

# Restore the Roots

Cultivating Your Domestic Church

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

Vol. 3 No. 2

## JULY

### 6 St. Godelieve



When needing intercession for in-law problems, difficult marriages, and abuse, St. Godelieve is the patron saint to aid you. She is a memorable Flemish saint who, in the end, was strangled by the servants of her mother-in-law and husband. St. Godelieve showed love and kindness to all. She was obedient in accepting an arranged marriage that put her into an abusive family. Despite her harsh surroundings, she remained faithful to God and sought Him throughout her days. There are many miracles that are believed to come from St. Godelieve, most famously, the story of how the wheat that grew on her grave would miraculously heal the sick and wounded. To celebrate this feast day, challenge yourself in making some fresh bread in memory of the wheat miracle, or conjure up some Waterzooi for dinner (a Flemish creamy fish or chicken stew), recipe on page 3.

### 12 St. Veronica of the Veil



Much of St. Veronica's story is either lost to history or based in legend. We do not know when she was born or when she died. Some accounts claim that she is the hemorrhaging woman who was healed by touching Jesus' cloak (Mark 5:25-34). But the tale of her heroic charity has become one of the most popular Christian traditions in the history of the Church. The only moment of her life that is commemorated is when she wiped the face of Jesus during His Passion (Station 6 in the Stations of the Cross). The name Veronica comes from the Latin phrase vera icon, which means "true image." The cloth she used, which was likely her veil, captured the true icon of Christ. The veil is allegedly still around today. It is kept safe in the Vatican, and is displayed only on the 5th Sunday of Lent. The history of the veil is complicated, and we are not sure if the veil today is still the original relic or if it is a copy. Either way, there has been a great devotion to the veil that has developed over the years. She is the patroness of laundry workers and photographers. Today, offer your loads of laundry up as a prayer or go try your hand at a few photographs. See the article and prayer on page 3.

### 31 St. Ignatius of Loyola



St. Ignatius of Loyola didn't start out as a saint. Born in 1491 to a noble Basque family, he was a soldier, proud and ambitious. But everything changed after a cannonball shattered his leg in battle. During his long recovery, he picked up the only books available—stories of Christ and the saints—and his heart slowly turned toward God. Inspired, he gave up his worldly dreams and began a pilgrimage that led to one of the most influential religious orders in the Church: the Society of Jesus (the Jesuits). Known for their deep spirituality, education, and missionary work, the Jesuits still carry out his legacy today. Ignatius is best known for writing *The Spiritual Exercises*, a guide to growing closer to God through prayer and reflection. To honor him, set aside time for silent prayer, try the Ignatian Examen, explained on page 4.

**MONTHLY DEVOTION: MOST PRECIOUS BLOOD OF JESUS**



# HOLY DAYS OF OBLIGATION



As rational, social creatures, we are capable of acting with justice. Justice properly speaking renders each his due; with the farmer I exchange eggs for potatoes. With the vendor I exchange money for baseballs. There are also virtues that bear a certain resemblance to justice but fall short because no matter what I render to the other, I cannot fully offer what is due. I owe piety and respect to my parents, but unlike the \$5 I give for baseballs, I can never “pay off” the piety I owe to my parents. The justice we owe towards God is called religion. Another word might be obligation.

Religion and obligation come from the Latin *ligare*, which means to bind. All of creation is bound to God. “He made the sea, it belongs to him; the dry land, too; it was formed by His hand.” We were created by God from nothing. We belong to Him. David writes in Psalm 116, “How can I repay the Lord for all the great good done for me?” The Greek uses the same verb twice, so it could be just as truthfully translated: “How can I repay the Lord for all that He has repaid me?” God, for His part, has no need of us. But He has chosen to bind Himself to us. How can I repay the Lord? The Psalm continues, “I will raise the cup of salvation and call on the name of the Lord.” That is, I will worship Him. I will partake of his saving blood and call upon Him.

We can never repay God. But we can allow ourselves to be bound more and more closely to Him. We do this through our prayers, works, joys, and sufferings, but we especially accomplish this through our participation in the Liturgy.

“Mom, do we have to go to church today?” In the liturgical season, some days are more important than others. On the most important days, it is fitting for the entire Christian community to “refrain from engaging in work or activities that hinder the worship owed to God, the joy proper to the Lord’s Day, the performance of the works of mercy, and the appropriate relaxation of mind and body.” On these days, we come together to “raise the cup of salvation and call on the name of the Lord.”

What are these days? Every Sunday, and ten additional solemnities:

**Holy Mary, the Mother of God**

January 1

**The Epiphany**

January 6

**Saint Joseph**

March 19

**Ascension of the Lord**

Thursday 40 days after Easter

**The Body and Blood of Christ**

Thursday after Trinity Sunday

**Saint Peter and Saint Paul**

June 29

**The Assumption of Mary**

August 15

**All Saints**

November 1

**The Immaculate Conception of Mary**

December 8

**The Nativity of our Lord Jesus Christ**

December 25

But I don’t recognize some of these days as Holy Days of Obligation! Not to fear. With the approval of the Holy See, the Bishops Conferences are allowed to lift the obligation for some of the ten solemnities or move them to a Sunday. In the United States, June 29 and March 19 are not Days of Obligation, while the Epiphany and The Body and Blood of Christ have been moved to Sundays. The other five remain Holy Days of Obligation.

Strictly speaking, the answer is sometimes, “Yes. You have to go to Church today.” But how can we truly repay the Lord for all the good He has done for us? He gave us life and all that is in it. He even gives us the joy of being able to worship Him. To be able to gather in a church to do so is a great gift.

## PARENTS!

Looking for a way to live out more feast days, solemnities, and holy days in your family's life? The Little Rose Shop has a free and handy text subscription that will alert you every Sunday to a few days each week and give you a few ideas on how to live those days. Their ideas are so simple with little to no prep work. Just having the reminder come to your phone that there’s a fun feast day coming up is helpful! Check it out here:





## GENTSE WATERZOOI

JULY  
6



## DEVOTION TO THE HOLY FACE OF JESUS

JULY  
12

- 1 whole chicken, quartered
- 3 stalks of celery
- 1 leek
- 3 carrots
- 6 firm potatoes (like Yukon Gold)
- 1 bunch of parsley
- 2-3 sprigs of thyme, leaves only
- 2 eggs
- 1 cup of heavy whipping cream
- 6-8 cups of chicken stock
- 2 tbsp of butter

– salt & pepper, to taste

1. Heat chicken stock and add chicken, let simmer for approx. 20-30 min on a low-medium until the chicken is done. Set aside.
2. Cut celery, carrot and leek into very fine strips ('julienne'). Dice potatoes into rough chunks.
3. Take a large enough pan so all the broth and chicken will eventually fit, and sauté the vegetables and the potatoes in 1-2 tbsp of butter over medium heat.
4. In the meantime, take chicken out of the stock, remove skin and shred meat.
5. Add chicken to the vegetables & potatoes. Strain the stock to eliminate any impurities then add to pot with chicken, vegetables and potatoes.
6. Add 2/3 of the cream into the pot, and simmer another 10-15 min. Season with salt & pepper, to your liking.
7. In a separate bowl, add remaining cream and 2 egg yolks. Whisk together and gently add a bit of the hot broth one spoon at a time. This is called 'tempering'. Keep whisking as you introduce the broth, to make sure your egg mixture won't scramble. Keep adding broth until you reach a warm temperature. When the egg mixture is warm, take pot off the stove and gently drizzle and stir the egg mixture in the pot.
8. Ladle in shallow soup bowls, and sprinkle chopped parsley & thyme leaves over the top. Make sure to serve some French bread on the side, as you'll want to enjoy every drop of the broth!

Adapted from a recipe by 'Restaurant De Karmeliet')

The Devotion to the Holy Face of Jesus is focused on honoring the Face of Christ as it appeared during His Passion. In the 1840s, Sr. Mary of St. Peter, a Carmelite nun in Tours, France, received revelations calling for acts of reparation for blasphemy and the neglect of Sundays. She faithfully recorded Christ's desire that souls console Him through prayer and sacrifice.

In 1849, the image of the Holy Face—taken from the Veil of Veronica—was publicly displayed in Rome. Witnesses reported miraculous changes in the image: the features of our Lord's Face darkened and was surrounded by a soft halo of light. After that, devotion to the Holy Face gained further attention when images were distributed and touched to the veil. Reports of miraculous healings and conversions followed. This devotion, and the following prayer was a favorite of St. Therese of Lisieux, who's religious name was St. Therese of the Holy Face of Jesus.

*O Jesus, who in Thy bitter Passion didst become "the most abject of men, a man of sorrows", I venerate Thy Sacred Face whereon there once did shine the beauty and sweetness of the Godhead; but now it has become for me as if it were the face of a leper! Nevertheless, under those disfigured features, I recognize Thy infinite Love and I am consumed with the desire to love Thee and make Thee loved by all men. The tears which well up abundantly in Thy sacred eyes appear to me as so many precious pearls that I love to gather up, in order to purchase the souls of poor sinners by means of their infinite value. O Jesus, whose adorable Face ravishes my heart, I implore Thee to fix deep within me Thy divine image and to set me on fire with Thy Love, that I may be found worthy to come to the contemplation of Thy glorious Face in Heaven.*

**Editors: Msgr. Richard Gilles and Natalie Elskamp**  
**Special thanks to all the contributing writers.**  
**No part of this may be edited, copied or distributed with out the express permission of the editors.**  
**Want to bring Restore the Roots to your parish?**  
**Email us! [RestoretheRootsLAX@gmail.com](mailto:RestoretheRootsLAX@gmail.com)**

# THE IGNATIAN EXAMEN

One of the most powerful tools in Ignatian spirituality is the Examen—a short, reflective prayer or meditation meant to be practiced daily. It's not about judgment or perfection, but about cultivating awareness, gratitude, and intention in your everyday life. Done in the evening, the Examen helps you look back on your day to notice where you were listening to God, where you struggled, and where you can grow. The Examen typically follows five simple steps, listed below with 5 R's to help remember them:

## 1 Recognize

Begin by pausing and quieting yourself. Take a few deep breaths. Then, recall the moments of your day and thank God for your life, for anything beautiful or meaningful that happened—no matter how small.

## 2 Request

Ask for the Holy Spirit to be with you as you go through the memories of your day, to have the ability to stay open and not shame yourself.

## 3 Review

Mentally walk through your day from beginning to end. Where did you feel joy, peace, or connection? Where did you feel off, frustrated, or angry, unheard or unloved? Be attuned to your emotions—these often reveal what areas of your life need attention.

## 4 Reconcile

Ask God for forgiveness in where you have sinned. In mistakes, ask for healing that you may have inflicted on others. Ask the Holy Spirit for wisdom in handling these situations in the future.

## 5 Resolve

End by setting a simple intention. Whatever area you see need that needs work, ask for clarity, strength, or peace in facing the day ahead. Ask God to be with you in all the difficult moments and emotions the next day.

Practicing the Examen daily helps you become more attuned to your own heart and the will of the Father. It's a powerful way to live more mindfully of God, while recognizing what you need to work on, one day at a time.



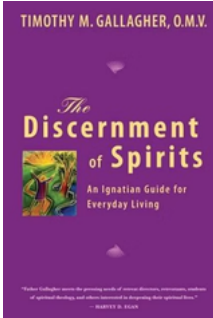
# RULES OF DISCERNMENT FROM ST. IGNATIUS

St. Ignatius of Loyola, offers timeless wisdom on spiritual discernment in his Spiritual Exercises, particularly in his “Rules for the Discernment of Spirits.” These rules help the faithful distinguish between movements of the Holy Spirit and those that come from the enemy of the soul.


One of the foundational principles is that God brings peace, clarity, and encouragement to those striving to grow in holiness. These movements are called consolation—they fill the soul with love, joy, and a desire to serve God more deeply. In contrast, the enemy brings desolation—feelings of confusion, discouragement, dryness, or despair—aimed at turning the soul away from prayer, trust, and virtue.

St. Ignatius teaches that in times of consolation, we should store up strength and clarity for when desolation comes. In times of desolation, we are to resist changing prior spiritual decisions, remain faithful to prayer, and patiently endure, trusting that consolation will return. And not to make big decisions in times of desolation.

He emphasizes awareness, understanding, and action: become aware of your inner spiritual movements, understand where they come from, and act accordingly. The Holy Spirit draws the soul upward toward God; the enemy pulls it downward through fear or deceit.



Want to learn more? Fr. Timothy Gallagher is an excellent and reputable source to turn to. His book “The Discernment of Spirits” covers the steps of Ignatian discernment. You can also listen to his podcast episodes explaining the rules here:



**DISCERNING  
HEARTS  
PODCAST**