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# **RE Weekly**

## **Holy Spirit Catholic Community Newsletter**

### **May 24, 2020**

9 weeks in... are you in need of a vacation from shelter in place? We sure are.

As you can see from the picture below, we have packed our suitcases and the three of us are taking you on an adventure. Jane is taking you to Italy and showing you the Shroud of Turin. Claire will be showing us some of the beautiful churches she has visited and Kim will show you the Grotto of Redemption in Iowa. Finally, we are making homemade pasta...because a trip to Italy would not be complete without some yummy pasta!

So get comfortable, grab your suitcase...well maybe just a snack and let us take you on a "virtual vacation."



## SUNDAY

God

Family

Friends

The church has always proclaimed that the family is the domestic church. Use this resource from the diocese as a chance to grow in love with Jesus as a family. In this resource, called "God Family Friends", mom or dad reads the Sunday Gospel aloud then there's a game, crafts, and dinner discussions. Each Sunday a new "God Family Friends" will be sent to you.

[Access it here!](#)

MONDAY

### **The Grotto of Redemption, West Bend Iowa**

A grotto is an artificial recess or structure made to resemble a natural cave. The Grotto of Redemption is located in West Bend, Iowa, about a couple of hours outside of Ames. I have a husband and daughter who graduated from Iowa State in Ames, so we have visited some of the attractions in recent years. The story behind the Grotto is this, as a seminarian, Father Dobberstein became ill with pneumonia. He prayed daily to the Blessed Virgin Mary to help the illness to pass. He did get better, so after he finished the seminary, he was sent to West Bend as a pastor. In 1912 he began work on the Grotto. The "designed purpose of the Grotto is to tell through stone, the story of man's fall and his redemption by Christ."

Go on a virtual tour of the Grotto and see for yourself the beauty of natural rocks and stones...and the fulfillment of a promise to The Mother of God from a young priest made so many years ago.

[Click here for virtual Grotto tour](#)



## TUESDAY

Days are getting longer, the sun is feeling warmer, so that means summer is coming. The unofficial start of summer is usually Memorial Day. As our world starts to slowly reopen, say this prayer with your family as you venture out to visit family, friends or maybe even dream about a vacation.

## Prayer for a safe trip

Lord I go with you, I am safe with you.  
I do not travel alone,  
For your hand is upon me,  
Your protection is divine.  
Besides, in front and behind  
You encircle my life,  
For I am yours, and you are mine.

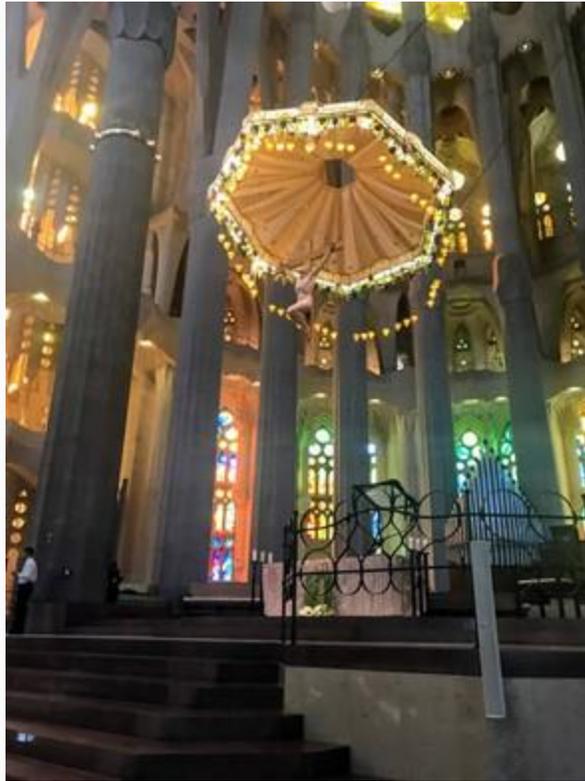
[www.lords-prayer-words.com](http://www.lords-prayer-words.com)

## WEDNESDAY

During the last few years, I've been so fortunate to be able to travel. Through service projects, pilgrimages, and other trips, it's been very interesting to see the variety of Catholic churches across the world! Check out the pictures below of some of the churches I have visited. You could also think about taking a virtual tour of a place that you have never been before, but want to go to. Stroll around Brazil, Switzerland, or Poland – the possibilities are endless! Peace, Claire



**Tegucigalpa, Honduras**



**La Sagrada Familia in Barcelona, Spain**



**San Salvador, El Salvador**



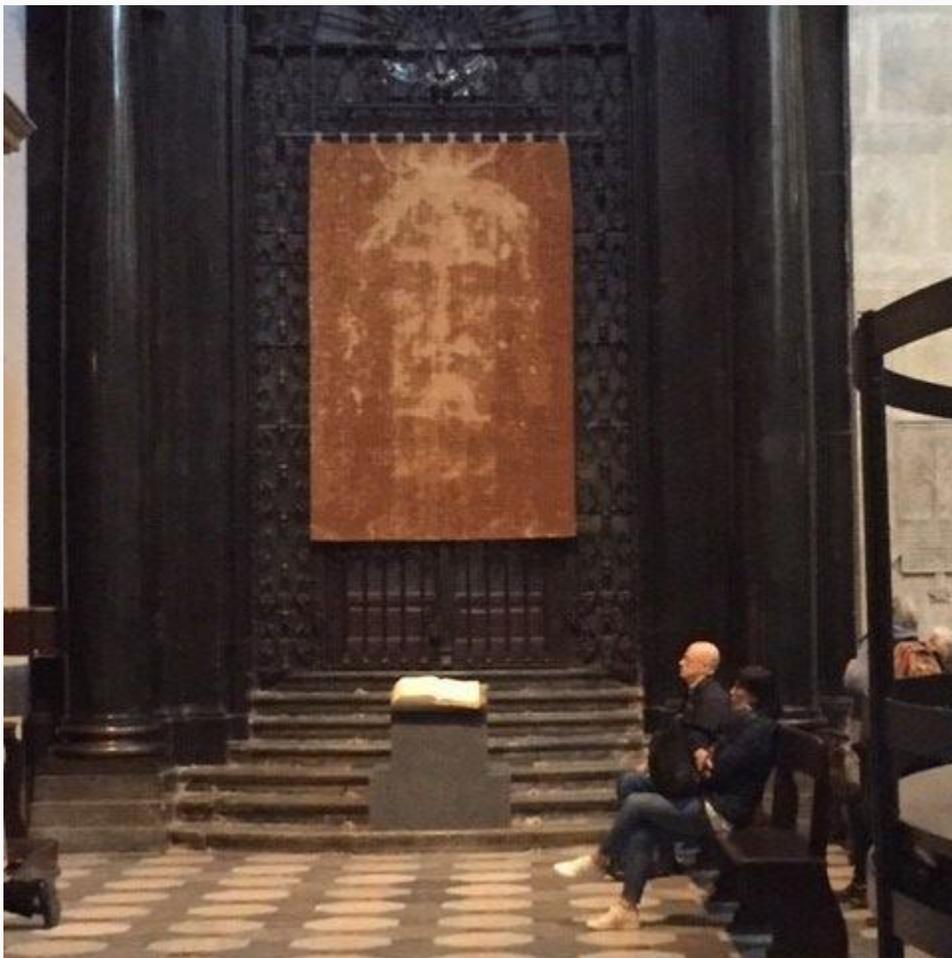
**The Basilica of Notre Dame**

## THURSDAY

When I had a chance to pack my suitcase, my husband and I decided on Italy. Our first stop was, Turin, to see the Shroud of Turin.

- What is the Shroud of Turin? It is a linen cloth with the negative image of what many believe is Jesus.

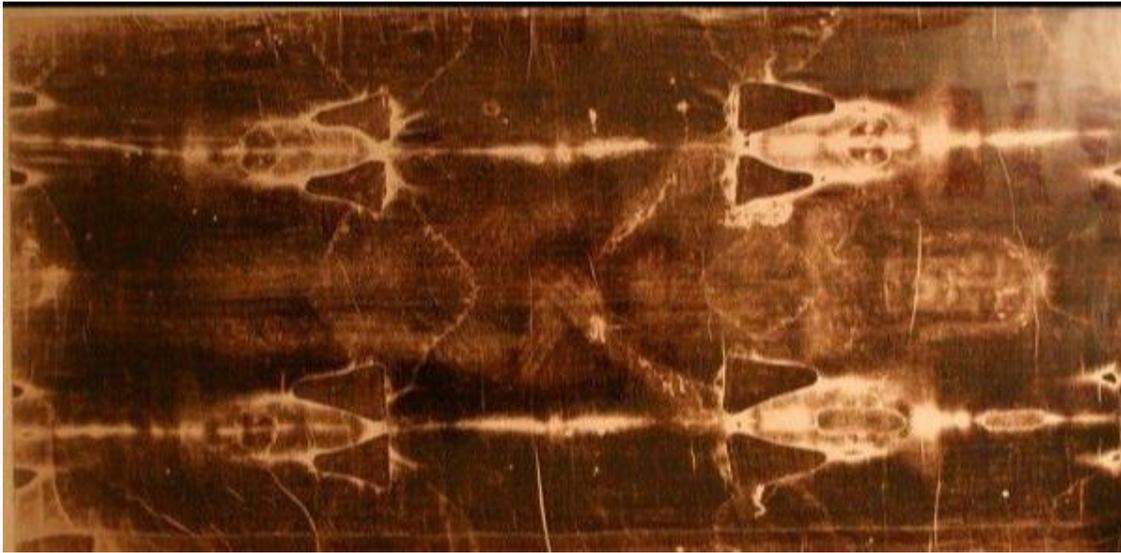
- What was the cloth used for in Jesus' time? The cloth is believed to be the burial shroud in which Jesus was wrapped after his crucifixion.
- Where is the Shroud kept? It is kept in the Cathedral of St. John the Baptist in Turin. It is not on display for the public. It is kept in a special place that will help preserve it.



This picture I took in the church that only shows Jesus' face. The original shroud laid on top of Jesus so it shows the whole body and the wounds from his death on the cross.



This cathedral was very big and there was also a side altar to honor Mary, Jesus's Mother. It is all made of gold.



This picture I did not take. The real shroud looks like this.

## FRIDAY

I love pasta! I love all kinds of pasta...any kind will do, but there is just something about homemade pasta. To see the little well of flour filled with eggs, then the feel of the squishy dough as I start to knead it. Then finally, a satisfying nod as I see all of the imperfect strips of pasta dough drying on my sheet. Homemade pasta is so much fun to make, and easy to do if you haven't tried it. Here is a simple recipe for dough to get you started on your "Italian carb journey." Buon Appetito!

### **Here's what you'll need:**

3 cups all-purpose flour

4 large eggs

**Here's how you do it:**

On a large surface, pour out the flour and make a fairly good size well in the middle. Crack the eggs gently into the middle of the well. Delicately start incorporating the eggs into the flour, until well combined. This process is a little messy, so have a wet towel ready to clean your hands. Soon you will start to feel it changing into a formed ball. Knead the dough until it is smooth, about 5 minutes. If your dough feels dry, add just a tiny bit of water until you can feel the dough begin to get smooth.

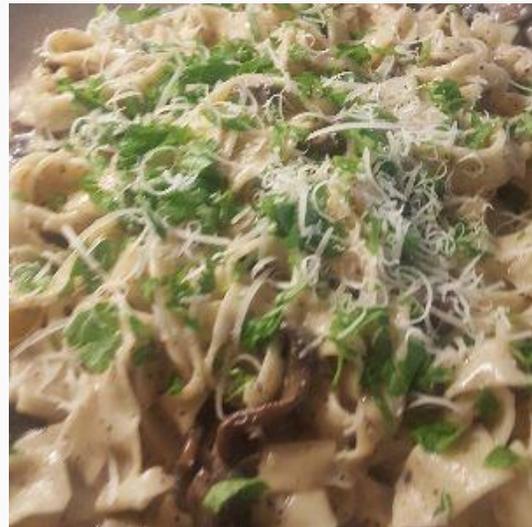
Now, put a little flour all over your dough and place it in a small bowl, cover it with plastic wrap and then put the bowl into the fridge. Let it rest for about 30 minutes.

When ready to roll out, remove from fridge and cut your dough into 4 pieces. On a floured surface, start rolling your dough, one piece at a time. Roll the dough as thin as you can. No need for perfection, if the dough looks uneven, that's ok! Now, using a pizza cutter, cut the dough into 1/2 inch strips. Put the strips onto a sheet pan that has been dusted with flour to keep them from sticking. Repeat process with the other pieces of dough. Keep the pasta at room temperature until you are ready to cook it.

Boil about 7 cups of water, don't forget to salt that water! Gently add the pasta to the boiling water and cook for about 2 or 3 minutes. It doesn't take long, you'll know it's done when the pasta starts to float

to the top.

Serve with your favorite sauce. Enjoy!



OTHER NEWS

## **HOLY SPIRIT FACEBOOK**

We are on Facebook! Click on the icon at the bottom of the newsletter to stay up to date with our new social media.

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## **AMAZON SMILE**

We are on Amazon Smile! Go to [smile.amazon.com](https://smile.amazon.com) and Amazon will donate a percentage of the price of your eligible Amazon Smile purchases to our parish at no cost to you.

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## **YOUTUBE CHANNEL**

We are excited to introduce our YouTube channel! We will be posting our Masses and messages from Fr. Marty and our staff. This is another way to stay in touch with all of you!

[Click to subscribe to our channel](#)

Anything you would like to see on the newsletter? Email Kim at [asst.dre@hsec.us](mailto:asst.dre@hsec.us) with ideas, links, or videos. We continue to pray for your family during this time.  
Let us know how we can help!

Peace,  
Jane, Kim, and Claire



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