



Seelos and Sanctity

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Editor

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GUNSHOT PRAYERS

Have you not often wished you could dedicate more time to prayers?

This was also a problem for Father Seelos. He was a very busy man and often longed to have more time to pray. How did he solve this problem? Father Seelos discovered a very simple but beautiful method of prayer. HE TURNED HIS WORK INTO A PRAYER. Each morning when he arose he told Almighty God that he was offering up every action of his day to Him. "O Lord, I offer all the duties of this day to You. I beg You to look upon my work as a prayer because my work is done in obedience to Your Holy Will." He repeated this intention often throughout the day. He kept his intention alive through swift but highly effective "GUNSHOT" prayers.

What is a "GUNSHOT" prayer? A "GUNSHOT" prayer is a QUICK BUT INTENSE PRAYER SAID DURING THE DAY WHILE YOU ARE BUSY DOING YOUR DAILY DUTIES. You mentally look heavenward, pull the trigger of your "praying gun" and send a quick prayer flying to God. Then you continue with what you are doing. These "GUNSHOT" prayers can be said even faster than you can fire a gun and they travel faster and farther than a bullet. Then, too, they are far more deadly than a bullet because they kill not the enemies of the body but the enemies of your soul.

You can imitate this very worthwhile practice of Father Seelos by reciting frequent "GUNSHOT" prayers.

Whenever you walk through a door or look at your watch, say: "Oh my Jesus, I love You."

When cleaning your home say: "I wish to clean my home with the same intention with which Mary cleaned her home in Nazareth."

When lighting a match think of the fire of hell and say, "Oh my God, keep me from sin in order that I may never go to hell."

When taking care of your children say a quick prayer asking the Saints in heaven to help them grow to be strong and holy Christians.

While engaged at your place of business say: "Oh my Jesus, I offer all my work to You in imitation of Your life in the carpenter shop in Nazareth."

When disturbed by an irritating or insulting person say: "Oh my Jesus, I accept this in the same spirit in which You accepted the insults of Your executioners."

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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 22, 1964, New Orleans, Louisiana

GUNSHOT PRAYERS

Continued from Front Page

When studying your lessons for school say: "Oh my Jesus, I wish to study as hard as I can because it is Your Holy Will."

IF YOUR ACTIONS ARE DONE OUT OF LOVE FOR GOD AND A DESIRE TO DO HIS HOLY WILL, THEY MERIT THE RIGHT TO A GREATER DEGREE OF HAPPINESS IN HEAVEN. IN THIS WAY, YOUR EVERY ACTION BECOMES A PRAYER.

FATHER VAUGHN

To Know and Imitate

His Holy Life

In the wealth of virtues possessed by Father Seelos, courage and humility were quite evident. He was very courageous in accepting humiliations and insults and never displayed hurt feelings. Incidents related in his life demonstrate his humility, his courage.

While stationed in Pittsburgh he was called to the bedside of a dying woman who had neglected her religion. Her husband was not a Catholic and had a great hatred for priests, which probably accounted for her neglect. He was a very obstinate man and Father Seelos was warned to be on his guard against him. However, he did not hesitate for a single moment to go and minister to this poor sinner. At the sight of the priest the enraged husband rushed to Father Seelos and hit him so hard that he was bleeding rather freely. Father Seelos tried to conceal the mistreatment he had received, but some of the parishioners heard about it and wanted the offender prosecuted. Father Seelos earnestly requested that the man not be punished and through his intercession no legal action was taken against him.

After five years in charge of the major seminarians of the Redemptorist order, he was quite unexpectedly removed from his position by his Superiors. They believed that he was too lenient with the students and consequently was not the right person for this office. He accepted this removal with his usual cheerfulness. Everyone was greatly edified because they heard not the least murmur or word of dissatisfaction from him.

In successive years he served under Superiors who were much younger than he. In New Orleans he

For Seelos Guild Members Only

We ask your prayers for the following persons who died during the past month:

RONALD V. GREEN
CHAS. CASSREINO

We appreciate your continued support of our program and also your continued prayers for all of our intentions. Keep up the good work.

GOD BLESS YOU!

was subject to a superior who had made his novitiate under him.

New Orleans was a most unhealthy place at the time Father Seelos was stationed there and because of his physical weakness his precious life was necessarily shortened as later events proved. However, the courage of Father Seelos could not be shaken.

His motto was "love must be crucified." He desired to see this mark on every lover of Jesus Christ. He desired all persons to be lovers of Jesus Christ. In all his sermons and conferences he spoke of his love for Jesus Christ. In all his letters he wrote of this love. It was this same "crucified love" he showed in himself from his youth until he died.

Would that we could display in our lives that same courage which Father Seelos showed when he approached the home of the dying woman. Let us with courage face our daily tasks, seeing in all our trials and in all our joys, the holy Will of God. If we are truly lovers of Jesus Christ, and everything we do is done for love of Him, we cannot help having the courage to move forward despite obstacles which may lie in our path.

JOSIE M. BECKER

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with our prayer that Father Seelos will be declared a Saint of the Church.

THANKS!

"I am a widow with seven children. My husband has been dead for 17 years. One of my greatest consolations has been that all of my children have been married in the Catholic Church. I had however, one daughter who is 23 years old, who wanted to marry a boy who had been away from the Church for 17 years and did not wish to return to the Sacraments. I prayed very hard to Father Seelos and promised to help with the promotion of his cause if the boy would come back to the Church so that my daughter could be married according to the Church law.

"I am happy to say that he has now returned to the Sacraments. They were married by the priest last Saturday."

"My mother-in-law has asked me to write a letter of thanksgiving for her. She speaks French and doesn't understand English too well.

"After visiting a friend in the hospital who was suffering from a blood disease, she learned that the woman had given up hope of ever being helped and had stopped praying. She said she felt that her prayers had not been heard and appeared to have given up her faith in God. She also said she thought she'd be 'cut up piece by piece.'

"You see, there is no cure for her illness and all that could be done was to relieve the pain. When the pain became too severe it meant another amputation. It began in her fingers but can also spread to her toes.

"Immediately my mother-in-law began praying to Father Seelos, asking that an amputation not be necessary, and that it would be a sign of God's power to her and restore her faith in God.

ADORATION LEAGUE NEWS

We now have 1075 adorers - persons who spend one hour each month in St. Mary's Assumption Church before the Blessed Sacrament in imitation of Father Seelos. In addition quite a few out of town persons have promised to make a Holy Hour in their own homes or in the churches of their own city.

DO WE HAVE YOUR NAME ON OUR LIST?

The day before she was to have a finger removed my mother-in-law visited the tomb of Father Seelos, praying for her friend. That very day the woman's pain -- extreme pain -- stopped altogether!

"That was about two months ago. As far as we've heard, she still has her finger, and is even able to do her housework. On one hand there is only one finger and the thumb left, but she can even use these now.

"So it is with sincere, devout appreciation that she sends this offering for literature to be distributed about Father Seelos -- for that favor and for the many others she and her family have received through Father Seelos' intercession."

"I thank you and the members of the Seelos Guild for their prayers for my sister who is an alcoholic and was upsetting the household very much. Thanks be to God and Father Seelos, I think I notice a slight improvement in her actions and disposition.

"I am an arrested cancer victim. Thank God and Father Seelos for my health seems to be somewhat improved."

"I am grateful for two favors obtained through the intercession of Father Seelos and the Blessed Mother.

"A patient at the hospital where I work was away from the Sacraments over 40 years. Before she left the hospital she received Holy Communion.

"I also prayed that she might walk without crutches, which favor I also received. She returned home after six months in the hospital. The Doctors were amazed at her recovery, as she is quite advanced in years."

"Three weeks ago my baby boy was born prematurely. He was born without a rectum and was sent immediately to the Premature Center in New Orleans for surgery. He was considered dangerously ill and placed on the critical list.

"Nine days ago my little nephew brought me a cloth touched to the tomb of Father Seelos. I made a novena for my baby to get well and hurry home to us. The second day after my novena the word came that our baby was doing fair, but

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PLEASE!

"Please ask for special prayers for my mother who is very ill in the hospital; my daughter who is also ill and hopes to get married soon; my brother to have a safe trip, and the needs of all my family.

"I used my cloth memento and prayer for a lady who was sharing the room in the hospital with my mother. I asked Father Seelos to help her. She died, but did go to confession and was anointed before she died. It had been some time since her last confession so I know it was through Father Seelos' intercession that she came back to God."

"Please place my petition before the tomb of Father Seelos. I pray that my son stops drinking and faces his responsibility. If he continues to drink he is in danger of losing his job. Then I know he and his children will suffer. I am also afraid he will wreck his car and hurt or kill himself or someone else."

"My son and his wife are having family trouble and she has moved out of their home.

"Please pray that she will return and they can straighten out their differences. They have small children and I am very worried."

"Please pray for my son. He drinks and has an unfortunate marriage. He was married by a judge and his non-Catholic wife, who seems to be a very nice person, had the three children christened in her faith. Neither she nor my son go to church. This son is my only cross - but of such a big cross it is!"

"Please help me to pray for the spiritual and temporal welfare of my children, particularly for the two older boys. I place them in the hands of Father Seelos, asking that he may guide them and look after them."

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For your own intentions, the ones mentioned above and all those placed before the tomb of Father Seelos let us say the following prayer -

O MY GOD, I TRULY BELIEVE YOU ARE PRESENT WITH ME. I ADORE YOUR LIMITLESS PERFECTIONS. I THANK YOU

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THANKS - Concluded

still on the critical list. About the fifth day we had news again of him and he was doing very well, gaining weight and taking his feedings.

"I am writing this letter to let you know that Father Seelos has answered my prayers. I have enough faith to feel that our baby will soon come home to us in good health."

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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 THAT OTHERS MAY KNOW AND IMITATE HIS HOLY LIFE...