



SEELOS AND SANCTITY

VOLUME VIII, NUMBER 9

SEPTEMBER, 1969

SPECIAL ANNIVERSARY MASS - - OCTOBER 5th

Each year on the Sunday nearest to the anniversary date of the death of Father Seelos 102 years ago, we offer a special Mass. All devotees of Father Seelos are invited to attend and to offer the Mass for his speedy canonization - - to thank God for favors granted through his intercession - - and to ask for more.

Mark your calendar. Plan to attend at St. Alphonsus Church, Sunday, October 5th at 10 A. M. Special preacher at the Mass will be Father Michael Curley, C.S.S.R., of Brooklyn, N.Y. He is the author of "The Cheerful Ascetic," the authentic life account of Father Francis X. Seelos, C.S.S.R.

OCTOBER						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Concelebrating the Mass will be Father Alphonse Abadie, Redemptorist Vice-Provincial Superior; Father William Grangell, Vice-Postulator of the Seelos cause; and Father Raymond Gaydos, executive assistant to the cause. Other priests will be welcome to join the concelebration.

Despite some publishing obstacles, we still hope to have copies of "The Cheerful Ascetic" that you may purchase after Mass for \$4.95 each. Father Curley has kindly consented to autograph copies, and will be happy to meet you.

All other Seelos literature will be available in front of the church before and after the Mass.

This is one event you won't want to miss!

THE VIRTUE FOR SEPTEMBER

BY FATHER GRANGELL



If you are following the system that Father Seelos used to become a Saint, you are now at the virtue of Mortification. His whole life each year as a Redemptorist was dedicated to the study and practice of twelve virtues, one for each month. If you keep Seelos and Sanctity you should look back and study the virtues we have had so far: Faith, Hope, Charity, Love of Neighbor, Poverty, Chastity, Obedience and Humility. Mortification follows Humility logically.

St. Alphonsus was the spiritual guide and inspiration of Father Seelos. The good priest read everything St. Alphonsus wrote about the Love of God and tried to live it.

Keep in mind that Humility is Truth.

St. Alphonsus taught there were two kinds of Humility: speculative and practical. Speculative is the humility of the mind and the soul. It goes like this: My intellect tells me that I am a sinner. That's truth and I deserve punishment. That's a truth I cannot deny.

Practical humility is that of the will. It goes like this: I am a sinner. That's truth. I want to do penance for my sins. This last is mortification. There are two kinds of Mortification: interior and exterior. Interior is mental suffering, exterior is when we punish the body that the soul may live. Examples of interior: To be insulted and say nothing, to fail and feel disgraced, to be ridiculed, to be falsely accused and unjustly condemned, a hidden fault is discovered and talked about, to be refused something and slighted. You suffer greatly from these hidden sorrows. You smile, tell nobody how you are hurt, and offer up all to God as penance.

St. Paul says, "These who belong to Christ, have crucified their flesh." Christ says: "If any man will come after me, let him deny himself and follow me." Again: "Unless you do penance, you shall perish." We can practice hundreds of little mortifications all day long. Hide them. Never talk about them. We deny ourselves comforts. We deny the appetite. We are satisfied with everything. We never complain.

Mortification has never killed anybody. It's just the opposite. The doctors says, "Go on a diet. No more starches, no more sugar, no more tobacco, no more alcohol, no butter, no condiments, no eating between meals." It's a terrific mortification, but it's for the good of the body.

Young athletes deny themselves many things to be on the high school team. Old "Pros" do it to stay on the team.

How about something to please God, to do penance, to atone for sins of the world.

Sickness is hard. If you can say, "My God, Thy will be done," in every pain and ache, you are holy. You are a saint!

Father Seelos asked his Confreres to sing as he died.

Mary, Mother of Sorrows, pray for me.

FEATURE LETTER

I had surgery a year and a half ago for polyp in the sigmoid colon, and larger intestines. They were removed. I was told to return in one year for a checkup, which I did only to find out that a polyp had returned about the size of an acorn. I was advised to wait six months then return for evaluation of this polyp.

On June 14, 1969 I returned to Mayo Clinic with the thought of major surgery again, if any increase in size was noted. I was very frightened but I prayed fervently if it was God's Will, help me to be fortunate enough to escape major surgery, only if God so willed - if not, gladly and willingly I would go through with it.

I prayed to Our Mother of Perpetual Help, thus, that if her Son wanted Father Seelos canonized, would she intercede, but again, only if God so willed. Just before I was taken into the X-ray room, as frightened and disturbed as I was, a sudden calmness came over me and I was unafraid, nothing mattered but God's will - I was completely resigned.

So, during the course of the procedure of X-rays I heard the Doctors say aloud, "What's that bubble?" They traced it, retraced it, and all of a sudden their words, "It disappeared." I had to report that afternoon for results. My husband, Dr. Miller, met with the special surgeons for this particular ailment. I was all ready for any news. To my amazement and his, the doctors shook their heads comparing X-rays, one showing growth, and the morning one showing no growth. The growth had disappeared. They compared X-rays thoroughly. Then, not satisfied, requested all tests be made over again the following day.

Again I prayed that whatever God willed I wanted. His Will Be Done.

Next day I went back to the X-ray in the morning and completed all the tests.

I returned in the afternoon for consultation with the same surgeons, plus two others, regarding results. All of them examined the recent X-rays, compared them with the ones showing polyp, shook their heads and repeated, "It disappeared." I asked how that could happen and he answered, "Lady, let's just say that you are very lucky. Go home and then return in six months." Then and there I knew, God, through Father Seelos, let me escape the pain and suffering of surgery and that God does want Father Seelos canonized.

I promised publication, donations, and to spread devotion to Father Seelos.

*Grateful to God,
Mrs. Martin Owen Miller*

NEWS NOTES

WE ARE NOW ACCEPTING orders for the life of Father Seelos, "The Cheerful Ascetic," by Father Michael Curley, C.S.S.R. The price is \$4.95 per copy and a check or money-order must accompany all orders. There can be no promise of delivery date because at this time the books are still not in our hands. Send all orders to Seelos Center.

EVERY FRIDAY EVENING Father Grangell or a substitute continues to visit hospitals in the New Orleans area to bless the sick with the mission cross used by Father Seelos. Our sick-list specialist is Miss Addie Buhler. Please call her at 895-6176 on Wednesday or Thursday if you know of a patient who would like the blessing, so she can make up Father's list.

DON'T FORGET that each Wednesday evening at 5:30, the Mass in St. Alphonsus Church is the "Father Seelos Mass." All intentions recommended to his intercession are remembered at the Mass celebrated only a few feet from his tomb. You also receive the blessing of the priest with Father Seelos' mission crucifix.

IF YOU ARE GRATEFUL to Father Seelos, you'll tell others about him. Always have them contact the Seelos Center by calling 525-2495.

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Rev. William Grangell, C.S.S.R., Vice-Postulator and Editor; Miss Josie Becker, Associate Editor; Mrs. James Bourg, and Rev. Raymond Gaydos, C.S.S.R., Executive Assistants.