The Daughters' Hearth

NEWSLETTER

"With the Rosary, the Christian people sits at the school of Mary and is led to contemplate the beauty on the face of Christ and to experience the depths of his love" - John Paul II (Oct.22)

Marian Consecration Start Dates

Presentation of Mary

- OCT 19th Start
- NOV 21st Consecration

OCTOBER

THE MONTH OF THE HOLY ROSARY

The Holy Father's Intentions for the month of October 2026

For Mental Health Ministry: Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

FEAST DAYS:

01 THU | St. Therese of the Child Jesus, *Virgin & Doctor*
02 FRI | Guardian Angels
05 MON | St. Faustina Kowalska, *Virgin*
06 TUE | St. Bruno, *Priest*
07 WED | Our Lady of the Rosary
09 FRI | St. Denis, *Bishop & Martyr*; Companions, *Martyrs*
14 WED | St. Callistus I, *Pope & Martyr*
15 THU | St. Teresa of Avila, *Virgin & Doctor*
16 FRI | St. Hedwig, *Religious*; St. Margaret Mary Alacoque, *Virgin*
17 SAT | St. Ignatius of Antioch, *Bishop & Martyr*
19 MON | Sts. John de Brebeuf and Isaac Jogues, *Priests & Martyrs*; Companions, *Martyrs*
22 THU | St. John Paul II, *Pope*
23 FRI | St. John of Capistrano, *Priest*
24 SAT | St. Anthony Claret, *Bishop*
28 WED | Sts. Simon & Jude, *Apostles*
31 SAT | Vigil of All Saints (Halloween)

Take some time before the Blessed Sacrament this month; ask Jesus for the graces you need to walk with him always!

RECIPE OF THE MONTH:

SOUL CAKES

Ingredients

- 2 ½ cups all-purpose flour
- ¾ cup granulated sugar
- ¾ cup (1 ½ sticks) softened butter
- 1 egg (or 2 egg yolks)
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp allspice or cloves
- ¼ tsp salt
- ½ cup currants or raisins (optional)
- 1–2 tbsp milk or apple cider vinegar to bind

Soul cakes are medieval, spiced biscuits marked with a cross that poor children or "soulers" traded for prayers for the dead on All Souls' Day, serving as the Catholic precursor to modern Halloween trick-or-treating. Soulers would sing this rhyme to receive a cake: *"A soul, a soul, a soul cake! Please, good missus, a soul cake. One for Peter, two for Paul, three for Him who made us all."*

Instructions

1. **Preheat and Prep:** Preheat your oven to 350°F to 375°F and line a baking sheet with parchment paper.
2. **Mix the Base:** Cream together the softened butter and sugar until smooth. Beat in the egg (or egg yolks).
3. **Combine Dry Ingredients:** In a separate bowl, whisk the flour, cinnamon, nutmeg, allspice, and salt.
4. **Form the Dough:** Gradually blend the dry mixture into the butter mixture. Stir in the currants or raisins if using. Add a splash of milk or cider if the dough is too dry.
5. **Shape and Score:** Roll the dough out to about ¼-inch to ½-inch thickness on a floured surface. Cut into rounds using a cookie cutter or glass. Score a cross pattern on the top of each cake with a knife (traditionally symbolizing that the cakes were alms for the poor).
6. **Bake:** Place on the baking sheet and bake for 15 to 20 minutes until the edges are golden brown. Cool on a wire rack