

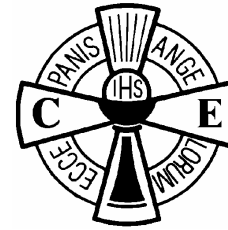
suppressed her violent grief, and, wholly conformed to the Divine will, generously offered the sacrifice of her Son for the sins of the world.

Remember the Sorrows of Thy Mother!

When the aged Tobias felt his end drawing near, he called his son and gave him wise counsels. Regarding his mother he admonished him in this touching manner: "Honor thy mother all the days of her life; for thou must be mindful what and how great perils she suffered for thee" [Tob. 4:3: 4]. Truly, this is a beautiful lesson for us all regarding our mother, but it may be applied still more appropriately to Mary, our Heavenly Mother, the Mother of our soul. From the Cross our Savior gave her to each one of us for our Mother when He said to the beloved disciple: "Behold thy Mother" [John 19: 27].

To us Our Lord also says: "Honor thy Mother all the days of thy life and be mindful of how much she suffered for thee." It is on account of the exceedingly great sorrows and sufferings which Mary endured for our salvation that she deserves our compassion and highest esteem. If our own mother suffers long and intensely, we show our love and esteem by sympathizing with her. In return our mother loves us all the more tenderly. It is the same with Mary, our Heavenly Mother. She is greatly pleased if her children sympathize with her by thinking frequently of her sorrows.

The Mother of God once said to St. Bridget, "I gaze upon the children of men to see whether anyone feels compassion for me, and, alas! I see but few. If many forget me, at least you, my daughter, do not forget me. Consider how much I have suffered." Holy Church applies these words of Jeremias to the Sorrowful Mother: "Oh, all ye that pass by the way, attend and see if there be any sorrow like to my sorrow" [Lam. 1: 12]. "To what shall I compare thee, or to what shall I liken thee, O daughter of Jerusalem? . . . For great as the sea is thy destruction: who shall heal thee?" [2: 3.] The love of Mary is referred to as a burning love which many waters cannot quench.



# Handmaids of Christ and Children of Mary

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

March 2007  
Month of St Joseph

**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.

**AN EASY WAY TO BECOME A SAINT** By Fr Paul O'Sullivan, OP

## Chapter 1 - TWO KINDS OF SAINTS

### ORDINARY SAINTS

There is, however, a second class of Saints, ordinary Saints. Bear in mind that these Saints are no less Saints than the others; they are true Saints and have reached exalted heights of sanctity, though in a different way. They lead humble, simple lives, performing their daily duties well and using the ordinary but abundant means of sanctity given by God to all Christians. These means we too can use, and by them we can attain a high degree of holiness. Here is a good example of the ordinary Saint.

### THE TWO LADIES

The great St. Antony, the abbot who had spent long years in the desert, passing whole nights in prayer and performing severe penances, aware of how important the virtue of humility is in the spiritual life, asked God to make him profoundly humble. In answer to his prayer, the Almighty directed him to visit two ladies in the neighboring city, who though simple and unpretentious in their manner of life, were, so God told Antony, holier than he who had spent long years in the practice of rigorous penance

## During Lent

**Fast from fear; Feast on Faith**

**Fast from despair; Feast on hope.**

**Fast from depressing news; Feast on prayer.**

**Fast from discontent; Feast on gratitude.**

**Fast from anger and worry; Feast on patience.**

**Fast from negative thinking; Feast on positive thinking.**

**Fast from bitterness; Feast on love and forgiveness.**

**Fast from words that wound; Feast on words that heal.**

**Fast from gravity; Feast on joy and humor!**

*If you wish to contribute or share with others in this bulletin,  
please contact Fr. Bièrer in Dun Laoghaire. Email : bierer@spx.net  
Eucharistic Crusade, 12 Tivoli Terrace South, Dun Laoghaire, Co. Dublin*

and unceasing prayer.

On entering their home, the Saint sought to discover the secret of such remarkable holiness; he asked them many questions as to the fasts they made, the length of their prayers, their austerities and the like, so that he might imitate them. He was not a little surprised to learn that they did nothing exceptional. They observed the fasts of the Church; they said their prayers devoutly; they gave what little alms they could afford; they frequented the Sacraments, heard daily Mass and practiced the ordinary Christian virtues.

What impressed the Saint most was that they loved God very simply but very sincerely. God was the great reality in their lives. They did all their actions for love of Him. They performed their daily duties, seeing God in all they did. They accepted what happened to them, joys as well as sorrows, as coming directly from His hand. That was all, but it sufficed to explain to the Saint the secret of their wonderful sanctity, viz., they performed their duties well and they loved God.

There are thousands of such hidden, ordinary Saints in the Church now, as there have been at all times.

*(Continues next month)*

## 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 as we have seen last month. The second prelude consists on some short prayer, in which we ask God to grant us that particular fruit we desire to obtain from our meditation. The third prelude is a petition for that special virtue which we need, and wish to attain in our meditation.*

### 4<sup>th</sup> Meditation – On the grievousness of mortal sin (continued)

Consider the sin of our first parents in the garden of paradise. Call to mind their state; what a state of happiness, what prospect for the future! But, seduced by Satan, they ate of a fruit whereof God had commanded them not to eat: this was their sin. O God, how very different are Thy ways from ours, how different are Thy judgements! In an instant they are cast out of paradise, they are forced to clothe themselves in the skins of beasts, they are deprived of original justice, and must spend the rest of their days in labour and penance. One sin is committed, and more than nine hundred years of weeping and toil must follow, and then bitter death!

## *Devotion to Our Lady of Sorrows*



**D**EVOTION to the sorrows of Mary has always been a favorite devotion among Catholics. It has been sanctioned by the Church and introduced into the Missal and Breviary. In order to keep before our minds the inexpressible sufferings endured for us by the Mother of God while she lived here on earth with her Divine Son, the Church observes two feasts in honor of the Seven Dolors of Mary: one on the Friday before Good Friday and the other on September 15. She has enriched with numerous indulgences the Rosary of the Seven Dolors, as well as a number of other devotions to the Mother of Sorrows. How touching is the beautiful hymn, *Stabat Mater Dolorosa*, which the Church intertwines with the public recitation of the Way of the Cross. The Church spares no pains to induce her children to venerate the sufferings of their Heavenly Mother.

Seven of her Sorrows have been chosen for our special veneration. They are:

1. The prophecy of Simeon.
2. The flight into Egypt.
3. The loss of the Child Jesus in the temple.
4. The meeting of Jesus and Mary on the Way of the Cross.
5. The Crucifixion.
6. The taking down of the Body of Jesus from the Cross.
7. The burial of Jesus.

Because of these seven sorrows which pierced her maternal heart, the Mother of God is often represented either as standing beneath the Cross, or as holding the lifeless Body of Jesus on her lap, her heart transfixed by seven swords, according to the prophecy of holy Simeon: "Thine own soul a sword shall pierce" [Luke 2 : 35].

Holy Church recalls to our mind only seven of Our Lady's dolors, but who could form an estimate of their real number! The sufferings of the Mother of God cannot be comprehended; they are inconceivable. But although her whole life was, like that of her Divine Son, a continuous series of sufferings and tribulations, the greatest woes and trials came to her during the week of the bitter Passion and Death of Jesus, when the storm of hatred and fury burst forth with all violence against Him.

During our Savior's Passion, every glance at her suffering Son forced the sword deeper into Mary's soul. Every sound of His voice brought special bitterness to her Heart. Every increase of her love for Him ---- and it increased with every moment of His Passion ---- augmented her sorrows. The dearer and more precious Our Lord became to her, the more keenly she felt the heart-rending woe of His cruel and ignominious Passion! In her spirit as well as in her senses, she felt every blow that was inflicted upon her Divine Son, every insult that was offered to His sacred Person. Yet no complaint or cry escaped her blanched lips. With heroic fortitude she