

St Elizabeth of Hungary

Feast Day – November 17

November 2013 monthly saint reflection



St. Margaret Mary & St. Patrick's Church

St Elizabeth of Hungary

Feast Day, October 16

Born 1207 – Deceased 1231



Elizabeth was the daughter of Andrew II, the King of Hungary. Her marriage had been arranged, and at a young age she was sent to Thuringia for education and eventually marriage. At fourteen years of age, she married Louis IV of Thuringia. They loved each other deeply and had three children.

Even at so young an age, Elizabeth showed a great love for God and the poor. Her spiritual director helped her to live a life of prayer, sacrifice and service. As a teenager Elizabeth sold her possessions and gave the money to the poor. Louis supported her in all she did to relieve their sufferings. Louis's mother, Sophia, his brother and other court members resented Elizabeth's generosity. Because she dressed in simple clothes rather than royal robes, she was mocked by the others. The common folk loved her and Louis defended her.

Daily she would take bread to hundreds of the poorest in the land who came to her home.



According to a legend, Elizabeth went out one day with loaves of bread to feed the poor. Her husband saw her and took hold of her cape to see what she was carrying. Instead of bread he saw roses!

After six years of marriage, Louis died on the way to fight a war. Elizabeth was grief-stricken. At the same time, her in-laws mistreated her and finally forced her and her children out of the palace. They thought she was wasting the royal money. Elizabeth and her children stayed in barns until her uncle, a bishop, took them in. When friends of Elizabeth's husband returned from the war, they restored her to her rightful place. Her son was next in line to the throne. Elizabeth became a member of the Third Order of St. Francis and had a hospital built in his name where she cared for the sick.

Elizabeth's holiness was so recognized that she was canonized only four years after her death. She is an example of what God calls us to be: loving, caring and forgiving. Elizabeth understood well the lesson Jesus taught when he washed his disciples' feet at the Last Supper. Christians must be the one who serves the humblest needs of others. Since Elizabeth was royalty, she could have acted like she was better than her subjects. Yet, she served them with such a loving heart that her short life won her a special place in the hearts of many.



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Elizabeth gave such great love for the poor and suffering that she has become the Patron Saint of Catholic charities, the Franciscan Third Order and bakers.

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*Catholic saints are holy people and human people who live extraordinary lives.
Each saint the Church honors responded to God's invitation to use his or her unique
gifts. God calls each one of us to be a saint.*



Dear Lord,

*Today we give thanks for our many blessings
As we pray for those in need.*

*We give thanks for our family and friends
As we pray for those who are lonely.*

*We give thanks for our freedoms
As we pray for those who are oppressed.*

*We give thanks for our good health
As we pray for those who are ill.*

*We give thanks for our comfort and prosperity
As we share our blessings with others.*

*On this day of Thanksgiving, May the love of God enfold us.
The peace of God dwell within us and the joy of God uplift us.
Amen.*

St. Elizabeth, pray that we serve others in trouble or need!



St Margaret Mary and St Patrick

October 2013

Saint Elizabeth of Hungary

Week 1: Prepare

1. As a family, choose a room to get-together in your home.
2. Include items to use such as a Bible, cross or crucifix, candle, rosary, etc.
3. Read about Saint Elizabeth included in the packet.
4. Talk about what made her special. How can you follow Saint Elizabeth's example?
5. Elizabeth's symbol is a triple crown for her roles as queen, a mother, and a saint. Prepare a bookmark using the crown and red roses or other symbols.
6. Pray the prayer on the sheet included in the packet.

Week 2: Take Action

1. As a family, choose a room to get-together in your home.
2. Include items to use such as a Bible, cross or crucifix, candle, rosary, etc.
3. Saint Elizabeth carried out works of mercy by feeding the hungry.
4. Decorate a grocery bag.
5. Fill the bag with canned goods and other food items and donate the items to the St. Patrick Soup Kitchen. Or, give your food items to a shut-in.
6. In honor of St. Elizabeth, Patron Saint of Bakers, have fun making Hungarian bread or Hungarian coffee cake. (See recipes included in this packet).
7. Pray the prayer on the sheet included in the packet.

Week 3: Discern

1. As a family, choose a room to get-together in your home.
2. Include items to use such as a Bible, cross or crucifix, candle, rosary, etc
3. Pray for those who are hungry and need food and shelter.
4. During this time of Thanksgiving, write down the many blessings that have been bestowed on you and your family.
5. What are some ways you can share your blessing with others?
6. Find out about Third Orders and how people become members.
7. Pray the second prayer on the sheet included in the packet.

Week 4: Take Action

1. As a family, choose a room to get-together in your home.
2. Include items to use such as a Bible, cross or crucifix, candle, rosary, etc
3. What actions can you take personally to follow St. Elizabeth's example?
4. Research the services offered through Catholic charities and how you can help.
5. Perhaps as a family, donate time at the Soup Kitchen or Catholic charities. Pray the prayer on the sheet included in the packet.
6. Encourage your family to reach out to others, the poor and suffering, in any way possible.

For the feast of St. Elizabeth of Hungary, traditional Hungarian bread called kalacs can be made. The original recipe was found on [recipe on all recipes](#) and was baked as written although the original commenter said the filling could be altered to suit your taste.

Kalacs (Hungarian Cinnamon Bread)

- 4 cups all-purpose flour
 - 1/4 cup white sugar
 - 1 teaspoon salt
 - 1 envelope active dry yeast
 - 1 egg
 - 1/4 cup melted butter
 - 1 1/4 C. warm milk (110 degrees F/45 degrees C)
 - 1 teaspoon vanilla extract
 - Melted butter for brushing
 - 1 teaspoon ground cinnamon
 - 1/3 cup brown sugar
1. Place flour, white sugar, salt, and yeast into the bowl of a stand mixer. In a bowl, whisk together egg, melted butter, warm milk, and vanilla extract; pour into the flour mixture. Using dough hook attachment, mix on low until the flour is moistened and a dough forms, then increase speed to medium, and continue kneading until smooth and elastic, 4 to 5 minutes.
 2. Place dough into a greased bowl, cover, and allow rising in a warm place until doubled in bulk, about 1 1/2 hours.
 3. Punch down dough, turn out onto a floured work surface, and divide into 2 equal pieces. Roll each piece into a 1/3-inch thick rectangle. Brush each square with melted butter. Mix together cinnamon and brown sugar in a small bowl, and then sprinkle evenly over the two rectangles.
 4. Roll each firmly into a log, pinch the ends closed, and tuck them underneath. Place each into a greased, glass loaf pan. Cover, and allow rising in a warm place until doubled in bulk, about 45 minutes.
 5. Preheat oven to 350 degrees F (175 degrees C).
 6. Brush the tops of the loaves with melted butter, then bake in preheated oven until loaves are golden brown, and sound hollow when tapped, about 30 minutes.

St. Elizabeth's Crown

On November 17, the Church celebrates the feast of [St. Elizabeth of Hungary](#). Since St. Elizabeth is also the patron of bakers, it is appropriate to spend some time creating a treat by which to remember her. We enjoy this crown cake to celebrate her feast. The cake itself is a Hungarian family recipe can be decorated with a thick, white icing and bright gumdrops. Either extra large gumdrops or small gumdrops will work. The Hungarian flag is red, white and green.

Hungarian Coffee Cake

1 t. cinnamon
1/2 c. brown sugar (not packed)
1/4 c. chopped walnuts or pecans (optional)
1 c. butter, softened
2 c. granulated sugar
2 eggs
1 t. vanilla
1 c. sour cream
2 c. flour
1 1/2 t. baking powder



Preheat oven to 350 degrees F.
Grease and flour a Bundt or ring pan.
Combine cinnamon, brown sugar and nuts. Reserve.
Cream butter and granulated sugar.
Add eggs and beat well.
Add vanilla and sour cream and mix.
Add flour and baking powder and beat for a minute or so until well combined.
Spread half of batter into prepared pan.
Sprinkle half of nut mixture over batter (try to avoid getting sugar against the pan).
Spread remaining batter over nut mixture.
Sprinkle remaining nut mixture over the top.
Bake for 45 to 60 minutes until toothpick comes out clean.
Do not over-bake.
Cool for 10 minutes in pan and then turn out onto a rack or plate.
Cool completely.
Frost with white glaze and top with colorful gumdrops.

Glaze:

2 T. butter, melted
2 c. powdered sugar
2 - 4 T. milk
1 t. vanilla extract

To prepare the glaze: mix in a bowl all the ingredients until a thick drizzling consistency, adding a few more drops of milk, if necessary.