

Perseverance In Bearing Our Cross

The way to Heaven is full of dangers, and many people who when young were very pious and fervent never reached it because they did not persevere. The reason why they did not persevere was because they became weary and tired in the path of virtue, and laid down the Cross Our Lord had given them to carry. **They neglected to pray to Him to help them, or did not pray as they ought to have done, and hence they failed.**

St. Martina's Martyrdom

St. Martina was young and beautiful, as well as rich and noble. She was a Christian, and lived in the terrible times of persecution during the first ages of the Church.

When the Judge heard that she was a Christian, he ordered her to be brought before him. Touched by her youth and beauty, he at first spoke kindly to her.

"My daughter," he said, "you are as yet very young, and perhaps you do not know the law, which forbids anyone to profess the Christian religion."

"Yes," replied Martina, "I know the law, for I heard it proclaimed, and I also know the punishment that awaits me if I disobey the law; but I will never renounce my Faith: I must obey God rather than man"

"Recall these words," cried out the Judge in great anger, "or prison and death await you." **"God's Holy Will be done,"** was her only answer.

At length the Judge commanded her to be beheaded, and her pure soul ascended into Heaven, surrounded by choirs of angels.

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Mary Jane Labao
Our Lady of Mt. Carmel, Bristol, RI

Mary Scheetz,
Holy Rosary Church, Portland, OR

Roger Joy (past president 101 yrs)
St. Mary Our Mother -- Horseheads, NY

Ray Johnson
St. Bonaventure -- Columbus, NE

Harry Schwagerl
St Raymond of Penyaafort -- East Rockaway, NY

Patricia Schwagerl
St Raymond of Penyaafort -- East Rockaway, NY

Connie Nauratil,
St Jude the Apostle -- Rochester, NY

Gerald A "Jerry" Blommer
St Joseph Church -- Waite Park, MN

Elaine F Johnson
St Joseph Church -- Waite Park, MN

Jeanette Kaufman
St Joseph Church -- Waite Park, MN

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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Please send donations to: NAS, P.O. 9451, Forestville, CT 06011



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

NAS Letter August 2026

... in His Presence

*Love causes God
to dwell in our Souls*

The Holy Ghost is called "Sweet guest of the soul."

Holy Spirit In Our Soul:

This was the great promise made by Jesus Christ to those who love Him, when He said: *If you love Me, I will pray My Father, and He will send you the Holy Spirit, that He may always dwell in you. If you love Me, keep My commandments. And I will ask the Father, and He shall give you another Paraclete, that He may abide with you forever.* (John, xiv. 15) For the **Holy Spirit** never forsakes a soul, says the Council of Trent, if He is not driven away from it: *"He does not forsake, unless He be first forsaken."* (James, iv. 5)

God, then, dwells in a soul that loves Him; but He declares that He is not satisfied if we do not love Him with our whole heart.

Beautiful and Complete Detachment:

The heavenly Spouse praises that soul which, like the turtle-dove, lives in solitude and hidden from the world: Thy checks are beautiful as the turtle-doves. (Cant. i. 9)

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.

Because He does not choose that the world should take a part of that love which He desires to have all to Himself, therefore He also praises His Spouse (a soul detached) by calling her "a garden enclosed: "My sister, My spouse, is a garden enclosed. (Cant. iv. 12)

All For God:

A garden closed against all earthly love. Do we doubt that Jesus deserves our whole love? He gave Himself wholly to thee," says St. John Chrysostom; "He left nothing for Himself." He has given thee all His blood and His life; there remains nothing more for Him to give thee.

Affections and Prayers.

Totally for God:

O my God, I see that Thou desirest to have me entirely for Thine own.

Relentless Mercy:

I have oftentimes driven Thee from my soul, and yet Thou hast not disdained to return to me and reunite Thy self to me again.

Re-unite Forever:

Oh, do Thou now take possession of my whole self. I give myself this day entirely to Thee; accept of me, O my Jesus, and let me never for the future live one moment deprived of Thy love.

Holy Desire:

Thou seekest me, and I seek none other but Thee. Thou desirest my soul, and my soul desires none but Thee.

Full Trust In God:

Thou lovest me, and I love Thee; and since Thou lovest me, bind me to Thyself, so that I may never more be separated from Thee.

... and Trust in Mary:

O Queen of heaven, I trust in thee!

Novena to the Holy Spirit by St. Alphonsus di Liguori

Detachment of The Heart

Means -- Uniting to God

We must love God in the way that pleases God, and not that pleases us. God will have the soul divested of all, in order to be united to Himself, and to be replenished with His divine love.

St. Teresa of Avila writes as follows: "The prayer of union appears to me to be nothing more than to die utterly, as it were, to all things in this world, for the enjoyment of God alone. One thing is certain, that the more completely we empty ourselves of creatures, by detaching ourselves from them for the love of God, the more abundantly will He fill us with Himself, and the more closely shall we be united with Him."

Accept Contrarieties:

Many spiritual persons would attain to union with God; but then they do not desire the contrarieties which God sends them: they fret at having to suffer from ill-health, from poverty, from affronts; but, for want of resignation, they will never come to a perfect union with God.

St. Catharine of Genoa said: "To arrive at union with God, the contrarieties which God sends us are absolutely necessary; His purpose is, to consume in us, by means of them, all irregular movements, both within and without. And hence all contempt, ailments, poverty, temptations, and other trials, are all indispensable, to give us the opportunity of fighting; that so, by the way of victory, we may eventually extinguish all inordinate movements, so as to be no more sensible of them; furthermore, until we begin to find contradictions sweet for God's sake, instead of bitter, we shall never arrive at divine union."

Perfect Denial of the Senses:

I here subjoin the practice of it, taught by St. John of the Cross. The saint says, that in order to perfect union, "a thorough mortification of the senses and of the appetites is necessary. On the part of the senses, every single relish that presents itself to them, if it be not purely for the glory of God, should forthwith be rejected for the love of Jesus Christ; for example, should you have a desire to see or hear something in no wise conducive to the greater glory of God, then refrain from it. As to the appetites also, endeavor to force ourselves always to choose the worst, the most disagreeable, or the poorest, without fostering any other wish than to suffer and to be despised."

Holy Eucharist by St. Alphonsus de Liguori

St. Theresa of Lisieux:

In this world we must not become attached to anything - not even things the most innocent, for they fail us at the moment when we are when we are least expecting it. The Eternal alone can satisfy us.

Prayer on the day of her Profession:

"O Jesus My Divine Spouse, grant that the robe of my Baptism be never sullied! Take me rather than suffer me here below to stain my soul by committing the slightest willful fault. May I never seek nor ever find but Thee alone. May all creatures be nothing to me, and I nothing to them! May no earthly thing disturb my peace!

"Grant that I fulfill my engagements in all their perfection; that none concern themselves about me; that I may trodden under foot, forgotten, as a little grain of sand. I offer myself to Thee, O Well-Beloved, that Thou mayest ever perfectly accomplish Thy holy will in me, without let or hindrance from creatures."