NOV. 18

ADORATION GUIDE



St. Rose Philippine Duchesne's long hours of prayer before the Blessed Sacrament formed her trust in God and strengthened her for difficult work. St. Pope John Paul II described how her love for Christ in the Eucharist shaped her whole life and drew her to serve people in need. We encourage you to spend some time in Adoration for her feast day. If you've never been before, or are not used to longer times in Adoration, here is a short guide to get you started.

A General Guide to Eucharistic Adoration

Become still. Find a comfortable, reverent posture. Make the Sign of the Cross, take a few quiet breaths, and place yourself in God's presence. You do not need to find special words; begin simply by being with the Lord.

Offer your attention. You might pray, "Jesus, I am here with you. Help me to listen." Let distractions pass without becoming discouraged, and gently return your attention to Christ.

Read and reflect. Slowly read a short passage from Scripture, such as Psalm 16: "You are my portion and my cup." Pause over a word or phrase that stands out. Consider what it reveals about God and what it might mean in your life.

Speak honestly and listen. Share your joys, worries, needs, and hopes with the Lord. Then leave some time for silence. Adoration need not be filled with words.

Pray for others. Bring before God people who are suffering, those you love, and those whose needs are easily overlooked. Ask how you might show them patience, compassion, or practical care.

Conclude with gratitude. Thank the Lord for this time. Close with a familiar prayer, such as the Our Father, and carry one grace or intention from your time of adoration into the day ahead.

NOV. 12

PIEROGI RECIPE



St. Josaphat, a bishop and martyr from the lands of present-day Ukraine, devoted his life to the unity of the Church. This pierogi recipe offers a chance to celebrate Ukrainian and Polish heritage and the joy of sharing a meal. As you prepare and enjoy it, remember St. Josaphat's witness of faith, courage, and unity.



Ingredients:
Dough:

- 6 cups flour
- 2 eggs, beaten
- 6 Tbsp. vegetable oil
- 2 tsp. salt
- 2 cups cold water, divided

Filling:

- 3¾ lbs. russet potatoes
- 1 onion, finely diced
- ⅓ cup salted butter, divided
- 4½ cups shredded cheddar
- Salt and pepper to taste

For Serving: 1 onion, 3 Tbsp. butter, sour cream (optional)

Instructions:
1. Make dough: Mix flour, eggs, oil, salt, and 1½ cups water, adding more water as needed. Knead 4–5 minutes until smooth. Cover and rest 30–60 minutes.

2. Make filling: Peel, cube, and boil potatoes in salted water until tender (about 15 minutes). Sauté diced onion in 2 Tbsp. butter until soft. Mash potatoes with onion, cheese, remaining butter, salt, and pepper until smooth.

3. Assemble: Roll dough ⅛" thick and cut into 3" circles. Add 1½ Tbsp. filling to each. Fold in half and pinch edges tightly to seal.

4. Cook: Sauté serving onion in 3 Tbsp. butter; set aside. Boil pierogi in salted water until they float (2–4 minutes). Remove and pan-fry in butter until golden, about 5 minutes.

5. Serve with sautéed onions and sour cream.

Restore the Roots

Cultivating Your Domestic Church — A Liturgical Living Initiative of St. Joseph the Workman Cathedral, La Crosse, WI — Vol. 4 No. 6

November

1 & 2 All Saints' Day and All Souls' Day



At the start of the month of November, we find two intense days: one to feast and one to fast. First, on All Saints' Day, we commemorate all those who have gone before us and have attained the glory of heaven. The next day, we remember all those who have died and have yet to attain their final reward. While they undergo their final purification, we are to pray for them. During these days, start some of the many efficacious prayers for the Holy Souls, like praying for a deceased loved one each day of November.

12 St. Josaphat



St. Josaphat was a Polish bishop and martyr who worked for unity in the church. At that time, the Eastern Orthodox and the Western Churches were divided. St. Josaphat was born as "John" in 1580 and was renamed Josaphat after becoming a monk. He eventually became the Archbishop of Polotsk. He wasn't afraid of death and knew he was risking his life every day preaching for unity and how important it is for the Church to be one Body of Christ. St. Josaphat was killed by Orthodox fanatics in 1623. His death actually brought more unity into the church. When people saw a peaceful and loving man die such a harsh death all because he simply wanted unity; it changed their hearts. Today make Pierogi on page 4

18 St. Rose Philippine Duchesne



St. Rose Philippine Duchesne was born in France and named after St. Rose of Lima and the apostle Philip. She was drawn to contemplative life at an early age, becoming a novice at 18. The convent's sisters were dispersed during the French Revolution leading Rose to return home to help the suffering. During a spiritual experience in Adoration, she felt her calling to mission work. In 1818, Rose, then part of the Society of the Sacred Heart of Jesus, was sent to St. Charles, Missouri to help educate French and Native American children. She taught the children in a log cabin enduring all the hardships of frontier life. By 1842 Rose had helped establish schools in Missouri, Louisiana, and Kansas. She is the patron saint of Catholic schools and educators. Spend time in Adoration this week, offering thanks for St. Rose and seeking inspiration for your calling in life. (See the Adoration guide on page 4)

23 Blessed Miguel Agustín Pro

Viva Christo Rey!

Miguel Agustin Pro was born in 1891 to a well-to-do mining family who raised him in the faith. When he was twenty, Miguel applied to and was accepted by the Jesuits but after a few years due to increasing political tensions, they were forced to move out of Mexico. First to Texas then to Granada, Nicaragua, and then Belgium where Miguel was ordained in 1925. Miguel was well known in these places for his great joy and inexhaustible sense of humor. A short time after being ordained, Fr. Pro was sent back to Mexico where the authoritarian dictatorship was actively persecuting Catholics. Here Fr. Pro ministered to the people of the underground Church for a year and a half before being captured and executed. His last words were: *"Viva Cristo Rey!"* - "Long live Christ the King!" Look on page 3 for some extensions to honor his feast day today.

Traditional Monthly Devotion: Holy Souls in Purgatory

THE FIRST VATICAN COUNCIL

Three hundred years after the Council of Trent, Pope Pius IX convened a council in his own home. The Papal States, which had been in existence since 756 and consisted of territories under sovereign rule of the pope, were being threatened by the Kingdom of Italy. Also encroaching upon the modern world were the philosophical trends of the time; among them were rationalism, atheism, materialism, and secularism.

The Council began in December 1869 with the Pope himself offering a profession of faith. In September of 1870, after French troops left Rome to defend their homeland in the Franco-Prussian War, the Kingdom of Italy invaded Rome, forcing the Pope to indefinitely suspend the Council and declare himself a "prisoner in the Vatican." Throughout a year of discussions, two Dogmatic Constitutions were promulgated, two of the strongest Church documents of the modern era. The first, *Dei Filius,* given in April, is on the Catholic Faith, a defense against modern rationalism. It treats a free, personal, and omniscient God. This God's existence can be known with certainty by the light of natural reason. Supernatural revelation, however, is necessary to know some things about Him. Revelation comes to us through Scripture and Tradition, a tradition established by Christ and passed on to his apostles. The Church, then, is the protector and herald of revealed truth. The mysteries of faith simultaneously cannot be grasped by natural reason, nor can they contradict it. Consequently, dogmas defined by the Church (one of which- the Immaculate Conception- was declared by Pius IX five years before the Council) are perennial and not time-bound.

The second document, *Pastor Aeternus,* is on apostolic primacy and was much debated, certainly in content but more so in timeliness. Was the world ready to receive what the body of bishops knew to be true: namely, that the strength of the papacy supremely surpasses contemporary opinion? With a wave of globalization underway, bishops from all inhabited continents were present to weigh in, including prominent names from the United States– Kenrick, Purcell, and Spalding among them.

In the end, the document passed; the second round of voting saw only two opposed. The pope's primacy is not merely a position of honor; he has real and immediate jurisdiction over administrative and disciplinary ecclesial matters. Most famous is chapter four on infallibility. Throughout history, in order to preserve Apostolic tradition, the papacy has served as a "court of last resort" to weigh heresy and doctrine. The Holy Spirit acts in the pontiff to preserve and interpret revelation. The Council strongly asserts:

"We teach and define, as a Divinely revealed dogma, that the Roman pontiff, when he speaks ex cathedra, that is, when he, in the exercise of his office as shepherd and teacher of all Christians, by virtue of his supreme Apostolic authority, decides that a doctrine concerning faith or morals is to be held by the entire Church he possesses, in consequence of the Divine aid promised him in St. Peter, that infallibility with which the Divine Saviour wished to have His Church furnished for the definition of doctrine concerning faith or morals; and that such definitions of the Roman pontiff are of themselves, and not in consequence of the Church's consent, irreformable."

This gives us great assurance! The pope does not wield infallibility arbitrarily (only once after Vatican I, to define the Assumption in 1950, has a pope spoken ex cathedra). Neither does he wield it to express preferences of opinion. Rather, he wields on solemn occasions when solemn content is at stake: faith and morals. In the doctrine of papal infallibility, we see how Jesus continues to unite his flock under Peter's Successor.

If you have time, read *Dei Filius* and *Pastor Aeternus!* They can help direct our course when we are tossed about in the rough waters of secularism and materialism.

Dei Filius and Pastor Aeternus are both available via the Vatican website however they have not officially been translated in to English because of their age. We recommend the site catholictheology.info for reading them. QR codes are provided here. (Or search for that website and each document to find them.)

PILGRIMAGE ALERTS

THE BASILICA OF ST. JOSAPHAT

When the Basilica in Milwaukee dedicated to St. Josaphat opened it had the second largest dome in the United States, and was modeled after St. Peter's Basilica in Rome. It is now run by the *Conventual Fransiscan Friars* making it a pilgrimage site where you can receive an indulgence during the Jubilee Year of St. Francis. (All Jubilee Year conditions must be met) this indulgence is available until January 10, 2027.

THEBASILICA.ORG

SHRINE OF ST. ROSE PHILIPPINE DUCHESNE

Located in St. Charles, Missouri, this shrine which was built in 1952, houses the body of St. Rose Philippine Duchene. Her body was exhumed three years after her death and found to be incorrupt. If you are ever in the St. Louis area, add to your travel plans a visit to this amazing saint!

RSCJ.ORG

PRAYER TO THE SACRED HEART BY BL. MIGUEL PRO

I believe, O Lord but strengthen my faith,
Heart of Jesus, I love You but increase my love.
Heart of Jesus, I trust in You, but give greater vigor to my confidence.
Heart of Jesus, I give my heart to You, but so enclose my heart to You that it may never be separated from You.
Heart of Jesus, I am all Yours, but take care of my promise so that I may be able to put it into practice even to the complete sacrifice of my life.
Amen

Editors: Msgr. Richard Gilles, Natalie Elskamp and Sam Elskamp. Special thanks to all the contributing writers. No part of this may be edited, copied or distributed without the express permission of the editors. Want to bring Restore the Roots to your parish? Email us! RestoretheRootsLAX@gmail.com

CHRIST THE KING CRAFTS

"VIVA CRISTO REY" BANNER



Supplies needed:

- Canvas banner (10 x 12")
- Felt (various colors)
- Fabric scissors
- Felt glue, regular glue also works

Instructions:

1. Cut out the letters for Viva Cristo Rey using different colors of felt. Glue them onto the banner with felt glue.
2. Display in a special spot in your home!

Note: instead of using canvas and felt you can feel free to just use paper or even outline the letters on a sheet of paper and have the kids decorate the rest of the sheet.

CHRIST THE KING CROWN

Supplies needed:

- Fun Foam (you can also use construction paper or card stock)
- Decorations for the crown (Examples: glitter glue, stick-on jewels, markers, stickers, etc.)
- Hot Glue
- Popsicle Sticks
- School Glue
- Styrofoam Balls (or you can substitute pool noodles)

Instructions:

1. Start by cutting the foam or paper into a crown shape. You can cut a regular, flat crown shape, but if you curve the shape a little the crown will have a better shape when the craft is finished.
2. Let the kids decorate the crowns.
3. You will need 2 popsicle sticks to make the cross. Shorten one of them with some scissors, and let the kids glue them together and decorate the crosses as well.
4. When your decorations dry, it's time to put it all together! Carefully cut a styrofoam ball in half with a sharp kitchen knife. Use a hot glue gun to attach the foam around the base of the ball. Then have the kids stick their cross in the middle of the crown!