

Living the Liturgical Year
Celebrating Saints and Feasts to Enrich Hearts and Homes

August 15: The Solemnity of the Assumption of Our Lady into heaven, a holy day of obligation.

This is a dogma of our Faith, that Mary was assumed into heaven, body and soul. This is a beautiful feast day in honor of Our Lady's perfect virtues during this month dedicated to the Immaculate Heart of Mary. Traditionally, there was the ritual of the *Blessing of Fruits and Herbs* on this day and people would bring herbs and flowers to be blessed and to give thanks to God for His great bounty manifested in the abundant fruits of the earth.

It is fitting, then, to celebrate with a salad of fresh fruits (yes, a tomato is a fruit) and herbs. Your kitchen will smell delightful making this side salad. Serve with some rice and rosemary pork for a feast fit for the Queen of Heaven.

<https://www.justapinch.com/recipes/main-course/main-course-pork/rosemary-pork-and-rice.html>

RECIPE: Assumpta Salad (from the book *Twelve Months of Monastery Salads*)

Ingredients:

Salad

8 medium ripe tomatoes, sliced
1 red onion, finely chopped
1 cup pitted black olives, drained
1/3 cup chopped fresh basil
1/4 cup chopped fresh oregano
1/4 cup chopped fresh Italian parsley
1 cup cubed feta cheese

Vinaigrette

1/2 cup plus 2 tablespoons extra virgin olive oil
5 tablespoons red wine vinegar
1 clove garlic, minced
salt and fresh ground pepper to taste

Directions:

Whisk vinaigrette until thickened. Let stand for 1 hour to steep garlic. For the salad, arrange the tomato slices on 6 to 8 salad plates. Sprinkle onion and olives among the tomatoes. Sprinkle herbs evenly then add cheese cubes in the middle of each dish. Whisk vinaigrette just before serving and drizzle evenly. Serve immediately.

Finish with an easy blueberry-strawberry cobbler if desired:

<http://catholiccuisine.blogspot.com/2009/08/blueberry-strawberry-cobbler-in-honor.html>

READING:

(family) **Mary, the Mother of Jesus** by Tomie dePaola

(high school +) **The Assumption of Mary** by Kilian John Healy, O. Carm.

**Prayer for the Feast of the
Assumption**

Father in heaven,
all creation rightly gives you praise,
for all life and all holiness come from you.
In the plan of your wisdom
she who bore the Christ in her womb
was raised body and soul in glory to be with
him in heaven.
May we follow her example in reflecting
your holiness
and join in her hymn of endless love and
praise.
We ask this through Christ our Lord.

Amen.



+Holy Mary, Assumed in Heaven

~ Pray for us+