

St. Vincent de Paul said of himself, that in the government of his own congregation he had never corrected any one with severity, except on three occasions, when he supposed there was reason to do so, but that he regretted it ever afterwards, because he found it turned out badly; whereas he had always admirably succeeded by gentle correction.

St. Francis de Sales obtained from others whatever he wished by his meek behavior; and by this means he managed to gain the most hardened sinners to God.

The Holy Eucharist by St. Alphonsus de Liguori

Imitating Christ In Meekness

Meekness, my child, is that virtue which keeps in subjection the emotions of anger which so often arise within us, and inspires us with sentiments of peace. It keeps the soul calm and tranquil; it makes us act towards our neighbor with sympathy and kindness, and banishes all harshness from our words and actions.

Meek and Humble of Heart

When Our Lord Jesus Christ was as yet a little child, He was so gentle and meek that the Jewish boys used to call Him "the sweet Child"; and they would say, the one to the other: "Let us go and see the little sweet Boy, that we may become joyful."

And in after-years the evangelists tell us that when He was reviled, He did not revile; that when He suffered, He threatened not, but delivered Himself up to him who judged Him unjustly; and that as a lamb before the shearer He was silent, and opened not His mouth.

Hence He was able to place His own example before us for our imitation,

saying: "Learn of Me, because I am meek and humble of heart."

And St. Bernard, meditating on these beautiful words, cried out: "O Jesus, sweet in Thy voice, sweet in Thy face, sweet in Thy name, sweet in all Thy works!"

The Catechism in Examples by Rev. D. Chisholm

Please Pray for Our Deceased Members

Oscar Privado

St. Matthew – San Mateo, CA

Ann D'Amico

St. Raphael – East Meadow, NY

Mike O'Neill

Christ the King – Omaha, NE

Jessie Brady (5 yrs.)

St. Francis of Assisi – Albany, NY

Mary Sontz (2 yrs.)

St. Francis of Assisi – Albany, NY

William Gibney (6 yrs.)

St. Francis of Assisi – Albany, NY

Each month, a Mass is offered for deceased members listed in the monthly letter as above; and another Mass is offered for all past deceased members.

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My Dear Friend in Christ. Could you please help with the printing and mailing of these letters with a donation? Thank you. God bless you and Mary keep you.

Teresa Burkard

Teresa Burkard (860) 877-0894

(Please send donations to: NAS, P.O. Box 9451, Forestville, CT 06011)



Communion Thanksgiving: Jesus sits in our soul as on a throne of grace. St. Alphonsus di Liguori

**NAS Letter
January
2025**

... in His Presence

All In Jesus Christ

"It is consummated"

(John, xix. 30)

All Accomplished:

St. John writes, *Jesus, therefore, when He had taken the vinegar said, It is consummated.* (John, xix. 30) At this moment Jesus, before breathing out His soul, placed before His eyes

- 1 all the sacrifices of the old law (which were all figures of the sacrifice upon the cross),
- 2 all the prayers of the patriarchs, and
- 3 all the prophecies which had been uttered respecting His life and His death,

- 4 all the injuries and insults which it was predicted that He would suffer;

and, seeing that all was accomplished, He said, *It is consummated.*

Run With Patience:

St. Paul encourages us to run generously and encounter with patience the struggle which awaits us in this life with our enemies, in order to obtain salvation: *Let us run with patience to the contest which is set before us,*

Please take and keep this letter and reflect on its contents during the month in your visits to the Blessed Sacrament and see that your heart and mind will open to His grace into knowledge and love of God, Our Lord, Jesus Christ.

looking to Jesus the author and the consummation of faith, Who for the joy set before Him endured the cross. (Heb. xii. 1)

Persevere to the End Imitating Jesus:

The Apostle thus exhorts us to resist temptations with patience unto the end, after the example of Jesus Christ, Who would not come down from the cross while life remained. On this St. Augustine says, "What did He teach thee, Who, when He hung upon the cross, would not come down, but that thou shouldst be strong in thy God?" (In Ps. lxx. s. 1) Jesus thought fit to complete His sacrifice even to death, in order to convince us that the reward of glory is not given by God except to those who persevere to the end, as He teaches us in St. Matthew: *He that shall persevere unto the end, he shall be saved.* (Matt. x. 22)

In Afflictions – Look At Jesus Crucified:

Therefore, when, through inward passions, or the temptations of the devil, or the persecutions of men, we feel ourselves disturbed and excited to lose our patience, and to abandon ourselves to displeasing God, let us cast our eyes on Jesus crucified, Who poured forth all His blood for our salvation, and let us reflect that we have not yet poured forth one drop of blood for love of Him: *Ye have not yet resisted unto blood, striving against sin.* (Heb. xii. 3, 4)

All For You Jesus:

When, therefore, we are called to yield up any point of human esteem, (such as)

1. to abstain from any resentful feeling,
2. to deprive ourselves of any satisfaction,
3. or of anything we are curious to see,
4. or to do anything which is unpleasant to our tastes,

let us be ashamed to deny this gift to Jesus Christ. He has treated us without holding anything back; He has given His own life, and all His blood; let us, then, be ashamed

to treat Him with any reserve.

Resist Enemies – Trust In Christ Alone:

Let us oppose to our enemies all the resistance that we are bound to make, and hope for victory from the merits of Jesus Christ alone, by means of which alone the saints, and especially the holy martyrs, have overcome torments and death: *In all things we overcome, through Him who loved us.* (Rom. viii. 37)

. . . through His Help and Merits:

Therefore, when the devil paints to our thoughts any obstacles which, through our weakness, seem extremely difficult to overcome, let us turn our eyes to Jesus crucified, and, wholly trusting in His help and merits, let us say, with the Apostle, *I can do all things through Him that strengthens me.* (Phil. iv. 13) By myself I can do nothing, but by the help of Jesus I can do everything.

Please Burn My Heart With Your Love O Lord Jesus:

Thus let us animate ourselves to endure the tribulations of the present life, by the sight of the pains of Jesus on the cross. "Behold," says the Lord from this cross – "behold the multitude of the pains and the wrongs which I suffer for thee upon this tree. My body hangs by three nails, and rests alone upon My very wounds. The people who surround Me blaspheme Me and afflict Me, and My spirit within Me is more afflicted than My body. I suffer all for love of thee; behold the affection I bear thee, and love Me; and be not wearied at suffering anything for Me, Who, for thee, have lived a life so afflicted, and now am dying so bitter a death."

All My Affections For Thee O Lord

God's Goodness:

O my Jesus! Thou hast placed me in the world that I might serve Thee and love Thee; Thou hast given me so many lights and graces that I might be faithful to Thee;

Indifference:

but, in my indifference, how often, in order that I might not deprive myself of my own satisfaction – how often have I lost Thy grace and turn my back upon Thee!

Clean My Heart:

Oh, through Thy desolate death, which Thou didst accept for my sake, give me strength to be grateful to Thee for what remains to me of life, while from this day forth I intend to drive from my heart every affection which is not for Thee, my God, my love, and my all.

Mary, my mother, help me to be faithful to Thy Son, Who has so much loved me.

Passion of Our Lord Considerations by St. Alphonsus de Liguori

Day 8 of the **Surrender Novena**

(Our Lord tells us through Fr Dolindo Ruotolo
(1882-1970))

Close your eyes and let yourself be carried away on the flowing current of My grace; close your eyes and do not think of the present, turning your thoughts away from the future just as you would from temptation. Repose in Me, believing in My goodness, and I promise you by My love that if you say "You take care of it", I will take care of it all; I will console you, liberate you and guide you. *Then recite 10 times*

O Jesus, I surrender myself to you, take care of everything!

United with Jesus on the Cross

Oh, how much more is to be gained by meekness than by harshness! St. Francis de Sales said there was nothing more bitter than the bitter almond, but if made into a preserve, it becomes sweet and agreeable; thus corrections, though in their nature very unpleasant, are rendered pleasant by love and meekness, and so are attended with more beneficial results.