

Prayer

When one has to treat with others concerning matters of the Spirit, it is best first to treat of them with God in prayer, emptying one's self of one's own mind in order to fill one's self with the Holy Spirit, Who alone enlightens the mind and inflames the will.

Superiors, more than anyone else, should do this. They should seek to be in continual communication with God, and have recourse to Him not only in doubtful and troublesome cases, but in every situation, in order to learn directly from Him what they must teach others.

St. Vincent de Paul

When **St. Vincent** had to decide on a matter, take action, or give some advice, before making a move, he would raise his mind to God to implore His help and enlightenment.

Ordinarily on such occasions he would lift his gaze heavenward, then lowering it, would keep his eyes closed a minute as though to consult God within him before answering. If it were a matter of importance, he would request more time, in order to recommend it to God.

And since he depended wholly on divine Wisdom and not on himself, he received from God special insights and graces by reason of which he often uncovered things that no human intellect alone could have divined.

Love of God

Do you want to know how you stand in the love of God? Here is your gauge: the more the soul grows in divine love, the

greater is its desire to suffer and to be humiliated. This is the sure sign of the sacred flame; the rest is all smoke.

St. Vincent de Paul

An excellent way to practice love of Jesus Christ is to grow accustomed to keeping Him always

St. John of the Cross showed how convinced he was of this fact. One day Jesus appeared to him and asked him what he wanted in return for all the trials and labors he had undergone for love of Him. "Lord," answered the saint, "I want nothing but to suffer and to be despised for Your sake."

Spiritual Diary

Please Pray for Our Deceased Members

Necito Cojunageo
Our Lady of Lourdes – Massapequa, 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
May
2026

... in His Presence

Love is a Dew which fertilizes

Thus does Holy Church teach us to pray: "May the infusion of the Holy Ghost cleanse our hearts, and fertilize them by the interior sprinkling of His dew."

Effects Of Love:

Love fertilizes the good desires, the holy purposes, and the good works of our souls: these are the flowers and fruits which the grace of the Holy Spirit produces.

Love is also called dew, because it cools the heart of bad passions and of temptations. Therefore the Holy Ghost is also called refreshment and cooling in the heat: "In heat refreshment and pleasing coolness."

This dew descends into our hearts in the time of prayer. **A quarter of an hour's prayer is sufficient to appease every passion of hatred or of inordinate love, however ardent it may be: He brought me into the cellar of wine, He set in order charity in me.** (Cant. ii. 4)

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.

Meditation:

Holy meditation is this cellar where love is set in order, so that we love our neighbor as ourselves, and God above everything.

He who loves God loves prayer; and he that loves not prayer will find it morally impossible to overcome his passions.

Affections and Prayers

Resolve:

O holy and divine Spirit, I will no longer live to myself; but I will spend all the days that remain for me in this life in loving Thee and pleasing Thee.

How To Pray:

Therefore I beseech Thee to grant me the gift of prayer. Do Thou descend into my heart, and teach me to pray as I ought.

Devotion:

Give me strength not to leave it off through weariness in times of aridity; and give me the spirit of prayer, that is to say, the grace constantly to pray to Thee, and to use those prayers which are dearest to Thy Sacred Heart.

Holy Desires:

I was once lost through my sins; but I see, from all the kindnesses I have received from Thee, that Thou willing that I should be saved and become a saint; and I desire to become a saint to give Thee pleasure, and that I may love Thy infinite goodness more and more.

All My Love:

I love Thee, O my sovereign good, my love, my all; and because I love Thee I give myself entirely to Thee.

My Mother, My Hope:

O Mary, my hope, do thou protect me!

Novena to the Holy Spirit -- St. Alphonsus di Liguori

Instructions on The Holy Spirit

O my dear Friends in Christ, how beautiful it is! The **Father is Our Creator**, the **Son is Our Redeemer**, and the **Holy Ghost is Our Guide**. ...Man by himself is nothing, but with the Holy Spirit he is very great. Man is all earthly and all animal; **nothing but the Holy Spirit can elevate his mind, and raise it on high.**

Elevated by The Holy Spirit:

Why were the saints so detached from the earth? Because they let themselves be led by the Holy Spirit. **Those who are led by the Holy Spirit have true ideas**; that is the reason why so many ignorant people are wiser than the learned.

When we are led by a God of **strength and light**, we cannot go astray.

Truth Magnified:

The Holy Spirit is **light and strength**. He teaches us to distinguish between truth and falsehood, and between good and evil. Like glasses that magnify objects, the Holy Spirit shows us good and evil on a large scale. With the Holy Spirit we see everything in its true proportions; we see the greatness of the least actions done for God, and the greatness of the least faults.

Prayer:

A soul that possesses the **Holy Spirit tastes such sweetness in prayer, that it finds the time always**

too short; it never loses the **holy presence of God**. Such a heart, before our good Savior in the Holy Sacrament of the Altar, is a bunch of grapes under the wine press. The Holy Spirit forms thoughts and suggests words in the hearts of the just.

All is Good:

...Those who have the Holy Spirit produce nothing bad; all the fruits of the Holy Spirit are good. **Without the Holy Spirit all is cold**; therefore, when we feel we are losing our fervor, we must instantly make a novena to the Holy Spirit to ask for faith and love.

Good Desires:

...See, when we have made a retreat or a jubilee, we are full of good desires: these good desires are the breath of the Holy Ghost, which has passed over our souls, and has renewed everything, like the warm wind which melts the ice and brings back the spring. . . You who are not great saints, you still have many moments when you taste the sweetness of prayer and of the presence of God: these are visits of the Holy Spirit.

Heart Expands in Divine Love:

When we have the **Holy Spirit, the heart expands—bathes itself in Divine Love**. A fish never complains of having too much water, neither does a good Christian ever complain of being too long with the good God. There are some people who find religion wearisome, and it is because they have not the Holy Spirit.

Catechism on the Holy Spirit by St. John Marie Vianny

(Cure of Ars)