

VOLUME 108

SEELOS CENTER NEWS

FEBRUARY 2024

from the National Shrine of Blessed Francis Xavier Seelos, C.Ss.R.

Dear Devotees of Blessed Seelos,

It's hard to believe that the Lenten season is upon us. It seems that we just commemorated the incarnation of Jesus during the Christmas season and now we're reflecting on the Paschal mystery. Once again, we spend 40 days observing the spiritual practices of prayer, self-discipline, fasting, alms-giving, and other acts of charity. Lent offers an opportunity for self-reflection that enables us to deepen our spirituality and to grow in holiness.

One key aspect of spiritual growth during Lent is self-examination. The season encourages us to take a closer look at our lives—this introspection serves as a foundation for spiritual maturation by identifying areas of improvement and fostering a sense of humility. Fasting and abstinence are integral components of Lent, symbolizing detachment from worldly comforts and focusing on ways that we live a life of prayer and self-discipline. While many aspects of Lent seem individualistic, we must not minimize nor trivialize Lent as “that time once a year that we have to give up something.” I'd rather think of Lent as a season the Church invites us to move out of self-centeredness and to intentionally perform works of mercy and to extend Christian charity, most especially towards those in need of our attention: the poor, neglected, lonely, oppressed or marginalized. As Christians, as missionary disciples, we are invited to witness to others the goodness and blessings that living with and for Christ has brought to our lives.

Rather than focusing solely on voluntarily giving up certain indulgences or habits this Lent, perhaps we can use this sacred season by exploring ways we can give to others.

Christ's death on the cross is certainly the ultimate expression of sacrificial love for the world. Blessed Francis Seelos also sacrificed his life while lovingly ministering to others. Might I suggest that in a spirit of sacrifice this Lenten season, we consider sacrificing our own needs and concerns and experience the joy of encountering Christ as we serve others. Be assured of my personal prayers for you as we make this Lenten journey together.



Father Maurice J. Nutt, C.Ss.R.

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Director, National Shrine of Blessed Francis Xavier Seelos, C.Ss.R.

A LENTEN PRAYER



“Lord Jesus, as I begin my Lenten journey of fasting, prayer, discipline, and almsgiving, I pray that you will open my mind and stir my heart to follow you more faithfully. Please make me grateful for your sacrifice on Calvary to set me free, Help me to remember that I am only dust and to dust I shall return. May my Lenten sacrifices lead me to repentance and a resolution to live my life for your greater honor and glory.”

- Father Maurice J. Nutt, C.Ss.R., from the book *Lent & Easter: Wisdom from St. Alphonsus Liguori*



★ To learn how you can volunteer from home or at the Shrine, call (504) 525-2495. ★

Birthday Blessings

JANUARY 11 - APRIL 9, 2024

To honor the birth of Blessed Seelos on January 11th, we are excited to announce our annual "Birthday Blessings" giving campaign!



HOLY BEGINNINGS

*An offering of \$18.19
in celebration of the year of
Blessed Seelos' birth, 1819.*



- 1 candle lit at the Shrine
(actual candle not included)
- 1 "Best Wishes" card

TIMELESS GRACE

*An offering of \$205
in recognition of Seelos' age
if he were alive today, 205.*



- 2 candles lit at the Shrine
(actual candle not included)
- 2 "Best Wishes" cards
- Seelos 2024 calendar
- 10" Kneeling Seelos statue

DEVOUT SERVICE

*An offering of \$2,000
in commemoration of the year
Seelos was declared Blessed.*



- 1 candle lit weekly for a year
(actual candle not included)
- 10 "Best Wishes" cards
- 8x10 Seelos icon on canvas
with 14 kt gold detailing

Visit www.SEELOS.org/birthday-blessings or call (504) 525-2495 to donate!

Simple Things to Do For Others - This Lent, Be the Gift!

Exerpts from The Liguorian

DONATE

- Blood or platelets
- Your hair to make wigs for cancer patients (locksoflove.org)
- A mammogram (\$150) to nationalbreastcancer.org
- Your car to an agency like Habitat for Humanity, Salvation Army or Red Cross
- Old prescription eyeglasses to the Lions Club or Goodwill
- Books and magazines to healthcare centers
- Your time to drive seniors to the doctor

OTHER WAYS TO GIVE

- Open your home to someone who was affected by a disaster
- Send more thank you notes
- Become an organ donor
- Fight hunger with a donation to a local food bank or to feedingamerica.org
- Reach out to your parish for volunteer opportunities



Blessings for the Sick

Hospital visits with a Seelos Crucifix

(Only family members may request)

JEFFERSON / ORLEANS

CHILDREN'S HOSPITAL
Dennis Waldron (504) 442-6336

EAST JEFFERSON GENERAL HOSPITAL
Anne Batt (504) 458-0310
Norris Plaisance (504) 235-1961

OCHSNER (KENNER)
Linda DiMaggio (504) 287-8732
Wendy Whittaker (504) 722-0089

OCHSNER (JEFFERSON)
Monica Surprenant (401) 207-5521
Norris Plaisance (504) 235-1961
Marie Giorlando (504) 568-0522

ORLEANS PARISH
Dennis Waldron (504) 442-6336

WESTBANK
Elaine Freeman (504) 341-2213
Mary Grace Orsag (504) 367-7515

LOUISIANA

ABBEVILLE / ERATH / LAFAYETTE
Boniface "Boni" Suire (337) 937-5675

ALEXANDRIA
Deacon Bill / Joan Travis (318) 664-7069
Mary Ann Reddoch (318) 277-0545

BALDWIN / FRANKLIN
Patti Ibert (337) 828-0141

BATON ROUGE
Gloria Bacqué (225) 753-3800

COVINGTON
Dr. Ann Logarbo (985) 886-0218

HOUMA / THIBODAUX
Debbie Badeaux (985) 438-4096
Margo Battaglia Clement (985) 637-6056
Deacon Rod Fonseca (504) 320-7450
Sheila Fonseca (504) 320-9807

IOTA
Anne Ritter (337) 254-8451

LAKE CHARLES
Lisa Verrette (337) 274-4810

LULING & SURROUNDING AREA
David Fauchaux (504) 908-4120

MANDEVILLE / SLIDELL
David Brumfield (985) 234-9355
Lisa and Eric Johnsen (985) 640-1677
Kathy Newcomb (225) 978-9284

NEW IBERIA / ABBEVILLE / JEANERETTE
Rachel Gonsoulin (337) 224-7855

OPELOUSAS
Suzanne Pitre (337) 351-8489

PONCHATOULA
David and Joan Diaz (504) 715-6642

PRAIRIEVILLE / GONZALES
Deacon Claude Bourgeois (225) 337-0945

SHREVEPORT / BOSSIER CITY
Tom and Marjorie Rivers (318) 797-3116

OUTSIDE OF LOUISIANA

KATY, TEXAS
Lauren Johnson (281) 851-1321
Donna Johnson (713) 826-4191

GRACES RECEIVED & PRAYERS ANSWERED

WESTPORT, CT

In 2010, my wife underwent gallbladder surgery and the surgeon nicked her colon.

24 hours later she was in severe distress due to sepsis. Further deterioration led to a second surgery. She was admitted to intensive care and medically sedated

for two weeks. During that period my college roommate's wife sent me a relic of Fr. Seelos which I pinned to my wife's bedding asking for his intercession. The doctor told me that her survival was precarious. One week later, that same doctor looked at her and declared, "It's a miracle," and I believe he was right.

PHILADELPHIA, PA

I had been bitten by a brown spider on my left leg. It was swollen with pitting edema, had two red rashes and was very painful. I was bitten on 8/3/23. I went to a healing service on 8/5/23. I was touched on the forehead and hands by a relic of the True Cross and another cross, I touched my hands to St. Padre Pio's robe, and touched a relic stone from St. Michael, and was prayed over by the priest. Immediately, I felt the swelling go

down and the pain went away. The next morning, the pain came back and the leg swelling was not completely gone. The priest had shown us a relic of Fr. Seelos and blessed us with it and asked Fr. Seelos to intercede for any healing that wasn't complete. The next day, I noticed that the redness was gone, it was just dark brown where I had been bitten. The swelling had completely gone and I felt no pain at all. It doesn't even itch now.

TAMUNING, GUAM

When planning a trip with my sister to New Orleans, I learned of Blessed Seelos. While we were making our plans, our cousin Kyle was struck with a bacterial infection at his work which put him into a coma and paralyzed him. I put in a prayer request for his healing on the Shrine's website and continued to provide prayer requests for him. My sister also started including him in prayer requests to Blessed Seelos.

Kyle went from being in a coma, unable to take any food, speak, or swallow, or

even move, to now a couple of months later he is able to walk around with a walker, he is able to eat on his own and the healing is progressing very rapidly.

We and the family are putting it down to the intercession of Blessed Seelos. We just returned from our visit in New Orleans and made sure that we stopped at the Shrine and provided not only a prayer for continued healing but a prayer for thanks for the healing that has been occurring.

Thank you, Blessed Seelos!

Prayer Partner Available By Phone

Can't make it to the Shrine? Volunteer **Geri Heigle (504) 312-1732** is available to pray with you by phone 7 days a week, any time day or night.



SHRINE, MUSEUM & WELCOME CENTER HOURS
Monday-Saturday 10am-2pm | Please see SEELOS.org for visiting guidelines.

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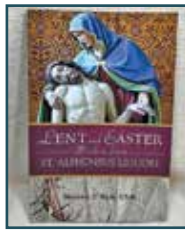
Visit Liguorian.org for details.

PUBLISHED BY THE REDEMPТОRISTS

WISDOM FROM BLESSED SEELOS

“Where the sacrifice is great and manifold, there, in the same proportion, is the hope of glory more deeply and more securely grounded in the heart of him who makes it.”

HOT IN THE SHOP ~ LENTEN PREPARATION



“LENT & EASTER” BOOK – \$17

This book by Father Maurice Nutt, C.Ss.R. features daily scripture and prayers in St. Alphonsus’ own words.



ROSE & BRONZE ROSARY – \$25

This beautiful rosary features rose-colored beads and bronze detailing.



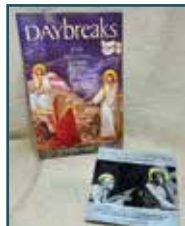
CRUCIFIXION CANDLE – \$18

This 10” candle with gold detailing burns up to 124 hours and features an image of the Crucifixion of Jesus.



“THE ESSENTIAL LENTEN HANDBOOK” BOOK – \$20

This book equips you with everything you need for a richer experience of the 40 days before Easter.



LENTEN BOOK & CD SET – \$30

This set includes book “Daybreaks: Daily Reflections for Lent and Easter” and CD “Praying the Way of the Cross.”



“MARY’S HEART” GIFT SET – \$27

This set includes a blank note card with beautiful artwork on the front and a matching pendant. Comes with envelope.

Quantities are limited. Prices include shipping/handling. Prices online and in the Welcome Center Gift Shop may vary.

SUPPORT THE MISSION OF THE SHRINE



LIGHT A CANDLE: A vigil candle will burn near Seelos’ sacred resting place for an offering of \$3-\$5. Please visit SEELOS.org/light-a-votive-candle.



REQUEST A RELIC: 3rd Class Relics are available in either laminated prayer cards or as a crocheted memento for an offering of \$2.50 each. 2nd Class Relics are available in small envelopes for an offering of \$2.50 each.



SHOP ONLINE: Items in the Gift Shop are available at SEELOS.org/gift-shop.

VISIT SEELOS.ORG OR CALL (504) 525-2495 TO ORDER



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The National Shrine of Blessed Francis Xavier Seelos, C.Ss.R. is a member of the National Association of Shrine and Pilgrimage Apostolate.

DONATION & CONTACT INFORMATION FORM

I would like to support the Seelos cause by donating \$_____ to be used for:

The ministry and maintenance of the Shrine My 1-year newsletter subscription renewal (\$12)

Other: _____

Make checks payable to “National Shrine of Blessed Francis Seelos”.

Please remove change my name and address as follows:

Name: _____

Address: _____