

POVERTY

Real self-denial does not mean so much going against our own wishes as simply doing our duty.

It is not the difficulty of things that makes them merit, nor is the hardest thing necessarily the most perfect. Merit and perfection depend on the love man puts into his actions.

Moderate poverty would seem the most favourable condition for a holy life. St. Thomas---"A man is really master of a thing when what he has power over is ordained to his use"

The good we do the poor has the same value as the pouring of the precious ointment on His head. The poor keep Our Lord present on earth for us to serve. Without them we would not know how to put our devotion to Him in practice.

Whether a given poor man is holy or otherwise, whether he is well or badly treated--look at him, simply as poor, as lacking what he needs, as wretched, and by itself this has a sacramental value.

The poor " says Pere Lacordaire "live in the vestibule of God's palace" No one can see the Lord without seeing His servants.

Poor are the privileged members of Christ. We have them among us so that Jesus may be in agony till the end of the world.

A real alms deed is one by which we effectively relieve our wounded neighbors by giving him of our substance, Whether we give what we do not need or what we need doesn't matter, as long as we give ourself in love to help the sufferer. An alms is a sacrifice which proceeds from a heart touched with pity, and consoles a heart that is wounded, wins it back and heals it.

Love goes beyond mere justice by its quickness to observe, its delicacy in giving aid, its longing to offer itself. Love really gets its mind to work to lighten the burden.

Hope and Humility are the soul and centre of poverty. Hope in God's good pleasure. Humility whose motto is; What have you that you have not received? Poverty in spirit is the most fundamental disposition of the soul, the others arise out of it and express its varied possibilities. Salvation comes to us under appearances which make no appeal to our desires, and only poverty of heart can recognize and accept it. The apostle must be purely a GIVER.

UNION WITH GOD ABBOT MARMION

To do one's duty is a great thing, but to do one's duty out of love is greater still. Those who act first of all out of a sense of duty, and in the second place out of love will always be wanting in something indefinable which draws down God's look upon them. The best way is to perform the duty as perfectly as possible, not for the esteem we have for it (that would only be moral virtue) but because the performances of the duty is the expression of love.

Here, then, as moreover everywhere, love, the summing up of all, is shown by deeds.

Fidelity is the flower of love, to which nothing is little.

Place yourself each day on the altar with Jesus to be offered to the glory of God and to be eaten by those around you.

Where love is labor is absent--Do everything solely for love of Christ.

Christ asks nothing of us to which He, Himself has not submitted first. It is not book learning or knowledge, which make for wisdom, but our desire for and our ability to discover the truth! And if we, like the wise men, seek truth, the Eternal Truth will more and more reveal Himself to us.

Indifference is the cruelest neglect.

The secret of Christ's charm can be attributed to three sterling virtues. The power to edify, in other words, His ability to stimulate others to lead good lives. Even the most hardened sinners are invariably attracted toward one who brings out the best in their character.

Disinterestedness, Our Lord was utterly unselfish, and His sole thought was to do good. He shunned no one, for the worse the ill-doer, the greater the need of one to undo the wrong. He associated freely with all types of people, treating them with absolute straight forwardness, for He loved all genuinely and without guile. Another was his sincere enjoyment of their company. He sought nothing of man, but man himself.

Lovableness; "A man is truly lovable who truly loves" nothing is more lovable than love, and it alone calls forth love in return; but it must be unselfish and charitable. Our Lord was always charitable, not alone in giving alms but in giving of Himself. He was tactful in giving commands and making corrections, more ready to praise than to blame, patient with the shortcomings of others. He had consideration for their needs, even material ones. He was willingness itself where assistance was needed. He was also profoundly grateful for the smallest favor or token of good will.

Winning the love of others means giving freely of self, mind, heart, talents and time. It means being tactful and patient with the shortcomings of others, sheathing criticism with honest compliments and commands with gentleness. Everyone wants love, friendship and respect. Consideration for others, for their feelings and their needs, wins love more readily than the most brilliant virtues.

Anyone can become an interesting conversationalist and friend if he will turn his interest toward others instead of directing his attention upon himself.

The highest calling for each of us is the one for which we are best fitted. It is not what we do that counts, but doing that for which God has called us.

EIGHT BEATITUDES

The first two concern the poor and the meek. Humble and obedient to the will of God. They are not in praise of the materially poor nor of the timid and rabbitlike. These words are in praise of those who put their trust in God, not in themselves nor in worldly concerns such as honor and riches, fame and conquest. The third beatitude, Blessed are they that mourn, is not so much a benediction on those who are sorrowful, much less on those who are morose and depressed but rather on those of sober spirit whose mind is like a calm lake reflecting the world as it is, a place of sin and uncertainty and labor. The last three empha-

size the necessity of peace of mind. For this the requisites are; simple intention rather than complex ones with hidden motives; Calm acceptance of worldly success and failure, criticism and persecution. When one problem is solved another will arise; and unless we can calmly resign ourselves not to one cross but to a lifelong sequence of crosses, we are doomed to failure.

God gave men an even better means of relaxation than sleep. He gave him friends, not mere acquaintances, but companions with whom he has a sort of spiritual contract. Time confirms this contract, and with each passing event in the life of two friends, the bond between them grows stronger. Friendship and love are not the same. The latter is a serious life's work, the former is more comparable to a pleasant hobby, except that it has a spark of divinity. To analyze friendship calls for a great spiritual chemist. Its base is common virtue; its great danger is that maladies of soul are as contagious as those of the body. A bad friend is worse than none at all. It also calls for a discretion not all of us possess. How far can I go in my confidences with my friend? Theoretically, to the limit; practically----? But the grace to love is not given to all; yet everyone can find a friend. Everyone needs a friend.

Faith, like most precious things, is more difficult to keep than to acquire. Faith is not a dead thing; it is living, growing, active. Like the flame of a candle, it is strong and steady if the candle burns well. If not, the first draught may blow it out. Some times it burns gaily even when the candle is a gutted mass of wax, and sometimes it sputters out when it is still a pure and upright shaft. We keep our faith strong and alive by practicing it.

Prayer is bringing ourselves to what God wants, rather than bringing Him to what we want. Even the most unexplainable distress and failure may be a better answer to prayer than any of the favors we asked.

Live and let Live. To do so is not a sign of pagan indifference to sin, but a sound Catholic principle.

Our Lord loved children in spite of their short comings, because children are simple. They have great faith; mysteries and miracles are no puzzle to them, and God seems very near. They have faith in humanity, too, in their parents and whom ever they meet, saying what they think, simple in their observations, seeing life just as it is without hampering prejudices. Simplicity is a state of mind not an external condition. It means first of all, being simple in thought, having but one idea, to serve God in this world and to be happy in His love. Needs of a human being are few; food, clothing, sanitary dwelling place, a little beauty to meet the eye. Simplicity is the sister of other desirable qualities. It makes us prudent of speech, for the less we elaborate our excuses and embellish our explanations the fewer knots we will have to untangle. Simplicity teaches contentment and helps us enjoy the homely things and real beauty of life. After the manner of St. Francis, we will shed our urbanity like our stiff clothes and learn to love nature, to study its moods, and to gather its fruits.

The less complicated our lives, the better they are in the sight of God. The less complex our minds, the quicker they find God.

Giving not getting is the secret of happiness.

Everyone has something to give, if it is only time. (Nothing really belongs to us but time) The only person who misses more in life than the time waster is the one who never wastes a minute. Even the best inten-

tions can be carried too far.

True greatness does not consist in doing that which is conspicuous and heroic, but doing the task at hand supremely well. If I am doing my best at this very instant, than success is already within my grasp. And happiness too.

The celebrities of this world are not God's favorite children. His own Son had a greater share of notoriety than of fame, and His life was one long way of the Cross. For every success He had a set-back, while every triumph was tinged with bitterness.

I ought not to ask too much of my maker. Neither ought I ask it of myself. There will be days when I am efficient, quick, strong in the consciousness that I am giving God the maximum service. There will be other times when I accomplish little, when every thing goes wrong, when I seem to do more harm than good. Yet, for all I know, these may be the most successful days of my life. Every material act has its spiritual consequence, and the greatness or insignificance of that consequence may be entirely disproportionate to its material cause.

Nothing succeeds like success. A little luck or renown is just the tonic some people need to serve God and save their soul. It is well to be able to take success in one's stride as well as failure. Men are admired for their courage in the face of misfortune, but those who know how to be successful gracefully are even more to be lauded. Only hypocrites and fools despise success, but it is not an easy crown to wear.

"Who never ate his bread with tears knows not the meaning of true love. The deeper our feelings and the wider our range of experience, the greater our sufferings---but it is more than worth it. Then, too, God may permit me to suffer vicariously; if I so desire, I may expiate at least in part, the sins of another.

Christ suffered. He willed to suffer, but He did not welcome suffering. Neither need anyone else, provided he bears his cross with patience when God gives him one to bear. And that will not be as frequently as people imagine, mankind carries too many imaginary crosses. It groans beneath the weight of burdens which never materialize, instead of placing its hope and fears confidently in the hands of Christ. Christ will help us avoid suffering if at all possible, for who having suffered, does not relive his own anguish in the pains of others.

IF I BUT LIVE TO DIE, I MUST DIE TO LIVE.

MR. BLUE

Life gives you pretty much what you give it. She gives beauty to those who try to add to her beauty. She gives happiness to those who share their happiness with her. She gives, even love to those who love her. But these are very, very few. Almost all of us have a capacity for being loved. But few of us have a capacity for loving.

"Men are terrified of suffering at even the thought of suffering. Yet, through suffering only can one attain wisdom. Through suffering only can one attain the greatest understanding. And without suffering it is hard to attain the kingdom of heaven."

Friendship at worst, is an investment. Your friend, no matter how he may turn out in the end, is an addition to your life. He brings somethings and whatever his disloyalty, these things he cannot take away.

It is the humble man who risks his dignity to speak up for what he loves. It is the courageous man who dares contradiction and the acromony of argument to defend his beliefs. If one loves anything, truth, beauty, woman, life, one will speak out. Genuine love cannot endure silence. Genuine love breaks out into song. Talk helps to relieve us of the tiresome burden of ourselves. It helps some of us to find out what we think. It is essential for the happiest companionship. One of the minor pleasures of affection is in the voicing of it. If you love your friend says the song tell him so. Talk helps one to get rid of the surplus enthusiasm that often blurs our ideas. Talk releives the tension of grief by dividing it. Talk is one of man's privileges, and with a little care it may be one of his blessings. The successful conversationalist says unusual things in a usual way. The successful conversationalist is not the man who does not think stupid things, but the man who does not say the stupid things he thinks. Silence is essential to every happy conversation, but not to much silence. Too much silence may mean boredom, or bewilderment. And it may mean scorn. For silence is an able weapon of pride.

An amiable good life does more than all the religious newspapers printed.

~~DIFFICULTIES IN MENTAL PRAYER~~

He did not live to please Himself; He lived to satisfy God and God's creatures because of God. (In Likeness of Christ)

You will build in shadow for sense of sin will be upon you. And the better you build the more you will see how bad a builder you are. You build in shadow because some times the loneliness of sin will come back upon you and you will want to think God your enemy, you will want to be master and refuse to be a child. You build in shadow because sometimes God will take from you, even what you have built well, even what He has given you--the family you have made, the love He has given--and you will feel discarded and forgotten, as Christ felt when He was making the sacrifice of the Cross. But these are just the times when you must build most hardily and with greater intensity of labour, for these are the times when you will build best.

She neither asked the why nor the where fore, Sorrow found her always ready. There was no thought of self--We must humbly accept the fact His ways are unexpected and disconcerting.

"Earth's glory has ever Sorrow for a Companion"

Person can be friends only if they have a depth to share.

But no matter how carefully a man tries to hide his love from the world, he has no defenses when he meets one of his kind. Seeing another soul burning with adoration excites even the shyest lover of God so that he must reveal his love in all its shameless ecstasy. Thus he will stir his friend to further ardor, and his friend him. "And both will be more pleasing to God, who is love, than either would be alone. (Matt Talbot)

The bread and wine that our changed into the Body and Blood of Our Lord at Mass once graced the earth in a glory of purple and gold; they were cut down, beaten and bruised, ground and pressed out of all recognition. Not until many changes had been made in them could the priest say over them the words that would make them the Flesh and Blood of Christ. Mortification instead of meaning hurt ot ourselves, comes to mean giving pleasure, giving even life to Jesus. (Difficulties in Mental Prayer)

Christ suffers through our bodies.

God never makes a mistake, "He (God) knows what He is about." Cardinal Newman

By faith we understand that the world was fashioned by God's word in such a way that what is visible has an invisible cause. "Faith is the foundation of the blessings for which we hope, the proof of the realities we do not see."

It is not the effects produced that counts with God as the efforts put into the task.

"Glorify God in your body"

Suffering when shared can be something of a joy. Omnipotence needs our impotence in which to exercise His power.

THE LIFE OF MAN WITH GOD THOMAS VERNER MOORE

If we learn to live with our Lord in His passion, it will be easy to turn from our own sorrow and gaze as it were through our tears at Christ upon the cross and forget ourselves in a flame of love that ascends to the throne of God.

As the years roll by, you must approach more and more closely, to the obedience of Christ. God will not forsake you because of weakness and failure. And as long as you are making a good honest effort you will be able to say truly "He that sent me is with me, and He hath not left me alone. For I do always the things that please Him."

Living thus it will become a matter of supreme importance to you to co-operate cheerfully with others. You will be approachable to all, offensive to none. You may often feel provoked, but you will never manifest impatience, let alone say an unkind or angry word. You will make many real sacrifices in order to be helpful to others.

There will come a period in your spiritual life when you will never, with full deliberation, say an unkind word or in any way manifest an emotion that would grieve or offend another. But God is calling you to something far more perfect; your conversation, your whole manner of life must become like that of the angels and saints in heaven. You must strive for a Christ-like control of all mental functions so that no unworthy emotion will be able to enter consciousness. Having conquered fully deliberate venial sins, you must go on to the conquest of all semi-deliberate venial sins and imperfections. This, as we have pointed out, will require, for perfect success, an extraordinary grace from God. You will certainly be granted such help that you will keep on approaching the Christ-like ideal. The final elimination of semi-voluntary venial sins is, however, within the realms of possibility.

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The formation of Christians is not accomplished by external preaching alone; the best teacher will teach in vain if the Holy Spirit does not speak in the heart of the disciple.

Divine revelation does not tell us a great deal about the Person of the Holy Spirit; we learn about Him mainly from the effects which He produces in the Church and in the faithful individually.

Baptism is the most important Sacrament. Eucharist is the most sublime. Most important moments of Christian life are; the moment of Baptism and the moment of death at which our final union with Christ is determined. The baptised person is made holy both in body and in soul. He is far

more sacred than the consecrated chalice that holds the most precious blood, because his relation to God is much more intimate.

Our gift in the Mass is Christ, Himself.

Only by living Christ's life can men find the way to love.

Directly as a man loves, he suffers.

To love is to know and be known, love reveals to himself and to her whom he loves.

Our vocation is to make God present in our world.

Essence of all Christ's teachings is love.

Sacraments build love in us, we receive them in order to have something to give, in response to the call of God.

You are a tremendous person.

To fall in love with God is the greatest of romances,

To seek God is the greatest of Adventures,

To find God is the greatest human achievement.

Nothing great is accomplished without suffering.

The most precious moment in life is the present moment.

The one thing that distinguishes a saint from the other people on earth is his capacity for love.

A person who loves is a person who generously gives himself.

You are not what you think you are, you are what you think.

Love lies in the will, we love if we wish to love.

We must know Christ, in order to know Him, we must study Him.

Love is knowledge.

The more one loves, the more clearly one sees.

He who loves wishes to know what he loves, not with a vague and superficial knowledge, but with a deep and detailed understanding--and that, in order to discover in what he loves new reasons for admiration.

To become a saint one thing alone is necessary--to will it.

Degree of love will be according to your degree of sacrifices

Love cannot exist without suffering.

Love always has suffering for a companion.

The love of God sets the patterns for all loves.

Love is life and to love is to learn to live.

A saint is a man who does the usual or ordinary things in an unusual or extraordinary way.

Each of us is the sum of our own efforts plus the gifts of others.

What we will is the cause of what we are. Saints are lovers of "Love"

YOU CAN'T LIVE YOUR OWN LIFE ED. GUEST

Life gives us bits of joy and sorrow; it hands us friends, hopes and disappointments. And we prove our worth by what we make of all these things.

As the triumph of one we have known delights us, so also does the failure of another grieve us. It is impossible not to take an interest in others. Once they have crossed our paths, they become a part of our lives. It is not often that we smile or weep alone.

There is no such thing as solitaires in the game of life. To be a great leader, a man must have followers. To have followers a man must have friends.

Each of us is the sum of our own efforts, plus the gifts of others. Life can not be lived happily without the other fellow.

SPIRITUALITY

When I finish admiring an object the whole purpose of which is to inspire imitation, either imitation begins or else I renounce my admiration.

We must vanquish the world, vanquish ourselves, in order to be ourselves. At the moment of my birth, I exist; but as yet I am apparently nothing more than a parcel of matter, whining or cooing, a fragment of the universe I do not know. Only little/by little do I thus enter into my self from without, establishing myself there by an awareness of my actions then of my powers and, finally, of my personality itself. It would be a happy thing not to arrest this movement, to penetrate ever deeper into my being. Then, at the boundary where it meets the Source whence it perpetually pours forth, whereby it is fed. I should recognize God.

Hence, ultimately, it is God and our brothers who form and should form in our eyes a single whole.

Here and now I can only be what I am, but I can become what I am not. What we will is the cause of what we are.

✓The sanctuary of our soul must be put together as a bird builds his nest, a wisp at a time.

Like nature, life has two faces. the one sublime, the other hideous. Does truth, then, consist in their agreement? No, in their disagreement. One must conquer.

Two individuals never communicate except by way of a third, call it truth, beauty, goodness or any other value. and it is always God.

"I" and "you" are the basis of love, "Mine" and "yours" are its destruction.

Passionate love is exclusive by nature. Spiritual love excludes nothing but exclusiveness.

Love is an effort to tear off the mask, to permit of communication between personalities.

Love seeks a response, even if it is capable of generously sacrificing it. For, although it can indeed make a sacrifice on its own score, it cannot do so with regard to the Being for whom it feels able to procure so great a gift.

✓Loving is not merely bestowing love; it is receiving love into oneself

✓Refresh your heart close by the tabernacle, another heart, or a landscape. Learn to relish the meaning of God's silence, the smile of a soul, the tranquillity of a field and still water and the movement at the edge of the sky.

✓Sorrow and joy are sisters. Sublime joy is always accompanied by a certain sadness because it blossoms here and cannot escape to its own proper dwelling place; "we don't belong to the world"

Wisdom consists in being pleased with what Providence confers upon me

or what I have freely and wisely chosen.

It is a little thing to conquer pain when it is loved. If my enemy becomes my friend I no longer battle against him.

We console a person by sympathizing with his grief, but especially by showing him its beauty.

Our willingness to be laid upon the cross releases Jesus therefrom, coming down from it puts Him back upon it.

WHERE LOVE IS GOD IS

Every time I look at me, I seem to see only me, Please, Lord, kick me out of me, so that You may find some room for You in me.

To trust in God is to be free from worries. To be free from worries means to be mentally healthy, to be joyous, to be happy always, in all circumstances, under all conditions.

Peace is right within us. To find her, we must arise, and turning our faces inward, go into the very depths of our own souls, where God indwells. It is a long journey and there are many dark and dangerous places along the way. Hence we must take with us the lamp of love which will light our path and direct our halting footsteps, for where love is, God is and where God is, peace is and the fruit of peace is happiness. Love is pain. Saints are lovers of Love. Saints have no fears.

Sickness makes one into Christ's likeness, even as all pain and sorrow does, and brings unheard of and untasted depths of spiritual peace and understanding that cannot be reached any other way.

Lord of Love, open our dried up little hearts. Make them big--big enough for you to come and dwell again therein. Unveil our souls that have enclosed themselves in the dark fortresses of our selves. Set them free, that they may destroy this idol, this self and adore again only Thee.

To love is the true end of real knowledge.

Man has been made first to be Before God, then to do for God. It is high time to arise and be about our Father's business. And the business of God is to LOVE.

The Lay Apostolate must learn first to be before the Lord, and then only to do for the Lord. The "being" is his spiritual life, his life of prayer, Mass and Communion daily are the core, the center of it; Mental prayer, or meditation come next.

If we were sincere we would not be surprised that our friends should more or less betray us. We certainly give ourselves away. We certainly betray ourselves.

Judge me not by what happens to me, not even by what I do, but by what I want.

Muddy roads do not prevent me from loving nature; nor sin, souls.

PERFECTIONISM: MASK OF SATAN

"IF A THING IS WORTH DOING, IT IS WORTH DOING BADLY."

The devil's cleverest strategy is to convince us that if a thing cannot be done perfectly, or if the ideal or absolute good is unattainable then it is better to leave it undone--to do nothing about it at all. This state of mind is what is known as perfectionism.

Commenting on this diabolical strategy, the late professor of Notre Dame University, Waldemar Gurian, said that "...here the deception of Satan reaches its peak. Here evil appears as good...The perfectionist isolates himself from the real world. He does not care what is really going on. Is it his duty to take part in conflicts which can never realize something absolutely good?"

So the perfectionist, unable to bring about an absolutely perfect state of things in a topsy-turvy world, does not even stretch out his hand to do any good at all. He takes his perfect ideals and retires into his ivory tower, and lets the world go to pot. His contemplation goes on uninterrupted, while the devil takes over in the marketplace.

In another place Waldemar Gurian says that "it is not perfection to abandon the world to the devil. That is only perfectionism, which shifts continually from idealism to cynicism, opposing theory to practice, ideas to realities, contemplation and action, incapable of understanding the remark of Master Eckhardt, 'If I would be in the state of highest contemplation, I ought to give a bowl of soup to a man who starves.'"

The whole trouble with the perfectionist is that he cannot understand the simple truth pointed out by St. Thomas Aquinas, that in this world things are not perfect, but only fundamentally good; nor can the perfectionist see that in the practical world we are faced hourly not with a choice between doing the most perfect or doing nothing at all--but we are usually faced with a choice between doing two good things, one more or less good than the other, like giving a hungry man a bowl of soup or giving him a six course dinner. G. K. Chesterton put the whole thing in a nutshell when he said, "If a thing is worth doing, it is worth doing badly."

BY WALTER SULLIVAN? C.S.B./

THE LOST SHEEP

Don't wait to long to come back home,
For you may lose your way;
Your loved ones long for your return,
And pray you'll come today.

For soon the evening mist will fall,
And hide the pathway once so bright and gay;
For all the lovely flowers you passed
have grown to weeds to hide the way.

And when the dusk comes swiftly on nights feet,
To cover all the rocks and weeds and precipices so steep,
You'll yearn for all the light and love you cast away,
For in the darkness fear has come to stay.

In the distance you hear them faintly call---
Come back, dear heart, and share this treasure with us all;
But with your pride so hot, and heart so hard,
You'll not turn back, but struggle on and fall,

And in your pride you'll wish to seek,
Your own pathway to home;
But will you make it back in time,
When death takes you before God's throne?

"Recipe for grateness: to bear up under loss; to fight the bitterness of defeat and the weakness of grief: to be victor over anger: to smile when tears are close; to resist disease and evil men and base instincts; to hate hate, and to love love; to go on when it would seem good to die; to look up with unquenchable faith in something ever more about to be. That is what any man can do, and be great."

"It ain't no disgrace for a man to fall, but to lay there and grunt is."

"The world is better or worse for every man who has lived in it."

"When the wells' dry, we know the worth of water."

"Happiness is the music of the soul and springs from harmony. It is the result of order, as unhappiness is the result of disorder."

"Unhappiness is the hunger to get;

"Happiness is the hunger to give."

"To every man there openeth
A way that he may go,
And the High soul climbs the High way,
And the Low soul gropes the Low,
And in between on the risty flats
The rest drift to and fro;
But to every man there openeth
A high way and a low.
And every man decideth
The way his soul shall go."

PRAYER FOR THE MIDDLE AGE

"O Lord, Thow knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking that I must say something on every subject and on every occasion. Release me from craving to try to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thow knowest, Lord, that I want a few friends at the end. Keep my mind free from the recital of endless details--give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and the love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains but help me to endure them with patience. "I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken. Keep me reasonably sweet; a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected people. Give me the grace to tell them so. Amen.

"Religious people are in a certain danger of talking of their own will as if it must be God's will and, in that misapprehension, forcing it upon others." (Theology Book)

"God shapes the back to the burden." Agony and the Ecstasy ✓

BABY TEARS

My baby's eyes fill up with tears. With pain that's undeserved. While many a sinner perseveres in a life that's unreserved. Why, Oh why must this be so? My heart and soul protest! Why must the tears of my baby flow While sinful eyes find rest? In a flash of faith my mind leaps back To a star-lit town of old Where a Baby lay on a straw filled sack Suffering the biting cold. A mother asked her motherly heart, "Oh, why must this be so? Must little Jesus find His start In all this wintry wor?" The answer came in a dozen years And could not help but fill Her motherly eyes with motherly tears To learn it was God's will. When Baby tears are shed today we mothers still ask shy; But now I hear sweet Jesus say, "God wills your baby's cry! The Baby Jesus suffered pain To save the world from sin. My baby joins with Jesus now To help Our Lord to win.

(Merio La Cuppe)

MY FRIENDS

Lord for each friend Thow hast given to be a help, a comfort, and joy to me; For all who have supplied my spirits' need In any joy or sorrow I would plead. Grant them their heart's desire, if it shall blend With thy desire, Who knoweth all the end. Do Thow fulfill their mind, if, Lord, in aught Their thought be hidden in thy deeper Thought. In sevenfold measure grant them, Lord I pray, The love and sympathy I can ne'er repay. In their ev'ry hour of sorrow do Thow bend To heal, sustain, to cheer, and to befriend. Encircle them in peace so deeply still That nesting calmly on Thy changeless Will. They may be wrapt in steadfast joy in ther, And live each day Thy life more perfectly.

LIFT UP YOUR HEARTS!

There isn't anything on earth worth while until it is shared with somebody.

I tried and failed,

I tried again and failed

I tried again and failed.

I tried again and failed.

I tried again and failed.

I tried again and failed.

I tried again and won.

Laff every time you pheel ticked and laff every once in a while anyhow. Josh Billings

There is nothing ~~more~~ painful than suffering, and htere is nothing more joyful than to have suffered. Suffering is a short pain and a long joy. Eternal Wisdom of Bl. H. Suso

FIAT

My God, your chisel hurts!

Its strokes of might,

Dealt with omniscient art,

Unerring smite

My quivering broken heart.

You wish a chalice fair, you say?

Then use your knife,

Cut, burn and burnish bright

With dull monotonies of life,

My loving cup to you I plight.

He who would climb a tree must grasp the branches--not the blossoms.

The successful man was asked what helped him over the great obstacles, and replied: "THE OTHER OBSTACLES."

Unhappiness is the hunger to get; happiness is the hunger to give.

"Seeing her suffer so much, one of her sisters remarked: 'To think that it may increase!' St. Therese replied: 'It is quite a mistake to trouble ours elves as to what I may still have to suffer. It is like meddling with God's work. We who run in the way of love must never allow ourselves to be disturbed by anything. If I did not simply live from one moment to the next, it would be impossible for me to be patient; but I look only at the present. I forget the ~~the~~ past, and take good care not to forestall the future. Whe we yield to discouragement or despair, it is usually because we think too much about the past and the future.' How true! Hence, when she was told that ~~about-the~~ some thought that she feared death, she answered; 'That may easily come to pass...It will be time enough to bear that cross when it comes; meantime, I wish to rejoice in ~~my~~ my present happiness.' What strength and joy of soul would be mine in the midst of pain if I would but follow this wise teaching!"

Just this minute we are going
Toward right or toward wrong,
Just this minute we are ~~growing~~
seeds of sorrow or of song.

If the seed which was to become you had never flowered, do you know what you would have missed?

The sun's gold blessing on your head.

The sound of your own voice, your own laughter, your own tears.

The miracle of your body, a beautiful instrument designed for experiencing, learning, caring, achieving.

The sweetness of water on thirsty lips and the silk of it on dusty skin.

The taste of bread, fruit, meat and the mingled caress of their fragrance.

Long grass under your toes. A bird in flight against a cloud. The soaring ache of the universe beyond the stars.

The release of rain and the awesome anger of thunder.

The satisfaction of seeking and finding the peace of fulfillment.

A certain ecstasy at unspecified times and for unspecified reasons, yet somehow a justification for being.

A quick recognition of love in the lines of a face, the touch of hands, in words left unsaid, in an act of kindness with no other reason.

Seeing again the same home town, the same home, the same family as for the first time and seeing in the full circle of existence.

The creation of a child or a place or a piece of something beyond self, giving your heart the right to beat for more, than its own need.

The lights of man's night and the lights of God's night and you between, a partner of both.

The privilege of being allowed these years out of eternity to share the greatest adventure you can ever know.

Life itself.

Just this minute we are thinking
on the way that leads to God
or in idle dreams are sinking
to the level of the clod.

They said it couldn't be done, but the poor fool didn't know it
and he went ahead--AND DID IT!

TAKE COURAGE

"Courage is to grieve,
To have the hurt, and make
the world believe
You are not caring."

What is spiritual childhood? Well, it is, first of all, to have humility, to think/ nothing of ourselves; it is to rely as children do, on their Father, with absolute trust and confidence; it is to abandon everything, including ourselves, to God's hand. Children have no fear, no worry, no dread of the morrow. Their world is bounded by their parents, who shield them from and direct their steps. Children show us the way to our common home, heaven.

He asked for health that he might achieve;
God made him weak that he might obey.

God sent him weakness that he might feel the
need of God.

One "Blessed be God!" in adversity is worth more than a thousand
"Thank Gods!" in prosperity.

It is the chain of patient sufferings that forms the rings with
which Christ espouses a soul to Himself.

A diamond is a chunk of coal that stuck to its job.

It takes a great sorrow to make a great saint. The saints of God are those who have locked up--life's failures, humiliations, disappointments in the tabernacles of their hearts where God alone may see the tragedy, while the world beholds only a joyful face. Remember that if Christ does not break the hearts over which He reigns, He comes of His own choice to reign in broken hearts.

In your worst misfortune there is humor if you have the grace to see it.

HAVE CONFIDENCE

"Suffering itself becomes the greatest of all joys when we seek it as a precious treasure." The Little Flower of Lisieux

As St. Arsenius says, I have often repented of having spoken, but never of having been silent."

Leave sadness to the devil. A Christian has only joy for his heritage. Has not St. John of the Cross assured us that "the soul of one who serves God always swims in joy, always keeps holiday, and is always in a mood for singing"?

Jesus had none to share His burden
None with whom He could talk,
Yet He went on.

I SALUTE YOU

I am your Friend, and my love for you goes deep. There is nothing I can give you which you have not; but there is much, very much, that while I cannot give it you can take. No heaven can come to us unless our hearts find rest in it today. Take Heaven. No peace lies in the future which is not hidden in this present little instant. Take Peace.

The gloom of the world is but a shadow. Behind it yet within our reach is -Joy. There is radiance and glory-in darkness, could we but see; and to See, we have only to Look. I beseech you to Look...

Life is so generous a giver, but we, judging its gifts by their covering, cast them away as ugly or heavy or hard. Remove the covering and you will find beneath it a living splendour, woven of Love by Wisdom, with Power.

Welcome it, grasp it, and you touch the Angel's hand that brings it to you. Everything we call a trial, a sorrow, or a duty; believe me that Angel's hand is there; the Gift is there, and the wonder of an overshadowing presence. Our joys, too, ~~be~~ be not content with them as joys. They, too, congeal diviner Gifts...

Life is so full of Meaning and Purpose, so full of Beauty beneath its covering-that you will find earth but clouds your Heaven. Courage then to claim it; that is all. But Courage you have; and the knowledge that we are pilgrims together, wending through unknown country Home.

And so, at this time, I greet you; not quite as the world sends greetings but with profound esteem and with the Prayer that for you, now and forever, the Day breaks, and shadows flee away.

A Letter Written by Fra Giovanni-1513

"Do not say: another hour of life is gone--but I HAVE LIVED ANOTHER HOUR." Emerson

Do not worry if you stumble--a worm is the only creature that can't fall down. Hindu proverb

If you
cannot
get
what you like--
why not try
to like
what you get?

FRIENDLY OBSTACLES

For every hill I've had to climb,
For every stone that bruised my feet,
For all the blood and sweat and grime,
For blinding storms and burning heat,
My heart sings but a grateful song--
These were the things that made me strong!

For all the heartaches and the tears,
For all the anguish and the pain,
For all the gloomy days and fruitless years,
And for the hopes that lived in vain,
I do give thanks; for now I know
These were the things that helped me grow!

'Tis not the softer things of life
Which stimulate man's will to strive,
But bleak adversity and strife
Do most to keep men's will alive.
O'er rose-strewn paths the weaklings creep,
But brave hearts dare to climb the steep!

L.E. Thayer

How often our imagination creates trouble for us where none exists
How often our physical condition causes us to worry and fret! Let
this be your rule: never to make decisions of any importance
when plagued by ill health or undue mental pressure.

Said the Robin to the Sparrow,
"I should really like to know
Why these anxious human beings
Rush about and worry so."

Said the Sparrow to the Robin, ✓
"Friend, I think that it must be
That they have no Heavenly Father
Such as cares for you and me."
Elizabeth Cheney.

THE PROBLEM OF PAIN

Pain is a common and definite event which can easily be recognized; but the observation of character or behavior is less easy, less complete, and less exact, especially in the transient, if intimate, relation of doctor and patient. In spite of this difficulty certain impressions gradually take form in the course of medical practice which are confirmed as experience grows. A short attack of severe physical pain is overwhelming while it lasts. The sufferer is not usually loud in his complaints. He will beg for relief but does not waste his breath on elaborating his troubles. It is unusual for him to lose self-control and to become wild and irrational. It is rare for the severest physical pain to become in this sense unbearable. When short, severe, physical pain passes it leaves no obvious alteration in behavior. Long continued pain has more noticeable effects. It is often accepted with little or no complaint and great strength and resignation are developed. Pride is humbled or at times, results in a determination to conceal suffering. Women with rheumatoid arthritis show a cheerfulness which is so characteristic that it can be compared to the cheerfulness of the consumptive; and is perhaps due more to a slight intoxication of the patient by the infection than to an increased strength of character. Some victims of chronic pain deteriorate. They become querulous and exploit their privileged position as invalids to practice domestic tyranny. But the number is that the failures are so few and the heroes so many; there is a challenge in physical pain which most can recognize and answer. On the other hand a long illness, even without pain, exhausts the mind as well as the body. The invalid gives up the struggle and drifts helplessly and passively into a self-pitting despair. Even so, some, in a similar physical state, will reserve their serenity and selflessness to the end. To see it is a rare but moving experience.

Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden; it is easier to say "My tooth is aching" than to say "My heart is broken." Yet if the cause is accepted and faced, the conflict will strengthen and purify the character and in time the pain will usually pass. Sometimes, however, it persists and the effect is devastating; if the cause is not faced or not recognized, it produces the dreary state of the chronic neurotic. But some by heroism overcome even chronic mental pain. They often produce brilliant work and strengthen, harden, and sharpen their characters till they become like tempered steel. In actual insanity the picture is darker. In the whole realm of medicine there is nothing so terrible to contemplate as a man with chronic schizophrenia. But most of the insane are not unhappy or, indeed, conscious of their condition. In either case, if they recover, they are surprisingly little changed. Often they remember nothing of their illness. Pain provides an opportunity for heroism; the opportunity is seized with surprising frequency.

To be a witness does not consist in being in propaganda, nor even in stirring people up, but in being a living mystery. It means to live in such a way that one's life would not make sense if God did not exist.
"Cardinal Suhard"

There is one sadness and that is for us not to be saints. "Leon Bloy"

Pain is so holy that it idealizes and magnifies the most wretchedly ignoble beings. But we are so superficial and so callous that we need the most frightful admonitions of misfortune before we can realize them.²

If pain were not enveloped in mystery it would neither have power nor beauty to recruit martyrs and would not even be worthy of the endurance of the lower animals. "The Woman Who Was Pain." Leon Bloy

...."while I leave one muscle of my strength Undisturbed,
or hug one coin of ease Or private peace while the
huge debt of pain mounts over the earth, Or fearing
for myself, take half a stride, Where I could leap;
while any hour remains Indifferent, I have no
right or reason To raise a cry against this blundering cruelty of man.
from Thor With Angels
by Christopher Fry

When you marry him, love him.
After you marry him, study him.
If he is secretive, trust him.
If he is sad, cheer him.
When he is talkative, listen to him.
When he is quarrelsome, ignore him.
If he is jealous, cure him.
If he craves thought for pleasure, coax him.
If he favors society, accompany him.
When he deserves it, kiss him.
Be to his faults a little blind.
Be to his virtue very kind.

She who was lowest in her own eyes
Saw without tremor that she was highest in God's eyes.
She was glad of this because he was glad of it
and for no other reason.

by Thomas Merton