

# Recipes for the Soul ...

TWO LENTEN RECIPES ARE OFFERED FOR YOUR ENJOYMENT

## Poached Salmon with Caper Sauce

### Ingredients for poaching the salmon

- 1 whole salmon fillet, about two pounds
- 3 tablespoons butter
- 3 tablespoons minced garlic
- 2 tablespoons of real lemon
- 1 cup white wine
- Salt and pepper to taste

### Ingredients for the sauce

- 1 cup mayonnaise
- 1 cup of sour cream
- 1 small jar of capers



Wash the salmon and place in a baking dish. In a small pan, melt the butter and sauté the garlic until golden, then add the lemon and white wine and bring to a boil. Turn off immediately and pour over the salmon in the baking dish. Let stand for about a half hour, then, bake in a 350° oven for about fifteen or twenty minutes depending on the thickness of the salmon fillet. It is then ready to serve

For the sauce, combine the mayonnaise and sour cream with the capers and about half the liquid from the caper bottle. Add about a quarter cup of the hot liquid from the poached salmon and mix thoroughly. Serve the sauce alongside the salmon. Garnish the salmon with fresh dill or parsley.

## Haluski



Haluski is a traditional Eastern and Central European dish made with just four ingredients. It is a wonderful side dish served with the poached salmon and caper sauce.

- 1 medium head of cabbage chopped in strips approximately 1 inch wide and 3 inches long
- 2 medium chopped onions
- 1 and ½ cups of butter
- 1 package (16 oz) of cooked noodles (Kluski noodles are ideal)
- Salt and pepper to taste

Sauté the butter, chopped cabbage and onion until they are soft which may take about 20 minutes. Cook the noodles separately and then mix the sautéed cabbage and onion mixture with the noodles, and add more butter if necessary. Season with salt and pepper. You may prepare this and hold it for a few minutes at very low heat in the oven.

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# CROSS LINKS

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March 2019

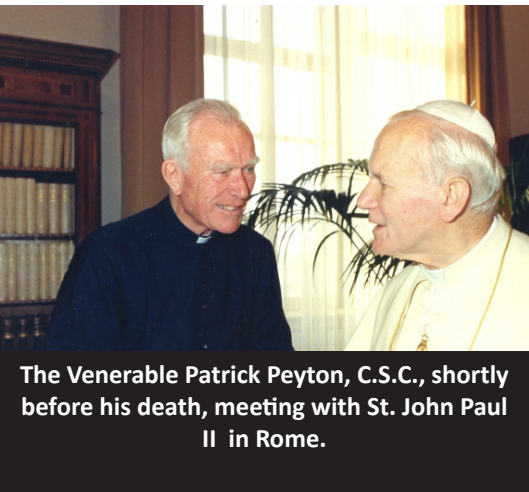
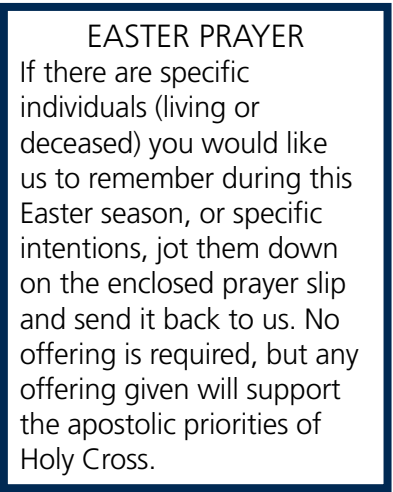
Dear Friends of Holy Cross,

A very blessed Lent to you and your family. Our hearts and our prayers accompany you throughout this sacred season. The mission of Holy Cross advances, thanks in large measure to your generosity. So much of what we are able to accomplish in the United States, East Africa, Mexico and South America can be traced to your kindness and we are grateful for your investments in the past, present and future. Here are a couple updates of interest.

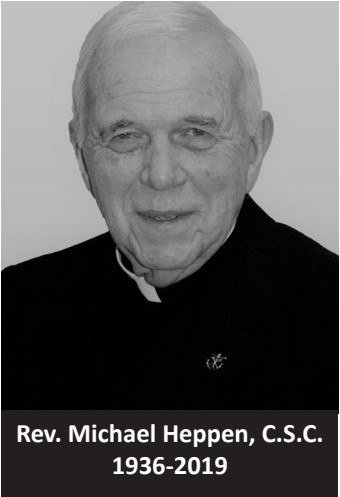
The Venerable Patrick Peyton, C.S.C., was the Founder of the Family Rosary in the 1930s, which during his lifetime grew into an international organization encouraging families to say the Rosary daily. This organization today includes Family Ministries and has its headquarters in Easton, Massachusetts. As a Holy Cross ministry, it presently exists in seventeen countries and has more than 40 Holy Cross Religious—priests, brothers, and sisters—working in these many locations. Father Peyton in founding and developing the Family Rosary penned its famous mantra: “The Family that prays together stays together.” The Church last year declared him Venerable Patrick Peyton, C.S.C., the next step toward his canonization. We in Holy Cross encourage you to pray for his cause and to continue saying the Rosary each day with your families.



Fr. Wilfred Raymond, C.S.C., the Director of Family Ministries, leading a group of pilgrims to the grave of Fr. Peyton in Holy Cross Cemetery in Easton, MA.



The Venerable Patrick Peyton, C.S.C., shortly before his death, meeting with St. John Paul II in Rome.



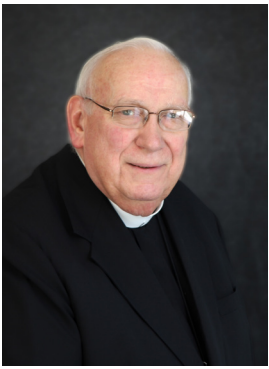
Rev. Michael Heppen, C.S.C.  
1936-2019

Father Michael Heppen, C.S.C. died at Holy Cross House here at Notre Dame on Monday, February 4, 2019. Fr. Heppen was ordained in 1963 and spent his ministry at Notre Dame, the University of Portland, and at the Shrine of the Little Flower in Royal Oak, MI. May he rest in peace.

His wake was at Moreau Seminary, Notre Dame on Sunday, February 9 with a wake service that evening. Rev. Kevin Grove, C.S.C. presided and gave the Eulogy. His Funeral Mass was at the Basilica of the Sacred Heart on Monday, February 11, with Rev. William Lies, C.S.C., the Provincial of the United States Province of Priests and Brothers presiding. Rev. Paul Kollman, C.S.C., gave the homily. Burial followed in the Community Cemetery at Notre Dame.

Brother Donnell, CSC

# LENT 2019



Ash Wednesday began on March 6 this year beginning some of the most sacred weeks of the year culminating in the Feast of the Resurrection on Easter Sunday, April 28. For centuries, Catholics have set aside these seven weeks we call Lent to prepare us for Easter. We begin on Ash Wednesday with receiving ashes which reminds us of our mortality, and then enter into a period of fasting, almsgiving, and prayer as we lead up to the final week of Lent, Holy Week. During that last week, we celebrate the Last Supper on Holy Thursday, the Passion and Death of Christ on Good Friday, and then on Holy Saturday we begin the Vigil leading to the Resurrection on Easter Sunday. Each of us can remember examples of how we celebrated Lent from our grade school days, common practices within our families, and of course, the many different ways our parishes provided opportunities for us to participate in Lent. In those days, we often asked the question: what will I give up for Lent? Over the years, those practices have changed. Rather than “giving up” something, we now attempt to do something more positive as a way to participate in the forty days of Lent. We have developed our own practices of this holy season, and we now look at what we do during Lent as additions rather than giving up something. Lent is without question one of our most visible outward expressions of practicing our faith.

Pope Francis in his Ash Wednesday homily last year reminded us that, “God in his providence offers us each year the season of Lent as a ‘sacramental sign of our conversion.’ Lent summons us and enables us to come back to the Lord wholeheartedly and in every aspect of our life.” (Pope Francis, Ash Wednesday Lenten Message, February 14, 2018). He then goes on to tell us that, “...the Church, the Mother and Teacher, along with the often bitter medicine of truth, offers us in the Lenten season the soothing remedy of prayer, almsgiving and fasting.” Pope Francis encourages us to take up this challenge of prayer, almsgiving, and fasting with enthusiasm because God constantly gives us the opportunity to begin loving anew. It is our opportunity to set aside a period to examine how well we live our lives so that we are able to begin loving anew as Pope Francis suggests. How then, will we take advantage of this opportunity to renew

ourselves as we prepare for Easter with more attention to prayer, almsgiving, and fasting during Lent?



PRAYER

**D**evoting more time to prayer for most of us has always been a major part of our Lenten practices. Most of us remember the various religious devotions that parishes provided during Lent. Stations of the Cross, lamentations, and holy hours were regular practices during Lent in the pre-Vatican II Church. Today, many make a point of attending daily Mass during Lent taking advantage of the beautiful liturgies provided during this holy season. To assist us in our daily liturgies, many published booklets provide the daily readings for each day of Lent and then offer short reflections for us to understand the meanings of these beautiful scriptures. Most parishes provide special devotions during this season by offering the Stations of the Cross each Friday that perhaps remains the most popular of Lenten devotions. Sometimes, an invited weekly speaker provides the opportunity for parishioners to delve more deeply into religious subjects that expand our understanding of different topics that affect us personally. Setting aside time each day to read Scriptures is another way of introducing more time for personal and reflective prayer.

**I**n order for us to have the opportunity to increase our time for daily prayer, we need to set aside a specific time each day to do so. In doing so, we will have the time to examine our own lives and hopefully gain an understanding of our own sins and shortcomings which hopefully will lead us to make a good Confession. Our parishes today provide the opportunity for the Sacrament of Penance as a communal experience, and they will schedule a specific evening for the parish to come together for this sacrament. This is a very concrete demonstration of the Sacrament of Penance in that the congregation recognizes its need for confession in preparation for Easter. After introductory rites, and a period for examining one’s conscience, the opportunity for individual confessions is available.

**A**dditional prayers during Lent are very much a part of an individual’s or families’ way of responding to the need for prayer during Lent. Some families will add the recitation of the Rosary each day. Some will take the time to read the Scriptures and then offer a common reflection. Some continue to do long-standing religious practices that were very much a part of their heritage. As this Lenten season begins, may we take the time to decide exactly how our prayer life will be strengthened during these forty days. Ideally, some of these practices will become a regular part of our daily lives after Lent and Easter.



FASTING

**F**asting has been one of the most common Lenten practices for centuries in the Church. Many of us are old enough to remember when all adults fasted each day but Sundays during Lent. That meant that we had only one full meal a day, and the other two meals combined were not to exceed what we ate in the main meal. In addition, we abstained from the eating of meat on Wednesdays during Lent and of course every Friday in those days. As Catholics prepared for Lent in those days they used all their surplus fats and sugar in order to avoid temptations during the coming forty days. Hence, the Tuesday before Lent was a time to rid our houses of these items to assure better fasting on Ash Wednesday and throughout Lent. *Mardi Gras*, Fat Tuesday, *Paczki* Day, Pancake Day were all terms used in various parts of the world to mark the end of “good living” and the coming days of fasting. All Christian cultures celebrated the Tuesday before Lent as their assurance that having excessive food around might inhibit fasting.

**I**n the post Vatican II Church, Catholics between the ages of 18-59 must fast on Ash Wednesday and Good Friday. We also must abstain from meat on Ash Wednesday and all Fridays during Lent. However, the Church encourages us as individuals to fast because as Pope Francis points out, “Fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to

experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbor. It revives our desire to obey God, who alone is capable of satisfying our hunger.” We might select additional days during Lent to abstain from meat or to fast as a way of fulfilling this suggestion during Lent. Again, extra days of fasting and abstinence is a self-imposed addition of these practices rather than an obligation that we in the past often referred to as “giving up something.”



ALMSGIVING

**A**lmsgiving as Pope Francis reminds us “sets us free from greed and helps us to regard our neighbor as a brother or sister. In assisting the poor, we know that what we possess is never ours alone. The Church asks us to follow the example of the Apostles who learned that sharing their possessions was a tangible witness of the communion that is ours in the Church. St. Paul exhorts the Corinthians to take up a collection for the community of Jerusalem as something from which they themselves would benefit (2 Corinthians 8:10). As Pope Francis reminds us, almsgiving “...is all the more fitting during the Lenten season, when many groups take up collections to assist Churches and people in need. Yet I would also hope, even in our daily encounters with those who beg for our assistance, we would see such requests as coming from God himself. When we give alms, we share in God’s prudential care for each of his children. If through me God helps someone today, will he not tomorrow provide for my own needs? For no one is more generous than God” (Pope Francis, February 14, 2018).

**A**s we approach Lent this year, let us take the time to consider how we will respond to Pope Francis’ suggestions on Lent. May we consider Lent a period of grace for all of us. It is our chance to renew ourselves through more prayer, fasting, and almsgiving. In doing so, the rewards of our efforts in each of these areas will strengthen us as we as Catholics prepare for the Resurrection of Our Lord Jesus Christ on Easter Sunday, 2019.