

Restore the Roots

Cultivating Your Domestic Church

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

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September

9 St. Peter Claver



Peter Claver (1581 - 1654) was a Spanish Jesuit who called himself a slave of slaves. In 1610, Peter went to Cartagena (modern day Columbia), a port of entry to the Americas from Africa. About 10,000 slaves moved through the port each year. When the ships arrived, Peter and interpreters met the slaves offering them food and medicine, then they told them about Jesus. Peter is responsible for baptizing approximately 300,000 souls. Peter followed up with the converts, visiting them at the plantations and mines where they were sent, which was not welcomed by the slave owners. St. Peter Claver is quoted as saying, "We must speak to them with our hands before we speak to them with our lips." Today, think about how you can proclaim the Gospel with your hands and pray for an end to human trafficking, which is modern-day slavery.

15 The Seven Sorrows of Mary



This day recalls the suffering of Mary and how she experienced her son's death. Look on page 4 to find ways to follow Mary's example and prepare ourselves for the 2,000th anniversary of the Paschal Sacrifice.

16 Ember Days Start



Ember Days are optional days of preparation and fasting. Fall Ember Days are September 16, 18 and 19. Wednesday and Saturday are days of fasting; one meal with meat is permitted. Friday is a fasting day with no meat. We thank God for the grapes that produce the wine which becomes the Precious Blood of our Lord. Offer fasts for priests and more vocations!

24 Beatification of Venerable Fulton Sheen



Fulton Sheen is an important saint for us as Americans, so let's celebrate his beatification today! Fulton Sheen's cause for canonization was opened in 2002. He was then declared Venerable in 2012. To become a "Blessed," there must be a proven miracle and there is one for Fulton Sheen. On July 6th, 2019, a miracle attributed to him was approved. The miracle involved a stillborn baby who came to life through Fulton Sheen's intercession sixty-one minutes after birth. Fulton Sheen will be Beatified on September 24 in Saint Louis, MO. Read more about this soon to be blessed on page 3.

27 St. Vincent de Paul



Vincent de Paul was born in 1581 to a poor peasant family in France. Vincent longed to escape from the peasant lifestyle and worked hard to become a priest. Seven years after being ordained a priest Vincent was captured by pirates and sold into slavery in Tunis. After years in bondage he escaped but returned to France with a changed heart. Vincent devoted the rest of his life to helping the poor and educating the clergy of France. Vincent founded the Congregation of Priests of the Mission commonly known as the Vincentians and later founded along with St. Louise de Marillac, the Daughters of Charity. Today, go through your closet and donate some clothes you don't wear to an organization that helps the poor.

MONTHLY DEVOTION: *Seven Sorrows of Mary*



Councils of the late middle ages



Editor's note: After Vienne, there was a 100-year gap before the next council. This month, we will highlight the three pre-reformation councils before treating individually the three councils of modernity.

Council of Constance

1414-1418, Constance, Germany

Called by: Antipope John XXIII and Emperor Sigismund, later confirmed by Pope Gregory XII

Why Was It Called? When the Papacy returned to Rome, schism ensued. Gregory XI died in Rome, and Urban VI's troubled election sparked a rival conclave in Avignon. Antipope Clement VII was elected, and a false line continued in France. Seeking to resolve the schism, rivals met at an illicit 'council' of Pisa. They elected another antipope, Alexander V, who was succeeded by John XXIII. Antipope John called a council, and when opened at Constance.

When Gregory XII's delegates from Rome arrived, the council was already in session; they, however, officially convened it, and thus only the subsequent sessions are recognized by the Church as binding. This is an important distinction because in one session, council members promoted conciliarism, which says that with respect to matters of faith, the power of a council

is greater than that of the pope. The Church, however, teaches that with respect to faith and morals, papal authority is supreme, full, immediate, and universal.

Major Themes and Canons: When Pope Gregory's delegates officially opened the Council in June 1415, they read his decree of resignation. The other antipopes were ordered to abdicate, and the new pope Martin V was confirmed by the council. The papal crisis was successfully resolved! The Council also declared that a general council should be called every 10 years (which was never practiced), promoted moral reforms, and condemned the errors of John Wyclif and John Hus, who, denied the real presence of Christ in the Eucharist, certain sacraments, and the capacity of good actions by someone in the state of mortal sin.

Council of Basel-Ferrara-Florence

1431-1445 Basel, Switzerland. Moved to Ferrara, Italy, in 1438, to Florence in 1439, and to Rome in 1443

Called by: Pope Martin V

Why Was It Called? Martin V tried to be faithful to Constance's decree to convoke councils on a regular basis. He died, however, before opening the Council at Basel. His successor Eugene IV opened it and even attended several sessions after it was transferred to Ferrara.

Major Themes and Canons: Conciliarism was still a problem among the bishops and cardinals, leading Eugene IV to try to close the Council in its early years. But it continued, and when it moved

to Italy, dissidents who stayed in Basel elected an antipope, Felix V (who ten years later abdicated and was restored to communion). In Italy, many Greek bishops attended, and decrees of unity with the Greek, Armenian, and Coptic churches were achieved. The bull *Laetentur Caeli*, ratifies the Greek and Latin union. However, upon return, the Greek monks and faithful rejected the decree, and remained in a state of schism

Fifth Lateran Council

1512-1517, Rome, Called by: Pope Julius II

Why Was it Called? Julius had promised to call a council upon his election in 1503, but wars and political tensions prevented him from doing so until the end of his papacy. Lateran V was called in 1512 in response to a false council at Pisa. After Julius died, Pope Leo X continued the Council, taking the opportunity to discuss church reform, heresies and restoring peace among rulers.

Major Themes and Canons: Lateran V

condemned the false council and sought to curb nepotism, confirming 30 as the minimum age for bishops. It condemned corrupt credit organizations and usury. Since the printing press was becoming popular, it decreed that local bishops must approve of books to be printed. Finally, it forbade preachers from attaching a specific date to future evils or the end of the world, for "it is not for us to know times or seasons which the Father has fixed by his own authority."

SEPT.
16,18,19

Ember Days

Ours is a faith of fasting and feasting, observed in both seasons and individual days throughout the liturgical year: the quiet expectation of Advent and the joy of the Christmas season; the penance of Lent and the exuberance of Easter. This rhythm is not unlike our experience with life; the ebb and flow of seasons of difficulty and seasons of bounty. In Her wisdom, the Church similarly has four sets of days, called Ember days, spread throughout the year to help us periodically turn toward Our Lord and ground our reliance on Him.

Ember days originally grew out of the turning of the seasons of the year, petitioning God for His favor in the harvest of that season.



The spring days were offered for the flower harvest and recalls baptism.



The summer days were offered for the wheat harvest and in thanksgiving for the Eucharist.



The fall harvest was offered for the grape harvest and in thanksgiving for the Precious Blood.



The winter days were offered for the olive harvest to be used for the anointing of the sick.



Much like the seasonal growth, we see the course of our life as well. Although we, as a society, have moved away from our close ties with the agricultural seasons, the Church has kept these days as days of fasting and penance that are also tied to major touchstones of the liturgical year. The Ember Days are observed in the weeks after the first Sunday of Lent, Pentecost, the Feast of the Exaltation of the Holy Cross (Sept. 14), and the Feast of St. Lucy (Dec. 13). A common rhyme for remembering these days is "Lenty, Penty, Crucy, Lucy". During each of these weeks, the Ember days are Wednesday, Friday and Saturday: Wednesday to mark the day Judas betrayed Jesus, Friday for the day Jesus died and Saturday for the day Jesus lay in the tomb. Again, these days are optional but you may find them to be a valuable practice as part of your faith life.

SEPT.
24

Beatification of Fulton Sheen



If you lived during the '50s and '60s, you probably saw some of the prime time show *Life is Worth Living* featuring Archbishop Fulton Sheen. Fulton Sheen didn't just attract Catholics. People of all faiths tuned in to see him explain deep concepts on a simple chalkboard and listen to his rich voice full of wisdom. He helps us understand that the truths of our Catholic faith remain relevant in today's world.

Fulton Sheen was born in 1895 to Newton and Delia Sheen who were Irish-American Catholic farmers and hardware store owners in El Paso, Illinois, and was given the name Peter John Sheen. "Fulton" was his mother's maiden name that he adopted as a nickname. When he grew up he became a priest but didn't start speaking on TV right away. He began talking on the radio during Lent for a New York station, an event that developed into him preaching through The Catholic Hour radio station. In 1951 he became a bishop and began the show *Life Is Worth Living* on TV. Fulton Sheen had a gift for explaining difficult topics in the most basic and simple ways and used it. We all have God-given gifts too. It doesn't matter which gift you were given; what matters is what you do with it. Fulton Sheen once said, "God has given different gifts to different people. There is no basis for feeling inferior to another who has a different gift." Pray and ask God which gifts He has given you and how you can use them to bring glory to His name.

The miracle which has resulted in his beatification involved a stillborn baby whose mother constantly invoked Fulton Sheen during her pregnancy and after the birth. Sixty-one minutes after the baby was born and right after the medical team had given up all hope the baby's heart began to beat. The baby made a full and thriving recovery with no medical explanation and is still alive and well today.

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Seven Year Spiritual Journey To Jesus with Mary



Join us for To Jesus with Mary, a seven-year spiritual journey with our Catholic community leading up to the 2,000th anniversary of Jesus' death and resurrection in 2033. This initiative started at Our Lady of the Falls in Chippewa Falls, WI flows from a deep desire for our Catholic family to make both a personal and communal commitment to spiritual growth during the next seven years.

Throughout this journey, we will reflect on how Mary prepared herself for her Son's sacrifice. From her very first sorrow in the Prophecy of Simeon, Mary was preparing her heart for what she knew was to come: the agony of the crucifixion and the jubilant triumph of the Resurrection. By walking with Mary and reflecting on her sorrows as she experienced them, we can better understand Christ's sacrifice and more fruitfully celebrate the "Jubilee of Redemption" in 2033.

The Seven Sorrows Over Seven Years

While we will pray with all Seven Sorrows throughout this journey, our community will place a special pastoral focus on one specific sorrow each year. Here are the Seven Sorrows and their corresponding years:

2026:

The Prophecy of Simeon



2027:

The Flight into Egypt



2028:

The Loss of the Child Jesus in the Temple



2029:

Mary Meets Jesus on the Way to Calvary



2030:

The Crucifixion



2031:

Jesus' Body is Taken Down from the Cross

2032:

The Burial of Jesus in the Tomb



How to Participate

What does this seven-year spiritual journey look like for you? It does not need to be complicated. Simply strive to get to know Our Lady of Sorrows better. Consider her experiences: What were her sorrows? How did she respond to them? How can we imitate her perfect example to draw closer to her Son?

If you are looking for practical ways to participate daily, weekly, or monthly, here are a few ideas:

- Pray one Hail Mary while reflecting on the current year's specific sorrow.
- Pray the Seven Sorrows Rosary.
- Pray seven Hail Marys, offering one for each of Mary's seven sorrows.
- Pray Night Prayer from the Liturgy of the Hours.
- Spend time journaling and meditating on the scripture passage for the current year's sorrow.
- Reflect on how the current year's sorrow relates to your own life experiences and personal sufferings.

Spiritual growth usually happens gradually. Sometimes it's hard to get into a new habit or a different way to pray. What a gift then, that we have seven years to prepare! If the Jubilee year of 2033 were tomorrow, would you feel ready? Ready to appreciate the gift of our redemption and our call to strive for Heaven?

Mary knows the victory of Heaven, and she knows the suffering it took to win it. As our mother and our advocate, she lovingly brings even our smallest requests to her Son. Imagine Our Lady happily gathering up our prayers—even the smallest, simplest ones—and smiling as she lifts them up to Jesus.

Above all else, Mary desires for us to be close to Jesus, as she is. Imagine her immense delight as hundreds, or even thousands, turn to her to learn how to love her Son better!

If you would like to make a formal spiritual commitment and join our community on this journey, visit www.ourladyofthefalls.org/to-jesus-with-mary.