

**Saint Bernard's Great Joy:** "What is it that gives you so much joy to-day, Brother Bernard?" said one of his companions to him.

He answered: "I have received to-day something brighter even than the purest gold; something greater than the highest honor on earth."

"And what is it?" asked the other.

"The Cross," said the Saint. "To-day a heavy trial has come upon me, and the world has said much against me. To-day I have indeed found a pearl of great price."

It was in this way the Saints spoke of affliction. It made them happy, because it made them throw themselves on God, and think of their home in Heaven.

**Blessed Angela on Joy in Sufferings:** One day **Blessed Angela of Foligno** was asked how she could suffer so much and be at the same time so full of joy and happiness.

She answered: "Believe me, we do not know the real value of sufferings, for, if we really knew their value, instead of repining when under pain or suffering, we would rejoice, and would always be happiest when we had most to suffer."

**Those Whom Jesus Loves Best:** Jesus Christ one day appeared to **St. Teresa** and told her that the souls who were dearest to His Father were those who suffered most, especially when they accepted their sufferings with love.


From that moment the Saint endured her sufferings with the greatest joy, because she knew that at that moment she was the most pleasing to her Father in Heaven, and used to say that she would not exchange her sufferings for all the treasures of the world. Her maxim was this: "To suffer or to die."

*The Catechism in Examples* by Rev. D. Chisholm

Please send Donations to:  
Thank you and God bless you.

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Sincerely in Christ,



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**Please Pray for Our  
Deceased Members**

**Kathleen Kelly** (96 years old, ~20yrs)  
St. Mary – Middletown, NJ

**Pamela Gilfus**  
St. John's of Rochester -- Fairport, NY

**Gary Foster**  
Our Lady of perpetual Help -- Lindenhurst, NY

**Marie Foster**  
Our Lady of perpetual Help -- Lindenhurst, NY

**Mr. Patrick Flanigan**  
St. Louise de Marillac -- Pittsburg, PA

**Mr. Thomas Henderson**  
St. Louise de Marillac -- Pittsburg, PA

**Mr. Leo Hokaj**  
St. Louise de Marillac -- Pittsburg, PA

**George Pfannenstien**  
St. Joseph -- Waite Park, MN

**Christopher Kremers**  
St. Joseph -- Waite Park, MN

**Loretta Kosel**  
St. Joseph -- Waite Park, MN

**Lorraine Sauer**  
St. Joseph -- Waite Park, MN

**Mary V. Portillos**  
St. Francis Xavier – Pueblo, CO

**Frank Martinez, SR.**  
St. Mary's Help of Christians – Pueblo, CO

**Michael Angelo Anselmo**  
Shrine of St. Therese – Pueblo, CO

*Each month, a Mass is offered for deceased members listed in the monthly letter as above; and another Mass is offered for all past deceased members.*

**The Nocturnal Adoration Society**

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Communion Thanksgiving: Jesus sits in our soul as on a throne of grace. St. Alphonsus di Liguori

**NAS Letter  
July  
2020**

**... in His Presence**

**Love of the Cross**

Presence of God -- Again I come to You, O my Crucified God, with the desire to penetrate more deeply into the mystery of the Cross.

The Cross is suffering viewed in the supernatural light of faith as an instrument of salvation and sanctification, and therefore, as an **instrument of love**.

Seen in this light, the Cross is certainly worthy of love; it is the outstanding means of our sanctification. Our union with God cannot be accomplished **except through suffering**.

**St. John of the Cross** has explained the means by which the soul is to be purified, scraped to the bottom in order to reach this life of divine union.

**Total Mortification:**

A program of **total mortification** is required to break all our bonds, for we have within us many obstacles which keep us from being entirely moved by God; and the accomplishment of **this work is impossible without suffering**.

But **active suffering**, that is, the mortifications and penances inspired by our personal initiative, is not sufficient. **We especially need passive suffering**.

In other words, the Lord Himself must make us suffer, not only in our body, but also in our soul,

*Please take and keep this letter and reflect on its contents during the month in your visits to the Blessed Sacrament and see that your heart and mind will open to His grace into knowledge and love of God, Our Lord, Jesus Christ.*

because we are so *covered with rust*, so full of miseries that our total purification is not possible **unless God Himself intervenes directly.**

### Passive Suffering:

To plunge us into **passive suffering** is, therefore, one of His **greatest works of mercy**, a proof of His exceeding love.

When God acts in a soul in this way, it is a sign that He wants to bring it to very high perfection. It is precisely in these passive purifying sufferings that the concept of the cross is realized preeminently.

In *The Living Flame of Love* (2,27), **St. John of the Cross** asks why there are so few souls who reach the plenitude of the spiritual life; and he answers: "It is not because God wants to reserve this state for a few privileged souls, but because He finds so few souls disposed to accept the hard task of purification.

Therefore, He stops purifying them, and they condemn themselves to **mediocrity** and advance no farther." It is impossible to become united to God without these spiritual sufferings, without bearing this "burden" of God.

**Suffering and interior desolation** alone enlarge the powers of the soul and make it capable of **embracing God Himself.**

*Divine Intimacy* by Father Gabriel of St. Mary Magdalen, O.C.D.

## Patience with Mary

When our crosses weigh heavily upon us, let us have recourse to **Mary** whom Holy church calls "comforter of the afflicted," and whom **St. John Damascene** calls "the remedy for all the sorrows of the heart."

O my sweet Lady, you who were innocent endured suffering with so much patience. Why do I, who deserve hell, refuse to suffer at all? My Mother, I now ask you for this favor --- not to be delivered from crosses, but to bear them more patiently. For the love of Jesus, I beg you to obtain at least this grace from God. I confidently hope for this from you.

*The Glories of Mary* by St. Alphonsus di Liguori

## Embracing Suffering

The merit of a soul that loves Jesus Christ consists in loving and in suffering. Hear what our Lord said to **St. Teresa**: "Think you, my child that merit consists in enjoyment? No, it consists in suffering and in loving. Look at my life, wholly embittered with afflictions. **Be assured, my child, that the more my Father loves any one, the more sufferings He sends him;** they are the standard of His love. Look at my wounds; your torments will never reach so far. It is absurd to suppose that my Father favors with His friendship those who are strangers to suffering." And for our consolation St. Teresa makes this remark: "God never sends a trial, but He forthwith rewards it with some favor."

One day Jesus Christ appeared to the **blessed Baptista Varani**, and told her of three special favors which he is wont to bestow on cherished souls: the **first is, not to sin;** the **second**, which is greater, to **perform good works;** the **third**, and the greatest of all, to **suffer for his love.** So that **St. Teresa of Avila** used to say, whenever anyone does something for God, the Almighty repays him with some trial. And therefore the saints, on receiving tribulations, thanked God for them.

**St. Louis of France**, referring to his captivity in Turkey, said: "I rejoice, and thank God more for the patience which He accorded me in the time of my imprisonment, than if He had made me master of the universe."

And when **St. Elizabeth**, princess of Thuringia, after her husband's death, was banished with her son from the kingdom, and found herself homeless and abandoned by all, she went to a convent of the Franciscans, and there had the **Te Deum** sung in thanksgiving to God for the signal favor of being allowed to suffer for His love.

**St. Joseph Calasanctius** used to say, "All suffering is slight to gain heaven," and the Apostle had already said the same: *The sufferings of this time are not worthy to be compared with the glory to come, that shall be revealed in us.*

*Practice of the Love of Jesus Christ* by St Alphonsus

## Greatest Means to Please God

True love of God consists in carrying out God's will. To show God our love in what we do, all our actions, even the least, must spring from our love of God. And the Lord said to me, **My child, you please me most by suffering. In your physical as well as your mental sufferings do not seek sympathy from creatures. I want the fragrance of your suffering to be pure and unadulterated. I want you to detach yourself, not only from creatures, but also from yourself. My daughter, I want to delight in the love of your heart, a pure love, virginal, unblemished, untarnished. The more you will come to love suffering, My daughter, the purer your love for Me will be.** *Diary # 279 by "Faustina"*

## Our Esteem for Patience

Gertrude inquired one day of our Lord how He desired her to employ her time at that hour. "I will that you should learn patience," He replied; for at the time she was very much disquieted. "But," she replied, "how, and by what means, can I learn it?"

Then our Lord, like a charitable master who takes up his little scholars in his arms, began to teach her three different letters by which **she might learn patience.**

1. "Consider," He said, "in the **first place**, how a king honors those who are most like him with his friendship; and learn from this how the love which I bear you is increased when, for love of Me, you **suffer contempt like those which I endured.**
2. **Secondly**, consider how much the court respects him who is most like the king, and is most intimate with him: and judge from this **what glory is prepared for you in heaven** as the reward of your patience.
3. **Thirdly**, consider what consolation the tender compassion of a faithful friend gives to his friend, and learn from this **what compassion I feel in Heaven for even the least thought which afflicts you here."**

Revelations of Our Lord to St. Gertrude