



REV. JAMES HENNESSY, C.S.S.R.  
VICE-POSTULATOR

REV. WILLIAM GRANGELL, C.S.S.R.  
EDITOR

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JOSIE M. BECKER  
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## HUMILITY OF FATHER SEELOS

When Father Seelos made his religious profession, his vows, becoming a member of the Congregation of the Most Holy Redeemer (C.S.S.R.), he promised very solemnly and seriously and meaningfully that he would imitate Jesus Christ, The Most Holy Redeemer.

Christ in the Sermon on the Mount said to all those who would be His followers: "Be ye perfect as your Heavenly Father is perfect." By this He meant: Imitate me because the Father and I are One.

To make the imitation of Christ workable, St. Alphonsus, the Founder of the Redemptorists gave the Fathers and Brothers of his congregation, a virtue for each month of the year, an outstanding virtue in the life of Christ for their imitation and practice. The virtue for the month of August is "Humility and Meekness of Heart."

Imagine Father Seelos at meditation! It's early in the morning! The world is still asleep! Father Seelos and his companions of the Community are in the Chapel at meditation.

He thinks of the humility of Christ in His poverty. (Think of that for a moment!) He thinks of Christ, the object of outrage and of affront. He is made a fool of by Herod. He is spit upon. He is scourged as a slave. He is nailed to the Cross as an infamous criminal. In all this, Christ is silent.

Father Seelos was very humble in the confessional directing souls. (Only humble souls go to Confession.) Father Seelos would tell them: God is Good! God is merciful! Tell God you are sorry for having offended Him! Do not offend Him again! If you fall again, rise again in humility.

Father Seelos in his humility, was happy to be forgotten in the Community. He was satisfied to see others preferred to Him.

He saw in his Superior the Person of God! His will was supreme. His Superior might be younger and less experienced than he was, still he saw God in him.

Every day, for a few minutes before dinner, the community would meet before the Blessed Sacrament for the Particular Examen. The Redemptorists of today still do this. Each Father and Brother examines his conscience as to the way he is practicing the monthly virtue.

See Father Seelos at this Particular Examen: He asks: "What do I think of myself?"

Father Seelos understood the meaning of humility. In one word, Humility is Truth! I am what I am in the eyes of God. All I am, I am by the grace of God! All I have, I have from God! There is no such thing as being self-made or being self-sufficient! Science and its exploits, the arts and inventions, the libraries, everything comes from the minds of men given them by God! Our parents gave us our bodies, God gave us our souls, our life, our intellect, our minds. Father Seelos would thank God that he could think. He used to see retarded people. He realized they could do nothing, couldn't think coherently. He would ask: Are they proud? Of course not! Then with St. Paul he would ask: "What have we that we have not received and why do we glory as though we have not received it?" Thanks, good God, for my health of body and mind. I am healthy because God gives me health. That's Humility. Humility is Truth. Humility does not deprive us of character, determination, ambition. Humility does not prevent us from being Heads of Banks, Presidents of Universities, Captains of Industry, writers of books, great lecturers, actors, athletes, the world's outstanding people in any area. One can be all of these and still be humble. To repeat myself, Humility is Truth! I am what I am in the eyes of God and nothing more. All that I have, I have from God. Admit that on one's knees, and thank God for His Goodness to you and you are humble. It grieved Father Seelos when he saw so many of the world's intellectuals, the world's wealthy people, the world's political leaders as atheists. They were gods to themselves. As Pharaoh of old said to Moses: Who is this God that I should hear His voice. That was the attitude of the proud in Father Seelos' day. It is the attitude of the proud today.

Father Seelos spent much time on his knees in humble prayer. The humble man always prays.

Father Seelos was never discouraged! Whatever happened was God's will.

He took insults as Christ did.

In his successes, his prayer was "Not to us, O Lord, not to us, but to Thy name be glory."

He had no enemies. He forgave all offenses. Only the proud man has enemies and will not forgive.

He was not jealous or envious. He rejoiced when he saw others surpass him. If praise came his way, he thanked his admirer. He never boasted of his abilities. He was cheerful and happy, nothing disturbed his serenity of soul or countenance. In his dealings with his neighbor he was respectful

and deferential. He saw God in everybody.

He loved the Blessed Mother of God. When he recited the Breviary, his daily Divine Office, he would linger just a little longer, saying the Magnificat. It was Mary's prayer of humility when she visited her cousin Elizabeth. Father Seelos used to say to some of his devout friends: "Often read St. Luke, Chapter 1, verse 46 and see how humble Mary was in the moments of her exaltation! See what kind of a heart you should have?"

Father Seelos made the Way of the Cross daily. He put his 12 Rule Virtues in the first 12 Stations. The 8th month was Humility, so his meditation at the 8th Station was: FORGET MYSELF. Christ said to the women: "Weep not for Me." He made the Way of the Cross at night. Hence, he double checked on his Rule Virtues according to the months — at the Particular Examen before dinner and just before bed at night.

Keep Humility in mind in the month of August. Ask Father Seelos to pray for you that you be meek and humble of Heart as Our Most Holy Redeemer was.

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If any boy or young man is interested in the Redemptorist Priesthood, — if any older man, single or widower is interested in the Redemptorist Brotherhood, — please write to Rev. Wm. G. Grangell, C.S.S.R., 2030 Constance Street, New Orleans, La. 70130.

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## 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. . . .*

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If anybody would like to be blessed with Father Seelos' Crucifix, call Father Grangell at the Rectory 522-6748, and make an appointment to come to the Rectory, 2030 Constance Street.

Every Friday night, Father Grangell visits all the hospitals in New Orleans to bless the sick. Call 895-6176 and give the names of your sick relatives and friends on Thursday evening Friday morning.

## MESSAGE FROM THE VICE-POSTULATOR

Dear Friends of Father Seelos:

May I take this opportunity to introduce myself to all of you. It is with much humility that I take up my new duties as Vice-Postulator for the Cause of Father Seelos.

Father John Vaughn has done a wonderful and monumental job of making Father Seelos known and loved. For over seven years Father Vaughn has devoted almost his entire attention to this worthy project. Through his talent and zeal, thousands of people have come to know, love and pray to this great Servant of God. Only the Good God knows the countless happy answers to this devotion.

Speaking for the dedicated staff here at the Seelos Center, as well as for all of you, I want to thank Father Vaughn publicly for shouldering the hardest part — the groundwork — for father Seelos' eventual Canonization, please God. I feel that I am not here to take Father's place — only to succeed him as best I can. May he always have a special place in our grateful prayers.

I am grateful for the generous cooperation of so many at the Center. I especially welcome the assistance of Father William Grangell, C.S.S.R. He is well known throughout the South from his missions and retreats. You will get to know him through his inspiring articles in "Seelos and Sanctity."

Now you can do something for me. Pray for all of us at Seelos Center that God and Mary will continue to bless this work. That the Cause of Father Seelos will grow to the fulfillment we all long for. This can be your apostolate.

May God love and cherish you.

Father James G. Hennessy, C.S.S.R.

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It has come to our attention that there are some discrepancies on our mailing list. We would like your help in an effort to make our list more accurate. If your name is incorrectly spelled — if your address is incorrect — if we do not have your correct Zip Code — if you are receiving more than one copy of our paper — won't you kindly clip your name from the front of this paper and make the appropriate notation and return it to us. This will be a big help to us, and we know that the Post Office will appreciate it too. By using Zip codes you not only help the Post Office, but you help yourself to receive your mail more promptly. THANKS A MILLION FOR YOUR COOPERATION.

Josie Becker

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