he looked on the plants and flowers amongst which he labored daily growing up until they arrived at maturity, he would say to himself: This is how I ought to live to reach the end for which I was made; it is my duty to labor without ceasing to advance from virtue to virtue, and to perform all my actions, direct all my thoughts, and regulate all my desires, so as to attain that perfection that God requires of me."

Another fruit of the Holy Ghost is Goodness. Goodness is the fruit of piety and the fear of the Lord. It shows itself outwardly by our good conduct, and the good example that our life, "which is in God," gives to all who are witnesses of it.

Good Example Led Them To God

Saints Rufinus and Valerian were two noble Romans who were sent into Northern Gaul to preach the true Faith. They were both so fervent, so mortified in their lives, so edifying in their conversation, that they gained the confidence and the affection of the people among whom they lived, so that many of them began to listen to them, and in course of time besought them to make them the children of the great God whom they served, by bestowing on them the grace of Baptism.

Nobleman in the Tyrol

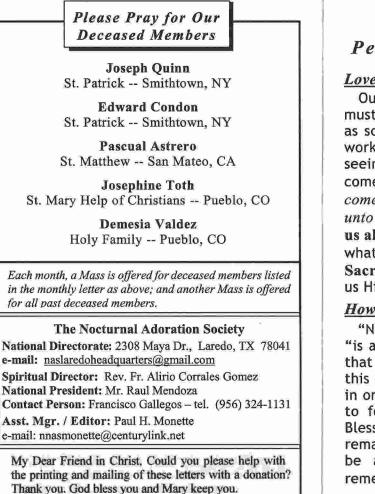
During the seventeenth century a nobleman was dying at Innsbruck, in the Tyrol. A great number of his friends and relations had assembled round his death-bed to wait for the end which they saw approaching.

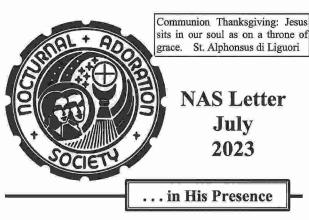
Whilst they were there, the physician gave him a very bitter medicine to drink, and, to encourage him to take it and to lessen the nausea it would cause, he asked him to drink it in memory of the person he loved most.

The dying man looked around him from one to the other in silence; then, fixing his eyes on a picture hanging on the wall, representing Jesus in the Garden of Olives, he said: "Ah, it is for Thee, my most beloved Friend, that I drink this bitter cup representing Jesus in the Garden of Olives, he said: "Ah, it is for Thee, my most beloved Friend, that I drink this bitter cup

-- Thee Who for my salvation didst drink the bitter chalice Thy Heavenly Father sent Thee, even to the dregs."

Catechism in Examples by Rev. D. Chisholm





Persistent Love of Our Lord

Love Remains With Us:

Our most loving Redeemer, knowing that He must leave this earth and return to His Father as soon as He should have accomplished the work of our redemption by His death, and seeing that the hour of His death was now come, --- Jesus knowing that His hour was come, that He should pass out of this world unto the Father, (John xiii. 1) --- would not leave us alone in this valley of tears, and therefore what did He do? He instituted the Most Holy Sacrament of the Eucharist, in which He left us His whole self.

How Great Your Love, O Jesus!

"No tongue," said St. Peter of Alcantara, "is able to declare the greatness of the love that Jesus bears to every soul: and therefore this Spouse, when He would leave this earth, in order that His absence might not cause us to forget Him, left us as a memorial this Blessed Sacrament, in which He Himself remained; for He would not that there should be any other pledge to keep alive our remembrance of Him than He Himself."

(Please send donations to: NAS, 414 Westberry Dr., Rapid City, SD 57702)

Paul H. Monette (605) 342-2294

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.

Jesus, therefore, would not be separated from us by His death; but He instituted this Sacrament of love in order to be with us even to the end of the world: *Behold I am with you to the consummation of the world*. (Matt. xxviii. 20)

Our Altars:

Behold him, then, as faith teaches us, behold Him on so many altars shut up as in so many prisons of love, in order at He may be found by every one that seeks Him.

Love Over Majesty:

But, O Lord, says St. Bernard, this does not become Thy majesty. Jesus Christ answers, It is enough that it becomes my love.

Our Jerusalem:

They feel great tenderness and devotion who go to Jerusalem and visit the cave where the Incarnate Word was born, the hall where He was scourged, the hill of Calvary on which He died, and the sepulcher where He was buried; but how much greater ought our tenderness to be when we visit an **altar on which Jesus remains in the <u>Most Holy</u> <u>Sacrament!</u>**

Thank You Most Kind Jesus for Your Presence:

The St. Father John Avila used to say, that of all sanctuaries there is not one to be found more excellent and devout than a church where Jesus is sacramentally present.

Affections and Prayers

Indifference & Ingratitude:

O my beloved Jesus, O God, who halt loved men with so exceeding love! what more canst Thou do to make Thyself loved by these ungrateful men?

<u>Aspirations:</u>

Oh, if men loved Thee, all the churches would be continually filled with people prostrate on the ground adoring and thanking Thee, and burning with love for Thee at seeing Thee with the eyes of faith hidden in a tabernacle. But no; men, forgetful of Thee and of Thy love, are ready enough to court a man from whom they hope for some miserable advantage, while they leave Thee, O my Lord, abandoned and alone.

<u>Regret & Contrition</u>: Oh that I could by my devotion make reparation for such ingratitude! I am sorry that I also have since been, like them, careless and ungraceful.

<u>Resolution</u>: But for the future I will not be so any longer, and I will devote myself to Thy service as much as I possibly can. Do Thou inflame me with Thy holy love, so that from this day forth I may live only to love and to please Thee.

<u>Holy Desire:</u> Thou deservest the love of all hearts. If at one time I have despised Thee. I now desire nothing but to love Thee. O my Jesus, Thou art my love and my only good, "my God and my all."

Most holy Virgin Mary, obtain for me, I pray thee, a great love for the Most Holy Sacrament.

St. Alphonsus de Liguori

Continuous Goodness of Christ

"Knowing that the time has come to return to His Father, He cannot bring Himself to leave us alone on the earth among so many enemies who all seek nothing but our ruin.

He wants us to have the blessedness of finding Him whenever we will; and by this great Sacrament of the Eucharist He pledges Himself to remain in the midst of us, day and night, to be our Father, Consoler, and Friend.

Happier than those who lived during His mortal life, when He was only in one place, we find Him today in every corner of the world; and this happiness is promised to us till the end of time.

Oh, tremendous love of a God for His creatures! How great is the tenderness of the Father!"

His graces pour out in abundance to those who go to Him.

The Cure of Ars and The Holy Eucharist

Love of Jesus Christ in the institution of the Eucharist is revealed by the Graces He gives us.

What does Jesus Christ do in the Eucharist? It is "a God who, as Our Savior, offers Himself each day for us to His Father's justice.

If you are in difficulties and sorrows, He will comfort and relieve you.

- If you are sick, He will either cure you or give you strength to suffer so as to merit Heaven.
- If the devil, the world, and the flesh are making war upon you, He will give you weapons with which to fight, to resist, and to win the victory.

If you are poor, He will enrich you with all sorts of riches for time and for eternity.

Let us open the door of His sacred and adorable Heart, and be wrapped about for an instant by the flames of His love, and we shall see what a God who loves us can do. O my God, who shall be able to comprehend?" *The Curé of Ars and the Holy Eucharist* compiled by Abbé H. Convert

Faith

The ninth fruit of the Holy Ghost is Faith. By this is meant that life of faith by which we look on all things, good or evil, as coming from God, and are constantly looking forward, as St. Paul did, to the reward promised to those who while on earth live and labor for God alone and for Heaven.

St. Seranus The Gardener

Whosoever lives a life of faith will find means of instructing himself and of sanctifying himself at every step he takes. St. Seranus was only a simple gardener, but as