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# Catholic Girls Forever



Issue #63  
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Dear Readers,

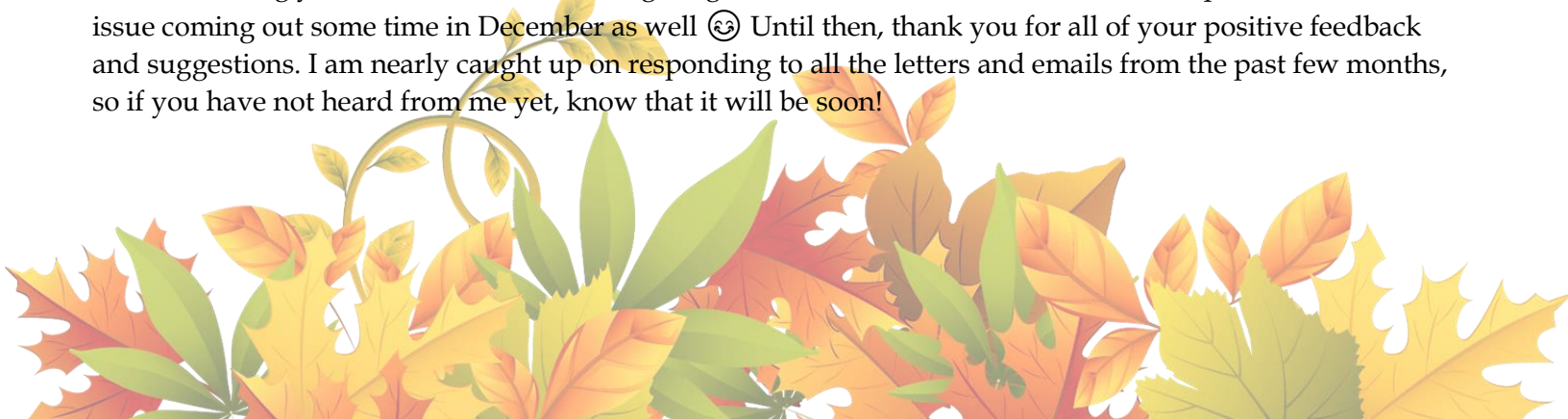
What a time of feast days! I feel like autumn is just PACKED with them! Down here in Dickinson we do Sung High Masses throughout the year on important feast days and let me tell you, there were many going on these last few months. September had the Exaltation of the Cross, Our Lady of Sorrows, Our Lady's Birthday, Feast of the Holy Name of Mary, St. Pius X, and St. Michael to name a few, then in October there is St. Therese who is obviously a big deal 😊, then the Holy Rosary and Christ the King at the end to be closely followed with All Saints and All Souls. Honestly this time of year seems more liturgically celebratory to me than Christmas or maybe even Easter time! Now, we did not have a Sung Mass for all those feasts, but we managed a good handful of them along with a procession or two, or three. Definitely a lot of great reasons to celebrate! I hope you all managed to do something to celebrate some of these feasts yourself. Growing up my mom was good about making sure to celebrate our feast days and even got us a present or two on them. Now that Henry and I have our own little family we get to discuss and decide how we will celebrate feast days, not just of patron saints but other ones throughout the year. Of course it is impossible to do ALL of them but we sure plan to make a big deal out of SOME of them 😊 I would love to hear what some of YOUR feast day traditions are.

One thing we would like to start doing more as a family is visiting the cemetery and praying for the poor souls. There is a cemetery a few minutes from our house and it is on our way to or from church so it would be easy to take 15 or 20 minutes once a month to visit. Henry's grandparents are buried there along with one of the pastors from Queen of Angels and quite a few former parishioners. We hope to make it a tradition to visit every 2<sup>nd</sup> of the month as November 2<sup>nd</sup> is the feast of All Souls. I am sure we will miss a month or two here and there, but I am excited to start this family tradition 😊 I think it is really helpful for us to actively recall that we are part of the Communion of Saints and what better way than to regularly pray for the souls in purgatory.

Father mentioned the different domains of the Communion of Saints in his sermon for All Saints Day and it got me to thinking some. We, the faithful on earth, are the Church Militant, the souls in purgatory are the Church Suffering, and the Saints in heaven are the Church Triumphant. Too often I feel that we on earth see ourselves more as the Church Suffering than as the Church Militant. Yes, this is a 'valley of tears' as we say in the memorare, but we are here to do something about it. It is our job to change the world. All of our suffering is meant to be offered up and made of value. We suffer in order to make a difference in our lives and in the world. So, the next time life doesn't go exactly our way (which happens multiple times a day for nearly everyone) let us remember which part of the church we are and that our suffering is meant to be used and not just endured. We are soldiers of Christ, capable of offering up every frustration, sorrow, and trial, for our own good and that of others. Yes, we will suffer, but our suffering can become so much more if we just remember to offer it up.

Honestly my life right now has very little suffering in it. God has truly blessed me with an amazing husband and a superb community. At this stage in life, I focus more on being part of the Church Militant with my acts of generosity. If I can make this world a happier place and someone's load easier, then I will consider myself to have been successful. Some days God does test just HOW generous I am willing to be and I have to remind myself that "God loves the cheerful giver".

Wishing you all a wonderful Thanksgiving and a fruitful advent. There will be a special Christmas issue coming out some time in December as well 😊 Until then, thank you for all of your positive feedback and suggestions. I am nearly caught up on responding to all the letters and emails from the past few months, so if you have not heard from me yet, know that it will be soon!



## Challenge of the month

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**Start a gratitude journal.** With Thanksgiving right around the corner what better virtue to focus on than gratitude. Gratitude is not only a virtue, but also an important part of a healthy emotional life.

Too often a spirit of 'entitlement' creeps into our lives. The world we live in has no appreciation for suffering. They market everything to ease our discomfort and inconvenience so that when we encounter something undesirable in life, we become easily frustrated and deem it to be unfair. And that one encounter, that one frustration, that one inconvenience can be easily revisited again and again in our minds and we allow it to ruin our day. After all, it would have been so easy for the barista to make our coffee the RIGHT way.... We are out of the habit of being grateful for the 1,000 convenient and wonderful things in our lives and too often forget about them. So let us re-train our minds and build a better and more realistic outlook on our daily lives by starting a gratitude journal today!

### How does it work? Easy!

Step 1: Find a journal. (Barnes and Noble or TJ Max have some very lovely ones at reasonable prices.)

Step 2: Find a happy space to store it. (Make this a convenient place such as on your nightstand and make sure to have a pen handy!)

Step 3: Write down 3 things you are grateful for every day. (Set aside a specific time each day to do it. It could be right before bed, right after brushing your teeth, after supper, etc.)

Step 4: Keep up this habit for a happier life and share this idea with others who struggle to see the joy in the everyday.

### *My Entry for my Gratitude Journal:*

November 15, 2022

I am grateful for:

- The cool weather
- My health
- My father-in-law



Now, I keep mine very short and simple as it is just for me to read and I do not usually share it with others. Obviously for each of those 3 things I imagine more specifically how they have made my life a happier and better one. If you lived in Texas you would be just as excited as I am for this cool weather that allows me to finally wear some of my fall clothes and to be able to take a nice long walk outside with my little Hal without sweating after 5 minutes 😊

Hopefully you made some good resolutions after the last issue, if not, the New Year will be here before you know it so you can always keep some in mind for then! The gratitude journal is a great way to build a more positive and healthier outlook on life as well as build a habit and train yourself to stick to it. If you can manage to keep this journal for just one month you will already have made progress, but I encourage you to stick it out at least a year, and who knows, you may make it a life-long habit. Think how cool it would be 50 years from now to go back through and see what you were grateful for and share stories of special days with your grandkids!

P.S. You can re-use things you are grateful for. You do not have to come up with brand new ones each day, just think back on your day and whatever you can find that made it a good one. And some times it can even be a difficult thing that you are grateful for, such as 'I am grateful that my parents make me help around the house as I know that it will teach me to take care of myself one day.'

- Happy journaling!

## Immortal Poet's Society

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My opening letter mentioned me wanting to make this world a better place and that if I can help at least one person I would be happy and it reminded me of one of my favorite poems.

### “If I can stop one heart from breaking”

By: Emily Dickinson

If I can stop one heart from breaking,  
I shall not live in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain.



Isn't it lovely? I know that not everyone loves Emily Dickinson as her style is... different, but her message here is so clear and simple. She wants to make a difference in the world, and she knows that if she can at least help ONE person she will have lived a good life. It is a good reminder that we are meant to help others and not just live for ourselves. There is no joy for the selfish person and they spend their whole life chasing after pleasure thinking that is joy and never finding it. So, if you are ever feeling down and discouraged and useless, just remember that if you can help just one person even in a small way, you have made a difference, you have added joy to this world. And that leads me into another of my favorite poems! Both of these poems are worth saving and hanging somewhere you will often see them and remember what to do when life has you down.

### **DO SOMETHING FOR SOMEBODY QUICK!**

By Robertson Davies

**There's an excellent rule I have learned in life's school,  
And I'm ready to set it before you.  
When you're heavy at heart and your world falls apart,  
Do not pity yourself, I implore you.  
No, up with your chin, meet bad luck with a grin,  
And try this infallible trick.  
It never will fail you, whatever may ail you  
DO SOMETHING FOR SOMEBODY QUICK! OH –  
Do something for somebody quick,  
It will banish your cares in a tick.  
Don't fret about you – there's a good deed to do  
DO SOMETHING FOR SOMEBODY QUICK!**



## Delicious Disasters

This section of CGF has been sadly neglected of late and what better time to bring it back than just before the holidays? It also ties in with the Chapter from Girls, You're Important. I am including recipes for a full meal here. First an appetizer, then an entrée with some sides, a drink, and finally a dessert. Personally, I grew up learning to cook and bake and it was an easy transition to doing it for myself when I moved out but I know that a lot of people don't have the same opportunity to learn. I highly recommend starting now. Ask your mom if you can make a dish or two. Soon you will find a signature dish that you make better than any one else!

### Smokey Cheeseball

- 2 cup cheddar cheese, shredded
- 8 ounce cream cheese, softened
- 1/2 cup salted butter, softened
- 2 tablespoon milk
- 2 teaspoon steak sauce
- 1 teaspoon Worcestershire sauce
- 1 cup pecans or slivered almonds, finely chopped
- crackers, for dipping

*I think I already shared this one with you before, but it is just SO good! And such a great Christmas dish. It is easy to make ahead and is a healthy addition to an after-midnight Mass spread.*



#### INSTRUCTIONS

1. In a large bowl, use a spatula to gently mix and fold together the cheddar cheese, cream cheese, butter, milk, steak sauce, and Worcestershire sauce. Mixture should be mostly smooth; a few visible clumps are okay.
2. Lay out a piece of plastic wrap on a flat surface, then scoop the cheese ball mixture in the center. Pull up the sides of the plastic wrap to cover the cheese mixture, confining it to the middle. Once completely wrapped in plastic, use your hands to smooth the cheese into a ball shape. If needed, use another piece of plastic wrap to secure it.
3. Place wrapped cheese ball in the refrigerator until firm, at least 2 to 3 hours.
4. When ready to serve, spread out chopped pecans on a flat surface. Roll the cheese ball in pecans, using your fingers to press and stick the pecans to the cheese.
5. Serve smoky cheese ball immediately with crackers for dipping.

### BEST ROAST EVER!

*Seriously, this will make you FALL IN LOVE with roast and it is soooooo easy! My sister-in-law made it for us when we had Hal and we just HAD to get the recipe.*

#### INGREDIENTS

- 1 (3-4 pounds) chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix (do NOT substitute any other kind)
- 1/4 cup butter
- 4 or 5 pepperoncini peppers

1. Place roast in a slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix. Place the peppers on top of the mixes and add the butter to the slow cooker.
2. Cook on low heat for 10 hours. Serve with noodles, rice or mashed potatoes. Enjoy!



## Twice-baked potatoes

*Everyone loves a good potatoe! These are a little extra work, but I have yet to find someone that didn't think it was worth it. Besides, do it with a sister or a friend and the time it takes to put these together will fly by!*

- 6 large russet potatoes
- 1/2 sour cream
- 1/2 milk or cream
- 1/4 butter
- 1 cup shredded cheese of your choice
- Salt and pepper, garlic (optional)
- Bacon (optional)
- Green onions for garnish (optional)



### INSTRUCTIONS

1. Wash the potatoes and poke holes in them with a knife or fork to get air all the way in to soften them. Bake in the oven at 400 degrees for 45 minutes or until they are soft all the way through. (Rub oil on them before baking for a crispier skin.)
2. Remove from the oven and cut in half the long way and allow them to cool for 30 minutes or until not too hot to touch. (I put them in the fridge to speed up this step.)
3. Scoop out the inside of the potatoes to make little 'boats', leaving about a quarter inch of potato all around so they aren't too floppy. (This is the only hard part. If they fall apart a little, don't worry, just sort of stick it together again as best as you can.)
4. Take all of the potato toy scooped out and add the butter, sour cream and milk or cream to it. Beat it with a mixer on high until smooth and creamy. If it is too thick, just add a little more milk.
5. Stir in the cheese and season to taste.
6. Load the mixture into your potato boats and top with more cheese or even bacon if you like. Then bake in the oven again for 15 minutes.
7. Garnish with green onions and serve with more sour cream if so desired.

## Cheesecake

*A classic dessert and this recipe is so simple! I make it just in a deep pie dish and it comes out great, but you are welcome to use a springform pan. Make sure to let the cream cheese and eggs come to room temperature first for the best consistency and flavor.*

### Ingredients

- 1 1/2 cups graham cracker crumbs
- 2 T. sugar
- 1 T. brown sugar
- 7 T. melted butter
- 32 oz. cream cheese
- 1 cup sugar
- 2/3 cup sour cream
- 1 1/2 tsp. vanilla
- 1/8 tsp. salt
- 4 eggs

### INSTRUCTIONS

1. Combine graham cracker crumbs, sugar, and brown sugar. Add melted butter and use a fork to combine ingredients well. Pour crumbs into a 9" Springform pan and press firmly into the bottom and up the sides of your pan. Set aside.
2. In the bowl of a stand mixer or in a large bowl (using a hand mixer) add cream cheese and stir until smooth and creamy. Add sugar and stir again until creamy. Add sour cream, vanilla extract, and salt, and stir until well-combined.
4. With mixer on low speed, gradually add lightly beaten eggs, one at a time, stirring just until each egg is just incorporated. Pour onto the prepared crust. Transfer to the center rack of your oven and bake on 325F (160C) for about 75 minutes.
5. Let cool 1-2 hours before refrigerating to help prevent cracks. Serve chilled and add a topping of your choice.



## Prayer Corner

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*Our family said this particular Morning Offering every morning growing up and it made a huge impact on me. Since then I have used it often in my classroom as the prayer we start the day with. Certain phrases in particular come to mind as I go about my day. I hope you too can enjoy it. Yes, it is long, but a few weeks of reciting it and it will be learned by heart.*

O my God, I offer Thee all Thou appointest me today, all the day may bring of joy or suffering, all Thou givest today all Thou takest away, all Thou wouldst have me be, my God, I offer Thee. Teach me, my Lord, to be sweet and gentle in all the events of life, in the disappointments and thoughtlessness of some, in the wrongs and injuries I must bear patiently. Teach me to put myself aside, to think of the happiness of others, to hide my little pains and heartaches so that I may be the only one to suffer from them, to unite my sufferings with Thine. Teach me to profit from the sufferings that come across my path so that they may mellow not harden or embitter me. Teach me to be patient not irritable, to be broad in my forgiveness, not narrow, haughty or overbearing. May no one be less good, less true, less noble for having been a companion on this journey towards eternal life. As I go about my daily life and duties, may I whisper from time to time a word of love to Thee. May my life be lived always in the supernatural, full of power for good and strong in its purpose of sanctity. Amen.

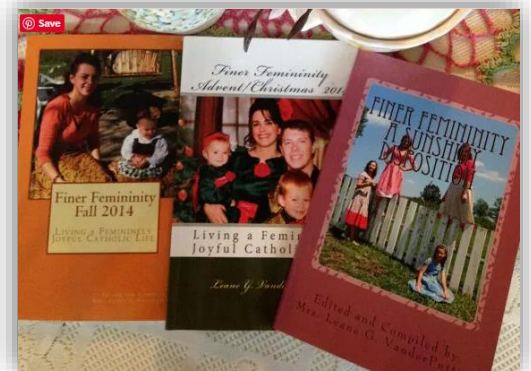
## Read Me or Rue It

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### Finer Femininity Magazine

This is a great place to get even more wonderful things relating to Catholic girls! Put together by a Traditional Catholic mom, these magazines are timeless and well worth the \$13.50 (or cheaper if you buy a collection.) She also has a blog called Finer Femininity that has regular articles and news. So if you are looking for some more wholesome mail/web browsing, here is the place for you!

And there is more! She has book lists of recommended books as well as links to some lovely aprons that would make some excellent Christmas gifts! Next time you need a good book to read, ask your mom if you can look at the list she has and find a new good read. Or let her know about it for getting you a new book for Christmas.





## Girls, You're Important – Cooking for Fun

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Some girls do not learn to cook until after they are married. And they turn out to be very good cooks. Modern methods have taken much of the guesswork out of cooking. Reading a thermometer or dial, or setting a gadget is far simpler than knowing from experience when an oven is hot enough, or not hot enough for a particular piece of baking or froasting. It is no great difficulty nowadays for an intelligent girl to learn how to cook. Her courses in school may give her considerable training, but even without these she needs feel no frustration at finding herself alone in a gleaming kitchen.

Nor should any modern young man fear to marry a girl who does not know how to cook. She can and will soon learn. It is not absolutely necessary that a teen-age girl learn so that she will know how to cook when she is married. There are many excellent cooks today, young wives, who hardly knew a kitchen until they woke up one morning and, figuratively shaking cobwebs out of their heads, found themselves in one, with a breakfast to prepare. Learning to cook while you are still a girl at home is not an absolute necessity but it can be a lot of fun.

While it is true that a great part of commercial cooking is done by men, it is equally true that most home cooking is done by women. Cooking is part of a woman's world. The girl who is rapidly approaching womanhood should have a natural yearning to express herself in preparing food. There is no reason why she should take over all the cooking for her mother, but it would add interest to the meals if Betty or Jane occasionally surprised the family with a bit of her handiwork.

The typical boy likes to tinker in a shop and come up with something out of a man's world. A girl ought to have a similar interest in a woman's workshop and come out with something to delight the rest of the family. Cooking as a hobby can be a very wholesome pastime for a girl, as it is for many men. She ought to look upon cooking not as mere work, but rather as a kind of useful recreation. Nor need she confine herself to the ordinary run of meat and potatoes. Let her try her hand at the dainty little things she had at Janet's party. Or let her try some of the more complicated recipes in her mother's cookbook. How many hours of delight a girl can find plying her artistry in the kitchen. She will be doing all this for fun. But at the same time she will be gaining experience which she will some day fall back upon with confidence.

A girl cannot have continuous and perpetual "dates", she cannot always be out. Many hours she will be home. They can become boring, but not for the girl who has a variety of interests right in the home and cooking can well be one of these interests. God gave girls and women an instinctive interest in the home. This feeling finds expression in many ways, especially in the time-honored art of cooking. There is no reason why cooking for a lifetime should be a routine drudgery. A girl at home can develop skills and arts in preparing food that will ever after make her daily cooking a pleasure and delight. Happy the man who gets her for a wife! He will return home tired after a hard day's work, to find the evening meal not just another part of his day's monotonous routine. It will be a joy to behold and a pleasure to enjoy. Cooking can be fun.



*Cooking can indeed be fun! And though it is often the women in the house who do the cooking it is just as important for boys and men to know how to cook as well. I was at a friend's house one year for Thanksgiving and I loved the family tradition they have for that holiday. Each of the 8 kids was assigned a dish they had to make for the meal. Now there were mostly boys in the family and the ages ranged from about 18 to 6 years of age. The morning of Thanksgiving found all of them happily putting on aprons and coordinating who needed what ingredients and when was the best time to put everything into the oven. The preparation of the meal was joyful and it was obvious that it was not their first time in the kitchen. Meanwhile, mom and dad got to have a calm time together in the living room as they observed their brood preparing the feast and offered their input as needed. I assure you I was jealous of such a family bonding experience and I intend to create this tradition in my own family one day! Perhaps you could start the tradition in your own? 😊*