

The Little Girl's Crucifix

There was a little girl of eleven years of age who was very troublesome and idle. She always liked to have her own way, and would become very angry at the least contradiction.

This went on for a long time. Promises and threats made no impression on her, and her Superiors began to despair of ever being able to correct her.

But suddenly an unexpected change came over her, which no one could account for. Her evil habits had entirely disappeared, and she became one of the most obedient and gentle children in the school.

One of her teachers observed that, from time to time, she put her hand upon her breast, and seemed to press it against something she carried there; so one day she asked her why she did so.

The child blushed when she heard the question, and did not answer it. But when her Superior urged her to tell her, she whispered into her ear these words: "It is to help me to be good."

"How can that help you to be good, my child?" she asked.

The child, with some confusion, drew forth from under the band of her dress a large crucifix, which was suspended from her neck by a ribbon. "When I am tempted to be naughty" she said, "I press this image to my heart, and then I find it easy to be good. But be sure, Sister, not to tell this to anyone."

O my child, think frequently of the sufferings of Jesus, and make acts of contrition for your sins which caused them. This will give some consolation to His Sacred Heart.

Since Jesus has done so much to make us happy in this world and in the next, the least we can do in return is to love Him with our whole hearts.

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Yet Our Lord Himself complained to Blessed Margaret Mary that His people do not do this, but, on the contrary, show Him contempt and ingratitude.

St. Andrew's Joy

When the Apostle St. Andrew was being led to the place of his death, he saw at a distance the cross on which he was to die.

As soon as he beheld it he exclaimed in a transport of joy: "O good cross, so many years desired, and now at length granted to my longing soul; with confidence and great joy I come unto thee. Do thou in like manner rejoice and be glad at receiving a disciple of Him Who hung upon thee."

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Hebert De Herrera
St. Anne -- 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.

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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.

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

NAS Letter
March
2024

... in His Presence

Passion and The Eucharist

Remembrance of Jesus's Love:

How pleasing is it to Jesus Christ that we should often remember His Passion, and the shameful death which He suffered for us, can be well understood from His having instituted the most holy Sacrament of the Altar for this very end, that there might ever dwell in us the lively memory of the love which He bore to us in sacrificing Himself on the cross for our salvation.

Recall the Sufferings of Jesus:

Let us, then, recollect that on the night preceding His death He instituted this sacrament of love, and, when He had distributed His body to the disciples, He said to them, and through them to all of us, that in receiving the Holy Communion we should bear in mind what great things He has suffered for us: *As often as ye shall eat this bread and drink this cup, ye shall show forth the Lord's death.* (1 Cor. xi. 26) Therefore, in the Mass the Holy Church ordains that after the consecration the celebrant shall say, in the name of Jesus

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.

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Christ, *As often as ye do this, ye shall do it in memory of Me.*

His Boundless Love Shown:

And the angelic St. Thomas writes, "That the memory of the great things that He has done for us might ever remain with us, He left us His own body to be received as our food." The saint then goes on to say that through this sacrament is preserved the memory of the boundless love which Jesus Christ has shown us in His Passion.

Indifference:

If we were to endure injuries and stripes for the sake of a friend, and were then to learn that our friend, when he heard any one speak of what we had done, would not pay any heed to it, but turned the conversation, and said, "Let us talk of something else," what pain we should suffer at the sight of the neglect of the ungrateful man!

Constant Loving Affections:

And, on the other hand, how glad we should be to find that our friend admitted that he was under an eternal obligation to us, that he constantly bore it in mind, and spoke of it with affection and with tears.

The Saints On Christ's Passion:

Therefore the saints, knowing how much it pleases Jesus Christ that we should often call to mind His Passion, have been almost perpetually occupied in meditating on the pains and insults which our loving Redeemer suffered during His whole life, and still more in His death.

Reflect Daily . . .:

St. Augustine writes that there is no more profitable occupation for the soul than to meditate daily on the Passion of the Lord. It was revealed by God to a holy anchorite, that there is no exercise

more adapted to inflame the heart with divine love than the thought of the death of Jesus Christ.

And to St. Gertrude, as Blosius records, it was revealed that as often as we look with devotion upon the crucifix, so often does Jesus look upon us with love. To consider or read of any portion of the Passion brings greater profit than any other devout exercise.

Wounds Which Softens The Heart:

St. Bonaventure writes, "O Passion worthy of love, which renders divine him who meditates upon it." And, speaking of the wounds of the Crucified, he calls them wounds which pierce the hardest hearts, and inflame the coldest souls with divine love."

Jesus Crucified -- Our Book:

It is related in the life of the Blessed Bernard of Corlione, a Capuchin, that when his brother religious desired to teach him to read, he went to take advice from Him who was crucified, and that the Lord replied to him, "What is reading? what are books? I who was crucified will be thy book, in which thou mayest read the love I bore thee."

Jesus crucified was also the beloved book of St. Philip Benitius; and when the saint was dying, he desired to have His book given him. Those who stood by, however, did not know what book he wanted; but Brother Ubaldo, his confidential friend, offered to him the image of the Crucified, on which the saint said, "This is my book;" and, kissing the sacred wounds, breathed out his blessed soul.

***Devotion to
Our Suffering Lord***

Our Lord Speaks to Me:

On an occasion she learned that when anyone turns towards a crucifix, he ought to persuade himself that Our Lord speaks thus lovingly to his heart:

Persistent Love of Jesus for Me:

"Behold how, for your love, I have been fastened to this cross, naked, despised, torn and wounded in My Body, and in all My Members; and still My Heart has such tender charity for you, that were it necessary for your salvation, and were there no other means of saving you, I would even at this moment suffer for you alone all that I have suffered for the whole world."

Meditation On the Passion:

On another occasion, as she occupied in considering the Passion of Our Lord, it was made known to her that there is infinitely more merit in meditating attentively on the Passion of Jesus than in any other exercise. For as it is impossible to handle flour without attaching it to yourself, so also it is impossible to meditate devoutly on the Passion of the Lord without deriving great fruit thereby.

Reflect Often On the Passion:

And when anyone reads anything concerning the Passion, they at least dispose their souls to receive the fruit of it, as it is more meritorious to meditate in it than on any subject. Let us, then, endeavor to reflect constantly on it, that it may be honey to our lips, music to our ears, and joy to our hearts.