



San Rocco Giornale

www.saintroccosfeast.org

December 2010

Buon Natale e Felice Anno

Dear Friends,

This is a very special time of year to reflect upon the blessings that we have in our lives. Even though many of us have family members who have passed on, we should be comforted by the fact that we have each other, those who support and care for the tradition of the St. Rocco Feast. I find myself blessed to be a part of the St Rocco Society because it allows me the opportunity to enjoy your friendship and prayers. We should all be proud to be able to continue this beautiful tradition in honor of the hundreds of family members that have gone before us.

During this Season of Christmas, as we celebrate the birth of our Savior, let us also celebrate the love and admiration that we have for each other in honor of St Rocco. This year will be another exciting year with our upcoming banquet and feast. Because of your support we were able to sponsor more scholarships and help some organizations who assist those in need. Please enjoy our Giornale and let us continue to pray for each other.

Through the intercession of St Rocco, may God Bless us all!

Merry Christmas and a Happy, Blessed New Year!

Sincerely,

Steven R. Ultrino, President

Save the Dates!

We hope to see you at the **Annual St Rocco Reunion Banquet on Saturday, May 7, 2011, at Anthony's in Malden.** Join us for an evening of fun and friendship featuring the fabulous Italian band "Ambrosiani"! Complete details will be available soon.

82nd Annual St Rocco Feast

Plans are underway for the **82st Annual St Rocco Feast** scheduled for August 12, 13 and 14.

Viva San Rocco!

Become a Facebook Fan!

Believe it or not, Saint Rocco has his own Facebook Page, and he already has almost **500** faithful friends! If you're not already a friend, visit us today on Facebook at St Rocco Malden.

Buon Capodanno...Happy New Year Italian style!

Italian traditions at New Year's include getting rid of old possessions, like dishes, by throwing them out the window just after the stroke of midnight in hopes of forgetting old transgressions and letting yourself have room for new happiness in the new year.

While this is certainly a way to create new energy in your house, be careful when throwing out old furniture like sofas, beds, and pianos.....you never know who might be walking below!



On the Eve of Epiphany, "little Christmas", just remember, La Befana is watching you! If you are good, La Befana will bring you a nice gift; if you are bad you will get a lump of coal!

So be good!

✧ **Lord, may we be like the Wise Men** ✧

Lord, may we be like the Wise Men who were guided to you by a star. Give us the wisdom to seek you, light to guide us to you, courage to search until we find you, graciousness to worship you and generosity to lay our gifts before you, who are our King and our God for ever and ever. Amen.

☀ The Christmas Crib ☀



The Christ Child in the manger and other pictures of the story of Bethlehem have been used in church services from the first centuries. But the crib in its present form and its use outside the church originated with St.

Francis of Assisi. Through his famous celebration at Greccio (Italy) on Christmas Eve, 1223, with a Bethlehem scene including live animals, he made the crib popular. Since then it has been a familiar sight in Christian homes all over the world.

"Blessed Francis called a friend about two weeks before Christmas and said to him: 'If you desire that we should celebrate this year's Christmas together at Greccio, go quickly and prepare what I tell you; for I want to enact the memory of the Infant who was born at Bethlehem, and how and how He was deprived of all the comforts babies enjoy; how He was bedded in a manger on hay, between an ass and an ox. For once I want to see all this with my own eyes.' When the good and faithful man heard this, he departed quickly and prepared in the above mentioned place everything that the Saint had told him.

The joyful day approached. The brethren (Franciscans) were called from many communities. The men and woman of the neighborhood, as best they could, prepared candles and torches to brighten the night. Finally the Saint of God arrived, found everything prepared, saw it and rejoiced. The crib was made ready, hay was brought, the ox and ass were led to the spot.

Greccio became a new Bethlehem. The night was radiant the joy. The crowds drew near and rejoiced in the novelty of the celebration. Their voices resounded from the woods, and the rocky cliff echoed the jubilant outburst. As they sang in praise of God, the whole night rang with exultation. The Saint of God stood before the crib, overcome with devotion and wondrous joy. A solemn Mass was sung at the crib.

The Saint in deacon's vestments, for a deacon he was (out of humility, St. Francis never became a priest, remaining a deacon all his life). He sang the gospel. Then he preached a delightful sermon to the people who stood around him, speaking about the nativity of the poor King and the humble town of Bethlehem.

(From the book, *A Year of the Lord in the Christian Home*, by Fr. Francis X. Weiser, S.J.)

Chi mangia bene...viva bene! **Who eats well..... lives well!**

For Italians, life centers around the heart of the home, "la cucina". Why should it be any different for the New Year. In Italy, true Italians welcome in the New Year by eating lentils on New Year's Day. With so many delicacies to choose from, why lentils? Very simple.

Lentils are thought to give prosperity and are considered good luck in Italy to have for New Year's. The Italians thought the lentils resembled little coins and by eating them, they may get the real thing in the coming year!

The lentils can be served as a soup, as a stew or with sausages or some pork.

Here's a new recipe to try for the New Year!

Sausage and Lentils (serves 4-6)

1-1/2 cups lentils
1 tablespoon olive oil
1/4 cup pancetta, diced
1 large onion, chopped
1 carrot, chopped
1 celery stalk, chopped
1 pound Cotechino sausage *
1/2 cup traditional tomato sauce
1 bay leaf

Salt to taste

Place the lentils in a large saucepan. Add 2 quarts of water and bring to a boil.

Reduce heat to a simmer, cover, and cook 45 minutes, or until the lentils are tender.

Drain and set aside.

In a skillet, sauté the pancetta, onion, carrots, and celery in olive oil until soft, about 5 minutes.

Remove mixture and set aside.

In the same skillet, cook the sausage until golden brown.

Remove the sausage and cut into pieces. Discard the fat. Add the reserved vegetable mixture to the skillet with the tomato sauce, lentils, and bay leaf.

Cook over low heat, covered, for 5 minutes. Season with salt and pepper.

Pour the lentils onto a serving platter and arrange the sausages around them. Serve.

** Cotechino sausage is traditional in this dish but it may be difficult to find. Substitute any flavorful Italian sausage.*

Don't forget, there's a recession....Mangia Bene!

Buon Capodanno! Happy New Year!