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 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.

This recipe calls for beef shanks but you can use a chuck roast or beef arm roast, or even a beef chuck or arm roast.

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October 2019

“...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.

**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 support the Congregation’s mission. The young men are from across the United States and represent the Midwest Province of Priests and Brothers, the United States Province of Priests and Brothers, and two from the Vicariate of France. The young men are as follows:


The five young men professed in front of the Congregation’s patron, St. Ignatius of Loyola, as their mentor and brother.

**Ten Novices Begin their Novitate Year**

Ten novices began their novitate 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.


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 1943 and was ordained in 1957. In 1998, he was assigned to St. George’s College in Santiago, Chile, to teach. He spent 64 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 27, 2019. Burial was in the cemetery plot in Parque Santiago Cemetery. May he rest in peace.
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, we special prayers 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 special way those who have died in 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.

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 men are the ones who sustained our community for so many years, 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 whenever 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 thanksgiving 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 usher 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 those 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 for the thankfulness. We can certainly wait for the merchants to open their stores early the next morning.

As we enter into this season of thanksgiving, let us recall the special opportunities for thanking God that different once. One of the blessings of this day is that 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 the beloved dead, but yours as well.

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.