

perfect when it is not only patient but also benign. Therefore we should have great esteem for this virtue and strive to acquire it.

St. Francis de Sales

St. Francis de Sales greatly esteemed this virtue. He would speak of it so often and with such delight as to make it evident that it was his favorite virtue. Hence, even though he excelled in all the virtues, he was outstanding in this one. Always serene, his face radiated such goodness that he enchanted everyone.

Although he was habitually recollected within himself, when he made it a point to be especially amiable it was a consolation just to meet him and he won the heart and affection of all who saw him. Moreover, his words, gestures, and actions were never lacking in evidence of his meekness and goodness.

It seemed that in him meekness itself had taken human form. St. Jane Frances de Chantal said that she never knew a soul so meek, so affable, so benign as St. Francis de Sales

Spiritual Diary

Humility Draws the Help of God

St. Therese of Lisieux (in quotes):

Understand that it is precisely our weakness that will serve to give us strength. **“It is my weakness that gives me confidence,”** Therese likes to repeat, recalling St. Paul (2 Cor., 12:20). It is because God sees our weakness, our incapacity and wretchedness, and especially because He wants us to acknowledge and love our littleness and misery that He comes to our assistance. **“God wants humility of heart.”** If we were stronger, we would not need His help. But when He sees that we are convinced of our nothingness, that we love our wretchedness and appeal to Him,

He stoops towards us and “gives with divine generosity.”

Some might object, *“Why must we love this state of imperfection?”* Is it not enough that we acknowledge and accept it? No! It is not enough to acknowledge the truth. We must also love it. We have a perfect grasp of truth only when we love to see ourselves as we truly are in God's sight. Moreover, we do not love the state of imperfection for its own sake. We love it because it disposes us for God's merciful action in our soul. **“The thing that pleases Jesus when He beholds my soul, is that I love my littleness and my poverty and have a blind hope in His mercy.”**

Complete Spiritual Doctrine of St. Therese by
Rev. Francois Jamart, O.C.D.

Please Pray for Our Deceased Members

Teresa Mazzotta (died at 96 yrs old)
St. Raphael – East Meadow, NY

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

NAS Letter
January
2024

... in His Presence

Occupation of the Infant Jesus in the Stable of Bethlehem

Prays to The Father:

There are two principal occupations of a solitary, to pray, and to do penance. Behold the Infant Jesus in the little grotto of Bethlehem giving us the example. He, in the crib which He chose for His oratory upon earth, never ceases to pray, and to pray continually, to the Eternal Father. There He constantly makes acts of adoration, of love, and of prayer.

United With Jesus in Adoration:

Before this time the divine Majesty had been adored by men and by angels; but God had not received from all these creatures that honor which the Infant Jesus gave Him by adoring Him in the stable where He was born. Let us, therefore, constantly unite our adorations to those of Jesus Christ when He was upon this earth.

Jesus and Mary -- Example of Love:

Oh, how beautiful and perfect were the acts of love which the Incarnate Word made to His Father in His prayer! God had

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.

given to man the commandment to love Him with all his heart and all his strength; but this precept had never been perfectly fulfilled by any man. The first to accomplish it amongst women was Mary, and amongst men the first was Jesus Christ, Who fulfilled it in a degree infinitely superior to Mary. The love of the seraphim may be said to be cold in comparison with the love of this Holy Infant.

Please Teach Me Jesus:

Let us learn from Him to love the Lord our God as He ought to be loved; and let us beseech Him to communicate to us a spark of that pure love with which He loved the Divine Father in the stable of Bethlehem.

Jesus, Our Mediator, Prays For Us:

Oh, how beautiful, perfect, and dear to God were the prayers of the Infant Jesus! At every moment He prayed to His Father, and **His prayers were all for us and for each one of us in particular.**

All the † **graces** that each one of us has received from the Lord, and our being † **called to the true faith**, our having had time given us for † **repentance**, the † **lights**, the † **sorrow for sins**, the † **pardon** of them, the † **holy desires**, the † **victory over temptations**, and all the other † **good acts** that we have made, or shall make, of † **confidence**, of † **humility**, of † **love**, of † **thanksgiving**, of † **offering**, of † **resignation**,

all these Jesus has obtained for us, and all has been the effect of the prayers of Jesus.

Oh, how much do we owe Him! and how much ought we not to thank Him and to love Him!

(Thank You, Jesus)

Affections and Prayers

How Jesus Loves Me! :

My dear Redeemer, how much do I owe Thee! If Thou hadst not prayed for me, in what a state of ruin should I find myself!

I thank Thee, O my Jesus; Thy prayers have obtained for me the pardon of my sins, and I hope that they will also obtain for me perseverance unto death.

Jesus Continues to Pray for Us:

Thou hast prayed for me, and I bless Thee with my whole heart for it; but I beseech Thee not to leave off praying. I know that Thou dost continue even in heaven to be our advocate: *We have an advocate, Jesus Christ;* (1 John, 2:1) and I know that Thou dost continue to pray for us: *Who also maketh intercession for us.* (Rom. 8:34)

Victory over Temptations:

Please continue therefore to pray; but pray, O my Jesus, more particularly for me, who am more in want of Thy prayers. I hope God has already pardoned me through Thy merits; but as I have already so often fallen, I may therefore fall again. Hell does not cease, and will not cease, to tempt me, in order to make me again lose Thy friendship.

All In Jesus:

Ah, my Jesus, Thou art my hope; it is Thou that must give me fortitude to resist; from Thee I seek it, and of Thee I hope for it! But I will not content myself only with the grace not to fall again; I desire also the **grace to love Thee** exceedingly.

My death approaches. If I were to die now, I should indeed hope to be saved; but I should love Thee but little in paradise, because I have hitherto loved Thee so little.

(Please increase my love, Jesus.)

I will love Thee much in the days that remain to me, that I may love Thee still more in eternity.

Mary, My Mother and Advocate:

O Mary, my Mother! do thou also pray, and beseech Jesus for me; thy prayers are all-powerful with Thy Son, Who loves thee so much. Thou dost so much desire that He should be loved, beseech Him to give me a great love for His goodness, and let this love be constant and eternal.

Festival of Christmas by St. Alphonsus de Liguori

Jesus Comes to us to Teach Us – Meekness

Humility and meekness were the favorite virtues of Jesus Christ; so that He bade His disciples learn of Him to be meek and humble: **Learn of Me, for I am meek and humble of heart.** (Matt. xi. 29)

Our Redeemer was called the Lamb, *Behold the Lamb of God,* (John, 1. 29) as well in consideration of His having to be offered in sacrifice on the cross for our sins, and of the meekness exhibited by Him during His entire life, but more especially at the time of His Passion. When in the house of Caiphas He received a blow from that servant, who at the same time upbraided Him with presumption in those words: *Answerest thou the high-priest so?* Jesus only answered: *If I have spoken evil, give testimony of the evil; but if well, why strikest thou me?* (John, xviii. 23) He observed the same invariable meekness of conduct till death. While on the cross, and made the object of universal scorn and blasphemy, He only besought the Eternal Father to forgive them: *Father, forgive them; for they know not what they do.* (Luke, xxiii. 34)

St. Alphonsus de Liguori

Blessed are the meek, for they shall possess the earth. Matt. 5:4.

Meekness or tenderness of heart is a virtue rarer than chastity and, without a doubt, more excellent than this and all the other virtues, since it is the perfection of charity which, according to **St. Bernard**, is