

Word Search:

H	S	L	I	P	L	A	Q	U	E	R	E	P	N
R	T	R	E	D	E	E	M	E	R	S	P	G	R
O	C	E	L	E	A	T	C	A	T	T	I	G	A
S	R	P	E	T	S	H	J	L	T	B	R	S	C
A	O	S	T	R	A	A	R	C	S	E	P	R	D
R	S	A	T	P	E	C	L	S	E	C	A	R	G
Y	S	C	E	R	T	I	F	I	C	A	T	E	O
E	S	L	R	Y	E	R	O	T	G	B	C	B	R
G	T	D	P	I	A	N	O	H	A	P	S	I	T
A	I	J	A	O	Y	M	E	D	A	C	A	M	N
T	T	O	B	C	H	A	M	B	E	R	P	O	T
T	C	E	A	H	T	L	E	G	N	A	E	I	A
O	H	M	O	S	N	L	J	O	S	E	P	H	P
C	N	T	A	P	O	T	P	A	L	L	S	B	B

Letter - Academy - Certificate - Graces - Cross Stitch
 - Chamberpot - Chapel - Rosary - Laptop - Angel - Piano
 - Joseph - Cottage - Redeemer - Plaque



What's for dinner?

By 1821 Saint Joseph's Academy was feeding around 140 people a day. Their meals were simple and created from the foods they would grow, raise, or trade with other families. Write in what you eat for each meal!

Breakfast:

(Usually eaten before 7 am and the largest meal of the day!)

They would have eggs, butter, vegetables, bread, pork, and in season stewed apples and carrot coffee.

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Dinner (Lunch today):

Bread, cheese, meat, and fruit that was available locally. They would drink apple or pear cider, tea, or coffee. They had no way of cleaning their water; therefore, they would cook with it; yet not drink it.

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Supper:

Bread, butter, tea, eggs, fruits and vegetables, and sometimes turkey, goose, beef or chicken cooked in lard. Molasses, figs or raisins would be a special dessert

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Welcome to the White House!

Step back in time as you learn about historic St. Joseph's Academy. Elizabeth Seton and her Sisters of Charity began the Academy in 1810. This was the first free Catholic school for girls staffed by religious women in the country. Learn about life at the Academy as you move through the house, compare 19th century life to today.

What You Will Need:

Pencil
Crayons

WHITE HOUSE



Name: _____
Date Visited: _____

Can you find...



Can you find all of the items below? Schedule a zoom tour, watch our pre-recorded tour on youtube, or come find them by visiting the Shrine!

- Catharine's, Mother Seton's daughter, cross-stitch. Student began lessons as young as five years old.
- Piano-forte- period instrument which had a wood frame and lighter strings. It also provided a somewhat mellower sound.
- A certificate- like the one Sisters would give to students trying to achieve a goal. Catherine earned one for being quiet during class.
- A slate- the students would have used these to copy lessons. What do you use?
- The Redeemer picture that Mother Seton's husband gave to her on their wedding day.
- The little plaque that shows where Mother liked to kneel during Mass.
- The laptop desk that belonged to Mother - be careful not to open as it is very old.
- The chamber pot - a bowl kept in a bedroom to use as a bathroom at night.

Fill in the blanks, and then read the letter from beginning to end! Odds are it will sound quite silly!

My _____
Salutation

20th September 1818

I have had _____ regrets for not having written you fully the last _____ and hasten to be ready
Adjective-quantity Time
 now for the first _____ which may sail. In the first place your Emily here, is the same _____ little
Noun: type of ship Adjective: description
 being _____ must have ever found her at home and perhaps most so, as she has greater number of
Pronoun
 persons round her on whom to bestow her sweet and _____ smiles the first few _____ she was with
Adjective: description Noun: time
 her [us] she said "I _____ I could get out of this house where they _____ us so much _____
Verb Action Verb Noun: food
 and _____," but now her mind is quite changed and she says, "Mother, I like very much to be here" - to
Noun: food
 give you an _____ of her attention at the Spiritual reading of the children, one evening _____ read
Noun: thought Pronoun
 of some child who said that she was sure her Papa would grant her anything he _____ her so much,
Verb
 Emily forgetting the time of silence and the number round her, _____ from her seat rubbing her little
Action Verb
 hands and exclaiming "Just so my dear _____ loves me, just so" - she says in a transport of glee
Noun: family member
 sometimes, "Oh when my Papa comes back how I will hang upon his neck and squeeze him."

Your _____ E A Seton
Adjective



Try This

19th century letter writing

Everyone in Mother Seton's time would write letters as there were only two ways to communicate speaking or writing. There were no phones or computers. There was no television or radios. The only way to receive information was through the written word. How blessed we are that we can read and write!

Today's date
 Town, State

Salutation: Address your correspondent by his/her title, not first name.
 (Dear Husband, Beloved Brother, Dearest Friend)

Body: Why are you writing: ("I am writing a letter. . .", "I take my pen in hand. . .")

Thank your correspondent for his previous letter - a letter was a favor.
 ("Thank you for your favor. . .")

You should include: crops, farm news, neighbors, deaths, births, engagements, health, family members' doings. Women never discuss politics or war.

Tell your correspondent how you feel about them: wives should tell their husbands they miss them.

Close with your relationship and your full name:
 ("Affectionately yours, your friend, Jane Edith Smith)

Write not only in the body of the page but also in the margins, top, and bottom of the page. Turn the page as you go. This was done to save on postage. One would pay by the page.



Let's Make Pretzels!

Prep Time: 25 mins, Cook Time: 15 mins, Total Time: 40 mins, Yield: 12 pretzels

Ingredients:

- 1 1/2 cups warm water
- 1 packet active dry or instant yeast (2 and 1/4 teaspoons)
- 1 teaspoon salt
- 1 Tablespoon brown sugar or granulated sugar
- 1 Tablespoon unsalted butter, melted and slightly cool
- 3 and 3/4 - 4 cups all-purpose flour (spoon & leveled), plus more for work surface coarse sea salt for sprinkling

Instructions:

- Whisk the yeast into warm water. Let sit for 1 min.
- Whisk in salt, brown sugar, and melted butter.
- Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick.

- Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add 1/4 - 1/2 cup more, as needed.
- Turn the dough out onto a floured surface. Knead the dough for 3 mins and shape into a ball.
- Cover lightly with a towel and allow to rest for 10 mins.
- Preheat oven to 400°F. Line 2 baking sheets with parchment paper or silicone baking mats. If using parchment paper, lightly spray with nonstick spray. Set aside.
- With a sharp knife or pizza cutter, cut dough into 1/3 cup sections. Roll the dough into a rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.
- Bake for 12-15 minutes or until golden brown. Remove from the oven and serve warm. Pretzels may be stored for up to 3 days.

Why Pretzels?

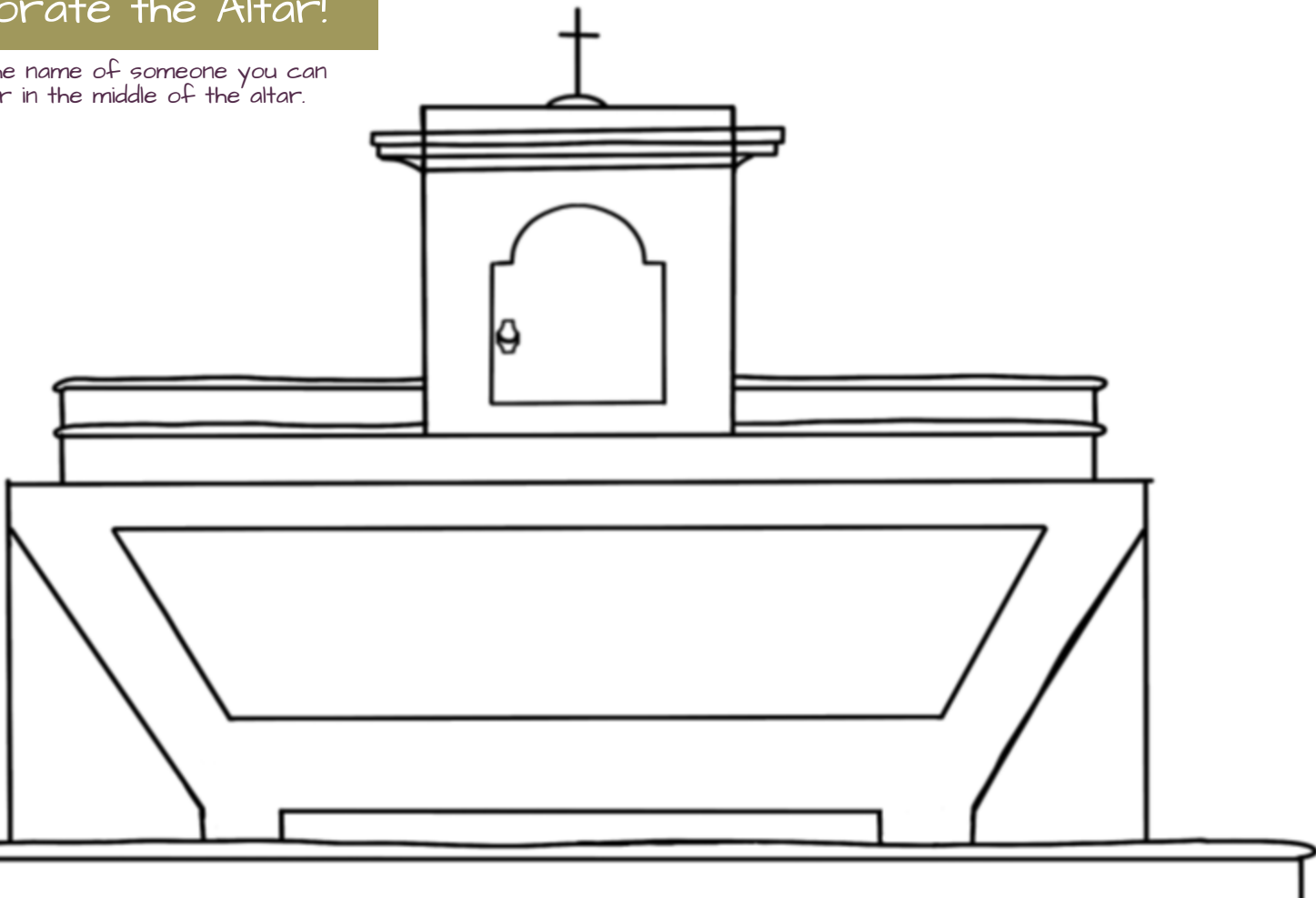
The Catholic Church played a part in the early history of the pretzel. In the seventh century, the church had more rules governing abstinence during Lent than it does today. All types of meat, dairy and eggs were prohibited. Pretzels, made of a simple mixture of water, flour and salt, were an ideal food to consume during Lent.

The origin of the pretzel goes back to 610 AD when a young monk was preparing unleavened bread for Lent. Christians of the day prayed with their arms folded across their chests, each hand on the opposite shoulder. It occurred to him that he could twist the leftover dough from the bread into this shape and use it as a treat for the children to recite their prayers. He named his creation "pretiola," Latin for "little reward."

As St. Joseph's feast day almost always falls during Lent, it has become tradition to make pretzels on his feast day!

Decorate the Altar!

Write the name of someone you can pray for in the middle of the altar.



Mother Seton placed herself, the Sisters and the children under the protection of St. Joseph, faithful guardian of the Son of God on earth. The first Mass in the White House was celebrated on his feast day, on March 19, 1810.

Let's pray!

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh St. Joseph, do assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. St. Joseph, patron of families, pray for us. Amen



Color St. Joseph!

Mother Seton designed the altar to look like a manger for the baby Jesus. She knew the birth of Jesus was a beautiful gift we are given. Mother Seton would tell her students to do an act of good works as a gift for Jesus.



What is one act of kindness that you can do for someone today? Write it here:

Did you know?

Mother Seton was called the first flower in the calendar of American saints. Let's decorate her altar with flowers!



A Day In The Life of a Student

The students who lived at the Academy had a very busy day. Compare your day with that of a 19th century student!



Year: 1818
Place: Emmitsburg, MD

Year:
Place:

6am	Rise + Shine! You have half an hour to dress.	
6:30am	Mass followed by prayers or study, depending on the uncertainty of the chaplain's arrival	
7:30am	Breakfast	
8am	Classes begin! The first class of the day was usually Grammar.	
9am	Writing & spelling	
10am	French class	
11:30am	Prayers in the chapel	
Noon	Dinner	
1pm	Geography	
2pm	Arithmetic	
3pm	French Translation	
4pm	Reading or time to practice stitches	
5pm	Supper	
6pm	Walks in the garden	
7pm	Recreation	
8pm	Prayers	
9pm	Bedtime	
10pm	Sleep!	