

## Always Praying

One day the holy Abbot Lucius was visited in his desert home by some monks, who had come from a great distance to see him. After the first salutations were over, Lucius said to them: "My brethren, tell me with what kind of work do you occupy yourselves when you are at home?"

"We do not do any work at all," they replied; "we pray without ceasing, according to the advice of the Apostle."

"And do you never eat?" inquired the Abbot.

"Yes," they answered, "we take our meals every day."

"And who prays for you when you are eating?"

They did not know what answer to give to this question.

Then the Abbot said to them: "My brethren, you must work as well as pray. I also try to pray always, but I work at the same time. Before I begin to work I ask the assistance of God, then I dip into the water the leaves with which I make my baskets, and while I am doing this I say to God this prayer: Have mercy on me, O my God, and according to Thy great mercy blot out my iniquities. Is not that a prayer?"

They all answered that it was.

"Then," continued the Abbot, "when I have labored in this way till evening, and have been praying all the time with my lips or in my heart, I sell the work which I have made, and with the money I receive for it I am able to support some poor people who come to me for an alms, and with the rest I provide for my own wants. Then those who have received a little in charity from me pray for me while I eat and sleep. This, then, is the way in which I fulfil that precept of praying always."

The strangers returned to their homes edified by the lesson they had that day received a lesson they also put in practice for the rest of their lives.

*(Catéchisme de Persévérance, xii. 115.)*

You, also, my child, can pray always by doing all your work to please God, and by raising up your heart from time to time to Him in Heaven.

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

## Please Pray for Our Deceased Members

### Thomasena Roma Fowler

Our Lady of Good Counsel – Endicott, NY

### Mr. Daniel Mielnicki

St. Louise de Marillac -- Pittsburgh, PA

### Mr. Fredrick Muelle

St. Louise de Marillac -- Pittsburgh, PA

### Mr. Len Veroskyr

St. Louise de Marillac -- Pittsburgh, PA

### Christopher Schroden

St. Joseph -- Waite Park, MN

### Ted Dombovy

St. Joseph -- Waite Park, MN

### Alfonsa Serna

St. Mary Help of Christians – Pueblo, CO

### Anthony Deluca

St. Francis Xavier -- Pueblo, CO

### Mike McCabe

St. Mary Help of Christians – Pueblo, CO

### Alfonsa Serna

St. Mary Help of Christians – Pueblo, CO

### Joseph E. Boncoddio (94 yrs old)

Holy Guardian Angels – Hyde Park, PA

*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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Sincerely in Christ,



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

## NAS Letter September 2020

... in His Presence

### Presence of Jesus in the Blessed Sacrament

**In His Presence:** Loving souls can find no greater delight than to be in the company of those whom they love. If we, then, love Jesus Christ much, behold we are now in His presence. Jesus in the Blessed Sacrament sees us and hears us: shall we, then, say nothing to Him?

**Give Jesus All Our Love:** Let us console ourselves in His company: let us rejoice in His glory, and in the love which so many enamored souls bear Him in the Most Holy Sacrament. Let us desire that all should love Jesus in the Holy Sacrament, and consecrate their hearts to Him: at least let us consecrate all our affections to Him.

**Father Salesius' Love for Jesus:** He should be all our love and our whole desire. Father Salesius, of the Society of Jesus, felt consolation in only speaking of the Most Blessed Sacrament; he could never visit it enough. When called to the parlor, on returning to his room, when going about the house, he always profited by these occasions to repeat his visits to his beloved Lord; so much so, that it was remarked that scarcely

*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.*

an hour of the day passed without his visiting Him. At length he obtained the favor to die by the hands of heretics while defending the truth of the real presence in the Blessed Sacrament.

**Affections:** Oh, had I but the happiness to die for so noble a cause as the defense of this Sacrament, in which, O most amiable Jesus, Thou hast taught us the tenderness of the love which Thou bearest us! But since, my Lord, Thou workest so many miracles in this Sacrament, work this one also: draw my entire self to Thee. Thou indeed desirest that I should be all Thine, and Thou dost also indeed deserve that I should be so.

Give me the strength to love Thee with all my heart. O my Jesus; please grant me the grace always to love Thee.

**Ejaculation:**

My Jesus, when shall I really love Thee?

**Visit to the Blessed Virgin Mary**

My most sweet Queen, how pleasing to me is that beautiful name by which thy devout clients address thee: "Most Amiable Mother!" Yes, my Lady, thou art truly and indeed amiable. Thy beauty has captivated thy Lord himself: The king shall greatly desire thy beauty. (Ps. 44, 12.) **St. Bernard** says that thy very name is so amiable to thy lovers that when they pronounce or hear it they are inflamed with a fresh desire to love thee: "O sweet, O pious, O exceedingly amiable Mary! Thou canst not be named without inflaming, neither can thy name be heard without enkindling the affections of those who love thee.

It is, then, reasonable, my most amiable Mother, that I should love thee. But I am not satisfied with only loving thee; I desire in the first place on earth, and then in heaven, to be, after God, thy greatest lover. Accept then, O Lady, this my desire; and in token that thou hast accepted it, do thou obtain for me from God this love for which I ask of thee.

**Ejaculation:**

My most amiable Mother, I love Thee greatly.

*Visit to the Blessed Sacrament* by St. Alphonsus de Liguori

**Presence of God**

**1. Effective Means to Holiness:** A powerful aid in preserving recollection is the remembrance of the presence of God. Not only does it conduce to recollection of spirit, but it is also one of the most effective means of advancing in the spiritual life; it helps us to avoid sin; it spurs us on in the practice of virtue, and it brings about an intimate union of the soul with God.

**2. Passion & Temptations Subdued:** There is no more excellent means of **quieting the passions** and of **resisting the temptation** to sin than the thought of the presence of God. **St. Thomas** says: "If we thought of the presence of God at all times we would never, or very seldom, do anything to displease Him." According to **St. Jerome**, the recollection of God's presence closes the door on all sins. For, if in the presence of our rulers, our parents or superiors, we do not care to transgress their commands, how could we violate the commandments of God if we remembered that His eyes were upon us?

**3. Endurance in Suffering:** **St. Ambrose** tells us that during a sacrifice which Alexander the Great was offering in the temple, a certain page who held a lighted torch allowed it to burn his hand rather than be guilty of irreverence by letting it fall. And the holy Doctor adds: If respect for the presence of the king could overcome the impulse of nature itself in this boy, how much more ought not the thought of the presence of God to prevail with a faithful soul in overcoming temptations and in suffering every imaginable torture rather than offend God before His very eyes.

**4. Negligence in the Use of this Means:** Men fall into sin because they lose sight of the presence of God. "The cause of all evil," says **St. Teresa**, "lies in the fact that we do not think of the presence of God, but imagine Him far away from us." A man who loses sight of the presence of

God will easily become a prey to sinful and sensual desires and have no strength to resist them.

On the other hand, by the thought of God's ever vigilant eye upon them, the Saints have had strength to resist and overcome all the attacks of the evil one.

**Susanna in Daniel:**

It was this thought, to overcome the attacks of the Devil that gave the chaste Susanna courage to spurn the wicked advances of the men who tried to seduce her and even threatened her with death. "It is better for me," she said, "to fall into your hands without doing evil, than to sin in the sight of the Lord." (*Dan. 13:23*).

**St. Ephrem and the Converted Lady:**

The same thought converted a wicked woman who dared to tempt **St. Ephrem** to sin. The Saint replied that if she wished to sin, she would have to go with him into the public square. "But," she inquired, "how is it possible to commit sin in the presence of so many people? And how is it possible, to commit sin in the presence of God, who sees us everywhere?" At these words the poor sinner broke out into tears, threw herself at his feet and begged the Saint's pardon, beseeching him to lead her into the way of salvation. The Saint secured her admission into a convent, where she led an edifying life and bewailed her sins to her dying day.

**St. Chrysostom** says: "If we keep ourselves in the presence of God we shall neither think nor say nor do what is wrong, convinced as we are that God is the witness of all our thoughts and words and actions."

*12 Steps to Holiness and Salvation* by St. Alphonsus

**We Should Pray Always**

Jesus Christ tells us to pray always. This is very easy, even for those who have to work all day long. Please see the following example.