

*There is a beautiful devotion for girls and young ladies in order to acquire the Virtues of Our most blessed Mother Mary.*

## THE CHAPLET OF THE TEN EVANGELICAL VIRTUES OF THE BLESSED VIRGIN MARY

This prayer, contained in the Rule of the Ten Virtues of the Blessed Virgin Mary, has been passed on by tradition in the Marian Order. It is meant for private recitation on the Rosary.

First we make the Sign of the Cross and recite one Our Father, followed by ten Hail Marys.

After the words, Holy Mary, Mother of God, mention one virtue in the following order:

1. most pure,
2. most prudent,
3. most humble,
4. most faithful,
5. most devout,
6. most obedient,
7. most poor,
8. most patient,
9. most merciful,
10. most sorrowful,

pray for us sinners, now and at the hour of our death. Amen.

V. Glory be to the Father and to the Son and to the Holy Spirit,

R. As it was in the beginning, is now and ever shall be, world without end. Amen.

V. In thy Conception, O Virgin Mary, thou wert Immaculate.

R. Pray for us to the Father, Whose Son, Jesus, thou didst bring forth into the world.

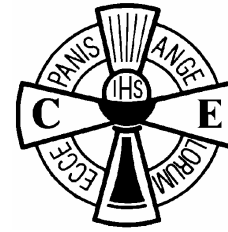
V. *Let us pray.*

Father, Thou didst prepare the Virgin Mary to be the worthy Mother of Thy Son. Thou didst let her share beforehand in the salvation Christ would bring by His death and kept her sinless from the first moment of her Conception. Help us by her prayers to live in Thy presence without sin. We ask this in the Name of Jesus the Lord.

Amen.

V. May the Virgin Mary's Immaculate Conception

R. Be our health and protection.



# Handmaids of Christ and Children of Mary

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

December 2007

Month of the Holy Child Jesus

**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 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 (1)

#### OUR CREATION

*God made us.* How little we understand these words. Many have never heard a worthy explanation of them. Who made us is one of the first questions in the Catechism. The brief answer is "God made us." Satisfied with these few words, Catholics go on living all their long lives hopelessly ignorant of the immense truth, joy and consolation hidden in them. As a result, they never even think of pouring out their most grateful thanks to the Almighty for this first infinite proof of love which He has given them. They take the gift of their creation for granted and have not the faintest idea of how much they owe to God for bringing them out of nothing and giving them a glorious existence, an existence which will never cease.

*Why did God create me?* Simply because He loved me. He saw me with all my poor weaknesses and defects. Yet He loved me that first moment with an infinite, personal love. He could have just as easily created an Angel like St. Michael or a Saint like St. Paul. But no, He created me, and since that moment He has never ceased loving me and will never cease to love me, unless I outrage and offend Him. Even then He will take me back to His friendship, if I repent and ask His pardon. We can understand the wonderful love a mother feels when her first-born baby is placed in her arms. The love of all the mothers who ever lived is not equal to the tenderness and love of God when He holds us in His "arms." He not only created us, but He created us from an infinite love.

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*If you wish to contribute or share with others in this bulletin,  
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Eucharistic Crusade, 12 Tivoli Terrace South, Dun Laoghaire, Co. Dublin*

*How did He create us?* He created us with His Own Divine hands. He did not depute an Angel to bring us into being, but employed in making us all His Omnipotent Power, His Divine Wisdom, His most tender love. How perfect a thing we must be, and we do not know it!

All the famous painters, before beginning their great masterpieces, sought with the utmost diligence to find a suitable model so that their work might be perfect. Then they labored assiduously, using the minutest care in the execution of the picture. Almighty God, when creating us, also chose a model, the most perfect that even He could choose. That model was Himself. He made us to His Own image and likeness! He made us like Himself! Our likeness to God does not consist in a mere external resemblance, such as a photograph is of the person it represents. We are like to God in the very presence of our nature. Our souls are spiritual, like God; they are immortal, like God; they will live as long as God lives, for ever and for ever. They are beautiful, like God. How could they be otherwise since He, the Divine Artist, made them after the most perfect model.

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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 Therese of Avila says that he who spends 15mn a day in mental prayer cannot be lost.*

Give place, then, to Jesus Christ, but deny entrance to all others, for when you have Jesus Christ you are rich and He is sufficient for you. He will provide for you. He will supply your every want, so that you need not trust in frail, changeable men. Jesus Christ remains forever, standing firmly with us to the end.

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

### 13<sup>th</sup> Meditation – On the Particular Judgement - 1

At the instant in which the soul quits this body, she is presented before the tribunal of God to be judged, and condemned or rewarded, according to her works. Stripped of everything she had in the world, she will stand before an omniscient judgen who sees all things as they are - a Judge infinitely just, whom nothing can influence: and infinitely great and powerful, from whom there is no appeal. What dread will seize the soul at that awful moment, when she will have nothing to rely upon but her own works! There will be no room for prayer, repentance, or forgiveness. Inexorable justice will then decide her lot for eternity.

*Spiritual Bouquet: As the One who called you is holy, be you also holy in all your behavior. 1 Pet. 1:15*

## THE IMMACULATE CONCEPTION

(Declared a dogma December 8, 1854 by Pius IX)

On this day, so dear to every Catholic heart, we celebrate first of all the moment when Almighty God, in a vision telescoping the ages, showed Mary both to our first parents and to the demon, as the Virgin Mother of the future divine Redeemer, the Woman destined to crush the proud head of the serpent. This episode is narrated in the first book of Scripture, *Genesis* chapter 3. We find Her again in the last canonical prophecy of the Bible, the *Apocalypse* or Revelation of Saint John the Apostle, as the *Woman clothed with the sun*, having on Her head a crown of twelve stars. In this beautiful vision She is also identified with the persecuted Apostolic Church, obliged to flee into the "desert", and as the Mother of a great Head of that Church, destined to govern the flock of the latter times in the final combat, who like that flock is Her own Child. (chapter 12) Mary, like Her Son, is at the beginning and the end of all God's intentions, an integral part of His designs for the Redemption of the human race.

Since by eternal decree She was exempted from all stain of original sin from the first moment of Her Creation, and was endowed with the richest treasures of grace and sanctity, it is fitting that we honor Her glorious prerogatives by this special feast of the Immaculate Conception. We should join in spirit with the Blessed in heaven and rejoice with our dear Mother, not only for Her own sake, but for ours, Her children, for we are partakers of Her glory and happiness. "The treasures of the mother are the heritage of the children," said Saint Thérèse of the Child Jesus.

We celebrate at the same time the ever-memorable day, the 8<sup>th</sup> of December of 1854, which raised the Immaculate Conception of Our Blessed Lady from a pious belief to the dignity of a dogma of the infallible Church, causing a great and universal joy among the faithful. The Holy See had already permitted the feast day from the time of Sixtus IV, by his papal bull *Cum Praecelsa* (1477), formally allowing its celebration for all dioceses desiring it. In 1854, the ancient faith of the people in their Mother exulted.

**Reflection:** Let us repeat frequently these words applied by the Church to the Blessed Virgin: "Thou art all fair, O Mary! and there is no stain in Thee" (*Cant. 4:7*).

