

The insult was indeed a most shameful one, but the Saint tried to excuse the man, and in his heart thanked God for having given him a share in the ignominies of His sacred Passion, and an occasion of doing penance for his sins.

Learn, then, my dear friend in Christ, to bear patiently, as the Saints did, the crosses and trials which meet you every day, and keep in mind that God sends them to you that you may gain merit for Heaven.

### *The Count Eleazar*

The Count Eleazar was one of those few men who, living in the world and occupying a high position in society, had his whole soul with God in Heaven.

But he had many crosses to bear he could not have become a saint without them. People said many things about him which were not true, and blamed him for many things of which he was altogether innocent. He heard all these calumnies without so much as appearing to hear them, and even sometimes smiled.

His wife Delphina, although also very virtuous, did not understand how he could bear so patiently all the cruel things that were said about him. One day, when he had been accused of something worse than usual, she said to him: "I am astonished you can bear all these evil words so patiently."

He answered: " My dear wife, of what use would it be for me to get angry? It would not make the case any better, neither would it silence my enemies. But I will tell you my secret.

"Every time I meet with any humiliation, I think of my Divine Lord standing before Pilate, and that I hear Him accused by false witnesses, calumniated by his enemies, ill-treated by the soldiers, despised and insulted by the Jews, on whom He had conferred so many blessings, and who, only a few days previously, had hailed Him with shouts of Hosanna!

Finally, I think I see Him innocently condemned to death by His most unjust judges.

"Then I say to myself: 'What comparison does the little injury I am receiving bear to the cruel treatment and the insults the most innocent Jesus had to endure? And all this, too, for my sake.' This thought, my dearest wife, makes me calm, and keeps down the angry thoughts when they begin to rise within me." *The Catechism in Examples* by Rev. D. Chisholm

### *Please Pray for Our Deceased Members*

**Sadie Cortez SM**

St. Mary's Help of Christians -- Pueblo, CO

**Margaret Hernandez HF**

Holy Family -- Pueblo, CO

**Shirley Dodge Mello**

Our Lady of Mount Carmel – Bristol, RI

**Theresa "Terry" Anselmi**

St. Margaret -- Pearl River, NY

**Pam Faria,**

Our Lady of Mount Carmel – Bristol, RI

*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.*

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My Dear Friend in Christ, Could you please help with the printing and mailing of these letters with a donation? Thank you. God bless you and Mary keep you.

*Paul H. Monette*

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



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

**NAS Letter  
December  
2023**

**... in His Presence**

### *Jesus Offered Himself for our Salvation from the Beginning.*

*"He was offered because it was His own will." (Isa. liiii. 7.)*

### *Incomprehensible Love:*

The Divine Word, from the first instant that He was made man and an infant in Mary's womb, offered Himself of His own accord to suffer and to die for the ransom of the world: *He was offered because it was His own will.*

### *Insufficient Sacrifice:*

He knew that all the sacrifices of goats and bulls offered to God in times past had not been able to satisfy for the sins of men, but that it required a divine Person to pay the price of their redemption; wherefore He said, as the Apostle tells us, When He cometh into the world He saith: *Sacrifice and oblation Thou wouldst not, but a body Thou hast fitted to me. . . . Then said I, Behold, I come.* (Heb. x. 5.)

### *Jesus Offers Himself:*

"My Father," said Jesus, "all the victims hitherto offered to Thee have not sufficed, nor could they suffice, to satisfy Thy justice; Thou hast given me this passible body, in

*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.*

order that by shedding my blood I might appease Thee and save men: 'Behold, I come;' here I am ready, I accept everything, and I submit myself in everything to Thy will."

#### Soul Prevails over The Flesh:

The inferior part felt repugnance, for it naturally was averse to this life and death, so full of sufferings and shame; but the rational part, which was entirely subordinate to the will of His Father, conquered and accepted everything; and Jesus began from that moment to suffer all the anguish and sorrows that He would have to suffer during all the years of His life. Thus did our Redeemer act from the very first moment of His entrance into the world.

#### Attached to self-Gratification:

But, O God! how have we conducted ourselves towards Jesus since we began, as adults, to know by the light of faith the sacred Mysteries of Redemption? What thoughts, what designs, what goods have we loved! Pleasures, amusements, vengeance, sensuality; these are the goods that have engrossed the affections of our hearts. **But if we have faith, we must at last change our life and our affections.**

#### Let Us Unite to Christ:

Let us love a God who has suffered so much for us. Let us represent to ourselves the sufferings which the heart of Jesus endured for us, even from his infancy; for then we shall not be able to love anything else but that heart which hath loved us so much.

#### Affections and Prayers:

My Lord, wilt Thou know how I have behaved towards Thee during all my life? Ever since I began to have the use of reason, I began to resist Thy grace and Thy love. But Thou knowest it much better than I do; nevertheless, Thou hast borne with me, because Thou still carest for my welfare. I fled from Thee, and Thou didst follow after and call me.

#### Realize God's Goodness:

The very same love that made Thee come down from heaven to seek the lost sheep has made Thee bear with me and not forsake me. My Jesus, Thou now seekest me, and I seek Thee. I feel that Thy grace is assisting me: it assists me with the sorrow I feel for my sins, which I abhor above every other evil; it assists me by making me feel a great desire to love Thee and to please Thee.

#### Trust & Surrender:

From this day forth, my Jesus and my hope, I will always have recourse to Thee; and from Thee I hope for every assistance and every good. I love Thee above all things, and I will always love Thee alone.

#### My Mother, Mary:

And thou, O Mary, Mother of mercy, cease not to intercede for me. Thou knowest how much I confide in thee; and I know well that thou dost not forsake him that has recourse to thee.

*Meditations for Advent by St. Alphonsus de Liguori*

### *United with Christ's Suffering*

#### Reflecting On The Passion:

We must give great importance to meditation on the Passion of our Redeemer. Simply remembering or reflecting on the Passion is worth more than scourging one's self once a week for a year and fasting on bread and water, or reading the entire Psalter every day. **St. Albert the Great**

#### Happiness in the Cross:

From meditating for a long time on the Passion, the Empress Leonora conceived such a tender love for Jesus Crucified that she said should she be sure of saving herself amidst riches and honors she would nevertheless choose the way of the cross in order to be like her Lord.

. For this reason she made light of her ills and sufferings, never complaining. And if someone showed sympathy for her, she would say: "This cross is very light and very dear to me. Without it I would not be happy."

#### Be Like Christ:

One day Jesus said to St. Gertrude: "The more you are tried and your way of life is disapproved of, through no fault of your own, the dearer you will be to Me because you will be more like Me. I suffered continuous trials and was opposed in all My undertakings."

#### Drawn to The Heart Of Christ:

When St. Mathilda was suffering during a serious illness, Our Lord appeared to her and told her that when He sees a soul gravely afflicted, He embraces her with His left arm in order to draw her heart closer to His.

*Spiritual Diary*

### *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 rather rejoice, and would always be happiest when we had most to suffer."

### *The Patience Of St. Norbert*

St. Norbert was once trying to make some people change their lives. They had for a long time been accustomed to live in a very careless manner, and no one had the courage to correct them.

St. Norbert's words were far from being pleasing to many of them. Some even went so far as to openly insult him, and one of them, more rude than the rest, went up to him and spat on his face, and would have done even more had he not been prevented by those who were present.