

For the Feast of the Holy Guardian Angels

How To Make Angel Food Cake

Ingredients

- 1 1/2 cup of Sugar
- 1 cup of Flour
- 1 tsp of Cream of Tartar
- 1/8 tsp of Salt
- Egg white of 11 Eggs
- 1 tsp of Vanilla

Method

- Sieve collectively the sugar, flour, cream of tartar and salt for four times.
- Beat the egg whites until it becomes dry. Fold the dry constituents into eggs.
- Now, add vanilla.
- Bake the matter at 250 degrees F, for about one hour.
- Dust the cake with crushed sugar or frost top and sides with desired frosting.



Perseverance in praying the Holy Rosary

by St Louis-Marie Grignon de Monfort

I must add perseverance and prayer. Only he who perseveres in asking, seeking, and knocking, will receive, will find and will enter. It is not enough to ask God for certain graces for a month, a year, ten or twenty years; we must never tire of asking. We must keep on asking until the very moment of death, and even in this prayer, which shows our confidence in God, we must join the thought of death to that of perseverance and say, "Although he should kill me, I will trust in him," will trust him to give me what I ask.

God's munificence, on the other hand, is shown by his making us seek and ask, over a long period of time, for the graces which he wishes to bestow, and the more precious the grace, the longer he takes to grant it:

- 1) in order to increase the grace still more;
- 2) in order that the recipient may more deeply appreciate it;
- 3) in order that the one who receives it may guard against losing it; for people do not appreciate very much what they obtain quickly and at little cost.

Finally, my dear brothers and sisters, the daily Rosary has so many enemies that I look upon the grace of persevering in it until death as one of the greatest favours God can give us. Persevere in it and your fidelity will be rewarded with the wonderful crown which is prepared for you in heaven: "Be faithful until death and I will give you the crown of life."

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Handmaids of Christ and Children of Mary

Supplement to the Bulletin of the Eucharistic Crusade in Ireland

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Month of the Holy Rosary

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 8 - THE PRINCIPAL DUTIES OF THE DAY - 4

The daily prayers and devotions we have seen in the previous issue will make us Saints. They are:

The Morning Offering. Morning Prayers. Evening Prayers. The Rosary. The frequent repetition of the Holy Name. Devotion to the Sacred Heart. Daily Mass and Communion. A visit to the Blessed Sacrament.

WORKING

Most men work seven, eight, ten hours a day, and some even more. This goes on for fifty, sixty or even seventy years. All these countless hours are, for many, completely lost! Also, work for some is irksome, especially when it does not bring in the desired profits. Others enjoy their work but never think of doing it for God, and they too lose the immense merits of all these long hours.

Everyone should bear in mind that work was expressly imposed on us by God as a penance for sin. "In the sweat of thy face shalt thou eat bread." (Gen. 3:19).

If we work in this spirit, every moment of labor is a meritorious penance. And when our work is not successful, we have the great consolation of knowing that it brings us a still greater reward because of the mortification resulting from our failure.

In our Morning Offering we should be careful to emphasize the words, "I offer all the work, all the actions of this day for the intentions of the Sacred Heart."

Few Christians feel inclined to practice penance for their many sins. Consequently, their pains in Purgatory will be long and severe. If, however, we offer our life's work, the work of every day, its weariness, worries and disappointments, we are doing excellent penance, the holiest we can perform, because it has been imposed by God Himself and we are doing it every day of our lives.

Moreover, our work, our every action, if done for God, will receive abundant rewards because they are acts of love.

All these innumerable graces are utterly lost if we fail to do our work with the proper dispositions, viz., a) as acts of penance, b) as acts of love.

By making our Morning Offering with full deliberation, the countless acts of each day become acts of merit.

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. It is not a difficult exercise; it requires attention and reflection, a desire to know God better in order to love Him more. It should be done in the company of Our Lady, the saints and our guardian Angel.

Refer to the previous issues of this bulletin to learn how to make meditation properly. Remember that as Handmaid, you promised to meditate 15 minutes every day. St Teresa of Avila says that he who spends 15mn a day in mental prayer cannot be lost.

What are all things temporal but seductive snares? And what avail all created things, if thou be forsaken by the Creator?

Imitation of Christ, Book 3, Chapter 1 "On the Internal Discourse of Christ to the Faithful Soul"

Meditation – On the Prodigal Son - 5

The prodigal son wished and asked for the lowest place in his father's house. Do you imitate him in his humility? Offer yourself to God to be the meanest at His service. Reflect on the expressions of love and tenderness with which the father received his penitent son. He goes forth to meet him; he raises him from the earth; he presses him to his breast; no reproach, no reprimand; he clothes the penitent with a rich robe; he gives him a ring, the mark of liberty. He prepares a banquet that all may share his joy for the recovery of his lost child. Such was the conduct of this good father, but what were the feelings of the son? My soul, thou shouldst know them from thine own; thou hast sinned; but Jesus has given thee a will to repent, and has stretched out His own hand to assist thy return, and receive thee, not only into His arms, but even into His Sacred Heart.

Spiritual Bouquet : « *Do not let the sun go down upon your anger* ». Eph. 4:26

SAINT URSULA and her COMPANIONS

Virgins and Martyrs at Cologne (†383) Feastday : October 21

Saint Ursula was born in Great Britain of Christian parents; her father, Maurus, was king of Cornubia in Scotland. Ursula was sought in marriage by a young pagan prince, but had already vowed her life and her heart to Jesus Christ. In the year 383 she was boarded onto a boat with a large number of young girls and Christian women whom a Roman conqueror wished to give as wives to his soldiers, after having endowed them with rich terrains. But during the crossing of the Channel a storm arose, and the ships, instead of reaching western Gaul, were driven towards the mouth of the Rhine. The Huns who at that time were ravaging Europe saw the ships, and were making ready to pillage them and inflict on these virgins and women a dishonor more dreaded by them than death. Commanded by Ursula, they resisted heroically and so well that suddenly the sentiments of the barbarians changed. They took up their arms to be rid of this peaceful army. Soon the victims fell under the blows of the executioners, and their souls winged their way to heaven.

The prince of the Huns, struck by Ursula's beauty, spared her at first; he tried to console her for the death of her companions and promised to marry her. When she did not assent he shot her with an arrow, and this consecrated virgin fell with the others. She was considered the leader of the eleven thousand brought by the Romans from Great Britain. Many churches have relics of this army of martyrs, but no region is more richly endowed than that of Cologne, since it is to that city that the Christians of the region devotedly carried the mortal remains of the martyrs.

In the seventh century a magnificent church rose over their tomb, whose walls itself served as reliquaries. This holy cemetery has been rendered illustrious by many miracles. Pilgrims and especially young girls have come from all over Europe, to beg protection for their virginity from Saint Ursula and her companions. The very arrow which pierced Saint Ursula is still conserved there. A religious, who had great devotion to these martyrs, had fallen dangerously ill; a virgin appeared to him and said: "I am one of the virgins whom you honor. To reward you for the eleven thousand *Our Father's* you recited to honor us, you will have our assistance at the hour of death." And soon the glorious troop came to escort his soul. Saint Ursula is the patron of young teachers, and many congregations of nuns, dedicated to education, bear her name.

Reflection: In the estimation of the wise man, to teach the safeguard of virtue is the most important part of the education of youth: "My son, conserve thy soul in meekness, and render to it the honor it deserves... Who will honor the one who dishonors it? The poor man finds his glory in his instruction and in his fear of God." (*Ecclc.* 10:31-33)

