



Seelos and Sanctity

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VOL. II,
No. 6

LET'S CONQUER PRIDE What is Pride?

Pride is *forgetting that everything comes from God and kidding yourself into believing that your good qualities and your good actions come only from yourself.*

How You Can Conquer Pride

There is only one way to conquer pride. YOU MUST MEDITATE ON THE FOLLOWING FACTS:

OF MYSELF I AM NOTHING. I HAVE NOTHING. I CAN DO NOTHING. THE ONLY THING I CAN ACCOMPLISH BY MYSELF IS TO COMMIT SIN. THEREFORE, I DO NOT DESERVE PRAISE BUT RATHER ONLY HATRED AND CONTEMPT.

I am Nothing

I am nothing. I came from nothing. Before I began to exist in my mother's womb I was nothing. I had positively nothing to do with the beginning of my existence. ONLY GOD gave me existence and made me a human being out of nothing. WITHOUT GOD I WILL BE NOTHING. If God wishes He can return me to a state of nothingness. It is only His Goodness that keeps me existing.

I Have Nothing

Everything I have is BORROWED FROM GOD. God lets me use the world, but He actually owns it. He owns the air that I breathe, the food that I eat. I own nothing. What I have is merely borrowed from God.

I Can Do Nothing

If God did not give me the power to see this paper I would not have been able to read it. (Remember a lot of people cannot see!)

If God did not give me the mind to understand what I am reading, I would never be able to understand it. (He could have made me insane.) I boast about my talents, but I would not have them unless God gave them to me.

I COULD ACCOMPLISH NOTHING UNLESS GOD GAVE ME THE POWER TO DO IT.

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A Day at the Seelos Center

Several weeks ago, while on vacation, I dropped by the Seelos Center. Of course, the only thing unusual about this visit was that it was during the day – a working day. My, what activity!

The office secretary, AGNES BOURG, was quite busy handling the day's correspondence. ELLEN MURPHREE was absorbed in preparing and sending out packets explaining the Seelos Guild. BESSIE SACHITANO was diligently preparing the details for our Perpetual Adoration program.

I walked to the mail room and found a few other ladies preparing literature for mailing.

As usual, Father Vaughn was very busy answering the phone and seeing the several people who came by during the short time I spent there.

The Center at present comprises five rooms – Father Vaughn's office, the secretary's office, mail room, supply room and printing room. The Building fronts on Constance Street. To the left is St. Andrew Street and on the right side it faces the priests' patio. The latter affords a beautiful and most peaceful view. We have lovely draperies in all rooms except the printing room and the supply room. ELLEN GURTNER and HELEN ABADIE did a wonderful job making these drapes.

I think the mail room would make many of us who have worked for many years very envious. JOE PURSELL, a high school freshman at Redemptorist, takes care of the mail and supply rooms. He is meticulously neat. Nothing is out of place. We are always able to find what we need. We all love Joe and know he will profit in the future from the experience he is getting with us.

Josie M. Becker, Editor

PERPETUAL ADORATION

Those of you who have indicated your wish to spend an hour each month in adoration of the Blessed Sacrament have already received a letter announcing that this program

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For Seelos Guild Members

During the past month we have received notes from several of our Guild members requesting prayers for their health. We ask you please to give them a special remembrance in your prayers.

We would also like to ask that should anyone know of the death of a member of our Guild, kindly notify us so that we may include their name in SEELOS AND SANCTITY when requesting prayers for deceased members. We do not know of any who have passed away during the past month. However, when praying for the intentions of all other members of the Guild, kindly remember the souls of our deceased members.

Thanks for your help during the past month.

GOD BLESS YOU!

BON VOYAGE!

Father Vaughn has been selected to attend the beatification of Bishop Neumann on June 23 in Rome. Bishop Neumann was a close associate of Father Seelos. He was his rector in Pittsburgh where Father Seelos was stationed as a young priest. Later he was Superior of all Redemptorist houses in America. He was then chosen to be the fourth Bishop of Philadelphia and was the founder of the Catholic Parochial School System in the United States.

While in Europe, Father Vaughn will confer with the Postulator, Father Nicola Ferrante, C.S.S.R. and various officials of the Congregation of Rites, concerning matters that will expedite the cause of Father Seelos. He will also have an opportunity to visit the various places in Germany where Father Seelos was born and educated.

He will be accompanied by Father Michael Curley, C.S.S.R., who is at the present time engaged in writing a book which will contain every known fact about the life of Father Seelos.



PEACE of SOUL

"I wish to express my gratitude for the wonderful favors granted me through the intercession of our good and holy Redeemer, Father Seelos, which make me feel that he is truly a Saint. God grant you help and guidance in promoting this sublime cause.

"Since praying to Father Seelos, I have known such peace and tranquillity of soul. No wonder his parishioners flocked to his confessional to hear his words of consolation and comfort.

"My little grandnephew was born an 'eczema baby' due to the RH factor type of blood of his mother. The poor little fellow was tormented for years with a burning itch and was taken to doctor after doctor, at great expense and to no avail. We have been praying to Father Seelos for his cure, if it is God's Will, and I am now informed that the little boy has improved marvelously and is attending school for the first time. He seems to be enjoying life at last.

"I say the prayer a number of times a day as a rule and visit Father Seelos' tomb as often as I can. You will probably hear more from me at a later date as I feel I have been granted many, many favors through Father Seelos' intercession."



Let's Conquer Pride - Continued from Page One

I AM A SINNER

I don't like to admit it. I try to kid myself, but deep down I AM A SINNER. I have sinned often. I have tried to make myself believe that my sins weren't very bad. "Everybody else is doing this so I can't be much worse than they are." I have developed neat little slots in my mind where I can put all of my nasty sins and never think about them.

But I AM A SINNER!

(Pause now for three minutes and really be honest with yourself. Come on now, think of your sins. Not just the mortal sins. Think of all the little venial sins. Think about them. They are not very nice are they? It humiliates you to think you do these things. But it does not change the basic facts - YOU ARE A SINNER!)

So you can see that you are not such a "big shot" after all. Everything you have, everything you are, everything you hope to be comes from God.

Father Seelos achieved a high degree of sanctity, because he truly realized these things. How about yourself? Will not you too, like Father Seelos, seek to obtain the destruction of pride and the acquisition of true humility through the genuine realization that everything you have or do comes from God?

SURGERY AVOIDED

"This letter is long overdue. I have been praying to Father Seelos for over a year and he has granted so many favors that I am deeply grateful.

"My son injured his knee playing football. The bone in his knee was so badly bruised that a piece of the bone broke away and began to die. The bone specialist called it osteocondritis and ordered crutches immediately. He also said that the knee would probably not heal without surgery. We immediately began to pray to Father Seelos and to spread the devotion to our entire family. X-rays were taken periodically of the knee and after six months the doctor was amazed to find the bone completely healed. We feel our prayers to Father Seelos were responsible for this cure.

"Father Seelos has granted us, our family and several of our friends many favors. We will always be grateful to him and will continue to spread the devotion."



PERPETUAL ADORATION - Continued from First Column

has begun. You will systematically receive reminders of your adoration hour each month. If you have not as yet requested information, write us today and we will be glad to add your name to our list.



PLEASE!

"My nephew is drinking heavily and leading a sinful life. Please include in your prayers to Father Seelos that his domestic situation clears up and that he will lead a normal life."

"Please pray for the Grace of God to come into the hearts of my sister and her two sons. They are away from God and all three of them are sick."

"We are making a trip to my husband's hometown in the hope that his health will improve. He has been ill for several years and at times is very discouraged. I pray that this change of climate will help him. Please include this intention in your prayers and in the Mass said each Sunday before the tomb of Father Seelos."

"Please remember five intentions in your Masses and prayers said at Father Seelos' tomb, especially one of the intentions which is a spiritual one. Say a special prayer for me that I may know, love and serve Jesus more perfectly day by day."

"Please pray that my nephew will find a good position. The company by whom he was employed moved out of town. He is a good boy and needs work."

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

Published monthly at the

SEELOS CENTER

2030 Constance Street

New Orleans 13, Louisiana

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!