

2. To be a Saint is to do all our actions for love of God. He made us to love and serve Him. He gave us our wonderful faculties to use for our own happiness and benefit, but He asks us to do all we do for love of Him. In return, He will give us a rich reward for our every action. This is what St. Paul tells us to do: "Whatever you do in word or work, do all in the name of the Lord Jesus Christ." (Col. 3:17). Thus another infallible and easy way to become a Saint is to do all we do for love of God.

3. God has given us a beautiful Religion made especially for our poor human hearts, a Religion of peace and love, a Religion which gives us abundant helps to correct our faults and defects, a Religion that gives strength to the weakest and consoles the most broken-hearted. Those who practice this all-wise and consoling Religion are truly Saints.

The one difficulty in performing these three duties is not so much our weakness as our lamentable ignorance. We do not love God, simply because we do not know Him. We have been living with utterly erroneous ideas about Him. We look on God as a stern God, a God of majesty, Whom we reverence, but fear; we only think of Him as a God of justice Who punishes our sins. There we stop. That, as such, is a caricature of God, for God above all is a God of sweetness, mercy and love, a God Who loves us most tenderly and desires our love in return.

We do not offer our actions for the love of God because we do not realize that our every thought, word and act give God pleasure and obtain for us great merit, if only we do them for love of Him. But because we do not realize this fact, the countless acts of the day, which might so easily bring us immense rewards, are utterly lost.

How imperfectly understood is our glorious Religion!

By many it is looked on as a hard duty that must be performed. They look on the Ten Commandments as restrictions to their liberty, instead of seeing them as they are----the surest guarantees of their happiness.

The treasures of joy and consolation which our Religion offers, the helps and strength it gives are little known. Prayer, instead of being a pleasure, is looked upon as a penance. The Sacraments, which are very rivers of grace, are little appreciated, little used. All this is owing to our ignorance. In a word, what we most need is an intelligent grasp of our divinely beautiful and all-wise Religion, one which will secure for us not only a high degree of holiness but the greatest possible measure of happiness.

The prevailing idea of many is that holiness implies leading a sad and austere life; whereas, true holiness gives us immense joy, consolation and strength. Many too think that it is practically impossible to be a Saint, or at least extremely difficult.

You will find in this book many *easy* but *infallible* means of reaching a high degree of sanctity.

*(Chapter 1 - Next month)*

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*If you wish to contribute or share with others in this bulletin,  
please contact Fr. Biérier in Dun Laoghaire. Email : bierer@sspx.net*



# *Handmaids of Christ and Children of Mary*

*Supplement to the Bulletin of the Eucharistic Crusade in Ireland*

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January 2007  
Month of the Holy Family

**T**his leaflet is intended for high-school girls. Being part of the Eucharistic Crusade, you will receive the bulletin of the Crusade and pray for the intentions of the Crusade. As girls, Our Lady is your special model. Therefore as well as being Crusaders and Handmaids of Christ, you are also Children of Mary. The purpose of this few pages is to help you in your spiritual life.

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*There follows the publication in parts of a very interesting little book:*

## **AN EASY WAY TO BECOME A SAINT**

By Fr Paul O'Sullivan, OP

### First Part — Foreword

**M**any think that it is practically impossible to be a Saint----or at least extremely difficult.

In this book you will find many easy but infallible means of reaching a high degree of sanctity.

These words will come as a surprise to many readers, but greater will be their surprise on perusing the following pages to see how true the words are.

1. To be a Saint is to love God. Now what is easier than to love a God Who is infinitely good and who loves us with infinite love?

Our hearts were made expressly to love Him, just as our eyes were made to see, our ears to hear. Surely there can be no difficulty in doing that for which we were expressly made.

*Continues on back page*

# Instruction upon meditation

*Meditation, or mental prayer, is a devout and fruitful consideration of Divine things, and of all that is conducive to the acquirement of virtue and of eternal salvation. Each meditation should also have preludes that is preparations for the meditation; the first prelude consists in what is called the composition of place, or in forming, in our mind, as best as we can, a picture or image of some place or scene that has reference to the subject upon which we meditate. For example, if it is Christmas, we may imagine the crib in Bethlehem with Our Lady and St Joseph, and the donkey and ox; if it is hell, we may imagine some obscure and horrible dungeon full of fire, and souls burning there. This first prelude or picture helps us much to recall our thoughts, when, during meditation, they wander from the subject.*

## 2<sup>nd</sup> Meditation – On the necessity of saving our souls

Salvation is the most important of all concerns which regards man; it is the end of his creation: Almighty God, in bestowing life upon me, wills that I should spend it in saving my soul, and without this I cannot honour him. Should I lose my soul, creation is to me a curse instead of a blessing. Had I not been created, there would have been one man less in the world; but if I am lost, there will be one soul more in hell. If I save my soul, I may lose everything else without regret; but if I lose my soul, what will everything else avail me at the hour of my death?

We must spare nothing to save our souls. Most men act as if they thought salvation easy to be obtained; but it is not so: the way is rough and narrow, and no man can pursue it without difficulty and great struggle. To obtain this treasure, much prayer, much interior and exterior self-denial are absolutely necessary. Should the salvation of our soul cost a fortune, reputation and life, all is a trifle when compared with this all-important issue.

We must then, never risk our salvation. No man of sense risks his health, fortune, or life, unless for the attainment of some greater good; then how can we risk the loss of that which is everything to us for eternity, and of which alone God will require a strict account? Every interrogation at the day of judgement may be reduced to this: **Hast thou saved thy soul?**

### Prayer to Our Blessed Lady

*My Queen and my Mother! To thee I offer myself without any reserve; and to give thee a mark of my devotion, I consecrate to thee during this day, my eyes, my ears, my mouth, my heart, and my whole person. Since I belong to thee, O my good Mother, preserve and defend me as thy property and possession.*

*Spiritual Bouquet: Blessed are the peacemakers, for they shall be called children of God. St. Matthew 5:9*

## SAINT AGNES

Virgin and Martyr

(†304) Feastday January 21st

**S**aint Agnes was twelve years old when she was led to the altar of Minerva at Rome and commanded to obey the persecuting laws of Diocletian by offering incense. In the midst of the idolatrous rites she raised her hands to Christ, her Spouse, and made the sign of the life-giving cross. She did not shrink when she was bound hand and foot, though the manacles slipped from her young hands, and the heathens who stood around were moved to tears. Bonds were not needed for her; she hastened gladly to the place of her torture.

When the judge saw that pain had no terrors for her, he inflicted a sentence comporting an insult worse than death: she was condemned to be taken to a house of infamy and her clothes stripped off. "I have an Angel with me," she said, "and he will guard me. Christ, whom you do not know, surrounds me like a wall which cannot be forced." And so it occurred. The Spouse of Virgins revealed, by a miracle, His custody of the pure in heart: her hair grew miraculously to such a length that she was entirely covered by it. The place to which she was taken was illuminated by a brilliant, inexplicable light; and there she knelt down to pray. At that site a Church has been built in honor of this young maiden's victory over impurity. Only an impudent suitor, the cause of her arraignment as a Christian, dared approach her, and her Angel struck him dead at her feet. His father prayed Agnes to raise him up again by her magic arts; she answered that magic was not responsible for his death, but only the young pagan's lack of respect for God. She said she would pray to Him that her Lord's glory might be manifested by the miracle his father requested, and it was granted to her prayer.

At length the sentence of death by the sword was passed upon her by a subordinate judge. For a moment she stood erect in prayer, then bowed her neck to the sword, rejoicing that the time of her liberation had arrived. The Angels bore her pure soul to Paradise. A week after her death, Saint Agnes appeared to her parents as they were praying at her tomb; she was amid a choir of virgins clothed in golden robes and crowned with garlands. She begged them not to weep for her as for one dead, telling them rather to rejoice with her in her happiness.

**Reflection.** Her innocence endeared Saint Agnes to Christ, as it has endeared her to His Church ever since. Even as penitents we may imitate her innocence in our own sphere. Let us strictly guard our eyes, and Christ, when He sees that we desire to keep our hearts pure for love of Him, will fortify our resolution and bless it.

