



# Seelos *and* Sanctity

SECOND CLASS POSTAGE  
PAID AT NEW ORLEANS, LA.

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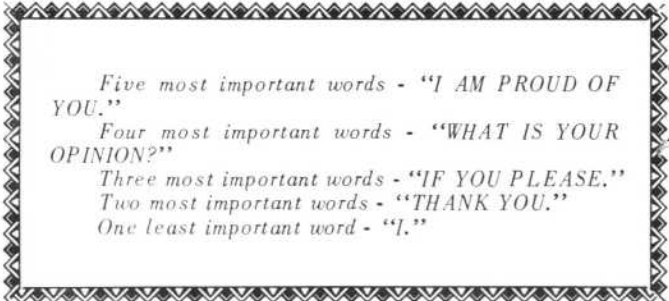
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## The Magic of Kind Words

There is hardly a power on earth equal to the power of a kind word. Man is like a plant - he needs the warm sunshine of human and loving companionship all during life.

How many dejected spirits could be lifted up simply by a thoughtful and understanding word . . . . a compliment concerning one's appearance . . . . a word of praise for a job well done . . . . an expression of gratitude for a favor received . . . . a word of sympathy in a moment of distress.

The following may be described as a short course in human relations:



*Five most important words - "I AM PROUD OF YOU."*

*Four most important words - "WHAT IS YOUR OPINION?"*

*Three most important words - "IF YOU PLEASE."*

*Two most important words - "THANK YOU."*

*One least important word - "I."*

Little phrases such as these are the courtesies that oil the cogs of the monotonous grind of every day life. Our Lord never met a sad person for whom He had not a word of comfort; a dejected person for whom He had not a word of encouragement; a persecuted person whom He did not defend; or a truly needy person whose request He refused to grant. To the widow of Naim He had words of comfort. On the cross He told the penitent thief that he would be with Him in paradise.

When the pressures of daily living build up within us we long for someone to sympathize with us in our trouble. Even if they can offer no solution, their careful attention to what you have to say eases your burden and lightens the load of depression.

True love always finds spontaneously the most appropriate words. If you truly love your fellowman, you will find the words most suited to bring joy into your brother's heart. Kind words are born of love.

Probably about 95% of your time is spent thinking

about yourself - your accomplishments, your needs, your wants. Stop thinking about yourself. Begin thinking about other people's good qualities. Give honest sincere appreciation. Be hearty in your approbation, lavish in your praise.

To praise your neighbor is an act of charity that brings joy. Just to be told sincerely that you are doing a good job encourages you to do even better. The average man when he sees something he does **not** like he complains. He sees something he **likes** he says nothing. This is sad, is it not? There are so many good things that happen and are performed by people around us, yet all we seem to see are the bad things.

Praise encourages, silence discourages. Praise is meant to be a constructive force in the kingdom of God on earth. It directs many a soul toward everlasting happiness and apostolic zeal.

St. Paul says "Rejoice with those who rejoice. Weep with those who weep."

To be stingy with your praise is often the effect of laziness. We are too lazy to be bothered with the work involved in noticing and speaking of the good points of our neighbor. Unfortunately we also deny ourselves the joy of spirit that comes from a genuine abiding love for our fellow man.

You will never know the precise effect the words of praise have. You utter them and go on your way leaving them to work their magic.

So let us persevere in seeing the good in others and in speaking of it frequently. In this way you will bring joy to the hearts of your fellowman and peace into your own. "It is better to give than to receive."

FATHER VAUGHN

## HOSPITAL VISITS

As you know I have been visiting the sick each week to bless them with the cruxifix of Father Seelos. I cannot tell you what a richly rewarding experience this has been. Quite frankly, I enjoy doing it. There is nothing that takes one's mind off of one's own troubles better than visiting the sick. Each time I return I thank God for the many graces He has bestowed upon me. Besides, there is a great deal of satisfaction in being able to bring a few brief moments of consolation and encouragement to these afflicted souls in their moments of need.

Therefore I greatly regret that I will be unavailable during the coming month for these blessings, because I will be out of town. I must ask patience and consideration during the month of August. I will resume making the weekly hospital visits with the crucifix of Father Seelos in September . . . . .

## Thanks To Father Seelos For.....

. . . the easy, quick death of my father. I guess this sounds strange, but he was dying of lung cancer and we were told he would suffer tortures before the end came. In just two weeks our dear Lord took him to Himself with a heart attack. May he rest in peace.

. . . relief from painful muscle spasms in my back. The only medication the doctor was able to give me was pain pills. When the pain was very severe I begged Father Seelos to intercede for me and the next morning when I awoke the pain had left.

. . . a favorable report on a recent biopsy. I had every indication of cancer and the doctors were very much concerned. The final report came back today - there is no cancer.

. . . helping my mother and myself in delivering our children . . . I first heard of Father Seelos when I was a little girl in the fifth grade. At that time my mother was expecting her ninth child. The baby was one month overdue and the doctors did not know what was wrong. Praying every day, my mother made a special novena to Father Seelos. The next week after she had made the novena, on St. Valentine's day, the baby was born, a little boy. She named him Francis (after Father Seelos) Valentine. I too, have named my baby Francis because of the help he gave me in a difficult delivery.

. . . helping my 78 year old mother overcome a nerve condition. We were worried that she would be partially paralyzed, but since interceding with Father Seelos she has improved and is quite active now.

### A PRAYER TO FATHER SEELOS

For your own intentions, and all the petitions placed before the tomb of Father Seelos, let us pause and say -

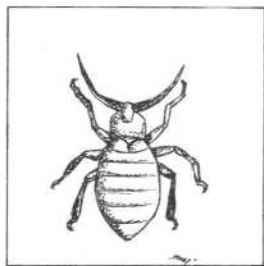
*O, MY GOD, I TRULY BELIEVE YOU ARE PRESENT WITH ME, I ADORE YOUR LIMITLESS PERFECTIONS. I THANK YOU FOR THE GRACES AND GIFTS YOU GAVE TO FATHER SEELOS, IF IT IS YOUR HOLY WILL, PLEASE LET HIM BE DECLARED A SAINT OF THE CHURCH SO THAT OTHERS MAY KNOW AND IMITATE HIS HOLY LIFE. THROUGH HIS PRAYERS PLEASE GIVE ME THIS FAVOR . . .*

N.B. These reports of "Thanksgiving" are from the statements of our correspondents. Official judgement of the favors granted can be given only by the proper church authorities.

# THE SMILING SEELOS

by Luana Jambois

There is a mistaken notion that saints are pious grave and mostly somber people. In the majority of them, work and smiling go hand-in-hand with holiness. Father Seelos was no exception to the actual fact that most saints are the happiest of human beings.



When he first came to America he was not bothered by the lack of food, the cold, or the monotonous drone of constant work. But there was one thing that "bugged" him - bugs! Can you not imagine his friend in Europe smiling when he received this letter? "There is only one thing which

bothers me here. It is the bedbugs. No matter how much we clean the place, they still are everywhere. We have scoured and scoured, but try as we might there is no fighting them. Even the splendid garments of the Archbishop were found to contain some of the filthy creatures when opened his valise for the ceremonies. They seem to have an affinity for my blood. If there is one of them around he will find me. They are twice as fierce and large as the European variety and uglier. If someone had warned me of them, I might have fled for my life. Indeed one does not take his very life in his hands when he retires for the night. When I even think of them I start to itch!"

One of his sisters, Damiana, was a Sister of Mercy whose mission was to visit the sick and the imprisoned. The other, Remualda, also a religious, was a teaching sister. Damiana was of a more sunny nature like her brother. Her letters were warm and gay, although marked by deep spirituality. Remualda was more dour and academic by nature. Undoubtedly he smiled as he wrote to Damiana, "Our good sister treats me just as she does you. I would not hurt her for the world, dear Damiana, but if one of her dry little letters was lost crossing the ocean, it would be no great loss."

In his teaching to the novices under his care he used humor whenever he could. He had in his room a picture cartoon of a young priest standing on his head and blowing a horn in the middle of the night while startled young novices came rushing out of their rooms. He would produce the picture to get a smile from a young novice who happened to be specially downhearted and dejected.

This particular characteristic was a handy facet of his personality when it came to handling some of the

more persistent of lady parishoners. "You ask me for a picture," he wrote. "We are not permitted to give pictures. Why would you want a picture of Father Seelos? However, my dear lady, you have argued so well in your request that I will surely remember you if I ever need a lawyer."

And when his time to die came, he even left this life on a cheerful note. Among his last words were these. "Beautiful! How beautiful! To die as a member of the Redemptorists."

Father Seelos, blessed with kindness and laughter and not many tears, died smiling.

## Lets Stamp Out Bad Addressing



Last month we appealed to you for S & H GREEN STAMP books to help us get a new addressing machine. We have been very encouraged by the response we have received from our appeal, however, we are still a long distance from our goal. We need 2000 GREEN STAMP books if we are to meet the need.

As we explained last month, our old addressing machine has become completely worn out. Our budget will not permit us to buy a new machine. We are, therefore, conducting a trading stamp campaign in order to be able to get the machine we need.

Won't you please help us by sending a few books of GREEN STAMPS? If you do not save GREEN STAMPS send us any other trading stamps you may have and we will try to exchange them. We know it means quite a penance for many of you ladies to give up these books. We wouldn't ask for them unless we thought it was really necessary.

If any one would prefer to make a cash donation for this purpose, it will be gratefully accepted.

## SEELOS FILMS AVAILABLE

We are happy to announce that WDSU-TV has donated to the Seelos Center a copy of the program THE CASE OF FATHER SEELOS - JOURNEY TO SAINTHOOD. We are now prepared to loan this film to groups such as PTA's, clubs, organizations, study groups, etc. You may obtain the loan of this film absolutely free simply by writing to the Seelos Center. Please give us the date on which you wish to show the film. If possible give us an alternate date, should the film be engaged on your proposed day.