



# Seelos

and

# Sanctity

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## LET'S TRY MENTAL PRAYER

Last month we gave you a rule of life written by St. Alphonsus de Liguori. In it we suggested that you make a daily period of mental prayer. This month we would like to give you a few more ideas on how to make a mental prayer. The little method given here was one of the methods Father Seelos used when making Mental Prayer.

In order to keep distractions out of your mental prayer you must try to lead a recollected life and make a short reading from a spiritual book every day.

### I. PREPARATION

When you begin your mental prayer, make the following spiritual acts:

a. **Act of Adoration:**

"O my God, I believe You are really present. I adore You from the abyss of my nothingness. You are Godness itself. I am but a poor sinner."

b. **Act of Sorrow:**

"O my God I am sincerely sorry for having offended You. Pardon me and grant me the grace never to offend You again."

c. **Act of Petition:**

"O my God, give me light to know Your will and grace to accomplish it. Help me to make this meditation well."

Add a little ejaculation to the Blessed Virgin, St. Joseph, your guardian angel and your patron saint.

### II. CONSIDERATION

Take as matter for reflection, a few verses from Holy Scripture, or a short meditation from some good book treating of the virtues, or the life of our Lord or of some saint. After reading for a few minutes, reflect briefly on some thought that strikes you. Ask yourself: "What have I read? What lesson does it teach me? How have I acted in this regard up to now? What shall I do for the future?"

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In conformity with the decree of Pope Urban VIII all statements contained herein are unreservedly submitted to the judgment of the Holy See and to the decision of the Sacred Congregation of Rites.

IMPRIMATUR † Archbishop John P. Cody, Sept. 19, 1963 New Orleans, Louisiana

## To Know and Imitate His Holy Life . . . . .

"Father Seelos manifested a great love toward the Blessed Virgin Mary. It gave him great joy to speak of her and to preach in her honor. He loved to sing hymns in her praise and to listen to others singing such hymns.

"When he was a little boy he used to say the rosary in bed each night before going to sleep. Apparently he whispered his prayers too loudly. His brother complained that he kept him awake. After that he was more careful not to make any noise while saying his rosary.

"He constantly uttered ejaculations to Mary . . . O dearest Mother of God, purest of virgins, this virtue of purity I, a miserable being, wish to obtain. Please make out of a stone a child of Abraham . . . O Mother of Grace and Mercy, make me your son, make me an apostle . . . Holy Mother of God, wholly animate my soul . . . Mother of holy hatred, Mother of beautiful love, obtain for me perseverance . . . Blessed Virgin, on my knees I thank you for these days of retreat. Protect and preserve me. Virgin, I too propose to lead a virginal life. Are you astonished to hear this from a good-for-nothing like me? Mother, plead with your Son, He Who is able to make sons of Abraham out of stone. Mother, Virgin, I fly to your protection, Holy Mother of God . . ."

"Whenever the clock struck he would ask our Lady for a happy death by reciting the following prayer: O Virgin Mother, pray to your Son for us that we may have a happy death."

"This prayer of Father Seelos was surely answered, for when the fathers of the community all knew that he was at the point of death, they gathered together in his room to recite the prayers for the dying. He was conscious unto the very end. His breathing was long and labored. When they finished the prayers for the dying, knowing that he loved to hear certain hymns in honor of the Blessed Virgin, they asked him if he wanted

## For Seelos Guild Members ONLY

MRS. JULIE PHELPS died during the past month. Please remember her in your prayers.

Continue your prayers for your intentions and for the intentions of all the other Guild members. Please especially remember to pray that Father Vaughn will have a safe trip to Europe and that it will be beneficial in promoting the cause of Father Seelos.

GOD BLESS YOU!

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All are invited to join the Seelos Guild. Shortly you will receive information from us regarding it.

## THANKS!

"Since receiving your letter I feel so uplifted and want you to know that things are much brighter for me now. It is such a wonderful feeling to know what prayers can do for you, if you pray sincerely and with faith.

"My son is doing fine and peace has come into my home. I hope and pray that it continues.

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them to sing a hymn. He nodded his head as if to say 'yes'. Then the Fathers about his bedside began singing two of his favorite hymns to our Blessed Lady. As they sang his face seemed to brighten with a heavenly light. He raised his eyes toward heaven and died - during the hymn to our Lady."

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In this month of October, the month of the most holy Rosary, may we all strive to imitate Father Seelos' devotion to Mary, especially by daily recitation of the Rosary, ejaculations, prayers for her help -- now and at the hour of our death.

## THANKS! (Continued)

"I didn't mention when writing you before and I really don't think it matters. My seven children and I are Baptist. My husband is Catholic. Nevertheless we are all God's children. Please continue to pray for me."

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"Yesterday, my son, who was wearing a cloth memento of Father Seelos, narrowly escaped injury in what might have been a fatal automobile accident.

"Thanks to Father Seelos."

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"Recently I received a prayer to Father Francis X. Seelos, whose cause for canonization is being promoted.

"I said this prayer for a few days, hoping that my husband and I would find employment, since we had been having quite a bad time. Not too long afterward my husband got a job and a week later I also started to work. Strangely both of us found jobs without too much effort on our part."

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"We have been praying to Father Seelos for the past two years. My husband received

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Remember however that the great benefit resulting from meditation or mental prayer, consists less in reflection than in **Acts, Prayers and Resolutions** which are the fruit of meditation. Reflection is the needle that prepares the way for the golden thread of acts, prayers and resolutions. The thread is more important than the needle. Therefore spend the most of your time in making—

### 1. Acts and Affections

**Humility** — "O my God I am nothing in Your sight."

**Thanksgiving** — "O my God I thank You for Your great goodness."

**Love** — "O my God I love You with my whole heart because You are infinitely good. I desire to please You in all things. Do with me what You will."

**N.B.** An act of love is a golden chain uniting us to God. St. Thomas says: "Every act of love merits eternal life. One act of love i.e. perfect love forgives all sins." Therefore make many simple but fervent acts of love and sorrow.

### 2. Prayer of Petition.

During meditation it is extremely useful, and perhaps better than all else to make many earnest petitions for the graces you need. Ask frequently for

- a. Forgiveness for past sins,
- b. Perfect love of God,
- c. The grace of a happy death.

**N.B.** "I used to employ my time for meditation" says Father Paul Segneri, S.J., "in reflections and affections; but God opened my eyes, and I gave myself to petitions. If I have made any progress, it is due to this practice."

### 3. Resolutions.

"The progress of a soul," says Saint Teresa, "does not consist in thinking much of God, but in loving Him, and this love is gained by resolving to do much for Him." Make one practical resolution that you can keep and intend to keep that day.

## III. CONCLUSION

Let the conclusion of your meditation consist in these short but fervent acts:

**THANK** God for the light He has given you.

**RENEW** your resolution to avoid some fault or practice some virtue that day.

**ASK** your heavenly Father for the love of Jesus and Mary to help you keep it.

**N.B.** Select some thought from the meditation as a spiritual perfume and try to enjoy its heavenly fragrance during the day.

# PLEASE!

"Please say a prayer for my grandson. He has a fungus in his ear and also an abscess which perforated the eardrum. If it doesn't heal, he will have to undergo surgery."

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"I prayed very hard to God, through Father Seelos, and part of my request was granted. My prayers and intentions now are for a particular job and that my brother will return to the church."

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"I am asking for prayers that my eyes will keep well. I have glaucoma of both eyes. The doctor has given me eyedrops which I will have to use for the rest of my life."

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"Please pray at the tomb of Father Seelos that my brother will change his way of life, so we can have peace in our home."

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For your own intentions, the intentions mentioned above, and all the petitions placed before the tomb of Father Seelos, let us pause and say -

O MY GOD, I TRULY BELIEVE YOU ARE PRESENT WITH ME. I ADORE YOUR LIMITLESS PERFECTIONS. I THANK YOU FOR THE GRACES AND GIFTS YOU GAVE TO FATHER SEELOS. IF IT IS YOUR HOLY WILL, PLEASE LET HIM BE DECLARED A SAINT OF THE CHURCH SO THAT OTHERS MAY KNOW AND IMITATE HIS HOLY LIFE. THROUGH HIS PRAYERS PLEASE GIVE ME THIS FAVOR . . .

**THANKS!** (Continued from Inside Page) a serious hand injury. The right hand was crushed and for a long period there was doubt that he would ever use it again.

"May I mention, we first heard of Father Seelos just before my husband's injury.

"Today, almost two years later, he has been back to work for five months, with only partial disability of the hand.

"Gratitude is humbly acknowledged because we know our Lord and Father Seelos indeed have heard our prayers."

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## Dates to be Remembered in October!

October 4 - 96th anniversary of the death of Father Seelos. (Mass celebrating this occasion was had on September 29, 1963).

October 13 - Beatification of Bishop John N. Neumann, C. SS. R., a close friend and associate of Father Seelos.

## WE STILL NEED HELP!!

If you have a little spare time which you would like to devote to a very worthwhile cause, kindly contact Mrs. Bourg, 525-2495 between 8 A.M. and 3 P.M. We are badly in need of volunteers for typing and other work, which does not require any particular skill.

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IF YOU HAVEN'T RECEIVED A COPY OF OUR LATEST PAMPHLET "DO YOU NEED AN 'IN' WITH GOD?" WE WILL BE HAPPY TO SEND AS MANY AS YOU MAY WISH UPON YOUR REQUEST.

**WHEN YOU HAVE READ THIS PAPER,  
PASS IT ON TO A FRIEND!**