

July 2022

Do not rejoice because the spirits are subject to you, but rejoice because your names are written in heaven. (Luke 10: 1-20)

You shall love the Lord, your God, with all your heart, with all your being, with all your strength, with all your mind,

and your neighbor as yourself. (Luke 10: 25-37)

Martha, Martha, you are anxious and worried about many things.

Mary has chosen the better part and it will not be taken from her. (Luke 10: 38-42)

Ask and you will receive, seek and you will find, knock and the door will be opened to you.

(Luke 11: 1-13)

Take care to guard against greed, for though one may be rich, one's life does not consist of possessions. (Luke 12: 13-21)

ANIMA CHRISTI

Soul of Christ, sanctify me. / Body of Christ, save me / Blood of Christ, inebriate me. / Water from the side of Christ, wash me. / Passion of Christ, Strengthen me. / O good Jesus, hear me. / Within Your Wounds, hide me. / Do not let me be separated from You. / From the evil enemy, defend me. / In the hour of my death, call me. / And bid me come to You / That with the saints I may praise you. / Forever and ever. / Amen.

You have redeemed us, O Lord, in Your Blood.

And made us a kingdom for our God.

Let us pray.

Almighty and eternal God, You have appointed Your only-begotten Son the Redeemer of the world.

He willingly accepted to be the unblemished Lamb offered in Sacrifice on the wood of the Cross to atone for the sins of humanity.

In His Blood offered and poured out for many we are washed clean.

Strengthen us to live as people redeemed.

Cooperating with the graces of His Sacrifice, offered once for all, may we be numbered among those called to the fullness of life.

May we worthily and properly adore His Most Precious Body and Blood and be protected from the evils in this present life

and one day rejoice in the eternal Life of heaven where you,

with the Son and Holy Spirit are One God living and reigning forever and ever. Amen.

1

As regards spiritual afflictions and battles, I can assure you that they keep pace with my bodily sufferings.

2

I thank the Lord, though, that despite the fact that I suffer moments of real anguish I am invariably cheerful though I must do great violence to myself, and it seems to me that fresh courage is gently invading my heart.

3

I cast myself trustfully into the arms of Jesus. Then let whatever he has decreed take place and he must certainly come to my aid.

4

Be fully convinced that what greatly assures our perfection is the virtue of patience.

5

And if it is necessary to practice this virtue (patience) on others, it is useful to firstly practice it on ourselves.

6

Those who aspire to pure love of God have no need to be patient with others to the degree we should be with ourselves.

7

We must resign ourselves to bearing our imperfections in order to arrive at perfection.

8

I say to bear our imperfections with patience, and not at all to love and caress them, because humility is nourished in this suffering.

9

It is absolutely necessary for you to add to (your) reading that of holy books (Scripture and the lives or writings of saints) so highly recommended by all the holy Fathers of the Church.

10

It will be well for you to rid yourself of prejudice. Get to work, make an effort in this respect, and do not neglect to ask divine assistance with all humility.

11

St. Bernard tells us that reading is, as it were, spiritual food applied to the palate of the soul; meditation chews it by its reasoning, while prayer savors it.

12

Contemplation is then the very sweetness of this spiritual food (spiritual reading), which restores the soul entirely and comforts it.

13

St. Gregory expressed himself: Spiritual books are like the mirror which God places before us in order that we may see ourselves in them and hence correct our faults and adorn ourselves with every virtue.

14

The Christian must frequently place the holy books before his eyes in order to perceive the faults he must correct and the virtues by which he must adorn himself so as to be pleasing in the sight of God.

15

You need to be a little more docile.

16

Will it be possible to make you an entirely faithful servant? Jesus desires this, and with his grace all will be achieved.

17

You are still very much afraid of life. Do you know what means to use? Abandon your whole self to the divine goodness.

18

Ask Jesus with holy insistence for this grace, for every perfect gift is from above.

19

I beseech you wholeheartedly not to waste time in thinking about the past.

20

If (the past) was used well, let us give glory to God; if badly, let us detest it and confide it to the goodness of the heavenly Father.

21

I exhort you to tranquilize your heart with the consoling thought that the part of your life not well spent has already been forgiven by our most sweet God.

22

Flee with all your strength the perturbations and anxieties of the heart, otherwise all your efforts will bear little or no fruit at all.

23

We may be sure that if our spirit is agitated, the devil's assaults will be more frequent and direct, because ... he plays on our natural weaknesses.

24

As soon as we are aware of becoming discouraged, we must revive our faith and abandon ourselves in the arms of the divine Father, who is always ready to receive us - always, that is, if we go to him sincerely.

25

It is impossible for us to be in this mortal body and not to feel its weight, with the movement of the passions.

26

Jesus wants to toss and shake you, to thresh you like wheat in order that your spirit may be cleansed and purified as he wishes.

27

You must by no means fear that the Lord will leave you at satan's mercy.

28

Be strong and cheerful in spirit, for the Lord is in the depths of your heart; He will fight along with you and for you.

29

I remind you of balance, patience, and sweetness. Quell your excessively vivacious and ardent actions from the outset.

30

The soul that fears offending God and has the sincere desire not to do so, but to love him, does not offend him in fact, but loves him. And as this desire is always constant, your every fear is useless and imaginary.

31

Live tranquilly in the presence of God, who has loved you for a long time now, granting you his holy fear and the desire for his love.

Prayers to Padre Pio

Sunday - Padre Pio of Pietrelcina, loving father, you bore the visible wounds of Our Lord Jesus Christ on your body. Christ asked you to carry His Cross for all humanity. In bearing the physical and moral sufferings that continually tortured your body and soul you became a martyr of love for all people. We beg you to intercede for us with our Almighty Father that we may have the courage to accept the great and small crosses of life that transform individual suffering into a sure link that leads us to eternal life.

Monday - Padre Pio of Pietrelcina, holy father, you now live with our loving God: Father, Son and Holy Spirit. You grew in holiness and resisted the seductions of the Evil One. You were physically beaten by the infernal spirits of evil who sought to force you to leave the road to holiness that you had chosen to follow. Pray for us to God that through your intercession and in the name of Our Lord Jesus Christ, we may find the spiritual courage to renounce sin and be strengthened in faith until death.

Tuesday - Padre Pio of Pietrelcina, virtuous father, you loved Our Blessed Mother very much. You were gifted every day with the graces and comforts that only a loving Mother as She can give. We beg you to pray for us to our Heavenly Mother, and to place our sins and petitions in Her hands. As at Cana in Galilee, may She intercede for us that Her Son, Our Lord Jesus Christ, may hear Her prayers on our behalf, forgive our sinfulness, and inscribe our names in the Book of Life.

Wednesday - Padre Pio of Pietrelcina, chaste father, you taught us to love our Guardian Angel as you loved yours so much. Your Guardian Angel was your constant companion, guide, defender and messenger. The Angels even brought the prayers of your spiritual children to you. Since they are a presence of the Living God who help to avoid the disgrace of sin and are always ready to indicate the road that leads us to goodness and keep us from evil, pray that we too may learn, as you, to appreciate the ministry of our Guardian Angels and speak to them that we may be receptive to their inspiration and learn to obey them at all times.

Thursday - Padre Pio of Pietrelcina, prudent father, you loved the Souls in Purgatory so much and taught us to love them as well. You offered yourself as a victim to expiate their sufferings in Purgatory. Intercede for us with Our Lord and God Jesus Christ that our hearts may be filled with compassion and love for the Holy Souls. Following your example, we too desire to assist the Holy Souls and to reduce their time of affliction in Purgatory. We ask that our prayers and sacrifices may grant them relief in their sufferings, the holy indulgences necessary to liberate them from their place of torment, and a speedy entrance into the eternal joys of heaven.

Friday - Padre Pio of Pietrelcina, obedient father, you loved the sick and infirm more than yourself because in them you saw the Suffering Jesus. In the name of God you performed

miracles of healing in body, soul and mind. Your intercession with God healed the ills of past and present and strengthened people to respond with confidence to future challenges. Those who came to you regained a sense of spiritual integrity as you re-kindled hope in their lives, and encouraged them to renew the spirit in their hearts. Through the intercession of Our Heavenly Mother, may we experience your powerful assistance and be healed in our bodily and spiritual needs, and gratefully give praise and thanks to God for all his blessings.

Saturday - Padre Pio of Pietrelcina, faithful father, you surrendered yourself to God to share in the salvific plan of God and offered yourself as a victim with Jesus in the Spirit to free all people from their bondage to Satan. Pray for us to God. Intercede for all those people who have no faith, that they cooperate with God's gifts and grow in a strong and sincere faith, and thus be converted to the Lord, through a sincere and heartfelt repentance of their sins. May those whose faith is weak grow strong in their Christian life, and may the faithful children of God continue with greater commitment on the road to salvation.

V - May I never boast of anything except the cross of our Lord Jesus Christ.

R - Through it the world has been crucified to me and I to the world.

V - You bore the wounds of Christ on your body.

R - That we might learn the value of the Cross.

V - Pray for us St. Pio of Pietrelcina.

R - That we may be made worthy of the promises of Christ.

Let us pray: Almighty and eternal God, by a singular grace you allowed your priest, St. Pio of Pietrelcina, to participate in the mystery of the Cross of your Son, and through his ministry, you revealed the marvels of your mercy. Grant that through his intercession we may remain one with Christ in his Passion so as to joyfully attain the glory of the Resurrection. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you.