



Seelos

and

Sanctity

REV. JOHN J. VAUGHN, C.S.S.R.

Vice-Postulator

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HOW TO MAKE AND KEEP A LENTEN RESOLUTION

1. The first thing you must do is WANT SOMETHING BADLY ENOUGH. You must really WANT to give up smoking or drinking. You must really WANT to go on a diet. You must really WANT to go to Mass and Communion every day, develop a spirit of kindness toward your fellow-men, control your temper, etc. etc.

The only way you will really WANT to do these things is by continually telling yourself over and over "I want to do this. I want to do this." Gradually you must build this desire to the point where it simply becomes a "MUST" in your life.

Remember how when you were a child you simply HAD to have that new dress, that toy, bicycle, car, a certain style hairdo, etc. This is the type of desire you must gradually build up in yourself toward that which you wish to accomplish.

But how do this?

2. YOU MUST MEDITATE DAILY. Every morning you should spend at least five minutes thinking about the habit you wish to achieve. In this morning meditation you must keep telling yourself over and over that you want to do this. This must be a time of intensive "desire building."

In this morning meditation you must also ask Almighty God to help you. Devise a short ejaculatory prayer for yourself, such as "JESUS HELP ME TO STOP SMOKING" (drinking, cursing, etc.)

3. During the day this desire must constantly be in the back of your mind. FREQUENTLY SAY THE LITTLE EJACULATION AND RENEW YOUR DESIRE.

4. You must CLEARLY UNDERSTAND THE REASONS WHY YOU WANT TO DO THIS. Write on a sheet of paper all possible reasons why you wish to acquire this good habit. Every day in your meditation read this list diligently and meditate on it. Clearly see that this habit is GOOD for you.

5. You must not allow yourself to be discouraged when you break your resolution. Quietly but firmly begin again. PERSEVERING EFFORTS ALWAYS PRODUCE RESULTS. MANY PEOPLE GIVE UP TOO EASILY. Had they persevered they would have eventually succeeded.

6. Don't be discouraged if it takes you one or two years to acquire a certain habit. New habits

(CONTINUED ON INSIDE PAGE)

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 † Most Rev. Abel Caillouet, D. D., Vicar General, February 27, 1964, New Orleans, Louisiana

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are difficult to form. But remember, PERSEVERING EFFORTS ALWAYS BRING RESULTS.

7. KEEP A CHART ON HOW WELL YOU HAVE KEPT YOUR RESOLUTION. Work it out in the form of a graph so that you can see the lines going up and down and thus will be well aware of the number of times you broke your resolution. Every day study your progress.

8. IN THE EVENING BEFORE GOING TO BED MEDITATE ON HOW WELL YOU KEPT YOUR RESOLUTION. THANK GOD FOR THE TIMES YOU HAD THE GRACE TO KEEP IT. MAKE AN ACT OF SORROW FOR THE TIMES YOU FAILED. Ask God to help you do better tomorrow.

* * * * *

This is how Father Seelos acquired his many good habits. This method will also work for you.

FATHER VAUGHN

For Seelos Guild Members **ONLY**

We ask you to remember in your prayers the souls of MISS MARY T.

HERON and MRS. SARAH DUCEY, who died recently.

Our Guild membership increased in the last month from 1,267 members to 1,319 members — all praying for each other!

GOD BLESS YOU!

To Know and Imitate His Holy Life

The saints were filled with genuine charity for their fellowmen. Their primary goal in dealing with other people was to help them serve God more fully and more completely. For this reason the saints often told people their faults in a spirit of genuine Christian charity, from a desire to help them improve their lives and serve God more fully and faithfully. This is called the art of fraternal correction. In this art Father Seelos was indeed a master.

Father Seelos possessed outstanding charity, humility and prudence. He was always successful in producing some change in the person corrected and rarely was anyone hurt or offended by his words. His corrections were signs of extraordinary charity.

Everyone understood them in this way and did not consider him meddling in their business. His manner of speaking to them indicated it was very difficult for him to admonish them, however, he was doing so out of a desire to be helpful. He never gave the impression that he was correcting someone because he thought that he was much better than they. Rather he readily acknowledged his own faults and made it known that his words flowed from the desire that others would become even holier than he. He had a very kindly way of expressing himself, always choosing the least offensive manner of speaking and selecting a time when the other person was in a "good mood."

If his friends lived at some distance so that he was unable to speak to them, he would accomplish his goal by writing a letter. Invariably his hearers were helped spiritually because they could not resist the force of his outstanding charity.

Father Seelos had a Christlike love for his fellow human beings and sought to aid them in a spirit of genuine brotherly love. This spirit of brotherly love is one we should strive at all times to imitate. What a wonderful place this world would be if all of us really and truly had "love one for another."

JOSIE M. BECKER

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

A Suggested Novena

We have received many requests at the Seelos Center for a novena book to Father Seelos. We do not have such a book. We have only one printed prayer to Father Seelos, which is printed on the picture prayer cards and is also printed each month in this paper.

We suggest that you recite a decade of the rosary and after it recite the prayer on the picture prayer card. This is a short method. A longer method and the one we prefer, is to recite the entire rosary concluding with the prayer to Father Seelos. This is the manner in which the rosary is recited each Wednesday evening by our Seelos Rosary group.

We have suggested the rosary, because of Father Seelos' devotion to our Blessed Mother. We feel sure he would want us to pray Mary's rosary in begging his intercession for our needs.

THANKS!

"My sister-in-law, who is 75 years of age, had been given up by five eminent Catholic doctors. She had heart failure, uremic poisoning and a thrombosis in her leg.

"I sent a relic and prayer of Father Seelos, asking that the relic be pinned on her, the prayer read to her.

"The next day the family phoned to say she was so very much better, it seemed miraculous.

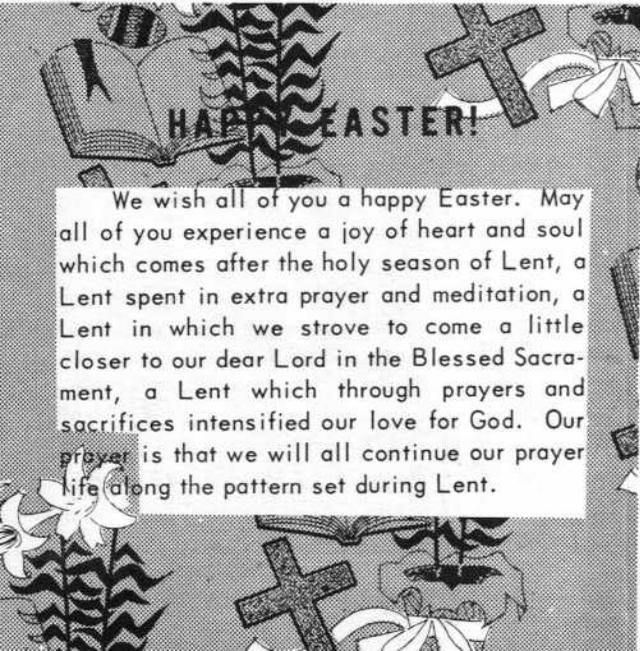
"I have waited all these months to be sure before informing you of this answer to my prayers. She has taken two motor trips lately and today the doctor told her it was the first time her heart sounded normal. It has been nine months now since she was first taken ill.

"The second favor I obtained through the intercession of Father Seelos was the cure of a young man who had a serious breakdown. He was many months in a mental hospital. I gave the prayer to Father Seelos to his mother and both she and his grandmother said the prayer every evening.

"He now seems perfectly well. He is back at work, with no trace of the former illness.

"My sister-in-law has always been a great inspiration to me. She had ten children, many crosses, bearing all with an unwavering love and faith in our Lord."

"Enclosed is offering for a Mass in Thanksgiving for a big favor obtained through the intercession of Father Seelos. A very serious major operation was avoided. Please publish my thanksgiving in your pamphlet."



HAPPY EASTER!

We wish all of you a happy Easter. May all of you experience a joy of heart and soul which comes after the holy season of Lent, a Lent spent in extra prayer and meditation, a Lent in which we strove to come a little closer to our dear Lord in the Blessed Sacrament, a Lent which through prayers and sacrifices intensified our love for God. Our prayer is that we will all continue our prayer life along the pattern set during Lent.

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PLEASE!

"My sister-in-law is completely paralysed since the birth of her fifth child, as a result of a spinal given her at that time. Please remember her in your prayers that if it is God's Will she will recover completely, as she is needed so much by her family."

"I am asking your prayers for my son. He is living in adultery, having left his wife and two children for another woman. This has caused both my husband and I a great deal of sorrow and grief. He is 46 years old and educated for the greater part in Catholic Schools. His wife is a convert and should she divorce him we fear for her faith and that of his children."

"I have a big problem, not mine exactly, but my mother's. She has been working for two years, but had to give up working because she has been having trouble with her eyes. The doctor cannot say exactly what is causing her trouble. Father, please pray for my mother to Father Seelos and include her on the list for the Mass before the tomb of Father Seelos."

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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