

Pumpkin Orange Cake

Moist spice cake with orange frosting.

INGREDIENTS

1/2 cup butter or margarine, softened
1-1/4 cups sugar
2 eggs
1 cup cooked or canned pumpkin
1/2 cup orange juice
1/4 cup milk
1 tbs grated orange peel
2 cups flour
3 tsp baking powder
1 tsp cinnamon
1/2 tsp baking soda
1/2 tsp salt
1/2 tsp ginger
1/2 tsp allspice
1/2 cup chopped walnuts

Frosting:

1/3 cup butter or margarine, softened
3 cups confectioners' sugar
3 tbs milk
2 tsp orange juice
4-1/2 tsp grated orange peel

Details

Serves: 12

DIRECTIONS

In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. In another mixing bowl, beat pumpkin, orange juice, milk and orange peel. Combine dry ingredients; add to creamed mixture alternately with pumpkin mixture. Fold in nuts.

Pour into a greased 9 x 13 baking pan. Bake at 350° for 30 minutes or until a toothpick comes out clean. Cool on a wire rack.

For frosting, combine butter and confectioners' sugar in a mixing bowl. Beat in the milk, orange juice and peel. Frost cake.



*Handmaids of Christ
and Children of Mary*

Supplement to the Bulletin of the Eucharistic Crusade in Ireland

November 2009
Month of the Holy Souls

This leaflet is intended for high-school girls. Being part of the Eucharistic Crusade, you receive the bulletin of the Crusade and pray for the intentions of the Crusade. As girls, Our Lady is your special model. Therefore as well as being Crusaders and Handmaids of Christ, you are also Children of Mary. The purpose of these few pages is to help you in your spiritual life.

AN EASY WAY TO BECOME A SAINT By Fr Paul O'Sullivan, OP

Chapter 8 - THE PRINCIPAL DUTIES OF THE DAY - 5

EATING

This is another all-important duty of our lives, one too which ought to inspire us with gratitude to God for the abundant and good food He gives us. Alas, eating is a duty which for many is not only devoid of merit but the occasion of many sins!

We should commence our meals by saying the usual short grace: "Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, through Christ Our Lord. Amen," asking God to bless us and the food and drink which we are about to consume. This blessing will certainly please God and give our food an additional nutritive value.

On one occasion wicked men sought to kill St. Benedict by offering him a glass of poisoned wine. The Saint, as was his wont, made the Sign of the Cross over the wine before tasting it; whereupon, the glass was shattered into pieces and the malice of his false friends made manifest.

Doctors assure us that much illness is caused by eating too much, by eating too hastily, and by eating what is not good for us. Many commit these faults, which are injurious to both soul and body.

A safe rule to follow is to arise from table before being fully satisfied, but rather with an inclination to eat more.

Mr. Gladstone at the age of 80 declared that he attributed his great age and splendid health to the fact that he ate slowly, and carefully masticated his food. Eminent doctors advise their patients to observe carefully what foods agree best with them and what are likely to do them harm, choosing the former and avoiding the latter. Those who follow this sage advice will enjoy good health and save themselves from many sins.

SOME ADDITIONAL HINTS

We are reminded by the bread we take and the meat we eat of the Heavenly Bread we have received so often in Holy Communion, and of the Flesh of Jesus Christ which we have eaten at the Sacred Table.

This thought is a beautiful Spiritual Communion.

Instruction upon meditation

Meditation, or mental prayer, is a devout and fruitful consideration of Divine things, and of all that is conducive to the acquirement of virtue and of eternal salvation. It is not a difficult exercise; it requires attention and reflection, a desire to know God better in order to love Him more. It should be done in the company of Our Lady, the saints and our guardian Angel.

Refer to the previous issues of this bulletin to learn how to make meditation properly. Remember that as Handmaid, you promised to meditate 15 minutes every day. St Teresa of Avila says that he who spends 15mn a day in mental prayer cannot be lost.

Cast off, then, all earthly things, and make thyself pleasing to thy Creator, and faithful to Him, that so thou mayst lay hold on true happiness.

Imitation of Christ, Book 3, Chapter 1 "On the Internal Discourse of Christ to the Faithful Soul"

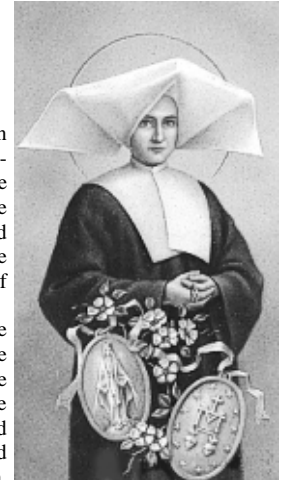
Meditation – On the Prodigal Son - 5

Before you began to return to God, it was God Himself who touched your heart; and as soon as you wished to correspond with his grace, He came to meet you. He gives you the robe of innocence; He forgets your sins, he invites you to rejoice in union with His Angels and saints, who rejoice in your conversion; He admits you to the banquet of His precious Body. Can your confidence in such a Father, your gratitude, your love for Him ever abate? Remember that the penitent prodigal never relapsed; make him your model, and reflect that it was your sins that crucified your Saviour, and that by His merits you are pardoned.

Absolve, O Lord, the Souls of all the faithful departed from every bond of sin, that with Thy gracious assistance they may deserve to escape the judgment of vengeance and enjoy the blessedness of everlasting light.

SAINT CATHERINE LABOURÉ

Virgin, Visionary (1806-1876)



Saint Catherine Zoé Labouré was born in a small village of France in 1806, the daughter of a well-to-do farmer who had at one time wanted to become a priest, and his very Christian wife. Catherine, the ninth of the eleven living children, lost her mother when she was only nine years old and had to abandon school to go to live with an aunt, accompanied by her younger sister. Two years later she was recalled to take charge of the household, because the older children had all left, one to become a Sister of Saint Vincent de Paul, the others to marry or seek a living elsewhere. She made a vow of virginity when still very young, desiring to imitate the Holy Virgin, to whom she had confided herself when her mother died. She longed to see Her, and she prayed, in her simplicity, for that grace. She spent as many hours as possible in the Chapel of the Virgin in the village church, without, however, neglecting the work of the household. She talked to Our Lady as to a veritable mother, and indeed the Mother of Christ and ours would prove Herself to be such. Catherine wished to become a nun, without having opted for any particular community; but one day she saw a venerable priest in a dream, saying Mass in her little village church. He turned to her afterwards and made a sign for her to come forward, but in her dream she retreated, walking backwards, unable to take her gaze from his face. He said to her: "Now you flee me, but later you will be happy to come to me; God has plans for you." The dream was realized and, as a postulant in the Community of Saint Vincent de Paul, she assisted at the translation of his relics to a nearby church of Paris. She had indeed recognized his picture one day in one of the convents of the Sisters of Charity, and obtained her father's consent to enter that Congregation when her younger sister was old enough to replace her at home.

Catherine's interior life was alimanted by the visions she frequently had of Jesus in the Blessed Sacrament, where once she saw Him as Christ the King. And the designs of God for this humble novice began to be fulfilled, after Our Lady appeared to her in July of 1830, and confided to her the mission of having a Medal struck according to the living picture she saw one night, when a little Angel led her to the convent Chapel, and there she knelt at the Virgin's feet to hear the words which would be the motivating force of her forty-six years of religious life.

Once more — insofar as we know — she would see the Blessed Mother, on November 27th of the same year, when one afternoon while at prayer with her Sisters, she beheld Her to one side of the chapel, Her feet poised on a globe, on which was prostrate a greenish serpent; the hands of the Virgin were holding a golden globe at the level of the heart, "as though offering it to God," said Catherine later, in an attitude of supplication. Her eyes sometimes raised to heaven, sometimes looking down at the earth, and Her lips murmuring a prayer "for the entire world." The face of the Virgin was of incomparable, indescribable beauty, with a pleading expression which plunged the Sister into ravishment, while she listened to Her prayers. The Immaculate Virgin, after having offered to God Her Compassion with the suffering Christ, prayed for all men and for each one in particular; she prayed for this poor world, that God might take pity on its ignorance, its weakness and faults, and that by pardoning He would hold back the arm of Divine Justice, raised to strike. She prayed the Lord to give peace to the universe.

For many years Catherine kept her secrets from all save her confessor, Father Aladel, priest of the Mission of Saint Vincent, who, wanting to be able to continue with his penitent, saw to it that she was not sent far from Paris, after he had fulfilled the first mission of having the Medal struck. He died, however, before having the statue made according to this second vision, as Our Lady desired. Catherine suffered much from her inability to accomplish the second part of her mission. When she finally confided this second desire of Our Lady to her Sister Superior, a statue of Our Lady, Queen of the World and Mediatrix of all Graces, was made for two Chapels of the nuns.

Saint Catherine died in 1876, after spending her life in the domestic duties associated with the kitchen and garden, and in general caring for the elderly of the Hospice of Enghien at Reuilly, only about three miles southeast of Paris. Among her writings recounting the apparitions, we read: "Oh, how beautiful it will be to hear it said: *Mary is Queen of the universe*. That will be a time of peace, joy and happiness which will be long... She will be borne like a banner and will make a tour of the world." The Virgin foretold that this time would come only after "the entire world will be in sadness... Afterwards, peace."