

creatures that we are, we squander it on vile and empty things as though we had it to spare.

St. Francis de Sales

This great saint once said: "If I knew that only one fiber of affection in my soul were not of God and for God, I would tear it out immediately. I would prefer to be nothing at all rather than not entirely of God."

Spiritual Diary

We Must Love God

Jesus Christ teaches us is to love God above all things. "Thou shalt love the Lord thy God with thy whole heart and soul, and mind and strength." You must therefore, my child, love God above all things with your whole heart, and since it is God alone Who can teach you to love Him as He ought to be loved, you should often say to Him : "O my God, teach me to love Thee."

This love of God will lead us often to think how good God is, often to speak to Him in our hearts, and always to seek to please Him. It is not difficult to love God. A good child finds no difficulty in loving his parents. To love God is nothing else than to keep His commandments, and to seek to please Him in all things.

The Music Of The Little Birds

One day in the spring-time the Cure of Ars was going to see a sick person. The bushes were full of little birds that were singing with all their might. The good priest stood for a moment to listen to them, and then said, with a sigh: "Poor little birds, you were created to sing, and you sing. Man was created to love God, and he does not love Him." O my child, love God with your whole heart.

The Catechism in Examples by Rev. D. Chisholm

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

Please Pray for Our Deceased Members

Sharon Catherine O'Niel (10 Oct.)
St. Sylvester – Gulf Breeze, FL

Julianne Semmes (7 Nov.)
St. Sylvester – Gulf Breeze, FL

Louis Genovesi
Our Lady of Mt. Carmel – Bristol, RI

Deacon Owen South
St Luke's -- Schenectady, NY

Robert Bilbrey
St Vincent de Paul -- Medina, OH

Joe Preusser
St Joseph -- Waite Park, MN

Woodrow Konrade
Sacred Heart, St Joseph --Topeka, KS

Pauline March
St Gabriel Church -- Hopkins, MN

Ken Quigley
Christ the King -- Rochester, NY

Marilyn Johnson
Christ the King -- Rochester, NY

Deloris Weil
Christ the King -- Rochester, NY

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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
April
2026**

... in His Presence

Love Is a Fountain that Satisfies

Love is called a living fountain: "*a living fountain, fire, and charity.*" Our Blessed Redeemer said to the Samaritan woman: But he that shall drink of the water that I will give him shall not thirst forever. (John 4,13)

God -- My Ultimate Love:

Love is the water, which satisfies our thirst; he who loves God really with his whole heart neither seeks nor desires anything else; because in God he finds every good. Wherefore, satisfied with God, he often joyfully exclaims, "My God and my all!" My God, Thou art my whole good.

God Forsaken:

But the Almighty complains that many souls go about seeking for fleeting and miserable pleasures from creatures, and leave Him, Who is the infinite good and fountain of all joy: *They have forsaken Me, the fountain of living water, and have digged to themselves cisterns, broken cisterns, that can hold no water.* (Jer. 2,13)

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.

Blessedness Attained:

Wherefore God, Who loves us, and desires to see us happy, cries out and makes known to all: *If any thirst, let them come to me.* (John 7,37) He who desires to be happy, let him come to me; and I will give him the **Holy Ghost, who will make him blessed** both in this life and the next. *He that believeth in Me out of his belly shall flow rivers of living water.* (John 7,38)

Enriched With Graces:

He therefore, that believes in Jesus Christ, and loves Him, shall be enriched with so much grace, that from his heart (the heart, that is, the will), shall flow many fountains of holy virtues, which shall not only serve to preserve his own life, but also to give life to others.

Holy Ghost – Love Promised:

And this water was the Holy Ghost, the substantial love which Jesus Christ promised to send us from heaven after His Ascension: *Now this He said of the Spirit, which they should receive who believed in Him, for as yet the Spirit was not given, because Jesus was not yet glorified.* (John 7,39)

Prayer – Key For All Good & Graces:

The key which opens the channels of this blessed water is holy prayer, which obtains every good for us in virtue of the promise, *Ask, and you shall receive.* (John 16,24) We are blind, poor, and weak; but prayer obtains for us light, strength, and abundance of grace. Theodoret said "Prayer, though but one, can do all things." He who prays receives all he wishes. God desires to give us His graces; but He will have us pray for them.

Affections and Prayers

Prayer for This Holy Love:

Lord, give me this water? O my Jesus, with the Samaritan woman, I beseech Thee, give me this water of Thy love, which may make me forget the earth, to live only for Thee, O

amiable, infinite one. "Water that which is dry."

Enrich My Soul:

My soul is a barren soil, which produces nothing but the weeds and thorns of sin; oh, do Thou water it with Thy grace, so that it may bring forth some fruits to Thy glory, before death takes me out of this world.

Repentance:

O fountain of living water, O sovereign good, how many times have I left Thee for the puddles of this earth, which have deprived me of Thy love! Oh, would that I had died before I offended Thee!

Resolve to Seek Only God:

But for the future I will seek after nothing but Thee, O my God. Do Thou assist me, and enable me to be faithful to Thee.

Through Mary – Always:

Mary, my hope, do thou keep me always under thy protection!

Novena to the Holy Spirit by St. Alphonsus Liguori

----- Love of Jesus Christ -----

Charity: An Infinite Treasure:

"Love is a great thing," (Cant. s. 83) says St. Bernard. A great thing, a precious thing is love. Solomon, speaking of the Divine Wisdom, which is holy charity, called it an infinite treasure; because he that possesses charity is made partaker of the friendship of God: *For she is an infinite treasure to men, which they that use become the friends of God.* (Wisd. vii. 14)

Charity: Unites Us to God:

The angelic Doctor, St. Thomas, says, that charity is not only the queen of all virtues, but that, wherever she reigns, she draws along with her, as it were, in her train, all other virtues, and directs them all so as to bring us in closer union with God; but charity is properly that which unites us with God. As St. Bernard tells us: "Charity is a virtue uniting us with God.": And, indeed, it

is over and over again signified in the Holy Scriptures, that God loves whoever loves Him: I love them that love Me. (Prov. viii. 17) *If any one loves Me! My Father will love him; and We will come to him, and will make Our abode with him.* (John, xiv. 23) *He that abideth in charity abideth in God, and God in him.* (1 John, iv. 16) Behold the beautiful union which charity produces; it unites the soul to God.

Charity supplies strength:

Moreover, love supplies strength to practice and to suffer everything for God: *Love is strong as death.* (Cant. viii. 6) St. Augustine writes: "Nothing is so hard that cannot be subdued by the fire of love. (Eccl. cat. c. 22) Wherefore the saint says, that where we love, either the labor is not felt, or if felt, the labor itself is loved: "In that which is loved, either there is no labor, or the labor is loved."

Love God Only:

"Oh! how those persons delude themselves," says St. Francis de Sales, "who place virtue in anything else but in loving God! Some put perfection in austerities, others in alms, others in prayer, and others in frequenting the Holy Sacraments. For my part, I know of no other perfection than that of loving God with our whole heart; because all the other virtues, without love, are but a mere heap of stones. And if we do not perfectly enjoy this holy love, the fault lies with us, because we do not, once for all, come to the conclusion of giving up ourselves wholly to God."

Practice of the Love of God by St. Alphonsus de Liguori

Charity

Alas! We do not have as much love as we should have. I mean to say that our love would have to be infinite in order to have enough with which to love our God. Yet miserable