



Seelos and Sanctity

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VOL. II
No. 9

DO YOU WISH TO BE PERFECT?

History reveals that Father Seelos observed every point of his religious rule of life with great exactness. We, therefore, print below a copy of a rule of life written by St. Alphonsus, adapted to the life of a lay person. If you desire to imitate the holy life of Father Seelos, you should strive to put this rule of life into practice.

A RULE OF LIFE

For those who, living in the world, aspire after perfection.

by: St. Alphonsus De Liguori

In the Morning

1. Rise at a fixed hour, for example, six o'clock; do not remain longer in bed without a reasonable motive.
2. As soon as you awake, offer your heart to God, make the sign of the Cross, and dress yourself quickly and modestly. Then, on your knees, say three "Hail Marys," in honor of the Blessed Virgin Mary, to obtain a great purity of body and soul.
3. Say your morning prayers, and make a meditation for half hour or, at least, for 15 minutes.
4. Hear Mass if it is possible and receive Communion.

During the Day

5. Read a spiritual book at least 15 minutes.

6. Say your rosary, if possible, with the rest of the family.

7. Pay a visit to the Blessed Sacrament, and to the Blessed Virgin Mary, in the church if you can do so.

N.B.--For these three last exercises you can choose whatever time will least interfere with your daily occupations.

8. Frequently make short ejaculatory prayers, above all at the beginning and end of your actions. Employ chiefly acts of the love of God, such as these: *My dear Jesus, I love You ... I wish very much to love You ... I desire to love You more and more*, etc.

9. Practice the mortification of the eyes, of the ears, and of the tongue, by sometimes refraining from looking, hearing, or saying things, which, though not dangerous, are useless, in order to be able more easily to abstain from what is dangerous, or even bad.

10. Seize carefully every opportunity of suffering any little pain, contradiction, or

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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, Aug. 20, 1963, New Orleans, Louisiana

A COURAGEOUS CHILD

On May 16 a group of devout Catholics from Algiers attended the 5:30 P.M. Mass in St. Alphonsus Church and then visited St. Mary's Church. They were led in prayer before the tomb of Father Seelos by Father Vaughn. This had been arranged by parishioners who were distressed at the plight of a child of their parish.

Eight year old Claudia Ballay had that day undergone a very serious operation - a kidney transplant - which has made medical history. Her condition was very grave. She had facing her two more operations to remove the diseased kidneys, plus a long period of convalescence. The Mass that evening had been offered for the success of the operation, as were the prayers offered before Father Seelos' tomb.

About a month ago this historic operation was publicized in local news broadcasts and in the daily papers. The medical profession was very proud of its accomplishment, as well it should be, since it was the first successful transplant from a donor, not a twin, performed in the Deep South.

I phoned the mother of this child. She told me that she had prayed to Father Seelos and other saints for her little daughter, and was grateful to all of them for interceding with our dear Lord to spare her child. She felt it was quite coincidental that the Mass and visitation to the tomb of Father Seelos actually took place on the day Claudia went to surgery. It was not scheduled to coincide. She also felt that since Father Seelos developed a kidney ailment during his last illness, he might have interceded specially for her child.

But on speaking to Mrs. Ballay I was most impressed with her wonderful faith and acceptance of the Will of God. When she was sure there was no hope for Claudia she said she kissed her goodbye, feeling she would never see her alive again. She said although her heart was breaking, she was perfectly willing to give her daughter up if God willed it so. My eyes welled with tears at just hearing her words.

Claudia too was a very courageous patient. She bore her great suffering bravely

For Seelos Guild Members ONLY

Please remember in your prayers the repose of the soul of MRS. S. CALAMIA, who passed away during the past month.

Again our thanks to you for your help. It has been tremendous. Continue to send your little notes of encouragement to us. They mean so much.

GOD BLESS YOU!

THANKS!

"Our mother was very ill and was hospitalized for tests. While visiting at the hospital we were given a picture prayer card of Father Seelos. We immediately began to pray to him.

"That was last year. My mother is doing nicely and is able to move around and help herself.

"I know that this was an answer to my prayers through the intercession of Father Seelos, since the doctor gave us no hope for her recovery.

"I have also received other favors. -- My brother was being sued unjustly for quite a sum of money. Everything appeared against him. Again I sought the intercession of Father Seelos and the case was decided in favor of my brother.

"I live in the rear apartment of a two-apartment dwelling. The front apartment was vacated and due to the deplorable condition

and has been a source of edification to those who have seen her.

Mrs. Ballay also told me that her mother, who is not a Catholic, prays every night to Father Seelos.

This story is not ended. Claudia still has a few problems to overcome and needs your prayers for the months to come, but God willing, she will soon be well and strong and continue to be a joy to her loving parents.

Josie M. Becker

THANKS! (Continued)

it was left in, I feared we would have undesirable tenants move in. Again Father Seelos helped me. The apartment was rented to a very lovely Catholic couple, expecting their first child.

"These favors may not seem extraordinary, however, they were very important to me and I shall always be grateful to Father Seelos for his intercession."

"I wish to acknowledge a favor received through the intercession of Father Seelos.

"My husband has returned to the Sacraments after a period of about fifteen years.

"He is now hospitalized following a heart attack. Please remember him in your prayers."

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humiliation, for the love of God. In every such occasion submit yourself to the will of God, saying: *O my God, this is Your Will; may Your holy Will be done!*

11. At your meals deprive yourself in part or entirely of some little thing you are fond of. Never completely satisfy your appetite.

12. Do not eat between meals without necessity.

13. Avoid idleness, bad company, and every occasion of sin, especially those in which chastity is in danger.

14. In temptations, especially those of impurity, make the sign of the Cross, if you are alone; and say in your heart, *Jesus and Mary, help me.* If the temptation still continues, do not be troubled, but pray with greater earnestness, saying, *My dear Jesus, I would rather die than offend You.*

15. If you have the misfortune to commit a sin, do not give way to trouble, even though the sin be grievous, but immediately make a good act of contrition, with the firm purpose not to fall again, and to confess it as soon as possible.

In the Evening

16. At a fixed hour, for example, nine o'clock, say your night prayers and make your exami-

nation of conscience; recite the Litany of the Blessed Virgin, and then read over the subject of next morning's meditation.

17. Having said, on your knees, the three "Hail Marys," as in the morning, undress yourself with all modesty, and be careful to remain always decently covered in bed, and to preserve a modest posture.

18. Until you fall asleep, occupy your mind with the subject of the next day's meditation, or with the remembrance of death or some other pious thought.

19. Choose a good Confessor, in whom you have confidence; open your heart to him without reserve, and be guided by his advice; do not quit him without a strong reason.

20. Go to confession once a week, and receive Holy Communion every day.

21. Attend sermons and instructions as often as you can, endeavoring always to apply them to yourself, and to draw some practical resolution from them; enter some pious confraternity, with the sole view of attending to the interests of your soul.

22. If your health will permit, fast on every Saturday, and on the eves of the Feasts of the Blessed Virgin. At least perform in her honor some little act of mortification on those days, according to your state of health and your occupations. Nourish in your heart a tender devotion towards the Blessed Virgin, and address to her from time to time this fervent prayer: *My good Mother Mary, help me to love your divine Son Jesus, with all my heart.* Wear the scapular, or at least the scapular medal.

Observation

As this rule of life does not of itself impose any obligation under pain of sin, no one must be alarmed if he cannot follow it in every thing. Let each one take that which is in accordance with the duties of his state of life, which ought always to be attended to in preference to any exercises of piety which are not of obligation.

Thus let each one do what he can, but cheerfully, and for the love of God.

PLEASE!

"Will you please help me pray to Father Seelos that my son will return home and break away from the company he is keeping, that he will select good Christian companions, go to nice places to uplift his morals, and return to the practice of his Catholic faith? He left home several weeks ago."

"My grandson has fallen into bad company and I am afraid he is using dope. From his wife's letters I have found out that he has stopped attending Mass and he refuses to work.

"Please pray for him before the tomb of Father Seelos. He certainly needs your prayers."

"Please pray that my grandson has his marriage validated in the church and returns to the practice of his religion."

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 . . .

valuable information, which will be helpful in promoting the cause of Father Seelos. In future issues of our paper we will tell you more about Father's European visit. At this time I know all of you join with me in wishing him "Godspeed". Our prayers will follow him along the way.

SECOND CLASS POSTAGE
PAID AT NEW ORLEANS, LA

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Published monthly at the
SEELOS CENTER
2030 Constance Street
New Orleans, Louisiana 70130

REDEMPTORIST FATHERS

1527 Third Street
New Orleans, 13, Louisiana

ANNUAL SEELOS MASS TO BE CELEBRATED SEPTEMBER 22.

The actual date of Father Seelos' death is not until October 4. However, we are planning our annual Mass in his honor on September 22. This was necessary in order that we might televise the Mass.

Again may we ask that you make every effort to attend this Mass so that our television audience will view a crowded church.

We regret that Father Vaughn will not be with us on this occasion, but we know he will surely be with us in spirit.

Father will leave New Orleans on September 17 on the first lap of his journey to Rome. He will attend the beatification of Bishop Neumann on October 13. After that he plans a visit to Fuessen, Germany, to visit Father Seelos' "hometown" and hopes to bring home

WHEN YOU HAVE READ THIS PAPER,

PASS IT ON TO A FRIEND!