

# LIVING LITURGICALLY

What does Living Liturgically mean to you?

Living Liturgically to me is more than just believing in our Lord and Savior and following his ways. It's integrating our Catholic faith into everyday aspects of our life.

How did you start Living Liturgically with your family?

About four years ago during Advent my family started to get together on Sundays to light the candles on our Advent wreath and pray together. Then my son bought me *The Catholic All Year Compendium* book and it continued bringing the joy of those Advent Sunday gatherings into our everyday life.

What feast day are you looking forward to celebrating the most in September?

We plan on throwing a birthday party to celebrate the Nativity of the Blessed Virgin Mary (Sept. 8th). My grandchildren love baking so it adds more meaning to something we already love doing together.

What fruits have you seen within yourself and your family?

I have noticed that our liturgical living has expanded beyond our immediate family. I have seen our extended family ask to join us more frequently, as well as grow in their curiosity about the Catholic faith.

Any tips or tricks on how a family can start on this journey?

As mentioned the book *The Catholic All Year Compendium* really helped me get my family started. I would also suggest starting with one thing and then looking at how to be more intentional with the things you already do as a family.

- Sylvia Garcia,  
Holy Spirit Parish, McAllen



## FEAST OF STS. MICHAEL, GABRIEL AND RAPHAEL, ARCHANGELS

Feast day: Sept. 29

## RECIPE: ANGEL FOOD CAKE

### INGREDIENTS

- 1 cup sifted cake flour
- 3/4 cup sugar
- 1 1/2 cups (about 12) egg whites
- 1 tsp. cream of tartar
- 1/2 tsp. salt
- 1 tsp. vanilla extract
- 1/2 tsp. almond extract
- 3/4 cup sugar

### DIRECTIONS

1. Sift flour and 3/4 cup sugar together four (4x) times; set aside.
2. Beat egg whites with cream of tartar, salt, and extracts until stiff, not dry, until peaks are formed. Lightly fold in remaining sugar, 2 two (2) tablespoons at a time.
3. Gently fold in until blended after each addition, sift about four (4) tablespoons of the flour mixture at a time over meringue. Carefully slide batter into an ungreased 10-inch tube pan, turning pan as batter is poured.
4. Cut through the batter with a knife or spatula to break large air bubbles.
5. Bake at 350 degrees F. about 45 minutes, or until the cake tests done.
6. Immediately invert the pan and cool the cake completely.
7. Remove from pan as directed for sponge type cakes.

Tube pan must be used.

Cool by inverting the tube pan on a solid surface.

Once the cake is cooled, flip it back to the right side up. Run a flexible, thin knife around both the center tube and the outer edge of the pan.

Use the tube to pull the cake out of the pan and cut the bottom free.

Invert the cake onto a serving plate and twist the tube to remove it completely.



### ST. MICHAEL PRAYER

ST. MICHAEL THE ARCHANGEL,  
DEFEND US IN BATTLE. BE OUR  
PROTECTION AGAINST THE  
WICKEDNESS AND SNARES OF THE  
DEVIL. MAY GOD REBUKE HIM WE  
HUMBLY PRAY; AND DO THOU, O  
PRINCE OF THE HEAVENLY HOST, BY  
THE POWER OF GOD, CAST INTO HELL  
SATAN AND ALL THE EVIL SPIRITS,  
WHO PROWL THROUGH THE WORLD  
SEEKING THE RUIN OF SOULS.

AMEN.