



Seelos and Sanctity

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SPIRITUAL CONFESSION AND SPIRITUAL COMMUNION

One of the best acts of piety and devotion is the practice of SPIRITUAL CONFESSION and SPIRITUAL COMMUNION. No Catholic should go to bed at night without making both of these acts.

A SPIRITUAL CONFESSION and a SPIRITUAL COMMUNION is simply a "play like" confession and communion. Remember when you were little children you liked to "play house." One of you was the "Mamma," the other was the "Daddy," and you might have even found someone besides a doll to be the "little baby." Even though you are now grown up you can still draw great profit by living in a child's world of "make believe."

And so, each night before you retire you PRETEND that you are going to Confession and to Communion. You simply carry out the following easy steps.

1. You kneel at your bedside and dream. YOU DREAM THAT YOU ARE IN CHURCH WAITING TO GO TO CONFESSION.
2. YOU EXAMINE YOUR CONSCIENCE. You ask yourself the following questions:
 - a. How did I fail today?
 - b. What could I have done to have made this day better?
 - c. Did I commit any mortal sin today?
 - d. Any venial sin?
 - e. Did I give in to any deliberate faults – pride? anger? unkindness? impatience? boasting? hurt others feelings? neglected prayer? etc.
 - f. What good did I do today? What virtues did I practice?
3. Then pretend you are kneeling in the Confessional. Christ is sitting on the other side of the screen. YOU TELL YOUR FAULTS AND SINS TO CHRIST AND ASK HIS FORGIVENESS. You tell Him you are very sorry and promise that you will avoid them in the future. After this YOU THANK HIM for the grace He gave you to accomplish whatever good deeds you performed that day.
4. NOW MAKE AN ACT OF PERFECT CONTRITION. The best way to do this is to look at the crucifix. Meditate on Christ's suffering and tell Him you are sorry that you committed these faults and sins because you know that they have hurt Him, Who has loved you so

much. Christ now lifts His Hand, makes the Sign of the Cross over you and says the words of absolution.

5. Then (you are still dreaming) you walk up the aisle of the Church and kneel at the Communion rail. While kneeling there you tell Christ how anxious you are to receive Him within yourself. **YOU PRETEND THAT YOU ARE ACTUALLY RECEIVING HOLY COMMUNION.**
6. You leave the Communion rail and return to your pew. Now **SPEND SEVERAL MINUTES SIMPLY TALKING TO CHRIST WITHIN YOU.**

That is all there is to it!

But what a wonderful help to our spiritual life! Of course, if you have mortal sin on your soul you still have to go to Confession. However, *it is possible that some of your venial sins will be forgiven by the intensity of your acts of sorrow and love made in the course of this Spiritual Confession and Spiritual Communion.*

Spiritual Confession and Spiritual Communion are NOT a substitute for the real reception of these Sacraments, but they do help us to receive the Sacraments of Confession and Communion more worthily.

EVERY DAY OF HIS RELIGIOUS LIFE FATHER SEELOS MADE A SPIRITUAL CONFESSION AND SPIRITUAL COMMUNION. We urge you to imitate him.

If every night before you go to bed you follow the six simple steps listed above you will without doubt sanctify your soul.

FATHER VAUGHN
Vice Postulator

"Let's Write a Newsletter!"

We have a birthday this month!

For one year we have been coming into your homes with our Newsletter. It has been most enjoyable to us and we surely hope it has likewise brought you pleasure.

For Seelos Guild Members

Thanks again for the contributions you have sent us in April. They have helped us greatly in spreading more literature about Father Seelos.

We ask a special remembrance in your prayers for the happy repose of the soul of Mr. Michael C. Hennessey, father of Reverend James Hennessey, C.S.S.R., who died recently.

Keep up your good work in spreading devotion to Father Seelos. Keep your requests coming for additional literature. Most of all keep up your prayers for the speedy canonization of Father Seelos - for your own intentions and for the intentions of all other Guild members.

GOD BLESS YOU!

Early last May, while I was doing secretarial work for Father Vaughn, he startled me with the words "Let's write a Newsletter." Of course, our plans from the very beginning included publication of a Newsletter to keep you, friends of Father Seelos, informed as to our progress and to furnish you with bits of information about the life and virtues of Father Seelos. Things had just about reached a point where we felt we had information to pass on to you.

To my amazement I suddenly found I was editing our little paper.

As I have told Father Vaughn, my work for the Seelos Center has been most satisfying to me. It affords me great pleasure to have a part in the work of promoting the cause of Father Seelos. I am sure not many people have had such an experience. It has been a great privilege to have been called upon to type the English translation of the countless documents written by Father Seelos, all of which is necessary in pre-

senting the cause to Rome. (At the present time 2,114 photostats of these documents have been gathered together and translated!)

When SEELOS AND SANCTITY comes "off the press" of Marjorie Osborne, the Seelos Center buzzes with activity each night until the paper is delivered to the Post Office. We have a wonderful crew - Pauline Abadie, Thelma Crotty, Mary Ducey, Maggie Ford, Ellen Gurtner, Clare Hein, Linda Ricord - and from time to time others join us. While much is accomplished, our little "get togethers" prove to be a lot of fun.

It hasn't been difficult to find material for SEELOS AND SANCTITY. In fact we receive so many letters it is hard for us to decide which ones we will NOT publish rather than which ones we will. *Keep your letters coming.* Don't feel that you must write a masterpiece. The *material* contained in your letter is the important thing. We will edit the letters before publication.

Our heartfelt thanks to anyone who has helped us in bringing our paper into your homes. Thank you too for your words of encouragement. They have been a tremendous help.

JOSIE M. BECKER, Editor

Perpetual Adoration

We have received quite a number of requests for more information about our program for perpetual adoration before the Blessed Sacrament in imitation of Father Seelos. We appreciate your interest and you will be hearing more from us shortly.

For those who haven't sent in a request you may clip the adoration request from the April issue of SEELOS AND SANCTITY or just clip your name from the front of this paper and mail it to the Seelos Center and we will send you more information about our Perpetual Adoration program.

THANKS!

Father Seelos' Namesake

"This letter is past due. Father Seelos has granted me so many favors that I am sure I won't be able to remember all of them, but I want to write to let you know my requests have been granted.

"I prayed to Father Seelos when I was pregnant for my seventh child and last August we were blessed with a beautiful, healthy baby girl. We named her Ann Frances, after St. Ann, because before I married I promised St. Ann that I would name all my girls for her. I was reared in St. Ann's parish and she was my favorite saint. Since then I've made many more friends, if I may be so bold as to call them my friends, but I pray they are, and my latest friend is Father Seelos. Father Seelos has never, never denied me anything - I try to ask for things that are good for me and my family. The baby's middle name is Frances in honor of Father Seelos.

"I am now praying to Father Seelos for more favors and know that if it is God's Holy Will I will receive them."

Discontent

"Several months ago while in church I picked up one of the cards telling of the life of Father Seelos.

"At that time my husband was very unhappy in his work and had been looking for another job for over a year without success. I began saying the prayer on the card daily, asking for Father Seelos' intercession and assistance.

"Shortly afterwards one of the firms that had previously had nothing to offer, wrote and offered my husband the very job he wanted."

PLEASE!

"Please place as a special intention at the tomb of Father Seelos a petition for my crippled daughter (a severe case of C.P.) to show marked improvement in health, happiness of heart, ability to make use of her hands and to walk. Indeed if Father Seelos comes to her help, a miracle could be recorded."

"Please pray that my 24 year old daughter will give up a non-Catholic young man she intends to marry. He is very strong in his religion and doesn't intend to raise his children Catholic."

"I haven't been too conscientious in praying to Father Seelos, but I do mention him in my rosary that if it is God's Holy Will he become a saint of the church. I am suffering from a nervous condition - withdrawn, lack of interest, afraid to go out alone. My head worries me. I have no confidence in my prayers. I tell myself every day that I am not going to get better. Say a prayer for me for faith, love, hope and courage, that if I am not to be cured, I will be able to endure it."

"Please pray for a cousin of mine that he will go to confession and communion soon."

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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. . .

## Seelos and Sanctity

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SEELOS CENTER  
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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. Visit Father Seelos' Tomb in St. Mary's Church, corner of Constance and Josephine Streets. A Mass is read each Sunday morning at 9 A.M. before the tomb of Father Seelos for the intentions specially recommended to us.

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