

Recipes for the Soul ...

BEEF BARLEY SOUP

This time of year is great for making hearty soups, and there is none better in my opinion than a good beef barley soup. It is a rich, dense soup that you can have for days to come by just reheating it and adding a little water or beef stock to it if necessary. It actually gets better the more you reheat it. You also need to make a large batch, so you really need a soup kettle, as this recipe will produce at least 12 servings. This will take between 3-4 hours to cook, but you can adopt this recipe to cook in a crock pot too.

INGREDIENTS

- 2 to 3 lbs. of a cut of beef— beef shanks are preferable because they have a bone, or some type of chuck roast or beef arm roast works well too
- 16 cups of cold water
- 1 very large onion, cut into small pieces
- 2 cups of carrots chopped into small pieces that fit on a soup spoon (Use fresh carrots and not those already prepared in a plastic bag!)
- 2 cups of mushroom pieces and stems
- 2 cans of diced or crushed tomatoes
- 1 lb. of pearl barley
- 1 tbsp. salt
- 1 tsp. black pepper



DIRECTIONS

1. Brown the meat in the bottom of the soup kettle. Be sure not to burn it, but make sure it has some color. Then pour in the 16 cups of water and bring to a fast boil. If there is any scum that comes to the top of the water, skim it off. Be sure the water is free of scum, and then add the chopped onions and about a tablespoon of salt and a teaspoon of black pepper. Let this simmer strongly for at least two hours.
2. The beef should be cooking slowly and eventually, if you use beef shanks, the bones will begin to fall off. Make sure the water level remains at the same level you started, add more as needed. I can assure it will need more water as it cooks down. If the meat is sufficiently tender, you may at this point remove the bones if there are any from the shanks, or if using a chuck or arm roast, cut or pull apart the large piece of meat into small bite size chunks.
3. After you have returned the meat to the soup, add the 2 cans of tomatoes, the 2 cups of mushroom pieces, and the 2 cups of carrots. After it returns to a boil, reduce to a strong simmer and add the barley. Let it cook until the barley is finished which will be at least another hour. Also, at this point, check the flavor and add additional salt or beef soup base or bouillon cubes to taste. The longer it cooks the thicker it becomes, and the consistency should look like the picture above. It is then ready to serve. Enjoy.

CROSS LINKS

CONGREGATION OF HOLY CROSS, UNITED STATES PROVINCE OF PRIESTS AND BROTHERS
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“It is God’s own hand which has guided everything, and God it is whom we must thank above all. Hence ... I beg you to unite your thanks with ours in order that we may draw down more abundant blessings from heaven upon our work, and above all, not stop their flow by a want of gratitude.”

This quote from Blessed Basil Moreau, C.S.C., founder of the Congregation of Holy Cross, appropriately sets the tone for this issue of Cross Links - **giving thanks**. We in Holy Cross are grateful for you, for the work of the Spirit in our mission and for the partnership we share in advancing the Kingdom of God.



From left to right: Gilbrian Stoy, C.S.C., Vincent Nguyen, C.S.C., Br. Joseph DeAgostino, C.S.C., M. Joseph Pedersen, C.S.C., and Zachary Rathke, C.S.C.

Five Profess Final Vows

On Saturday, August 31, five young men professed their Final Vows in the Congregation of Holy Cross in Sacred Heart Basilica at Notre Dame. One professed as a Holy Cross Brother and four as seminarians who Bishop Jorge Izaguirre, C.S.C., ordained Deacons the following day. Br. Joseph DeAgostino, C.S.C., has been assigned to Andre House in Phoenix, Ariz.; Rev. Mr. Vincent Nguyen, C.S.C., will spend his deacon year at Holy Cross Parish in South Bend, Ind.; Rev. Mr. M. Joseph Pedersen, C.S.C., is the rector of Siegfried Hall at Notre Dame; Rev. Mr. Zachary Rathke, C.S.C., is at St. Ignatius in Austin, Texas; and Rev. Mr. Gilbrian Stoy, C.S.C., is a deacon at Christ the King Parish in South Bend, Ind. The four deacons will be ordained priests in April 2020.

Ten Novices Begin their Novitiate Year

Ten novices began their novitiate year at Holy Cross Novitiate in Cascade, Colorado, in early August. Seven of them are from the United States Province of Priests and Brothers and two are from the Vicariate of France. One is from the Midwest Province.



From left to right: Br. Ben Rossi (Midwest Province), Remi De Saulieu (Vicariate of France), Br. Bobby McFadden, Br. James Blaszak, Novitiate Staff. Second Row: David Murray, Owen Morris, and Hunter Ostapowicz. Third row: Br. Pierre-Evann De Fremond (Vicariate of France), Noah Junge, and Ricky Bennington.



Please remember in your prayers the repose of the soul of Rev. Joseph A. Dorsey, C.S.C., who died in Santiago, Chile, on Monday, September 23, 2019 at the age of 99. A native of Hammond, Indiana, Fr. Dorsey entered the community in 1949, and he was ordained in 1957. In 1958, he was assigned to St. George’s College in Santiago, Chile, to teach. He spent 61 years in Chile in various Holy Cross ministries until his retirement a few years ago. His funeral Mass was celebrated in the Chapel of St. George’s College on Friday, September 26, 2019. Burial was in the community plot in Parque Santiago Cemetery. May he rest in peace.

Brother Donnell, CSC

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A SEASON OF THANKSGIVING

We just entered the fall season and the months of October and November have a common theme of thanksgiving. October marks the end of the harvest season and for centuries all over the world, people take time to thank God for a good harvest. Harvest festivals featuring their abundance of produce became annual events in most rural societies. Depending on what particular crop the area grew, these harvest festivals celebrate all sorts of things to be thankful for whether it was fruit, vegetables, and even the crops necessary to brew beer and wine. In Germany, the Oktoberfest has been in existence for almost two centuries, and in a few days, approximately seven million people will go to Munich for the celebration. Most of those celebrating had nothing to do with growing the grain and hops that produce the fine beer, but they willingly take the time to enjoy a good brew once the festival begins. What was once a small rural community's practice of taking a day or two to thank God for a great harvest has spread all over Europe and the United States. Here in Indiana we go from celebrating a good blueberry season, to an even greater apple season, and then of course an even more bountiful pumpkin and squash crop. The last remnants of our summer gardens--the last of the tomatoes and peppers--remind us that the growing season is over, and thanks be to God, we have vitals to get us through the coming winter month.

At the end of October, Halloween becomes a major celebration in the United States. Children and adults too anticipate the day by planning elaborate costumes, parties, decorating the outsides of homes even with orange Christmas lights and pumpkins carved into jack-o- lanterns all to be ready for trick or treating and more partying the night of October 31. Unfortunately, many of those celebrating Halloween have little knowledge of the religious meaning of the day. Even with skeletons as favorite figures for the holiday, and graveyards emblazoned with RIP on each of them, few know what Request Cant in Pace (Rest in Peace) really means. Knowing that Halloween refers to the evening before November 1, the Feast of All Saints, is completely beyond the understanding of most of those who celebrate the day. Of course, the following day, November 2, which is All Souls Day, has been completely lost in modern society caught up in Halloween. Even the decorations we use to mark Halloween have strong references to graves, ghosts, and other reminders of death. However, not understanding the connection with the feast of All Saints and All Souls misses the point of celebrating Halloween.

The Church for centuries has provided for us the two first days of November the opportunity to remember those who have gone before us. On the first day, November 1, we recall all those who have gone before us and are now among

the Communion of Saints. On the second day, All Souls Day, we also recall those who have gone before us and are still in need of our prayers as they await full participation in the Communion of Saints. The Church sets aside these days for us to remember in particular our parents, spouses, children, other relatives, and friends who were strong influences in our own lives, and provides us with the opportunity to thank them prayerfully. We also take time these days to ask them to intercede for us as we continue our journeys here on earth in anticipation of when we too will enjoy eternal happiness and entering into the Communion of Saints.

The Church sets aside the entire month of November to remember the Poor Souls who still need our prayers. We have the opportunity during the month to pray for them in very special ways, and to recall how thankful we are for their presence in our lives. So at Masses during November, at special devotions, visits to their graves in the cemetery, we merit special graces for the faithful departed during the month of November. Each of you have your own way of remembering the dead during November. Many of you will ask Holy Cross to remember your relatives and friends in having Masses said for them or having their names placed in the Chapel at Moreau Seminary for prayers during the entire month of November.

The Congregation of Holy Cross here at Notre Dame gathers together on November 2, the Feast of All Souls, for a special Mass for the deceased members

of the community, marking in a very special way those who have died over the past year. After the Mass at Our Lady of Fatima House, the community processes to the Community Cemetery while chanting the Litany of All Saints. When we arrive at the cemetery, the men take the time to visit the graves, say a private prayer for each of the men they may have lived and worked with for decades. This is a touching tribute when we take the time to recognize those who have gone before us.

After several minutes visiting individual graves, the Provincial leads the community in a prayer service for the deceased of our community members and includes prayers for our relatives, benefactors and friends.

The ceremony ends with the community singing the Salve Regina for our deceased brothers. This annual remembrance of our community members who have gone before us has

become a beautiful way of thanking those men who gave their lives to Holy Cross in the service of the Church. These indeed were men with hope to bring as they spent their lives spreading the gospel message in so many different ways. It is sobering, especially as we age, to recall the hundreds of Holy Cross men whose remains lay here in this cemetery. As we think of them, we always take the time to thank them prayerfully for all they have done for us, for the Congregation of Holy Cross, and for the Church. Similarly, each of you when you visit the graves of your spouses, parents, children, relatives and close friends must have the same experience. November provides us some time to do this each year, and the Church provides special indulgences for those who visit the graves of the faithful departed during the month of November.

November is also the month that draws our attention to Thanksgiving, which we mark by a special day on the third Thursday of November each year. Beginning in 1621, when the Pilgrims took time at the end of their harvest to thank God for their first successful year in this new country, Americans have also continued to take the time to do likewise. Four hundred years after that first Thanksgiving, we all have our special traditions to celebrate the day. Our parishes provide special Masses each Thanksgiving Day to celebrate a liturgy for this day of thanksgiving. Families gather for a sumptuous turkey dinner with the usual menu that the Pilgrims had for the first time, and most likely, probably very few of the Pilgrims had ever had many of those foods before. With the assistance of the Native Americans who got them through that first year, these new comers to this new land learned from the natives what would grow in this new land and how to preserve and cook those foods. Today, the menu for most standard Thanksgiving Day meals still imitates that first day of thanking God for a successful harvest. What a beautiful custom the Pilgrims and the Native Americans began that



year, and we have been the beneficiaries for four centuries of this festive way of thanking God for a good harvest.

Our modern Thanksgiving morning also centers on the impressive Thanksgiving Day Parade in New York City that not only celebrates that holiday but also ushers in the beginning of the Christmas Season. The day follows with football and much family visiting. Fortunately, one of the blessings of this day is a time when family comes together to be family and to enjoy each other's company. Merchants have tried in recent years to begin their Christmas sales during that day, but many have rejected these early openings simply because it is supposed to be a day set aside for the family to thank God. May we continue to keep this day the time for thankfulness. We can certainly wait for the merchants to open their stores early the next morning.

So, as we enter into this season of thanksgiving, let us recall the specific opportunities for thanking God that these different occasions provide for us as we make our way from summer into fall, and eventually into the short, dark, and cold days of winter. We begin with harvest festivals in September and October for which we easily see God's goodness to us in all that He provides for us and for our sustenance. We celebrate Halloween, All Saints Day, and All Soul Days as the opportunity for us to thank those who have gone before us. We ask them to intercede for us as we make our way through life, and we remember those who still need our prayers as they anticipate their joining the Communion of Saints. Finally on Thanksgiving Day, we set aside a specific day to thank God for a good year and ask for His blessings in the year to come. Most of us look forward with great anticipation as we mark each of these occasions, and in doing so we imitate all those who have gone before us. May we continue to pass on these sacred traditions to our children, so that they never forget the reasons why these sometimes too secular days have become part of our legacy for them.

NOVEMBER PRAYERS

As we have been doing all these years, we men of Holy Cross will be remembering not only our own beloved dead, but yours as well.

If you wish, jot down the names of those you would like us to remember on the enclosed prayer sheet. They will be placed by the altar at Moreau Seminary throughout the month of November.

No offering is required, but any gift that is included will be used for the needs of Holy Cross.