

Restore the Roots



Cultivating Your Domestic Church

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

Vol. 2 No. 10

MARCH

12 Ember Days Start



Ember Days are optional days of preparation and fasting. Spring Ember Days are the 12, 14, and 15. 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 flowers and bees that produce the beeswax for altar candles. Offer fasts for priests and more vocations!

15 St. Longinus



St. Longinus was a Roman centurion, who was present at Jesus' crucifixion. He is mentioned in John's Gospel, though not by name, as the soldier who thrust a lance into the side of Jesus, causing blood and water to flow from His Sacred Heart. Longinus was also enlightened to see Jesus as the son of God exclaiming, "Truly this was the Son of God," (Mt 27:54) beginning his conversion to Christianity. He is commemorated by a 32 foot tall statue in the Basilica of St. Peter in Rome. It is believed that arrow from the lance is preserved in a reliquary below. We can imitate St. Longinus by praying a Divine Mercy Chaplet, meditating on the five Wounds of Christ, displaying an image of the Sacred Heart in our homes, or reading the John's passion narrative (ch. 18 and 19).

16 Fr. Joseph Walijewski



See page 4 for more information and ideas to celebrate!

20 St. Photina



Celebrated by both the Catholic and Eastern Orthodox Churches, St. Photina was a 1st century Samaritan martyr. Traditionally, she is believed to be the Samaritan woman that spoke with Jesus at the well in the Gospel of John 4:4-26. Her encounter with our Lord was so powerful that she converted and preached the Gospel to others. She was eventually executed by order of Emperor Nero in Rome, supposedly with her sons and multiple other Christians. Today, in the spirit of evangelization, pray for specific people to experience conversion to Christ, or invite someone over for dinner who has fallen away from the Church or does not have a Christian background. Hospitality is a powerful tool that Christ demonstrates in the Gospels, and He calls us to use it. St. Photina surely understood this after Jesus' offer to give her "a spring of water gushing up to eternal life". Or try the idea from Mexico on page 3!

23 St. Turibius of Mogrovejo



A Spanish bishop who was asked to move to the New World in order to address and correct scandals, St. Turibius served Peru for 26 years until his death in 1606. In Peru, it was no easy task being a priest or native due to the Spanish Conquerors who caused much suffering. St. Turibius was strong-willed to make a difference. He traveled around spending days at a time with the people. Many times he did not even have a bed to sleep in! He persevered with daily confession and Mass. As Bishop, he administered the Sacrament of Confirmation to St. Rose of Lima and St. Martin de Porres. God simply asked St. Turibius to love the people of Peru in their time of oppression. It is through that love, that many experienced the love of Jesus Christ and clung to the hope of eternal life. Commit to doing an act of love today to inspire others to have more hope. This could be doing a simple task for a neighbor, dropping off goodies to a friend, or making cards to pass out at a nursing home. Or make the yummy treat on page 3 and share!

Monthly Devotion: **SAINT JOSEPH**



HOLY WEEK



Holy Week, which falls either in March or April, is the most important week of the year. The Catechism states, "Beginning with the Easter Triduum as its source of light, the new age of the Resurrection fills the whole liturgical year with its brilliance. Gradually, on either side of this source, the year is transfigured by the liturgy." Only in light of this greatest of weeks (the Eastern Churches even call Holy Week the "Great Week") which culminates at Easter, the "Feast of feasts" and "Solemnity of solemnities," can we "proclaim a year acceptable to the Lord," as we read in Luke's Gospel. The Catechism continues, "The mystery of the Resurrection, in which Christ crushed death, permeates with its powerful energy our old time, until all is subjected to him." There are several important moments of Holy Week, and we invite you to reflect upon them below.



Palm Sunday: We joyfully greet Christ our King as he rides into Jerusalem. Palm branches were a sign of victory and abundance. They will take on a new meaning after Christ's victory over death. Now the martyrs, who have lost everything in the eyes of the world, carry palm branches into heaven as a sign of victoriously attaining the eternal reward. In the Mass, we read the account of Christ's Passion. Before that, it is common to sing Psalm 24, during the procession of palms, which speaks of an entrance liturgy in front of the temple gate: "Lift up your heads, O gates! and be lifted up, O ancient doors! That the King of glory may come in." Pope Benedict XVI reflects beautifully in a homily, "In the old liturgy for Palm Sunday, the priest, arriving in front of the church, would knock loudly with the shaft of the processional cross on the door that was still closed; thereupon, it would be opened. This was a beautiful image of the mystery of Jesus Christ himself who, with the wood of his Cross, with the power of his love that is given, knocked from the side of the world at God's door; on the side of a world that was not able to find access to God. With his Cross, Jesus opened God's door, the door between God and men. Now it is open. But the Lord also knocks with his Cross from the other side: he knocks at the door of the world, at the doors of our hearts, so many of which are so frequently closed to God. And he says to us something like this: if the proof that God gives you of his existence in creation does not succeed in opening you to him, if the words of Scripture and the Church's message leave you indifferent, then look at me— the God who let himself suffer for you, who personally suffers with you— and open yourself to me, your Lord and your God."



Holy Thursday: Two Masses are celebrated on Holy Thursday. The first is the Chrism Mass, in which the oils used to anoint the sick and the catechumens are blessed and the Sacred Chrism used for baptism, confirmation, and ordination is consecrated. At this Mass, every priest in the Diocese is invited to renew his priestly promises, a sign of unity with the Bishop who celebrates. (In some dioceses, including ours, this Mass is moved to Tuesday.) In the evening, the Mass of the Lord's Supper begins the Triduum, which simply means "three days". The Triduum is one continuous liturgy; it begins on Thursday and does not end until the final alleluia is sung after Evening Prayer on Sunday. We remember Christ instituting the priesthood and the Eucharist at the Last Supper, and we pray to follow his example of humility in washing the disciples' feet. "So when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you?" John 13 recounts. "You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do." Observe carefully— the Mass does not end. At the conclusion, there is no "Go in peace." Rather, we process silently to the altar of repose to stay awake with Jesus as he goes to Gethsemane and ultimately his Passion.



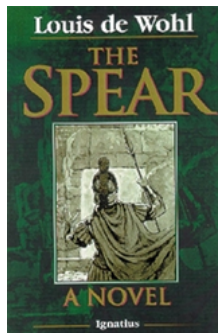
...to be continued next month! 2



THE SPEAR AND ST. LONGINUS

MARCH 15

Looking for a Lent read? *The Spear* by Louis De Wohl, is a novel featuring one of our saints this month, St. Longinus.



From the publishers website: "This panoramic novel of the last days of Christ ranges from the palaces of imperial Rome to the strife-torn hills of Judea-where the conflict of love and betrayal, revenge and redemption, reaches a mighty climax in the drama of the Crucifixion. For this is the full story of the world's most dramatic execution, as it affected one of its least-known participants-the man who hurled his spear into Christ on the Cross."

FRUIT PUNCH FOR PHOTINA

In Oaxaca, Mexico, her feast day is celebrated by churches, schools, and business owners by handing out fruit drinks on the street. You could adapt this tradition by making a fruit punch or smoothies with your family.

- 4 cups cranberry juice
- 1.5 cups of pineapple juice
- 1.5 cups of orange juice
- 1/4 cup of lime juice
- 3 cups Ginger ale (chilled)
- Sliced fruit for serving



MARCH 20

Combine the cranberry, pineapple, orange, and lime juices, let chill for at least 4 hours. Before serving, add the Ginger ale and sliced fruit.

MONTH OF ST. JOSEPH

Praying the Memorare to St. Joseph each day during March is a great way to honor this month's devotion:

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unaided. Full of confidence in your power I fly unto you and beg your protection. Despise not O Guardian of the Redeemer my humble supplication, but in your bounty, hear and answer me. Amen.

SUSPIRO LIMEÑO (PERUVIAN CUSTARD)

MARCH 23

Suspiro Limeño is a custard-like dessert, topped with a Port infused meringue. Have this on the feast of St. Turibius or even on March 16!

Author: Lizet Bowen

For the custard:

- 1 12 fl. oz can evaporated milk (340g)
- 1 14 oz can sweetened condensed milk (296g)
- 2 egg yolks, at room temperature
- 1 teaspoon pure vanilla extract

For the meringue:

- 1/2 cup sugar
- 2 tablespoons Port (optional)
- 2 egg whites, at room temperature
- 1 teaspoon ground cinnamon

Instructions

For the custard:

1. Place the egg yolks in a small bowl.
2. Place the evaporated and sweetened condensed milk into a large, shallow pan. Boil over low heat for 10 minutes.
3. Turn off the heat and take 1/4 cup of the mixture; with one hand whisk the egg yolks constantly, with the other hand pour in the 1/4 cup of the custard mixture, a little bit at a time.
4. Pour the custard/egg yolk mixture into the pan and add the vanilla extract. Mix well and cook over medium heat for 3 minutes.
5. Transfer to individual cups, filling only halfway.

For the meringue:

1. In a small pan, over low heat, boil sugar and Port for 3 minutes. Set aside.
2. With egg whites in a clean bowl, whip egg whites with an mixer until fluffy.
3. With the mixer still on, pour in the Port syrup slowly. Beat until thick and glossy.
4. Fill a piping bag with the meringue and pipe over the custard.
5. Sprinkle with ground cinnamon.

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Fr. Joseph Walijewski, affectionately known as Padre Jose, called himself, "A pencil in the hand of the Lord." That identity led him to action and trust every time he saw a need. Selfless and hopeful hospitality came to him by grace as a natural virtue. He would turn a stranger into a friend, uplift the heart of someone who was downcast, meet basic human needs for anyone reaching out to him, or simply give a cup of water to someone who was thirsty.

Servant of God, Fr. Joseph Walijewski, practiced such warmth and vibrance of heart and home that he changed the lives of a multitude. At his death on Tuesday of Holy Week 2006 and during the days before his funeral, over 30,000 people passed by his body to pay their respects to the priest who had received them with the fullness of his heart.

Joe Walijewski (1924-2006) felt God calling him to the priesthood. Despite struggling with his studies, he was ordained. After serving in his first assignments within the diocese, Fr. Joe petitioned Bishop John Patrick Treacy. A childhood memory involving yellow bananas, his favorite fruit, caused him to ask to be sent to South America. God does often work in such simple ways, and Bishop Treacy could only say "Yes" to the heartfelt request.

Villa El Salvador and Casa Hogar

In the years to come, Fr. Joe would establish and hand on a number of mission projects. 1958 he founded Santa Cruz Parish in Bolivia on a piece of dry and barren land. Today the parish is at the center of a city with almost two million people. 1971 he responded to a devastating earthquake in Peru which had killed over 70,000 people. There he established his second parish, this time under the patronage of Saint Joseph, in Villa El Salvador. In 1985, after a fruitful conversation with Pope St. John Paul II during his papal visit to Peru, Fr. Joe made plans to help children at risk around Lima.

The children he saw on the streets came from struggling families. Poverty, addictions and stress affected so many and the hospitable heart of Fr. Joe could not do nothing. With his first

donation from the Holy Father, he set out to build a place for the education and formation of these children. In 1986 his orphanage opened as a house of shelter and a home of love under the name, Casa Hogar John Pablo II. Today, Casa Hogar continues his mission in the name of the Lord, fully under the spirit of Fr. Joe's hospitality with warm welcome and joyful trust in God's providence.

The current missionary priest following in Fr. Joe's footsteps is Monsignor Joseph Hirsch. During holy hours each day, he often instructs the students to take a pencil in hand and draw something important to their faith. The effort has helped them grow in their relationship with God while also producing a tremendous amount of extraordinary artwork. Like music for some, pencil drawing helps others expand their hearts.

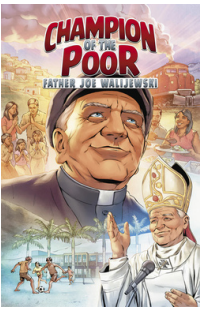
Celebrate "our" local saint!

To celebrate the Servant of God, Fr. Joe Walijewski's local feast day, March 16, you might want to take a pencil in your own hand. In the spirit of prayer, draw what comes to your heart and mind. You can take inspiration from artwork in your Bible or the life of your favorite saint. With the same pencil, you can journal a letter to God, write a poem, or compose a message of support to your bishop. Servant of God, Fr. Joe, pray for us!



Champion of the Poor

Have kids or Grandkids? Voyage Comics has published a comic book all about the life of Fr. Joe. (They also have issues about other saints.) These would make great Easter gifts!



Want to learn more about Casa? Find out about the 64 kids living in a family structure, submit prayer requests, pray for the canonization of Fr. Joe, request to volunteer or donate by scanning the QR code or go to frjoesguild.org.