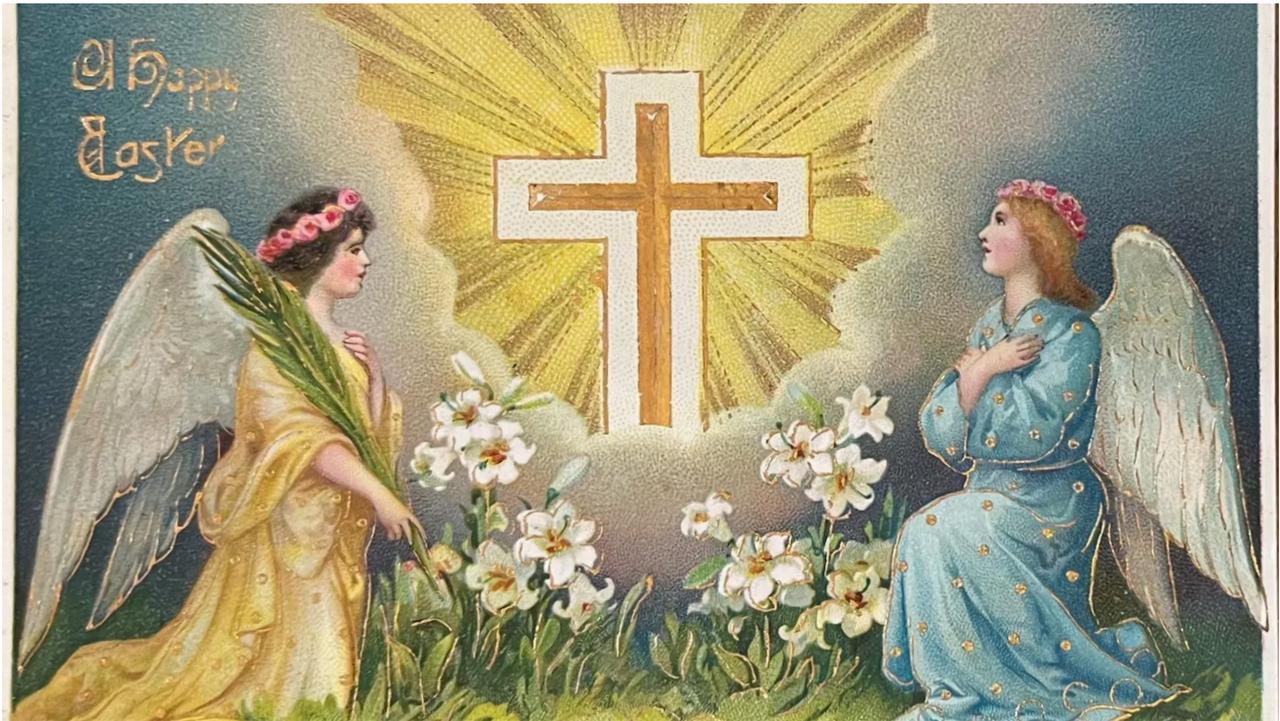


The Catholic Mother

INSPIRATION FOR LITURGICAL LIVING



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Catechized in Contempt

by Kim Halloran-Fry

I was out of town recently and had an evening to myself in our son's home. Quite honestly, I was not completely certain how to work the fancy TV remote. Youtube had been on earlier for children's programming so I found some vintage television episodes there to pass the time while I was rocking our newest grandson to sleep. There were a few things that struck me while I watched. First, the subdued tones and body language. Decorum perhaps? Next was the humor. They laughed at amusing things versus at each other. When asked questions, people simply gave their replies. What was clearly missing here were the biting jabs we have become so accustomed to passing for cleverness. Some time later I was reading an essay online and came

Catechized in Contempt

continued...

across the opening phrase above. The author suggested that we are being *catechized in contempt*. Indeed we would be hard pressed to deny that a contemptuous spirit pervades much of the spoken and written word today, even that of Christian content. Mockery has become a most common vehicle for humor.

I am not sure we can fully appreciate how contagious scorn can be and that we ourselves are not immune. As we come to the end of lent may we consider the voices and messages we have permitted to shape our own speech and that of our children. Are they charitable? Do we observe the scriptural adage to let our yes be yes and our no be no? Have we fallen into the habit of making wisecracks at others' expense? Maybe we permit

ourselves to take different liberties when speaking about those we disapprove of or who are considered adversaries?

Although we are adults we do tend to passively take on the traits of the people we are surrounded by, whether in person or in print or via the messages we absorb in film and music and so on.

Children, of course, readily mirror the communication patterns they see and hear and that banter - which is not truly in good fun - can come to permeate their interaction with each other and with parents.

May we finish lent strong and consider how we might ***"catch the little foxes that spoil and ruin the vineyards [of love]"***
~Song of Songs 2:15

St Catherine of Siena:

"He will provide the way and the means, such as you could never have imagined.

Leave it all to Him.

Lose yourself on the cross and you will find yourself entirely."

(April 30th)



TO MAKE AND DO:

APRIL AT HOME - VINTAGE CATHOLIC PRESCHOOL
ST ZITA FEAST DAY IDEAS
EASY RELIGIOUS EASTER EGG WRAPS
MONSTRANCE CRAFT FOR APRIL
PRINTABLE MONSTRANCE
MORE MONSTRANCE ART PROJECTS

TO READ:

A MOTHER'S RULE OF LIFE
THE PRAYERS OF ST ZITA
ST LOUIS DE MONTFORT - OLDER CHILDREN
ONE SMALL HOUSE OF NAZARETH
AROUND THE YEAR ONCE UPON A TIME SAINTS

TO SING:

REGINA COELI
AND HERE

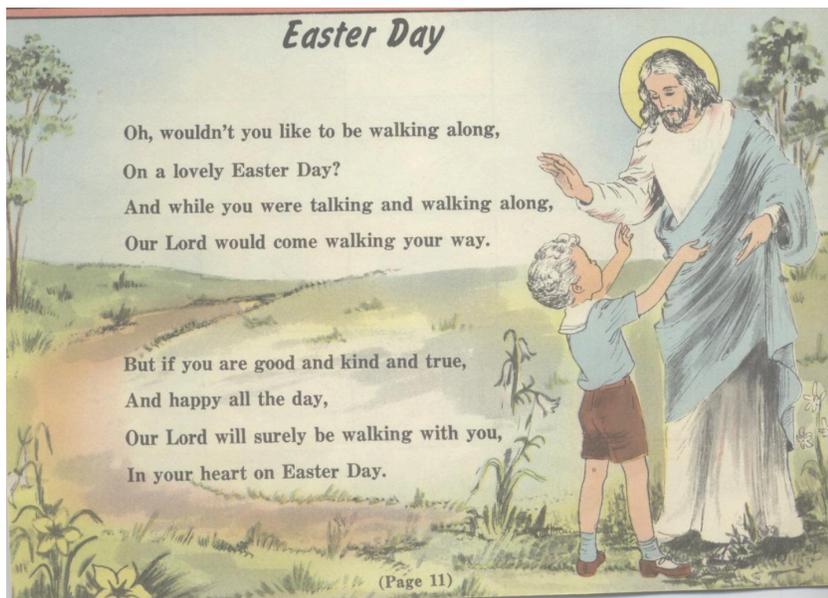
TO WATCH:

ST LOUIS DE MONTFORT FOR CHILDREN
WHO IS ST ZITA
ST ZITA

CONFRATERNITY MOTHER'S BOOK CLUB SELECTION FOR MARCH:
SERMONS OF ST FRANCIS DE SALES FOR LENT

CONFRATERNITY OF CHRISTIAN MOTHERS RESOURCES:

Members Manual Online
Why Enroll?
Pieta Sticker
Mother Love Book



True Devotion to Mary for Children

from The Manual of the Children of Mary, 1911
by The Sisters of Charity of St Vincent de Paul

The securest shield for the innocence of youth is a tender, heartfelt devotion to the ever-blessed Virgin Mary, the Immaculate Mother of God.

True devotion to Mary cannot be barren of effects: in the words of the Holy Ghost, applied by the Church to this holy Mother, she is to shoot roots into the hearts of the people of God. The young person in whose heart these roots have been implanted will be
pure like Mary,
humble like Mary,
charitable like Mary,
obedient like Mary,
industrious like Mary,
and take this Mother Most Admirable for her model in devotion and the practice of every virtue.

How important, then, that we should really find her.

Alas! how many are there who multiply prayers to her, yet remain in their faults and remissness. Hence we may conclude, that the reciting of rosaries and litanies, the wearing of her scapulars and medals, are not sufficient to enable us to find Mary - for although these practices are extremely holy, *yet the heart must go with them* to render them efficacious.

Prayers must not be recited by routine, nor pious objects worn through habit. Furthermore, dear children, devotion to Mary must be constant. When the blessed John Berchmans was near death, he was asked by a pious companion what practice of devotion would be peculiarly pleasing to Mary. "Any little thing," replied this favorite of Mary, "only let it be constant."

*"If you put all the love
of all the mothers
into one heart,
it still would not equal
the love of the Heart of Mary
for her children."*

- St. Louis Marie de Montfort
feast day April 28th



ST ZITA OF LUCCA - APRIL 30TH

A humble soul who lived in Italy in the thirteenth century, Zita remains humble to this day, being one of the lesser-known saints. Our research disclosed that she earned for herself the nickname "The Little Cook." It all started when she worked for a wealthy family. The other servants in the household shunned her because her hard-working example put them to shame. They treated her miserably, piling more and more chores on her, but she never complained. Each day she rose early while the household slept and went to hear Mass. On her return, her first duty was to make bread for the family. One morning she became so absorbed in prayer that the hour for bread-making was long past. Full of self-reproach, she hurried home, where to her surprise she found the loaves of bread laid out on the table all ready for the oven. She questioned every one, but no one would admit preparing the bread. It was soon evident that no human hands had shaped the loaves. A delicious fragrance surrounded them, and Zita became aware that angels had been at work while she prayed.

You'll be glad to know that eventually Zita's selfless example won over the other servants, and they ceased to resent her industry. When she died (in 1272), it is said a bright star appeared above her attic room at the moment of her passing.

Best not to depend on angels to bake your bread — meet the challenge yourself, and bake a loaf in honor of "The Little Cook."

The Cook's Blessings by Demetria Taylor, Random House, New York, 1965



St. Zita's Bread

Ingredients: 1-1/2 cups boiling water; 6 tablespoons soft shortening; 1-1/2 cups honey; 1 tablespoon salt; 2 packages active dry yeast; 1/2 cup warm water (105-115 degrees) 2 eggs; 1 cup wheat germ; 5 - 1/2 cups all-purpose flour.

Directions: combine the boiling water, shortening, honey and salt; stir until shortening melts. Cool to lukewarm. Dissolve yeast in warm water. Add yeast, eggs, wheat germ and half the flour to lukewarm mixture. Beat 2 minutes on medium speed with an electric mixer or (if you want emulate St. Zita), deliver 300 vigorous strokes with a spoon. Blend in the remaining flour with a spoon. Dough will be sticky. Spread dough evenly in 2 well greased loaf pans. Smooth the tops by flouring hand and patting into shape. Let rise in a warm place until 1 inch from the top of the pans. Bake at 375 degrees for 45 to 50 minutes or until loaf sounds hollow when tapped. Crust will be dark brown. Remove from the pans at once; brush tops with melted butter or margarine; cool on racks before cutting.

How to Embrace St. Zita as a Homemaker

(small excerpt from this highly recommended essay by Brianna at [Little Acorn Saints](#))

1. **Daily Routine:** Establish a daily routine that includes dedicated time for prayer, household chores, and family activities. St. Zita's disciplined approach to her daily tasks can serve as a model for maintaining a structured and balanced day.
2. **Declutter Regularly:** Just as St. Zita kept her employer's home tidy and organized, regularly declutter your living spaces. Donate or discard items that are no longer needed to simplify your environment and create a sense of order.
3. **Assign Tasks:** Delegate household tasks among family members according to their abilities and age. Encourage a spirit of teamwork and responsibility, reflecting St. Zita's willingness to serve others and share her workload.
4. **Create Home Zones:** Designate specific areas or "zones" in your home for different activities, such as a study area, play area for children, and relaxation corner. This helps maintain order and functionality in each space.
5. **Practice Charity:** Emulate St. Zita's generosity by periodically going through your belongings and setting aside items to donate to those in need. Keep a donation box handy and encourage family members to contribute regularly.
6. **Meal Planning:** Plan meals in advance to reduce stress and ensure efficient use of ingredients. St. Zita's resourcefulness with food, as seen in the miracle of the bread, can inspire creative meal ideas and mindful cooking.
7. **Keep a Household Inventory:** Maintain a list or spreadsheet of household essentials, such as pantry items, toiletries, and cleaning supplies. This helps prevent overstocking and ensures you always have what you need on hand.
8. **Simplify Decor:** Opt for simple and meaningful decor items that enhance your home without cluttering it. Choose pieces that reflect your faith or personal values, echoing St. Zita's humility and appreciation for the simple joys of life.

By integrating these organization tips into your daily routine, you can cultivate a home environment that reflects St. Zita's virtues of diligence, orderliness, and charity, creating a space of peace and productivity for your family.

THE EASTER EGG

FEAST DAY COOKBOOK 1951 by Katherine Burton and Helmut Ripperger

In Poland colored eggs are called "pisanki," from the word to write, because the Easter egg is one on which are written symbols. Perhaps the most beautiful of all are the diagramed eggs of the Russians, works of true art and almost too beautiful to be broken and eaten in plebeian fashion.

The Easter eggs one sees today in many homes in the United States are not the colored eggs of an earlier day. The little pellets pasted on a card and dissolved in old cups are too pastel for some of us oldsters. We remember eggs that were far from pallid as these are, and that were, in fact, exactly like the vivid foreign eggs.

One of us remembers how her mother made her own dyes. She boiled the skins of yellow onions for hours and produced with the liquid glorious orange eggs. She made the red ones by boiling red yarn in water. The green came from little bottles of color bought at the drug store, but occasionally she made this too from young spinach, washed, squeezed, and boiled. Often these colors were dappled on the hot egg with a new lampwick. And then, while they were still hot, all the eggs were rubbed with a cloth dipped in butter. These bright shells were, as Browning says somewhere, "reds and greens indeed." The pastel product of today is too pale and insipid for those who remember the vivid bowls of eggs in the center of the dining room table.

These early American eggs and the fine ones in Slavic countries are the only Easter eggs worthy of consideration-- the marvelously designed and intricately drawn Russian one and the old-fashioned and deeply colored American egg. But never the heresy of one with a bunny stamped on it; never the pallid copy made with pellet dyes; and never the ones whose insides have been blown out through a pin hole with the shell only surviving as a symbol. Symbol indeed! The symbol is a bright egg which is to be eaten and enjoyed, a well-cooked egg which is also a delight to the palate.



**see links page for an easy instant ornate egg craft -for real or wooden eggs*

A Kitchen Prayer

LORD, BLESS
WITH YOUR PRESENCE

*this kitchen where I do my daily work,
as you blessed the kitchen of*

Your Mother Mary.

MAY YOUR GIFTS OF FOOD

*prepared here bring my family nourish-
ment and health.*

MAY THE LONG AND

*sometimes lonely hours spent here bring
me patience and perseverance for my*

family's good.

AND MAY THE DUTIES DONE

*for them here serve each day to bring
us closer in Your Love.*

A M E N

Cursive Handwriting Practice

Name: _____ Date: _____

Jesus is there in the

tabernacle expressly for you!

Receive Communion often,

very often. There you have

the sole remedy, if you

want to be cured. St

Therese of Lisieux