



Seelos and Sanctity

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HOW TO TALK CONTINUALLY WITH GOD

Father Seelos was a close friend of God. He became such by talking to God continually, as a lover talks to his loved ones.

Would you like to talk continually with God? If so, here's how:

A. EVERY DAY PERFORM THE FOLLOWING DEVOUT EXERCISES:

1. Always say your **morning prayers**.
2. Attend *daily Mass* and *daily Communion*.
3. Say the **Rosary** *each day*.
4. **Visit the Blessed Sacrament** *daily* - in church if possible. If you can't get to church, make your visit from your own home.
5. **Read from a spiritual book** for 15 minutes *every day*.
6. Spend from 5 to 15 minutes saying your **night prayers** *every night*.

B. TURN EVERYTHING YOU SEE AND HEAR INTO A THOUGHT ABOUT GOD. Below we give you a few suggestions to help you understand what we mean. When you see or hear the things printed in *italics* let it remind you of the thoughts printed in **bold type**.

Running water --- **Your life is swiftly moving closer to eternity.**

You turn out a light --- **some day the light of your life will be extinguished.**

A cemetery --- **your death.**

Headlines of a criminal brought to trial --- **some day you will appear before God's Judgment Seat.**

Newspaper or TV pictures of prominent people --- **all the glory of this world will pass. The only thing that matters is how well we serve God.**

When sexual thoughts come to your mind --- **shall I give up the pleasures of eternity for a quickly passing pleasure of the body?**

When cooking --- **the fires of hell.**

A withered tree branch --- **a soul that does not serve God is fit only to be thrown into fire.**

Thunder and lightning --- **the power of God.**

A beautiful scene, a mountain, river, lake, flowers, etc. --- **the beauty of God.**

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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, July 25, 1963, New Orleans, Louisiana

TO KNOW AND IMITATE HIS HOLY LIFE

In last month's issue of *Seelos and Sanctity* Father Vaughn told us of many ways in which we might show love for God. I thought it might be appropriate if I would go through some of the manuscripts about his life and demonstrate how Father Seelos practiced the virtue of love for God. Below are some quotations from ancient accounts of his life which have been preserved.

"To assist at daily Mass and serve at the altar was Xavier Seelos' delight. He was scarcely 11 years old when he was permitted to receive his first Holy Communion. In his childhood he constructed for himself at home a little altar, decorated it and knelt devoutly before it to pray and meditate. Daily his entire family recited the rosary and spent some time reading from a spiritual book."

"In his priesthood Father Seelos attained such a degree of Religious Perfection that no one could detect in him the least fault against the commandments of God and the Church, or in the observance of the Rule of the Redemptorists."

"Guided by a supernatural Light, he inspired all who were placed under his direction or sought his spiritual guidance to strive for greater love for God in all their thoughts and in the performance of their daily tasks. He made the practice of virtue pleasant by his serene countenance and cheerful disposition. He was far from being gloomy or stem.

"On the other hand he detested all show of softheartedness or feminine sentimentality. His love was strong. His perfection consisted in the love of the Cross and of suffering."

"'Crucified Love, Suffering Love', were words often used in his conversation, in his letters, in his sermons and in his words of advice to penitents in the confessional."

"All his life he treasured a picture his mother had sent him. The picture showed St. Bernard embracing the bundle of instruments of our Lord's Passion."

For Seelos Guild Members ONLY

Please remember in your prayers all the intentions placed before the tomb of Father Seelos. Also please continue to pray for the repose of the souls of our Guild members who have died since our Guild was organized and especially for MRS. THERESA GALLAGHER, who passed away recently.

With your help we have been able to do a lot toward spreading devotion to Father Seelos. We are always endeavoring to spread this devotion to more states - more cities - and hope that we will be able to spread the word abroad more rapidly. You have helped us lay the groundwork for our growth. We know we can count on you in the future. Keep us in your prayers.

GOD BLESS YOU!

"He possessed extraordinary PATIENCE. When he was physically tired from his constant labor for souls, or in pain from sickness especially when dying, he was never heard to utter a word of complaint, nor could a sign of impatience be noticed in his countenance or manner."

"The Will of God was his highest and only law. As death was approaching, the good Brother Infirmarian asked his permission to offer his life to God for him, that he might get well and continue to work for the salvation souls. (Father Poirier had offered his life for that of Father Seelos in 1857. Father Poirier died a holy death, while Father Seelos recovered his health.) When the Servant of God heard what Brother Louis said, he replied: No, never! If God asks for the sacrifice of my life, I willingly give it to Him. It is more important for me to do God's Will and save my own soul than to save the souls of others.

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These are just a few incidents which demonstrate how intense was his love for God. Let us pray that all of us may have the grace to imitate his holy life.

Josie M. Becker

THANKS!

"Last July I wrote asking prayers for the success of a sigmoid colostomy operation of a friend. The patient returned home for a convalescent period before another operation was performed for replacement.

"The night before the second operation the doctor told him that X-rays showed a growth that could be malignant, however, this could not be ascertained until the growth was removed and a biopsy made. After a few days the patient was informed that there was no malignancy, that the intestines had been replaced and everything had returned to normal.

"I am confident that it was through our prayers to Father Seelos that my friend has recovered. I shall always be grateful to Father Seelos and continue to pray for his canonization."

"Again I must thank Father Seelos for his intercession. After having received one favor I began praying for faith and guidance that my family as well as myself would move closer to our religion.

"This second request has been granted insofar as my family now attends church regularly - something which we had not done in over five years. We understand our reli-

gion much better and discuss it among ourselves.

"I will continue to pray to Father Seelos and hope that, God willing, he will be declared a saint of the Church."

"Some time ago I placed my petition before the tomb of Father Seelos, asking that my sister-in-law become a Catholic. She and my brother have been married for forty years.

"Two weeks ago she became a Catholic. This has made us so very happy - myself, my brother and her children. We are all most grateful for the prayers offered for our intention."

"Several days ago a neighbor gave me the prayer to Father Francis X. Seelos. At the moment I felt very much in need of help. Five years ago I was injured in an automobile accident and during this entire period was unable to receive a settlement from the insurance company.

"I began praying to Father Seelos and just three days later a representative of the insurance company called on me to deliver a check for my claim.

"Neither my lawyer nor I thought it would be this easy. We felt it could only be settled in court. I can only feel that it was
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A clock --- each second brings you nearer to eternity.

Opening a door --- ask God to open your heart to His Divine Love.

When driving an automobile --- ask God to help you guide your soul to heaven.

When purchasing something --- pray that you will always have the grace to purchase eternity.

When insulted by someone --- the insults Christ received.

When gossiping --- think of how much worse your own faults are.

The candles on the altar --- envy them, wishing you could, like them, spend your whole life honoring Christ.

When going to sleep at night --- some day you will be laid out in a coffin.

Your children --- what a lovely gift from God!

When eating --- ask God always to nourish your soul with an increase in His holy love - or, ask Him to feed your soul with Holy Communion.

When you see another human being --- bow your head in reverence to God Who lives in his soul.

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This is a very simple plan of life which will enable you to imitate Father Seelos, who talked continually with God. Save this article. Re-read it often. Gradually try to put it into practice.

FATHER VAUGHN

PLEASE!

"My daughter has become extremely nervous. The children get on her nerves terribly. Please pray that she will be more patient with her children and will have a happy home."

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"My son, now 13 years old, was a victim of polio when he was two years old. He has had two major operations this summer and is now hospitalized. The curve in his back is growing worse and he is scarcely able to walk. Please pray that he will improve and that the curve in his spine will disappear. Through the intercession of Father Seelos, I hope my request will be granted."

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"My husband is an alcoholic. I have been praying for him for 28 years, but my prayers just don't seem to be answered. Please pray for him to Father Seelos. I know if others join me in this prayer it will be more efficacious."

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"My 16 year old granddaughter has given up the practice of her Catholic faith because of the race situation. Please pray with me to Father Seelos that she will return to God and Church. I am heartbroken over this. She has always been a very good girl."

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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 . . .

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THANKS! (Continued from Inside Page)

through the intercession of Father Seelos that the case reached this happy conclusion.

"I will continue to pray that we will see the day when he will be named a saint and that others will be helped as I was.

"My prayers now will be for peace in the world and that my parents will regain their health."

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We are happy to announce that the beatification of Bishop John Neumann has been re-scheduled for October 13. So by the end of September or early October Father Vaughn will be Rome-bound. More about this in our later issues of *Seelos and Sanctity*.

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