the faithful must be in the state of grace and the following conditions must accompany the prescribed act: have the interior disposition of complete detachment from sin, even venial sin; receive the sacrament of confession within 20 days, receive the Holy Eucharist and recite prayers for the intentions of the Holy Father (one Our Father and one Hail Mary is suggested as a minimum, but any other additional prayers may be added).

ORA PRO NOBIS

This month we have provided an additional resource for you to pray for your beloved dead. It has the prayers on it, please fill it out and hang it up somewhere you will see it. It will allow you to take advantage of the partial indulgence. And you will be doing a work of mercy praying for the dead. Your loved ones will thank you!

PRAY FOR US



MARTINMAS

Also known as Thanksgiving or Old

Halloween, Martinmas has many traditions

associated with it in Europe and many are different depending on the country. Here are a few of the more well known ones:

St. Martin would often beg and then give those things away to the poor. Later to mark the feast, people would beg door to door and give those things to the poor. Now children go door to door and beg for sweets, sound familiar?! They often carry homemade lanterns and sing songs about Martinmas.

There is a legend that St. Martin, while a monk, was being requested to become the bishop. Martin did not want to be a bishop so he hid in the hills. A goose found him and “announced” his presence to all and he was made bishop, reluctantly. So, to celebrate his feast, a roast goose is often eaten!

The Feast of St. Martin is at the end of harvest season, especially the grape harvest for wine. It is customary to have a harvest dinner in thanksgiving for a bountiful feast. The first wine is opened and the choicest animal is slaughtered to share.

On this great feast of Martinmas, have a feast with any garden produce you have. It is unlikely that you could find goose, but a chicken would do! Invite a friend or neighbor over to have a glass of wine. Or, if you have kids, look up a song for St. Martin or make a homemade lantern.

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CHURCH TRIUMPHANT, MILITANT, SUFFERING

Have you heard of these terms before and wondered what they meant? Do you know that one of them describes you?

The **Church Triumphant** describes all of those holy men and women who have lived a good life and fought the good fight that lead them to Heaven. All of the named and unnamed saints are enjoying their eternal reward with God. They are also powerful intercessors for us on earth.

The **Church Militant** are all of us who are striving each day to grow closer to God. But each day it is not always easy to make the good and right choices. Not only are we pilgrims on a journey but we are soldiers for Christ always engaging in spiritual warfare which is why we are called “militant”.

The **Church Suffering** is the souls in purgatory. Those who have lived a good life who will go to heaven but need purification first. C.S. Lewis calls purgatory the “washroom for heaven”. They are suffering because they are not in their eternal reward and we can help them obtain that with all of the different prayers and indulgences listed in this issue.

You have your mission and orders, soldiers. Will you help your suffering brethren? Think of your loved ones who have died. Will you help them obtain their reward?

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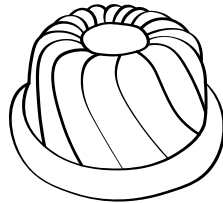


CELEBRATE CHRIST THE KING!



Play “kingly” music!

There are some Christ the King playlists on Spotify. Put one on for dinner. Linked below is the Benedictine Sisters of Mary’s *Christ the King at Ephesus* on spotify.



Make a bundt cake, they look like a crown! Or, maybe you could find a King Cake. Celebrate with a royal treat!

Have a feast fit for a king!

Bring out your nicest dishes, plan a sumptuous dinner, have a fancy drink, and light candles. Bring the best for King Jesus!





NOVEMBER

PRAY FOR THE POOR SOULS

*Ora Pro
Nobis*

During November we are implored to pray for the souls in purgatory. Use this calendar to pray each day for a different soul. Write any family, friends or acquaintances that you know who have passed away on the lines below. Each day, say the prayer of St. Gertrude for that person and the Eternal rest prayer. Add it right after your meal prayer at dinner. Consider offering extra prayers or sacrifices each day for that person. Instruct your kids to do the same. You can even have them pick 30 pieces of Halloween candy to set aside for each day and once they pray the prayer, they can choose a piece of candy. Or, they could even forgo a piece of candy and offer that sacrifice for that soul!

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners every where, for sinners in the universal church, those in my own home and within my family. Amen

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

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