

Detachment

He who would possess God entirely must give himself up entirely to God: *My beloved to me and I to Him*, (Cant. ii. 16) says the Sacred Spouse. My beloved has given himself entirely to Me, and I give Myself entirely to him. The love which Jesus Christ bears us causes Him to desire all our love; and without all He is not satisfied.

We must say to God with great resolution and courage: O Lord, I prefer Thee to all; to health, to riches, to honors and dignities, to applause, to learning, to consolations, to high hopes, to desires, and even to the very graces and gifts which I may receive of Thee! In short, I prefer Thee to every created good which is not Thee, O my God. Whatever benefit Thou grantest me, O my God, nothing besides Thyself will satisfy me. I desire Thee alone, and nothing else.

St. Alphonsus Liguori

Union with God

Oh, what remorse we will have at the end of our lives on considering the great number of examples given us by God and the saints for our perfection — examples so neglected by us! If today marked the end of your life, would you be satisfied with the way you have lived this year?

St. Francis de Sales

Thomas a Kempis relates that a pious soul once became greatly upset and worried about his final perseverance. Prostrating himself before the altar, he prayed: "Oh, if I only knew that I would persevere in good will to the end!" At that he heard an interior voice replying: "And if you knew it, what would you do? Do now what you will wish to have done at the end of your life, and you will feel secure."

It is related in the lives of the Fathers that once when an elderly monk was asked what he had done to acquire perfection, he replied, "The moment I left the world I said to myself: 'Today you have been born again; today you are beginning to serve God and to live in this holy place. Daily begin life anew as though the next day were to be your last.' This is exactly what I have done every day."

Spiritual Diary

Please Pray for Our Deceased Members

Catherine Connaughton
Christ the King, Rochester, NY

Alice Creech
St Ambrose Church, Endicott, NY

Elizabeth Erdos
St Joseph Church, Garden City, NJ

J.R. Joy
St. Mary Our Mother, Horseheads, 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
October
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... in His Presence

The Means of loving God and of becoming a Saint

Means to Holiness:

The more we love God, the more holy do we become. St. Francis Borgia says that it is prayer that introduces divine love into the human heart; and it is mortification that withdraws the heart from the earth, and renders it capable of receiving this holy fire.

Mortify:

The more there is of the earth in the heart, the less room there is for holy love: *Wisdom is not to be found in the land of them that live in delights.* (Job xxviii. 12,13) Hence the saints have always sought to mortify as much as possible their self-love and their senses.

Singular -- to Love God::

The saints are few; but we must live with the few, if we will be saved with the few: "Live with the few," writes St. John Climacus, "if you would reign with the

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.

few." And St. Bernard says, "That cannot be perfect which is not singular." He who would lead a perfect life must lead a singular life.

Holy Desire:

But before all, in order to become saints, it is necessary to **have the desire to be saints**; we must have the desire and the resolution. Some are always desiring, but they never begin to put their hands to the work.

Resolve:

"Of these irresolute souls," says St. Teresa, "the devil has no fear." On the other hand, the saint said, "God is a friend of generous souls." The devil tries to make it appear to us to be pride to think of doing great things for God.

Trust In God:

It would indeed be pride in us, if we thought of doing them, trusting in our own strength; but it is not pride to resolve to become saints, trusting in God, and saying *I can do all things in Him who strengtheneth me.* (Phil. iv, 13)

Prayer:

We must therefore be of good courage, make strong resolutions, and begin. **Prayer can do everything.** What we cannot do by our own strength, we shall do easily with the help of God, Who has promised to give us whatever we ask of Him: *You shall ask whatever you will and it shall be done unto you.* (John xv, 7)

Affections and Prayers

Desire To Love:

My dearest Redeemer, Thou desirest my love, and commandest me to love Thee with my whole heart. Yes, my Jesus, I desire to love Thee with my whole heart.

Formed and Moved – Love:

O my God, I will say to Thee, trusting in Thy mercy, my past sins do not make me fear, because I now hate them and detest them above every other evil; and I know that Thou dost forget the offences of a soul that is penitent and loves Thee.

---- & Trust:

Indeed, because I have offended Thee more than others, I will also love Thee more than others, with the help that I hope to obtain from Thee.

Holy Desire:

O my Lord, Thou desirest that I should be a saint; and I desire to become a saint to please Thee. I love Thee, O infinite goodness.

Holy Affections:

To Thee do I give myself entirely. Thou art my only good, my only love. Accept of me, O my Beloved, and make me entirely Thine, and suffer me not to offend Thee any more.

Grant that I may be wholly consumed for Thee, as Thou hast wholly consumed Thyself for me.

My Dear Mother, Mary:

O Mary, the most loving and most beloved spouse of the Holy Spirit, obtain for me love and fidelity!

Novena to the Holy Spirit by St. Alphonsus Liguori

Prayer -- Spiritual Diary

Nothing is more useful than prayer. Therefore, we must nourish both a great love and a great esteem for it, and make every effort to pray well.

All the Saints evidenced great love for prayer. St. Margaret, Queen of Scotland, and St. Stephen, King of Hungary, spent

Almost the entire night in prayer; St. Frances of Rome gave all her free time to it; St. Rose of Lima prayed twelve hours a day. St. Aloysius Gonzaga began at a very early age to pray one, two or three hours a day. While he was a page at court, he would hide in the woodpile to pray so as not to be disturbed by his companions.

From the age of eleven, St. John Berchmans used to spend in prayer all the time he had free from studies. Any corner of the house would serve for this purpose and at times his family would find him still absorbed in prayer after midnight.

The Angels have a great esteem for fervent prayer, and consequently do much to promote it. The devils, on the contrary, have an intense dislike for it and as a result strongly combat and disturb it.

St. John Chrysostom

The same Saint tells us that the Angels greatly respect those who are united to God by means of prayer. While the latter are praying, they stay near them in profound silence, and when they have finished, they praise them.

Souls who do not have the habit of prayer are like paralyzed bodies with hands and feet they cannot use. It seems to me that to stop praying is to take a wrong turn, because prayer is the door through which all God's graces come to us. If this door is closed, I do not know what might happen.

St. Teresa of Avila

St. Mary of Egypt confessed to Abbot Zosimus that for seventeen years after her conversion she was incessantly assailed by frightful temptations. Yet, because she dedicated herself to prayer, she never yielded. The same is true of St. Augustine, St. Margaret of Cortona and many others.