



Seelos

and

Sanctity

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Vice-Postulator

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Editor

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PRAY! -- PRAY! -- PRAY!

Saint Theresa once said that if she could be on top of a high mountain in order to preach only one sermon to all human beings gathered at her feet, her sermon would consist of only three words: **PRAY! -- PRAY! -- PRAY!**

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Prayer results from a desire to develop an intimate familiarity with God. One who frequently prays finds himself living in the invisible world of the spiritual, as well as in the life of this world.

An important aid to prayer is that you have a regular time and a regular place for prayer. Set aside a certain place and a fixed time for prayer and NEVER MISS!

The most important thing to do when you begin to pray is to **PLACE YOURSELF IN THE PRESENCE OF GOD**. After all, it is very hard to talk with someone whom you cannot see. Thus it is important that we "see" God with the eyes of faith, that is, we **KNOW** that He is there.

Last month we gave you one method of mental prayer. In this issue we would like to give you another method. I call it the method of **MEDITATIVE READING**. It is a very simple method of mental prayer and one which anyone can do quite easily. It consists in doing the following things:

1. **GET A SPIRITUAL BOOK WHICH IS FILLED WITH SUBLIME AND HOLY THOUGHTS.** Books suitable for this type of meditation would be the following: "Christ in the Gospel"; "The Imitation of Christ"; "My Daily Bread" "My Daily Prayer". These four books may be obtained from the Confraternity of the Most Precious Blood, 5300 Ft. Hamilton Pkwy., Brooklyn 19, New York.

These are just a few examples. There are quite a few other books which can be obtained from your Catholic Book Store or, if you wish, write us at the Seelos Center and we will try to get a suitable meditation book for you. Or, simply use your missal or your Bible. It is especially helpful to meditate on the four Gospels.

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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 † Rt. Rev. Vicar General Lucien J. Caillouet, P.A., Oct. 12, 1963, New Orleans, La.

To Know and Imitate His Holy Life

"Father Seelos had a Christlike love for his religious 'family.' A Religious gives up the opportunity to have a family of his own. It is his companions in religion to whom he looks to take the place of his family.

"It is primarily through the training he received in the religious life that he gets his stability and character. It is through his close association with the other religious who share his ideals that he receives help and encouragement to practice virtue. It is by means of his holy rule that he is truly formed into a saint.

"Consequently devout religious have always considered their own particular religious group as a spiritual 'Mother' and their fellow-religious as 'Brothers.' Father Seelos was no exception.

"He especially showed his love for his fellow-religious over whom he was the superior.

"When he was novice-master and later Prefect of Students, he urged the young men both by word and example to a life of virtue and religious perfection. He exhorted them to persevere as Redemptorists unto the end of their lives and inspired them with the greatest of courage by 'practicing what he preached.' He was so successful in gaining their confidence that they very readily made known all their problems to him and carried out his advice.

"It did not matter what hour of the day or night it was; if they wanted to see him the door of his room was always open. He gave them such a kind reception that one would think he had been waiting for a long time for them to drop in and see him.

"When Father Seelos found a young boy who was interested in becoming a priest, he would hold little classes with him to teach him Latin. No matter how busy he was, he was always very faithful to this in order to prepare him for admission into the Congregation.

For Seelos Guild Members ONLY

We ask you please to remember in your prayers the souls of *Rev. James Dreis, C.S.S.R.* and *Rev. George Devlin, C.S.S.R.* Father Dreis had been ill for quite some time. He was nearly 79 years old and had been a priest over 52 years. During his priesthood he was assigned to St. Alphonsus Parish (New Orleans) on two different occasions.

Father Devlin was 51 years old, having celebrated 25 years in the priesthood this past June. For the last several years he has been stationed in New Orleans. His death was very sudden and quite a blow to our parish.

St. Alphonsus was the last assignment for both priests.

While remembering Fathers Dreis and Devlin in your prayers, ask God also, through the intercession of Father Seelos, to send us more priests. The need is so great.

Again thank you for your support. Without it we could accomplish nothing.
GOD BLESS YOU!

"As soon as he had learned that it was God's Will that he become a member of the Congregation of the Most Holy Redeemer, he followed his vocation without a moment's delay. We are told that he never experienced a single temptation against his vocation.

"On his deathbed, his confreres gave him his religious habit. He devoutly kissed it and said 'My dear confreres, I never thought it was so sweet to die in the Congregation. I am now beginning to know what a happiness it is to live and die a Redemptorist. O let us all love our vocation and strive to persevere in it.'"

We can, in our own lives, imitate Father Seelos' love for his "religious family" by trying to be understanding with our own families. Overlook their faults and shortcomings

and always be ready to commend them for what they have done well.

May the Christ-like spirit of Father Seelos fill the hearts of all Christian families.

(The quotations in the above article are from a book — *The Life of Father Seelos* — by a Redemptorist, Father Zimmer.)

THANKS!

"I am very interested in the Seelos Center. I would like all the information I can receive about Father Seelos. I have not been very active in my religion. My wife is a convert and I have set a pretty bad example for her. I am very active in my work and have had little time for religion other than Sunday Mass and then my mind was always on something else.

"After reading what little information I had about Father Seelos, my attitude seemed to change. For the first time in my life, my wife and I knelt and prayed the rosary. I never gave very much toward church support before. I go to Confession more often now and there are a number of things that have changed for me.

"I give all the credit to Father Seelos. For the first time in my life I have real peace of mind."

"Will you please publish my letter in your little paper so that other people can read of the special favor granted me through the intercession of Father Seelos?"

"My son-in-law was transferred out of the city very suddenly. He and my daughter had just bought a home and they were a bit upset about having to leave it so quickly.

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2. Read a short passage from this book very slowly and thoughtfully. Do not read fast. Read at a "snail's pace." **TRY TO ABSORB THE MEANING OF EVERY WORD.**
3. **WHEN SOME THOUGHT STRIKES YOU, PAUSE FOR A MOMENT** and meditate upon it for as long as you can, but keep the book open in your hands. When you wake up and find yourself distracted, immediately begin again reading from the book.
4. Ponder deeply over these thoughts which strike you. Ask yourself; **"WHAT DOES IT MEAN? WHAT SHOULD I DO ABOUT IT?"**
5. Have a friendly little talk with Our Lord about the subject of your meditation. Picture Christ in front of you. **TALK TO HIM AS A LOVER TALKS TO A LOVED ONE, as a friend talks to a friend.**
6. Remember, as soon as you find yourself distracted, begin reading from the book again. In this way you will avoid many of the distractions that constantly come into your mind.
7. You may make this meditation for as long or as short a time as you desire. Why not **MAKE THE RESOLUTION NOW TO DROP BY CHURCH ON YOUR WAY HOME FROM WORK** in order to make a short meditation?

* * * * *

Father Seelos truly dedicated himself to mental prayer. Let us try to achieve the close intimate union with Christ that he obtained during his life.

FATHER VAUGHN

We had hoped to be able to give you a message from Father Vaughn from Rome for this issue, however, inasmuch as it is necessary that our work be done two or three weeks in advance of our publication date, that was impossible. Our December and later issues will contain news of his "travels".

PLEASE!

"Please pray for a young baby who has cataracts on both eyes."

"Please pray that my mother's health will improve, that all my family will enjoy good health and be able to meet their obligations. Also for protection from serious accidents for all the children and adult members of our entire family."

"Please include my intention in your prayers - Restoration of health, mentally, physically and spiritually, for my nephew who is mentally ill and has no interest in life. He has no sense of responsibility and is leading a life of spiritual destruction."

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)

They advertised it and very shortly sold it without any trouble. They also sold their car.

"Please pray that my son-in-law will continue to be successful in his new job."

"My son-in-law was rushed to the hospital for a spine operation. It was feared he would become permanently paralyzed. I prayed to the Sacred Heart of Jesus, Our Mother of Perpetual Help and Father Seelos that the operation would be successful. I am happy to say he is now doing very well.

"My nephew was working but his job was not permanent. He was well pleased with the position. Due to a handicap it was not easy for him to obtain employment. I

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prayed to Father Seelos that the job would become permanent and my prayers were answered. They told him recently his job was permanent.

"I am distributing picture prayer cards of Father Seelos to try to spread devotion to him."

September 29, 1963 was a memorable day for all of us at the Seelos Center. It was quite a thrill to look down from the choir of St. Mary's Assumption Church and see the church filled to capacity. There were over seven hundred in attendance at the Mass. Also most inspiring was the number of people who received Holy Communion.

Just think of that large number of people praying for your intentions and mine!

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