

The life of **St. John of the Cross** was an uninterrupted practice of internal and external mortification, which he never considered enough. Hence he achieved a great union with God.

Christ Our Model to Union

To acquire perfection in general and all the virtues in particular to the point of attaining union with God, we need to keep a model before our eyes to serve as our guiding rule in all actions and attempts to progress. Now, beyond any doubt, no more perfect or surer exemplar could we take than the one God Himself gave us in the person of His Divine Son. Blessed is he who imitates Him best!

St. Vincent de Paul

Why A Little Girl Loved Her Mother

A little girl was one day playing with some toys in the room where her mother was sewing. All at once the child ran over to the place where her mother sat, and, climbing on her knee, threw her arms round her neck and kissed her. Then, laying her little head lovingly on her mother's shoulder, she whispered into her ear these words: "My own dear, sweet mother, I love you."

Her mother stopped her work, and, looking on her little one, smiled sweetly, and said: "Well, darling, why do you love me?"

"Oh, mother, can you not guess?" And her bright blue eyes were filled with tears as she continued: "It is because you loved me when I was too little to love you back that's why I love you so much."

But God loved you, my child, as He Himself says, "with an everlasting love," and loves you more than any mother can love her child. Would it not, then, be most ungrateful on your part if you did not love Him in return? If you saw God as the angels and the Saints see Him in Heaven, it would be impossible for you not to love Him, because He is so good and beautiful. But as long as you are in this world, you cannot see Him. That is to be your

reward hereafter for loving Him here on earth.

But you can easily know that God must be very good and beautiful, since there are so many good and beautiful things in this world; and if your heart is filled with delight when you behold them, how much greater will be the joy and happiness you will feel in Heaven when you see, face to face, the great God Who made all these things.

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Theresa Francis (85 Yrs.)

Our Lady of Mt. Carmel – Bristol, RI

Madeline Grimo (90 Yrs.)

Our Lady of Mt. Carmel – Bristol, RI

Ray Talarsky

Holy Rosary – Portland, OR

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
September
2026**

... in His Presence

Love is a Treasure Containing Every Good

Love – Infinite Treasure:

Love is that treasure of which the Gospel says that we must leave all to obtain it; yes, because love makes us partakers of the friendship of God: An infinite treasure to men, which they that use become the friends of God.

Seek Love of God Only:

O man, says St. Augustine, wherefore, then, goest thou about seeking for good things? Seek that one good alone in which all other good things are contained.

Detachment – Then We Find God:

But we cannot find God, who is this sovereign good, if we do not forsake the things of the earth. St. Teresa writes, "Detach your heart from creatures, and you shall find God."

God Satisfies All Desires:

He that finds God finds all that he can desire: Delight in the Lord, and He will give thee the requests of thy heart.

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.

The human heart is constantly seeking after good things that may render it happy; but if it seeks them from creatures, how much so ever it may acquire, it will never be satisfied with them; but if it seeks God alone, **God will satisfy all its desires.** Who are the happiest people in this world, if it be not the saints? And why? Because they desire and seek only God.

Search for God Only:

A certain prince, as he was going out hunting, saw a solitary who was running about in the forest, and asked him what he was doing in that desert. The solitary replied, "And thou, O prince, what art thou seeking?" The prince said, "I am going out in search of wild beasts." "And I," said the hermit, "am going out in search of God."

Saint Example:

The tyrant offered gold and gems to St. Clement, in order to persuade him to renounce Jesus Christ; the saint exclaimed, with a sigh, "Alas, is **God put into competition with a little dirt?**"

Love - Soul On Fire: (A)

Blessed is he who knows this treasure of divine love, and strives to obtain it. He who obtains it will of his own accord divest himself of everything else, that he may have nothing else but God." "When the house is on fire," says St. Francis de Sales, "all the goods are thrown out of the window."

Love Is a Thief:

And Father Paul Segneri the Younger, a great servant of God, used to say, that love is a thief, which robs us of all earthly affections; so that we can say, "And what else do I desire, but Thee alone, O my Lord.

When the heart is full of Love -- detach from all else (but God)

Affections and Prayers.

Regret:

O my God, hitherto I have not sought Thee, but myself and my own pleasures; and for the sake of these I have turned my back upon Thee, my sovereign good.

Direction:

But I am comforted by these words of Jeremias, The Lord is good to the soul that seeketh Him? They tell me that Thou art all goodness towards him who seeks Thee.

Repentance:

My beloved Savior, I know the evil that I have committed in forsaking Thee, and I repent of it with my whole heart.

Resolve:

I know that Thou art an infinite treasure. I will not abuse this light; I will forsake all, and choose Thee for my only love.

Holy Desire:

My God, my love, my all, I love Thee, I desire Thee, I sigh after Thee.

Come Holy Spirit - move me to love

Come, O Holy Spirit, and destroy in me by Thy sacred fire every affection which has not Thee for its object. Grant that I may be all Thine, and that I may conquer everything to please Thee.

O Mary, my advocate and Mother, do thou help me by thy prayers!

The Holy Eucharist by St. Alphonsus de Liguori

Detachment

The Heart is made for Love:

When the heart is detached from creatures, the divine love immediately enters and fills it. Moreover, St. Teresa said: "As soon as evil occasions are removed, the heart forthwith turns herself

to love God." Yes, for the human heart cannot exist without loving; it must either love the Creator or creatures: if it does not love creatures, then assuredly it will love God.

Our Heart All for God:

In short, we must leave all in order to gain all. "All for all," says Thomas a Kempis. As long as St. Teresa cherished a certain affection, though pure, towards one of her relatives, she did not wholly belong to God; but when afterwards she summoned courage, and resolutely cut off the attachment, then she deserved to hear these words from Jesus: "Now, Teresa, thou art all mine, and I am all thine."

Divide Our Little Heart? :

One heart is quite too small to love this God, so loving and so lovely, and who merits an infinite love; and shall we then think of dividing this one little heart between creatures and God? The Venerable Louis da Ponte felt ashamed to speak thus to God: "O Lord, I love Thee above all things, above riches, honors, friends, relatives;" for it seemed to him as much as to say: "O Lord, I love Thee more than dirt, than smoke, and the worms of the earth!"

Practice of Union With God

To attain to perfect union with God, perfect, total mortification of the senses and the appetites is strictly required. The best and the shortest way to achieve this mortification of the senses is to reject at once whatever pleasure offers itself that is not purely for the glory of God, and to do this for love of Jesus Christ, Who never took any pleasure or wanted any in this world except the joy of doing His Father's Will.

St. John of the Cross