

Ejaculatory prayers can be made at all times, wherever we are or whatever we may be doing. They might be compared to those aromatic pastilles, which we may always have about us and take from time to time to strengthen the stomach and please the palate. Ejaculations have a like effect on the soul by refreshing and fortifying it.

Light and Peace by Padre Quadrupani Barnabite

St. Francis of Sales and The Child at Catechism

One day St. Francis of Sales was explaining the Catechism to some little children at Sunday-school. The lesson was upon the happiness of Adam and Eve in the garden of Paradise before they fell into sin.

"My children," he said, "one of the greatest pleasures our first parents enjoyed in Paradise, was the happiness of seeing God, and speaking to Him as familiarly as children speak to their parents."

A little boy was heard to say, "Oh, what a pity it is that we cannot speak to God now as they could do! How much I would like to be able to speak to Him, and hear Him speaking to me."

The holy Bishop heard these words, and, turning toward the child who had spoken them, he said: "My dear child, you can speak to God if you like; we have indeed lost Paradise on account of sin, but we have not lost God. He is everywhere, and is always near us, so that we can speak to Him whenever we

like, and as often as we like, and we feel in our hearts that He hears us and answers us."

So, my child, although God is so great, and fills Heaven and earth, yet He loves you, little and sinful though you are, more than all the other things He has made. There is just one thing He wants you to give Him, and that is your heart "My child, give Me your heart"; that means to say that He wants you to love Him. What a privilege this is to be able to love so great and so good a God! My child, you will surely grant Him this request.

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Anita Saxe

St Patrick – Elmira, NY

Mary J. Sanders

Christ the King – Rochester, NY

Each month, a Mass is offered for deceased members listed in the monthly letter; 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.

Teresa Burkard

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

**NAS Letter
February
2026**

... in His Presence

Love is a Fire that inflames the Heart

God had ordered, in the ancient law, that there should be a fire kept continually burning on his altar: "The fire on the altar shall always burn." (Lev. vi. 12)

Altars of God:

St. Gregory says, that the altars of God are our hearts, where He desires that the fire of His Divine love should always be burning; and therefore the Eternal Father, not satisfied with having given us His Son Jesus Christ, to save us by His death, would also give us the Holy Ghost, that He might dwell in our souls, and keep them constantly on fire with love.

Inflames Our Hearts:

And Jesus Himself declared, that He had come into the world on purpose to inflame our hearts with this holy fire, and that He desired nothing more than to see it kindled: "I am come to cast fire upon the earth; and what will I but that it be kindled?" (Luke xii. 49)

Kindness of Our Lord:

Forgetting, therefore, the injuries and

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.

ingratitude He received from men on this earth, when He had ascended into heaven he sent down upon us the Holy Spirit.

Tongues of Fire:

O most loving Redeemer, Thou dost, then, love us as well in Thy sufferings and ignominies as in Thy kingdom of glory! Hence it was that the Holy Ghost chose to appear in the upper-room under the form of tongues of fire: "*And there appeared to them parted tongues, as it were of fire.*" (Acts ii. 3)

Prayer to The Holy Spirit:

And hence the Church teaches us to pray: "May the Holy Ghost, we beseech Thee, O Lord, inflame us with that fire which Our Lord Jesus Christ came to cast upon the earth, and which He ardently desired should be enkindled."

Effects of The Holy Fire:

This was the Holy Fire which has inflamed the saints to do so great things for God,

- 1) to love their enemies,
- 2) to desire contempt,
- 3) to deprive themselves of all earthly goods, and
- 4) to embrace with delight even torments and death.

Acts of Love:

Love cannot remain idle, and never says, "It is enough." The soul that loves God,

the more she does for her beloved,
the more she desires to do, in order to please him,
and to attract to herself his affections the more.

Means: Mental Prayer:

This holy fire is enkindled by **mental prayer**: "*In my meditation a fire shall flame out.*" (Ps. xxxviii. 4) If, therefore, we desire to burn with love towards God, let us love

prayer; this is the blessed furnace in which this divine ardor is enkindled.

Novena to the Holy Spirit -- The Holy Eucharist by St. Alphonsus di Liguori

Of The Necessity Of Prayer

Prayer places our understanding in the divine brightness and light and exposes our will to the warmth of heavenly love.

There is nothing that so effectually purges our understanding of its ignorance and our will from its depraved affections.

It is the holy water that by its flow
makes the plants of our good desires grow green and flourish,
that cleanse our souls from their imperfections, and
that quenches the thirst of passion in our hearts.

Mental Prayer

Above all, I recommend to you **mental prayer, the prayer of the heart, and particularly that which concerns the life and Passion of Our Lord.**

By making Him often the subject of your meditation, your whole soul will be filled with Him. You will learn His ways and frame all your actions according to His model. He is "the light of the world." It is, therefore, in Him and by Him and for Him that we must be instructed and enlightened. He is the tree of desire, in whose shade we must refresh ourselves. He is the living fountain of Jacob, in which we may wash away all our stains. In fine, little children, by hearing their mothers talk, lisp at first and learn at length to speak their language. So also by keeping close to Our Savior, by meditation and by observing His words, actions, and affections, by the help of His grace, we shall learn to speak, to act, and to will like Him.

Introduction to Devout Life by St. Francis de Sales

"Pray Always"

It is well to bear in mind that in commanding us to pray always Our Savior did not mean actual prayer, as that would be an impossibility.

The desire to glorify God by all our actions suffices for the rigorous fulfilment of this precept, if this desire be habitual and permanent. "You pray often," says St. Augustine, "if you often have a desire to pay homage to God by your actions: you pray always if you always have this desire, no matter how you may be otherwise employed."

You should never omit or neglect the duties of your state of life in order to say certain self-imposed prayers. These duties are a substitute for prayers and are equally efficacious. St. Thomas teaches, for obtaining the graces you stand in need of and which are promised to those who ask them properly. It is even more meritorious to perform some work for the love of God, to whom we offer it, than merely to raise the soul to Him by actual prayer.

Make frequent use of the prayers called ejaculations, — which are short and loving aspirations that raise the soul to its Creator. According to St. Francis de Sales, ejaculations can in case of necessity replace all other prayers, whereas all other prayers cannot supply for the omission of ejaculations.

"Acquire the habit of making frequent ejaculations. They are sighs of love that dart upwards to God to sue for His aid and succor. It will greatly facilitate this custom if you keep in mind the point of your morning's meditation that you liked best and ponder it over during the day. In sickness let pious ejaculations take the place of all other prayers.

St. Francis de Sales.