

# ***Bringing Catholicism Home***

## ***June 2024 - July 2025***

Presented by the Our Lady of Grace School Grace Committee

The intention of these family-focused prayers and recipes is to offer simple ways to put religion into practice in the home. Each month highlights important events and special feast days to help each family grow in faith.

Take time with your children to read it and pick out a few activities to do together. Our hope is that these reflections and ideas will create joy in your home and a deeper understanding of our Catholic identity.

+ JMJ +

**June 2024**

## Month of the Sacred Heart of Jesus

In the Catholic Church, the month of June is dedicated to the Sacred Heart of Jesus. The Friday that follows the Second Sunday in Time After Pentecost is the Feast of the Sacred Heart which brings to mind all the attributes of His Divine Heart. Many Catholics prepare for this Feast by beginning a Novena to the Sacred Heart on the Feast of Corpus Christi, which is the Thursday of the week before. On the Feast of the Sacred Heart itself, we can gain a plenary indulgence by making an Act of Reparation to the Sacred Heart. In 1675, Jesus told St. Margaret Mary that He wanted the Feast of the Sacred Heart to be celebrated on the Friday after the Corpus Christi octave. In 1856, the Feast of the Sacred Heart became a universal feast. St. John Paul II, a great devotee of the Sacred Heart, said, “This feast reminds us of the mystery of the love of God for the people of all times.

**12 Promises of the Sacred Heart can be found [HERE](#).**

### **Prayer to the Sacred Heart of Jesus**

*O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins, I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, good Jesus, that I may live in you and for you.*

## **Appetizer for Solemnity of the Sacred Heart**

### **Ingredients**

- 8 oz. (or more) cream cheese
- salsa or taco sauce
- stick pretzels
- grated cheese
- chips or crackers



### **Directions**

1. Use a heart shaped mold to form cream cheese into heart shape, shape by hand, or use knife to cut it into a heart shape.
2. Pour salsa or taco sauce over the heart to cover.
3. Break pretzel sticks into smaller pieces and insert into cream cheese across middle to form a "crown of thorns."
4. Place grated cheese coming off the top of the heart (or around the heart) like flames.
5. Serve with chips or crackers on the side.

### **Upcoming events**

- Corpus Christi, June 2, Parish Eucharistic Procession
- Confirmation, June 5 and 12
- St. John the Baptist, June 22 - Cookout
- Talitha Koum, June 24, 8am-4pm, Belmont Abbey Discernment Day for Young Women 12-15 years old. Advance registration required. "Little girl, I tell you, arise!" Mark 5:41

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**July 2024**

**St. Thomas the Apostle, Feast Day: July 3**

St. Thomas is known for his disbelief in Christ's Resurrection prior to [Jesus' appearance] to the Apostles. The stunning encounter provides us with an occasion for strengthening our own confidence in the historical fact of God's definitive conquest over death.

The Gospels offer us the clearest insights into the life of St. Thomas. We know through tradition that he evangelized India. The mortal remains of the once incredulous Apostle were moved to Edessus on July 3 in the sixth century, and ever since then his feast day has been celebrated on this day.

*Francis Fernandez, In Conversation with God, Vol. 7, at 17 (2012)*

### **Prayer for St. Thomas's Intercession**

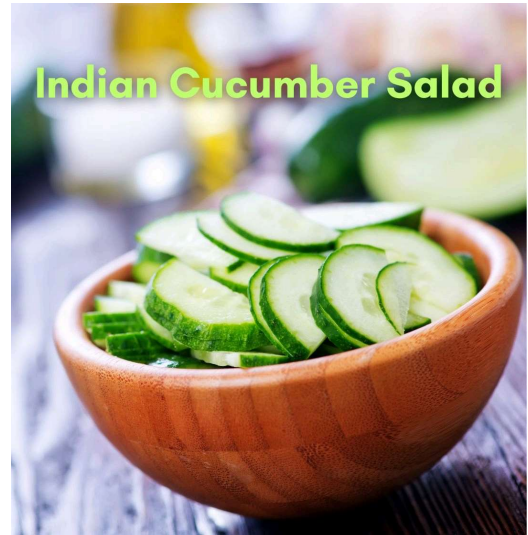
*O Glorious St. Thomas, your grief for Jesus was such that it would not let you believe He had risen unless you actually saw Him and touched His wounds. But your love for Jesus was equally great and it led you to give up your life for Him. Pray for us that we may grieve for our sins which were the cause of Christ's sufferings. Help us to spend ourselves in His service and so earn the title of "Blessed" which Jesus applied to those who would believe in Him without seeing Him.*

St. Patrick Parish, *Intercessory Prayers to St. Thomas the Apostle*,  
<https://www.stpatrickmalvern.org/saints/st-thomas-the-apostle/>.

## Indian Cucumber Salad

### Ingredients

- 3 medium cucumbers, peeled, seeded & chopped
- 1 cup plain yogurt
- 1 TBSP fresh lemon juice
- 1/2 tsp sugar
- 1 tsp ground cumin
- 1 TBSP chopped mint



### Directions

Mix together and enjoy.

Fish Eaters, *Feast of St. Thomas the Apostle*, online [HERE](#).

### Upcoming Events

- Totus Tuus July 14-19
- Parish Potluck July 13
- Catholic Family Day at Carowinds, Mass with the Bishop July 28

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**August 2024**

## The Assumption, Feast Day: August 15

The Feast of the Assumption is celebrated on August 15 and is a Holy Day of Obligation. The Assumption celebrates the body and soul of Mary being assumed into heaven at the end of her earthly life.

An easy way to celebrate the Assumption of Our Blessed Mother as a family, aside from attending Mass, is to make a simple dessert. All that is needed is blue jello, Cool Whip, and drinking glasses. Layer the jello and Cool Whip, alternating layers to symbolize heaven and clouds in the sky.



The Feast of the Assumption of Mary is important because it reminds us to contemplate her beautiful example of fulfilling God's Will in her life. The Assumption of Mary also points us to the day when our bodies will be raised and united to our souls in heaven.

## **Our Lady of the Assumption Prayer**

*Mary, Queen assumed into heaven, I rejoice that after years of heroic martyrdom on earth, you have at last been taken to the throne prepared for you in heaven by the Holy Trinity.*

*Lift my heart with you in the glory of your Assumption above the dreadful touch of sin and impurity. Teach me how small earth becomes when viewed from heaven. Make me realize that death is the triumphant gate through which I shall pass to your Son, and that someday my body shall rejoin my soul in the unending bliss of heaven.*

*From this earth, over which I tread as a pilgrim, I look to you for help. I ask for this favor: (Mention your request).*

*When my hour of death has come, lead me safely to the presence of Jesus to enjoy the vision of my God for all eternity together with you.*

### **Upcoming Events**

- Eucharistic Congress August 30-31

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## **September 2024**

### **Month of Our Lady of Sorrows**

#### **September 8, Blessed Virgin Mary's Nativity**

Ideas to celebrate: Sing Happy Birthday to Our Dear Mother, create a simple Marian crowning and song, bake her a cake, and celebrate her birthday as a family!

**A prayer idea of the Chaplet of Our Lady of Sorrows can be found [HERE](#).**

#### **Recipe idea**

- Bake a cake of choice, and decorate for Our Mother!
- Here is an option: [Lemon Blueberry Cake](#)

#### **Upcoming Events**

- School-wide Rosary September 8
- New Parent Reception and Church Tour
- Youth Group resumes
- Grandparents Mass





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**October 2024**

Month of the Holy Rosary

**October 1:** Feast of Saint Thérèse of the Child Jesus/The Holy Face/Lisieux (also known as The Little Flower)

**To Pray:** For priests, in honor of Saint Thérèse's great love for them and for souls

**Prayer of Saint Thérèse of the Child Jesus for Priests**

*O Jesus, eternal Priest, keep your priests within the shelter of Your Sacred Heart, where none may touch them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep unsullied their lips, daily purpled with your Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime mark of the priesthood. Let Your holy love surround them and shield them from the world's contagion. Bless their labors with abundant fruit and may the souls to whom they minister be their joy and consolation here and in heaven their beautiful and everlasting crown.*

**To Decorate:** Roses, roses, and more roses! In honor of Saint Thérèse of the Child Jesus's words, "After my death, I will let fall a shower of roses."

**To Read:** *Story of a Soul*, the autobiography of Saint Thérèse of Lisieux

**To Make:** Spiritual bouquets for our priests; cut out and color roses and write prayers and sacrifices to offer for our priests at Our Lady of Grace and give this to them in honor of Saint Thérèse

**To Bake or Cook:** *Anything* French, in honor of Saint Thérèse's French heritage, for example French baguettes, crepes, French onion soup, French fries, French toast, or anything that fits your French fancy!



For easy-to-make French recipes, check out these options on [Delish.com](https://delish.com).

Don't forget to have chocolate eclairs for dessert, since Saint Thérèse asked for one on her deathbed! A Theresian chocolate eclair recipe can be found [HERE](#).

**Upcoming events**

- Life Chain
- Confirmation Retreat
- Saint Parade

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## November 2024

### St. Andrew the Apostle, Feast Day: November 30

Saint Andrew was a native of Bethsaida and a fisherman like his brother Simon, whom he introduced to the Lord. He was a disciple of [St.] John the Baptist and one of the first to become a follower of Jesus. He pointed out to Jesus the boy who had the few loaves and fishes so that Our Lord could work the miracle of their multiplication. St. Andrew preached the Gospel in Greece and died a martyr on an inverted cross.

*Francis Fernandez, In Conversation with God, Vol. 7, at 274 (2012)*

#### Prayer for St. Andrew's Intercession

*O Glorious St. Andrew, you were the first to recognize and follow the Son of God. With your friend, St. John, you remained with Jesus, for your entire life, and now throughout eternity.*

*Just as you led your brother, St. Peter, to Christ and many others after him, draw us also to Him. Teach us how to lead them, solely out of love for Jesus and dedication to His service. Help us to learn the lesson of the Cross and carry our daily crosses without complaint, so that they may carry us to God the Almighty Father.*

My Catholic Prayers, [St. Andrew's Prayer](#)

#### St. Andrew Scones

##### Ingredients

- 1/3 c. butter
- 1 3/4 c. flour
- 3 tbsp. Sugar
- 2 1/2 tsp. baking powder
- 1/4 tsp. Salt
- 1 egg, beaten
- 1/2 c. currants or raisins, optional
- 4 to 6 tbsp. half and half or milk
- 1 egg, beaten
- sugar

## Directions

1. Preheat oven to 400 degrees.
2. Cut butter into flour, sugar, baking powder, and salt until mixture resembles fine crumbs.
3. Stir in 1 egg, currants, and enough half and half so the dough leaves the sides of the bowl.
4. Turn dough onto lightly floured surface and knead 10 times.
5. Roll out dough until 1/2 inch thick.
6. Cut with round cookie cutter or glass.
7. Mark each scone with an X in remembrance of St. Andrew's dying on an X shaped cross.
8. Place on ungreased cookie sheet; brush with beaten eggs and sprinkle with sugar.
9. Bake until golden brown, 10 to 12 minutes.
10. Remove immediately.
11. Split scones and serve with butter, jams and jellies. Serves 15.



Catholic Cuisine, [\*Scones for St. Andrew's Day\*](#)

## Upcoming events

- Vocations Week
- Pray for Vocations to the Priesthood

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## **December 2024**

### **Our Lady of Guadalupe, Feast Day: December 12**

The Feast of Our Lady of Guadalupe is celebrated on December 12. Mary is the Patron Saint of Mexico and Patroness of the Americas. Every year, thousands of people from all over the country make a pilgrimage to the Basilica in Mexico City. The day commemorates her apparition to Saint Juan Diego in the hills of Tepeyac in 1531. She asked him to go to the bishop and tell him that the Ever-Virgin Mary, Mother of God, sent him to ask for a church to be built atop Tepeyac hill.

Today, as a sign of their devotion to Mary, many pilgrims travel to this site on their knees for many miles. They do this as a sign of their devotion to Mary and to show gratitude for favors received from her. Outside of the shrine there are groups of mariachis, folk musicians, and ethnic dancers who have come to celebrate. Inside, various priests and bishops from all over Mexico gather to celebrate Mass. In the evening, the entrance of the basilica is filled with pilgrims from different regions of the country. Many other fiestas or popular celebrations take place in honor of La Virgen Morena, or the dark-skinned Madonna, all over Mexico. Almost every household erects an altar to the Virgin Mary for the day and the faithful demonstrate their joy by lighting fireworks throughout their cities.

Mary's apparition in Mexico to Saint Juan Diego aided the Catholic Church's effort to bring the Gospel to the Americas. This is why the bishops of the United States affirm: "Mary embraces God's will and freely chooses to cooperate with God's grace, thereby fulfilling a crucial role in God's plan of salvation."

## Our Prayer

*Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.*

## Praying Hands Sandwiches

- Choose the bread of your choice
- Cut in the shape of praying hands
- Spread Peanut Butter
- Spread Strawberry Jelly



## Upcoming events

- St. Nickolaus/Christmas on Campus
- Children's Christmas Program

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**January 2025**

**The Epiphany, Feast Day: January 6th**

The Epiphany is one of the Church's major and spectacular feasts. It occurs on January 6th, the final day of the 12 days of Christmas. In some places it is also called Twelfthnight or Three Kings Day. This is the day the Church commemorates the Magi arriving to give homage to the newborn King of Kings with their gifts of gold, frankincense, and myrrh, symbolic of all the Gentile nations coming into the Kingdom of God.

Epiphany customs include chalking the door, house blessings, eating Three Kings Cake as well as hosting twelfth night parties. Real New Orleans King Cake can easily be ordered online and delivered to your home. However, a simpler and cheaper way is to make your own King Cake as a family using canned cinnamon rolls.

### **Epiphany Prayer**

*The Word became flesh and made his dwelling place among us. It is Christ who enlightens our hearts and homes with his love. May all who enter this home find Christ's light and love. Amen*

## Easy King's Cake

### Ingredients

- 2 cans of store-bought cinnamon rolls

1. Remove all the cinnamon rolls from the can and You want to straighten them all out.
2. Take 3 unwound cinnamon rolls and braid them together.
3. Repeat with the other 3 rolls.
4. Use one braid to form the left side of the cake, and the other braid to form the right side of the cake.
5. Pinch the 2 braids together to form a circle for your king's cake.
6. This is the traditional shape of the king cake as it symbolizes the crown of the king. Bake this according to package directions and allow the cake to cool.
7. While cooling, take a small plastic baby and hide it in the underside of the dough so that it is not visible.
8. Using the icing from the canned cinnamon rolls, drizzle it back and forth around the cake and sprinkle on purple, green, and yellow sugar.



Serve and enjoy! Whoever finds the hidden baby is the  
King or Queen of Epiphany for the day.

### Upcoming events

- Catholic Schools Week
- March for Life



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## February 2025

### Saint Josephine Bakhita, Feast Day: February 8



St. Bakhita was born in Sudan, a country in North East Africa. She was kidnapped and sold as a slave at age 9. Despite her mistreatment and no exposure to Christianity prior to being freed as a slave, Saint Bakhita pondered who made the sun, the moon and the stars.

“Seeing the sun, the moon and the stars, the beauties of nature, I asked myself, ‘Who is the owner of all these beautiful things?’ and I felt a great desire to see him, to know him and to pay him homage.” — *St. Josephine Bakhita*

Once she was freed from slavery, Saint Bakhita attended a convent school where she came to know God. There she developed a quiet but strong faith, hearing “more and more clearly the gentle voice of the Lord.”

She is the Patron Saint of Sudan and Africa, and human trafficking survivors.

An easy feast day snack idea is to slice oranges for the sun, apples in the shape of a crescent moon and cheese star cut-outs using a cookie cutter. While eating, talk with your child about St. Josephine and how she first saw God in the beauty of His Creation and how we too can see God in the world today.



### Upcoming events

- Candlemas February 2
- St. Blaise, Blessing of the Throats February 3



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## **March 2025**

### **The Annunciation of the Lord, Feast Day: March 25**

The Annunciation of the Lord celebrates the mystery of the Incarnation and, at the same time, the vocation of Our Lady. It was her faithful response to the angel's message, her *fiat*, that began the work of Redemption.

In the oldest Christian calendars this Solemnity is referred to as a feast of the Lord. Nevertheless, the texts do make special reference to Our Lady. For many centuries this has been considered a Marian feast. The Church has traditionally held that there is a close connection between Eve, the mother of mankind, and Mary, the new Eve, Mother of redeemed humanity.

The setting of this feast day, March 25th, corresponds to Christmas. In addition, there is an ancient tradition that the creation of the world and the commencement and conclusion of the Redemption all happened to coincide at the vernal equinox.

*Francis Fernandez, In Conversation with God, Vol. 6, at 176 (2012)*

### **Prayer for the Annunciation**

*Blessed be the Lord who came down from heaven and stayed in the womb of the Blessed Mary, after making the Annunciation to her through his head of angels, St. Gabriel.*

*Blessed be the Lord whom the heaven and earth, angels and mankind, are always praising. O Lord, let the intercession of your Mother be a strength for us all.*

*Peace be unto you, Mother of the Son of righteousness. Peace be unto you, the Dwelling of holiness, peace be unto you the Vessel full of blessings. The fruit of your virginity is blessed, Holy Mother, please pray for us, so that we would also be holy like you in our lives. Lord have mercy upon us.*

*Holy Angel Gabriel, who was kind enough to take God's message to the humble Virgin, kindly help us and save us from the strong bondages of sin and death. Assist us to be strong in the Holy Spirit and ever attentive to the voice of the Almighty.*

*Lord, who had been kind enough to take Your human body from the Virgin, unite us all in your peace. Unite us all with your grace. Fill us with your love so that we could share that love with You and among us all. Make us worthy to praise You with Your blessed Mother, St. Gabriel and all the saints.*

*Holy virgin Mother, you are blessed, by your prayers let the Holy Church, our Parish family and all God's children be saved from all sorts of calamities and let all the departed receive forgiveness for their sins.*

*Amen.*

Holy Annunciation Parish, [Annunciation Prayer](#)

## **Classic Angel Food Cake**

### **Ingredients**

- 1 1/2 cups sugar
- 1 cup bleached all-purpose flour (spoon flour into dry-measure cup and level off)
- 1 1/2 cups egg whites (from about 12 large eggs)
- 1/4 teaspoon salt
- 1 Tablespoon strained fresh lemon juice
- 1 teaspoon vanilla extract

*Needed Implements:* 10-inch tube pan with removable bottom; ungreased narrow-necked bottle (such as a wine bottle) to hang the cake on after it is baked; sifter



## Directions

1. Set a rack in the middle level of the oven and preheat to 325 degrees.
2. Put 3/4 cup of the sugar into a small bowl.
3. In another small bowl, mix the remaining 3/4 cup sugar evenly with the flour.
4. Sift the mixture three times to aerate it.
5. In the bowl of a heavy-duty mixer fitted with the whisk attachment, whip the egg whites and salt on medium speed until foamy.
6. Add the lemon juice and vanilla and continue whipping until the whites are very white and opaque and beginning to hold a shape.
7. Increase the speed to medium-high and whip in the sugar from the bowl in a slow stream.
8. Continue to whip until the egg whites hold a soft, glossy, peak.
9. Quickly sift 1/3 of the flour and sugar mixture over the egg whites.
10. Gently fold in with a rubber spatula, making sure you scrape across the bottom of the bowl as you fold to prevent the flour mixture from accumulating there and possibly causing lumps.
11. Repeat with another 1/3 of the flour and sugar mixture, then finally with the remainder.
12. Scrape the batter into the pan and run the spatula through the batter to eliminate any large air pockets.
13. Bake for about 45 to 55 minutes, or until the cake is well risen, well colored, and firm to the touch. *Be careful not to overbake, or the cake will fall.*
14. Invert the central tube of the pan on the neck of the bottle and allow the cake to cool completely upside down.
15. To remove the cooled cake from the pan, run a long thin knife all around the sides of the pan, scraping against the pan rather than the cake.
16. Remove the pan sides and run the knife around the central tube under the cake. Invert the cake onto a platter, easing it off the central tube with your fingers.
17. Serve with whipped cream and/or fruit.
18. To store, wrap in plastic or keep under a cake dome at room temperature, or freeze for longer storage.

Catholic Culture, [\*Catholic Recipe: Classic Angel Food Cake\*](#)

(Recipe Source: *Perfect Cakes* by Nick Malgieri, Harper Collins Publishers, 2002).

## Upcoming events

- Ash Wednesday March 5
- Feast of the Annunciation March 25
- Stations of the Cross, Fridays at 2pm in the Church

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**April 2025**

**Divine Mercy Sunday, Feast Day: April 27**

Divine Mercy Sunday, is celebrated on the eighth day of the Octave of Easter. During Jesus' revelations to Saint Faustina on the Divine Mercy, He asked on numerous occasions that a feast day be dedicated to the Divine Mercy and that this feast be celebrated on the Sunday after Easter. The apparitions to St. Faustina formed the basis of the worldwide divine mercy devotion we have today. St. John Paul II canonized St. Faustina on May 1, 2000. Five days later the Vatican decreed that the Second Sunday of Easter would henceforth be known as Divine Mercy Sunday.

### **Divine Mercy Chaplet**

Jesus appeared to St. Faustina in a vision, with his right hand raised in a blessing and his left touching his garment above his heart. Red and white rays emanate from his heart, symbolizing the blood and water that was poured out for our salvation and our sanctification. The Lord requested that "Jesus, I trust in You" be inscribed under his image. Jesus asked that his image be painted and venerated throughout the world: "I promise that the soul that will venerate this image will not perish" (*Diary*, no. 48) and "By means of this image I will grant many graces to souls" (*Diary*, no. 742).

### **The Chaplet of Divine Mercy**

The Chaplet was also given to St. Faustina with this promise: "Encourage souls to say the chaplet which I have given you" (*Diary*, no. 1541). "Whoever will recite it will receive great mercy at the hour of death. ... Even if there were a sinner most hardened, if he were to recite this chaplet only once, he would receive grace from My infinite mercy. I desire that the whole world know My infinite mercy" (*Diary*, no. 687).

## The Divine Mercy Novena

Jesus gave St. Faustina [nine intentions for which to pray](#) the Chaplet beginning on Good Friday and ending on the Saturday before Divine Mercy Sunday.

### Divine Mercy Sundae

#### Ingredients

- Vanilla ice cream
- Blue Sprinkles or Blueberries
- Strawberry Sauce or Strawberry jam
- Strawberry for the top
- Optional: Decorate heart shaped sugar cookies with red, pale blue, and white



#### Upcoming events

- Living Stations of the Cross presented by the 7th Grade April 11
- Holy Week
- Octave of Easter
- Bishop's Youth Pilgrimage, Belmont Abbey

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**May 2025**

## Month of the Blessed Virgin Mary

**Feast to celebrate:** May 31, Feast of the Visitation of Mary to her cousin, Elizabeth

### **Ways to celebrate this feast and the month of May:**

- + Plan a visit to a family member who you have not seen in a while
- + Have a May Crowning at home and sing Our Mother a hymn!
- + Family Rosary during the month

**To pray:** Litany of Loreto (or Litany of the Blessed Virgin Mary), the Magnificat of Our Lady

**To decorate:** Marian blue, white for Our Lady's purity, and Marian statues

**To read:** Luke Chapter 1 (The Annunciation of the Birth of Jesus and The Visitation of Mary to Elizabeth)

**To make:** homemade flower crown for Our Lady for the May crowning! (see photo)



**To cook:** This [website has a lot of good recipes](#) for the whole month of May! To go along with the May crowning, perhaps make simple cupcakes with white frosting and crown decorations or flowers.

### **Upcoming events**

- May crowning
- First Communion
- Pray for our Confirmands