



VOLUME 113

SEELOS CENTER NEWS

JULY 2024

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

Dear Devotees of Blessed Seelos,

It's summertime! What are you doing this summer to enjoy some well-deserved rest and relaxation? Rest is an essential component of a healthy and balanced life, especially in today's fast-paced world filled with constant hustle and bustle. In the midst of our busy schedules and never-ending to-do lists, taking time to rest and relax is not just a luxury but a necessity for our overall well-being.

First and foremost, rest and relaxation are crucial for recharging our bodies and minds. Just like how a car needs fuel to keep running smoothly, our bodies need rest to function at their best. Without adequate rest, we risk burnout, fatigue, and decreased productivity. Taking breaks and allowing ourselves to unwind helps us rejuvenate and replenish our energy levels, enabling us to tackle challenges with a refreshed perspective. The sage advice of Blessed Seelos was for people to be good to themselves; and that it was quite alright to take some needed rest. When he was a formation director of our Redemptorist seminarians, he was accused of being too lenient with our seminarians because he would permit them to take time for rest and enjoyment.

Moreover, rest and relaxation play a vital role in reducing stress and promoting mental health. The constant demands of modern life can take a toll on our mental well-being, leading to anxiety, depression, and other mental health issues. By taking time to relax, whether through meditation, making a spiritual retreat, or simply spending time in nature, we can alleviate stress, calm our minds, and improve our overall mental health.

If you have never been to the National Shrine of Blessed Francis Xavier Seelos in New Orleans, or if it has been a while since your last visit, I invite you to visit us. Our pilgrims always comment on how peaceful they feel at the Shrine. Come spend some relaxing time praying before the reliquary of Blessed Seelos, I guarantee that you will leave feeling refreshed!

Have a blessed summer!



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

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

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

PRAYER FOR PEACE AND CALM



Dear Lord and Father
of humankind,
Forgive our foolish ways;
Reclothe us in our rightful mind,
In purer lives Thy service find,
In deeper reverence, praise.

Drop Thy still dews of quietness,
Till all our strivings cease;
Take from our souls
the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.

Breathe through the heats
of our desire
Thy coolness and Thy balm;
Let sense be dumb, let flesh retire;
Speak through the earthquake,
wind, and fire,
O still, small voice of calm.

— John Greenleaf Whittier

7 Tips to Manage Stress

Article courtesy of Joyce Wale, Senior Assistant Vice President, NYC Health + Hospitals Office of Behavioral Health

There are emotional and behavioral consequences of stress that can make it difficult to perform your daily routine. These include anxiety, depression, fatigue, becoming aggressive, unmotivated, or withdrawn, and difficulties with problem-solving and concentration. There are also physiological consequences of stress including headaches, nausea, and palpitations.

So, how can you avoid stress and alleviate the negative social, emotional and physical consequences of it in the process?

Here are some tips:

1. Take care of yourself.

Avoid drugs and alcohol as they can add to stress. Eat a well-balanced diet, get enough sleep, and exercise regularly.

2. Engage in self-relaxation.

Try muscle relaxation, breathing or meditation exercises, prayer, yoga, or swimming to reduce stress. Spend time with nature or listen to quiet music.

3. Take breaks when needed.

Especially at work, taking breaks can help you re-organize and re-energize your thoughts and focus. This will help you do your work and maintain productivity.

4. Seek out support.

A partner, family member, friend, counselor, doctor, or clergy person can help lighten your mental load.

5. Maintain a normal routine.

Get up in the morning and go to bed at night each day at the same time. Eat three meals daily.

6. Connect with others.

Spending time with loved ones and doing fun things can help ease stress.

7. Give to others.

Giving – like doing community service or helping a neighbor or a friend – can channel your energy in positive ways.



NEW! Shrine Prayer Phone Line

Call our prayer line any time at (504) 586-1803 to hear a recorded message and prayer.



INDEPENDENCE DAY PRAYER

God, source of all freedom, this day is bright with the memory of those that declared that life and liberty are your gift to every human being. Help us to continue a good work begun long ago. Make our vision clear and our will strong; that only in human solidarity will we find liberty, and justice only in the honor that belongs to every life on earth. Turn our hearts towards the family of nations: to understand the ways of others, to offer friendship, and to find safety in the common good for all. We ask this through Christ our Lord, Amen.

Courtesy of the United States Conference of Catholic Bishops

Blessings for the Sick

*Hospital visits with a Seelos Crucifix
(Only family members may request)*

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GRACES RECEIVED & PRAYERS ANSWERED

WILLIAMSBURG, VA

I am a 52-year-old professional singer, violinist and teacher. After having unusually bad "allergy" problems and becoming hoarse, unable to speak easily and losing my entire upper singing range in August 2023, I went to my doctor. Treatment with allergy medicine and steroids didn't work, so he sent me to an ear, nose and throat doctor (ENT). The ENT scoped my vocal cords and said the hoarseness and loss of singing ability were caused by vocal paralysis: "Your right vocal cord is completely paralyzed, dead as a doornail!" I was then sent to do a PET scan to check for lung cancer. The scan was inconclusive but found a nodule with a 95% possibility of being benign.

However, my voice was not improved at all. The ENT said it might heal completely or not, but it would be difficult and could take up to 2 years. The paralysis was probably caused by a virus killing my nerve. The vocal paralysis caused neck pain, tension and inability to speak extensively (making a teacher's life difficult). The ENT said I might regain part of my range, all of it, or none at all, depending on how well the nerve regenerated.

A friend who works at my school brought me a first class Blessed Seelos relic. We prayed and placed it on my neck. I immediately felt peace in my entire body. The painful, tight knot of muscles relaxed, my neck felt supple and flexible again, and when I got home that evening, I was able to do my usual vocal exercises throughout my entire range! Blessed Seelos's intercession is the only thing to which I can attribute this miraculous cure.

In November, I returned to the ENT to scope my throat again to make sure it wasn't just wishful thinking. After his nurse checked me, she was so shocked that both vocal cords were working perfectly that she had to get the doctor to come look. He was utterly stunned and overjoyed and could absolutely offer no explanation other than God's Will. I am singing and teaching without pain again!

Blessed Seelos, thank you for interceding in my healing. My family will love you, consider you our special patron, and seek to learn about your Holy Life for generations.

WEST DES MOINES, IA

After being recruited several times for jobs in my region and being passed over for them all, I followed my mother's advice and asked Blessed Seelos to pray for me. I was chosen unanimously,

offered more than I negotiated for, and have been given a sizable moving stipend. I felt the difference in the process after asking Father Seelos' prayers.



Submit Your Testimonial Online!

Your words offer encouragement to others in need of Seelos' intercession.

www.SEELOS.org/submit-a-healing-or-favor

SHRINE, MUSEUM & WELCOME CENTER HOURS

Monday-Saturday 10am-2pm | Please see SEELOS.org for visiting guidelines.

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PRAYER TO ST. RAPHAEL

St. Raphael, of the glorious seven who stand before the throne of Him who lives and reigns, Angel of health, the Lord has filled your hand with balm from heaven to soothe or cure our pains. Heal or cure the victim of disease, and guide our steps when doubtful of our ways. Amen.

— www.oloj.org

HOT IN THE SHOP



“BE FAITHFUL IN LITTLE THINGS” ORNAMENT – \$18

New item! This 1x3 ornament features an image of Seelos from his beatification tapestry on the front and the quote “Be faithful in little things” on the back.



ST. RAPHAEL PRAYER SET – \$33

This gift set includes a pamphlet, 4” bronze statue and prayer card for the Archangel Raphael, protector and healer.



ST. DYMPHNA PRAYER SET – \$30

This gift set includes an 8 ½” statue and laminated prayer card with medal, for the patron saint of stress, anxiety and mental health.



SEELOS HEALING KIT – \$17

This kit includes a jar of blessed salt, a vial of holy oil and a bottle of holy water with a spray top.



“DAILY DEVOTIONS FOR PEACE OF MIND” BOOK – \$21

Find inspiration and encouragement in this devotional based on Isaiah 26:3.

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. Visit seelos.org/light-a-votive-candle.



REQUEST A RELIC: Relics are available for an offering of \$2.50 each at SEELOS.org/gift-shop.



INCLUDE US IN YOUR ESTATE PLAN: There are several options for including the Shrine in your estate plan. Visit seelos.org/charitable-giving to learn more about charitable giving.

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:

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