Fish Soup or Fish Stew (if you add more fish)

**Ingredients**
- 2 large cans of crushed tomatoes
- 2 lbs of white fish—cod or some other reasonably priced white fish
- I lb of small shrimp or small bay scallops
- 2 cups of frozen peas
- 2 cups of crushed potato chips or bread crumbs
- 1 cup of milk
- 2 cups of chopped celery
- 1 cup of chopped onions
- 1 cup of chopped carrots
- 2 tbsp of olive oil
- 1 tbsp of lemon juice
- 2 tbsp of pepper to taste
- 1 tsp of salt
- 1 tsp of sunflower oil
- 1 tsp of salt

1. Saute the onion and garlic in the olive oil until it is golden.
2. Add both the onion and garlic to the fish mixture and let simmer for about 10 minutes.
3. Rinse the white fish, cut cubes of about 1 inch and wash with the shrimp or scallops whichever is used.
4. Add white wine and lemon juice and continue simmering.
5. Cut the white fish into 1 inch squares and wash with the shrimp or scallops whichever is used.
6. About 8 minutes before serving, add the fish to the simmered broth and serve.

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**Food for the Soul**

Here are two very simple meatless recipes for Lent. You can use additional ingredients if you wish to make them more to your liking but as offered are simple and quite good. No doubt you have made these often, and they actually become “comfort food” during days of abstenance during Lent.

**Bracket Soup**

- 1 cup of milk
- 1 cup of cream
- 1 cup of diced celery
- 1 cup of diced potatoes
- 1 cup of diced carrots
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1. Saute the onion and garlic in the olive oil until it is golden.
2. Add the crushed tomatoes with a cup of water from rinsing the cans.
3. When it boils, simmer for about 45 minutes.
4. Add the white wine and lemon juice and continue simmering.
5. Cut the white fish into 1 inch squares and wash with the shrimp or scallops whichever is used.
6. About 8 minutes before serving, add the fish to the simmered broth and serve.

Please remember in your prayers the following members of the United States Province of Priests and Brothers who died recently. May they rest in peace!

Rev. Lawrence Calhoun, C.S.C., on Saturday, December 14, 2019 at St. Joseph Regional Medical Center in Westfield, Ind. He entered the Congregation of Holy Cross in 1953 and was ordained a priest in 1956. He spent many years teaching in Holy Cross high schools at Notre Dame, Ind., St. Francis High School, Mishawaka, Ind., and as an Associate Professor and Acting President, Holy Cross College, Chicago, Ill. While in high school teaching, he also organized and coached football teams that were extremely competitive and successful.

Wake Services were held at Holy Cross House and at Moreau Seminary on Tuesday, December 17th, followed by his funeral Mass at Sacred Heart Basilica on December 18th and burial at Holy Cross Cemetery at Notre Dame.

Rev. William J. Niedhart, C.S.C., on Friday, January 3, 1924 - Tuesday, January 28th, followed by his funeral Mass at Sacred Heart Basilica on Wednesday, January 30th, and as pastor in Burbank, Cal. He was a very popular priest and remained active after retiring in February 1985. He served in several parishes, and as pastor of Holy Cross Parish and Little Flower Parish in South Bend, Ind., and as pastor in Rochester, Ind. He was a very popular priest and remained active as his health permitted.

Wake Services were held at Holy Cross House and at Moreau Seminary on Tuesday, January 29th, followed by his funeral Mass at Sacred Heart Basilica on Wednesday, January 30th.

Mr. William Niedhart, C.S.C. January 3, 1924 - January 28, 1985

Mr. Lawrence Calhoun, C.S.C. December 14, 1919 - December 14, 2019

The following weekend, twenty-four seminarians joined students from Notre Dame, St. Mary’s College and Holy Cross College to attend the Right to Life March in Washington, D.C. Moreau and Old College have participated in this march since it began more than forty years ago. Witnessing the 700 students from the tri campus setting here at Notre Dame is impressive since these young men and women give up a weekend sharing what is not by a long shot a first-class travel experience after the Christmas Season. The weather has been very different this year, and we had colder weather and our first snow for Halloween followed by a month of very mild weather. It was actually warmer for Christmas than the end of October and the first week of November this year. A good result of this mild winter was that Christmas travel was much easier as roads were clear, airports were not backed up with delays and cancellations, and for the most part, few experienced interruptions in their travel plans.

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February 2020

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Eucharist during the Last Supper, Good Friday takes up Lent, which we refer to as Holy Week. The Triduum are rich in meaning culminating in the final week of Lent, the seventh week which is Easter. This is the time when Christians all over the world fast, pray, and give alms as ways of doing penitential practices to prepare for the beginning of Lent. Some countries anticipate this penitential period by celebrating with Carnival, Masquerade or in New Orleans, Shrove Tuesday in Western Europe, and Paczki Day in Poland, all celebratory events that may last for several days of partying and eating in preparation for the expected fasts of Ash Wednesday during Lent. In many countries, the churchgoers are encouraged to sacrifice sugar, butter, and other rich ingredients that went into making treats that would feed their desire for the duration of Lent. Then, of course, Ash Wednesday followed marking the beginning of the Lenten Season. People would gather in their churches for the priest to mark their foreheads with ashes made from the burning of the palms of the previous Palm Sunday, and the priest would say, “Remember you are dust and to dust you will return.” Thus, Christians have adopted many different ways of beginning Lent over the centuries such as the importance of penitential practices to cleanse oneself in preparation for Easter.

We enter the regular days of Lent which the church provides for us by beginning with three suggested ways by fasting, prayer and almsgiving. These three ways of living a penitential life include the three biblical figures who enter the regular days of Lent which the church sets aside to prepare us to pray, fast, and give alms as ways of doing penitential practices for the beginning of Lent. Some countries anticipate this penitential period by celebrating with Carnival, Mark Gras in New Orleans, Shrove Tuesday in Western Europe, and Paczki Day in Poland, all celebratory events that may last for several days of partying and eating in preparation for the expected fasts of Ash Wednesday during Lent. In many countries, the churchgoers are encouraged to sacrifice sugar, butter, and other rich ingredients that went into making treats that would feed their desire for the duration of Lent. Then, of course, Ash Wednesday followed marking the beginning of the Lenten Season. People would gather in their churches for the priest to mark their foreheads with ashes made from the burning of the palms of the previous Palm Sunday, and the priest would say, “Remember you are dust and to dust you will return.” Thus, Christians have adopted many different ways of beginning Lent over the centuries such as the importance of penitential practices to cleanse oneself in preparation for Easter.

This suggestion of Pope Francis on how we might decide our own Lenten practices offers us to take time and look at each of the ways by which you personally will approach Lent this year. I encourage each of you to take some time during these few weeks before Lent begins to make a personal assessment and decide how you will proceed during this season, or specific intentions, jot them down on a piece of paper, as you begin your Lenten journey.

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