

HOLY COMMUNION AND HOLINESS

Your supernatural life needs its constant and suitable nourishment. *This is chiefly given in the Sacrament of Our Lord's Body and Blood.* There is nothing the devil detests more than Holy Communion. He employs every means to hinder it. We read of this in the 10th chapter of the 3rd Book of the Imitation of Christ:

"The enemy, knowing the very great fruit and remedy contained in Holy Communion, striveth by every effort and occasion, as far as he is able, to withdraw and hinder devout persons from it."



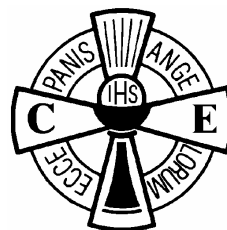
If you do not wish to be taken in his snares, you must determine beforehand and resolve not to allow yourself to be turned aside by any of his suggestions. You should have recourse always to the rule of the Church: the state of grace and a right intention. The right intention consists, she tells us, in communicating, not from habit, nor from vanity or worldly motives, but in order to please God, to unite ourselves more completely with Him by charity, and to oppose this Divine remedy to our infirmities and faults. If you fulfill these conditions, go to Our Lord without fear, and daily.

Many have begun well as children, but become victims to the delusions of the devil, have abandoned frequent Communion.

Holy Communion and resistance to sin.

Listen to the words of St. Thomas Aquinas: "Sin is to the soul a sort of spiritual death. Now, one preserves the body from natural death by fortifying the system by means of nourishment and remedies, or by protecting it against attacks from without. So the Blessed Eucharist is to the soul at once a nourishment, a remedy, and a shield against the assaults of the devil."

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



Handmaids of Christ and Children of Mary

Supplement to the Bulletin of the Eucharistic Crusade in Ireland

February 2008

Month of the Purification of Our Lady

This leaflet is intended for high-school girls. Being part of the Eucharistic Crusade, you 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 these few pages is to help you in your spiritual life.

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

Chapter 3 - THE WONDERFUL THINGS GOD HAS DONE FOR US (3)

GOD WATCHES OVER US

Nothing perhaps manifests so clearly God's personal love for *each one* of us as His Divine Providence, which is watching over us every moment and in every event of our lives. God has never taken His eyes off us since the moment of our creation, but is ever watching over us with loving care. Nothing happens to us that He does not see and permit. Not even a hair falls from our heads without His consent. Every moment of our lives is a new creation; our preservation is, as it were, a continual series of creations. Did God forget us or take His hand off us for a single moment, we should not only die, but fall back into our former nothingness. He takes care of the beasts that roam in the forests, of the little birds that fly in the air, He clothes the lilies of the field in a garb more beautiful than that of Solomon in all his glory. He sees every movement of the little fishes in the ocean, of the insects which are hidden in the earth. With far greater reason, He tells us, does He watch over us who are His dear children, so that all that happens to us is for our welfare and happiness, as St. Paul tells us: "All things work together unto good." (Rom. 8:28).

Nothing is so touching as the care a mother takes of her little one who is playing at her side. She is apparently intent on her sewing or knitting, but not for an instant does she lose sight of the child. At the first sign of danger, throwing aside what she has in hand, she rushes toward the little one and snatches it from the peril that threatened it.

This is exactly how God watches over us. His eyes are ever on us. Though we may think that our troubles come from an enemy or from some other cause or by chance, *we may be sure that nothing happens to us that God does not will.*

What is lacking is our want of confidence. If we only ran to God in all our troubles, our lot in life would be very different from what it is, very much happier.

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(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.

Refer to the previous issue of this bulletin to learn how to make meditation properly. Remember that the Handmaids must meditate 15 minutes every day. St Teresa of Avila says that he who spends 15mn a day in mental prayer cannot be lost.

You have here no lasting home. You are a stranger and a pilgrim wherever you may be, and you shall have no rest until you are wholly united with Jesus Christ.

Imitation of Christ, Book 2, Chapter 1 "On Meditation"

15th Meditation – On the Particular Judgement - 3

This examination being ended, our Judge will pronounce upon us the definitive sentence to eternal glory, or to reprobation. What sentence will be our? If we were told that in the course of an hour we should be judged, what would we not do to obtain one year of life, to prepare for our last end? Oh, then, let us make the same use of the time which may still be ours.

For Lent - On the Sufferings of Our Lord

Consider the multitude of His afflictions. This man of sorrows suffered in every part of his body, in all the faculties of his soul; he suffered from all people, Jews, Pagans, his judges, his accusers, and his apostles of whom one sold him, and another denied him. He felt in his own soul all that His blessed Mother suffered under the Cross. His eternal Father seemed to abandon Him, He treated Him as a sinner, as St Paul strongly expresses it. View Him sinking beneath the Cross, and know that your sins give it all its weight; view Him fastend to it in agonies of pain, and reflect that you sins point the nails; weep not for Him, but for yourself.

Contemplate His sacred body mangled to one wound, His hands and feet pierced, His head crowned with thorns, His beautiful face swollen with blows. His sinking eyes see nothing but an enraged multitude around Him,

His timid disciples retiring from Him, His afflicted Mother at the foot of the cross with one disciple and the tender Magdalen. His ears are shocked with the blasphemies and cries of His enemies who demand His blood.

Enter into His soul: it is pierced with the foresight of the loss of thousands for whom He dies. He carries all our sins: He carries yours, mine, and those of the whole world; He agonises for them in the garden; for them He bears ignominy without comfort, and torments without relief; He shows us they cannot be expiated without humiliation, contrition and penance. O Jesus, teach me to court and cherish the little humiliations and crosses which Thy kind hand dispenses; let me kiss the hand that strikes me; permit me not to increase my afflictions by murmuring, impatience, and reluctance. I desire to share Thy sufferings, and from the sincerity of my heart to repeat with Thee :
« *Father, Thy will be done.* »

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(Continues next month)



Saint Valentine, Priest and Martyr

Feastday: February 14th

Valentinus, a priest in Rome and a physician, was beheaded there under Claudius the Goth on February 14 and buried on the Flaminian Way, where a basilica was erected in 350. On the same day in the Roman Martyrology is celebrated another Valentine who was bishop of Interamna (Terni) about sixty miles from Rome and who was scourged, imprisoned, and then beheaded there by order of Placidus, prefect of Interamna. Tradition has it that the two are the same, ---that the bishop of Interamna had been a Roman priest who became bishop and was sentenced there and brought to Rome for his execution. The custom of sending Valentines on February 14 stems from a medieval belief that birds began to pair on that day.

Claudius had ordered all Romans to worship 12 gods. To be a Christian was a crime punishable by death, but the threat of death did not frighten Valentinus who was imprisoned. During his last weeks the jailer asked him if he would teach his daughter Julia: she had been blind since birth. Valentinus agreed and described to her the beauty of God's creation, and taught her how to pray. Julia believed what the Saint taught her and asked God to cure her blindness. As Valentinus and Julia prayed for this, a bright light shown in the jail and she was healed.

On the eve of his death, Valentinus wrote a last note to Julia telling her to always stay close to God. He was Martyred the next day, February 14, 270 A.D. It is thought that she planted a pink-blossomed almond tree near his grave.