

Let us begin this New Year with a resolution. Be all for Jesus; and with Jesus and you will be happy and holy throughout the year. Give yourselves over to prayer and close union with God and to a deep, joyful charity. Be a true follower of God in thought, word, and deed: if you do this in your family, it will overflow to all. Let each of us make one strong resolution: "I will not commit a single venial sin against charity this year."

Let us make this a year of peace in a very particular way: We will try to talk more with God and to God and less with men and to men. And then, from the silence of our hearts, we can preach the peace of Christ as he did, by going about doing good to others.

Jesus thirsting in the poor you will have with you always.

The more we receive in silent prayer, the more we can give in our active life.

Somebody asked me: "When will poverty be over?" I replied, I believe that poverty will be over when you and I share of ourselves, of what we have and what we are. Let us give until it hurts.

Spiritual life begins with a good and sincere confession. Why confession? It is necessary for us to be free. If we are hiding or controlled by sin, we cannot be free. Sin is a chain. It destroys life. Confession is as important to Jesus as it is to us. It is a joint action ... Jesus and me.

In the Eucharist, Jesus the Son of God is present in the form of bread. Humility doesn't mean that you hide what God has given you. Humility is truth, humility is sincerity, it is poverty and the freedom that poverty brings. Humility is woven together from these elements. If you are really humble, if you realize how small you are, how much you need God, then you cannot fail.

Every human being has a longing for God. Christians go one step further. Not only do we long for God but we have the treasure of his presence always with us. We also have the joy of getting even closer to him by receiving him in Communion. Yet Jesus was not satisfied with just becoming the Bread of Life, he also made himself the hungry one in the distressing disguise of the poor. We cannot say that we love Jesus only in the Eucharist naturally, we want to put that love into action, serving the poor. We cannot separate the Eucharist and the poor.

We will be the happiest people in the world if we belong to God, if we place ourselves at his disposal, if we let him use us as he pleases. To be this happy, we must belong to Jesus fully without reservation. He alone is worthy of our love and our total surrender. Once we really belong to him then he is free to use us, to do with us whatever he pleases.

Ask yourself: is Your love free? is there total surrender to God in your life? Loving trust and total surrender complete each other. Jesus trusted his whole life and his mission into the hands of his Father.

Preach to us of God's love. This is what the poor people are asking from us. Faith is love in action not in feelings.

In each of our lives, Jesus comes as the Bread of Life to be eaten, to be consumed by us. This is how He loves us. Then Jesus comes in our human life as the hungry one, the other, hoping to be fed by the love of our heart, by the service of our hands. Doing so we prove that we have been created in the image and likeness of God.

Chastity is undivided love for God alone. Nothing and nobody can draw us away from him. If you have failed to be chaste, confess it now and be finished with it. God's mercy is greater than your sin. Don't be afraid, scrupulous, or anxious. Chastity is not only our ability to give, but more, our ability to accept God's gift.

We depend solely on Divine Providence. We have consecrated our lives to the poorest of the poor, giving wholehearted and free service, the joy of being loved. People are longing to be loved, and we have the tenderness, the love of God, that continually dares.

Give yourselves unswervingly to God. Conform yourselves in all things to his glory, to his holy will. Prompt, simple, blind, cheerful obedience to God is the proof of faith.

The reason for our existence is to quench the thirst of Jesus Christ. When he asked for water, the soldier gave him vinegar to drink but his thirst was for love, for souls, for you and me.

We must all grow in a clear conviction of our duty to be holy as Jesus is holy. Holiness is one of the most beautiful gifts a human heart can offer to God. We should serve Jesus in his poor by doing for them the things we would like to do for him.

Joy is prayer. Joy is strength. Joy is love. Joy is a net by which we catch souls. The best way to show your gratitude to God and to people is to accept everything with joy. A joyful heart is the normal result of a heart burning with love.

Zacchaeus was a little man who wanted to see Jesus. He tried in many ways but he could not see him until he accepted that he was small. That acceptance led him to the next step, the acceptance of the humiliation that he had to climb a tree so that he could see Jesus and so let everyone know that he was very small. We need the same kind of humility for us.

We must be like St. Paul. Once he realized Jesus' love for him, he no longer cared about anything else. He didn't care whether he was scourged or put in prison. Only one thing was important to him: Jesus Christ.

Jesus the Son of God was sent by his Father to proclaim the Good News. He was fully confident that his Father would work out his plan of salvation in spite of the apparent failure of his mission. He was confident even when he saw that people did not accept him. People told him that he was mad, a liar; they slapped him, spat at him, and crucified him. He seemed to be a complete failure. He knew, though, that in spite of all this, the will of his Father would be fulfilled. Do we have that trust?

Find at least one good point in the other person and build from there. In the family, you should thank each other, mentioning the good you have seen others do. An understanding love sees the good in others.

The first step to holiness is to will it. St. Thomas Aquinas said: "Sanctity consists in nothing else but firm resolve, the heroic act of a soul abandoning herself to God. By an upright will, we love God, we choose God, we run toward God, we reach him, we possess him." This strong will transforms me into the image of God and makes me like him.

O most pure heart of Mary, allow me to enter your heart, to share your interior life. You see and know my needs, help me to do "whatever Jesus tells me" ... that my human needs may be changed into thirst for God alone. We must say, "I belong to you. You can do whatever you like." This is our strength and this is the joy of the Lord.

Do we give up food that is not absolutely necessary to our health and nutrition? Do we try not to eat outside of regular meals except in times of sickness? Do we take care to use water and light carefully, turning off the taps and putting out any unnecessary lights?

What is the Good News? The Good News is that God still loves the world through each one of you. You are God's good news, you are God's love in action.

Do everything for Jesus; this is the way to follow him as our one necessity. Listen to his words and be occupied with his work.

Jesus will use you to accomplish great things on the condition that you believe much more in his love than in your weakness.

We shall not waste our time in looking for extraordinary experiences in our life of prayer but live by pure faith, ever watchful and ready for his coming by doing our day-to-day ordinary duties with extraordinary love and devotion.

Joy is one of the best safeguards against temptation. The devil is a carrier of dust and dirt and he uses every opportunity to throw what he has at us. But a joyful heart protects us from this dirt. That is because Jesus is there in our joy. Jesus takes full possession of our soul when we surrender to him joyfully. "A sad saint is a bad saint." Joy is a source of power for us.

Let us make our homes real places of love so that we can overcome any hatreds. Love begins at home everything depends on how we love one another at home. Do not be afraid to love until it hurts because this is how Jesus loved.

Yes, suffering is unavoidable, so let us suffer cheerfully. The ups and downs of life must come your way, but you must not let yourself be affected by them in your search for sanctity. Don't be surprised at your failure. You must connect every bit of your life with Holy Communion; all of your failures, your weaknesses, your pride, and your misery. See that, in spite of being tempted, you are not conquered.

A gentleman of the Protestant faith, said "I love you, your work, everything I see, but there is one thing I do not understand: Our Lady. You are full of Mary." I replied to him: "No Mary, no Jesus -no mother, no son."

Total surrender to God means to be entirely at the disposal of the Father just as Jesus and Mary were. This is not asking anything extraordinary: We give ourselves completely to him because he has given himself completely to us.

How do we become humble? By accepting humiliations. Whenever you are scolded, mistreated, or called names, grab it with both hands. That humiliation will make you holy. Accept it.

Loving trust in God implies trust in his almightiness, his infinite wisdom, and his unfailing love. He loves me. I'm not here just to fill a place, just to be a number. He has made me for a purpose. He will fulfill it if I don't Put any obstacle in his way.

How often we find ourselves speaking Of the faults of another. How often our conversation is about someone who is not present. Yet see the compassion of Christ toward Judas, the man who received so much love yet betrayed his own master. But the master kept the sacred silence and did not betray Judas. Jesus could have easily spoken in public -as we often do -telling the hidden intentions and deeds of Judas to others. But he didn't. Instead, he showed mercy and charity. Rather than condemning Judas, he called him his friend.

Confession makes the soul strong because a really good confession -the confession of a child in sin coming back to the Father -always begets humility, and humility is strength.

We must improve our prayer and, flowing from that, our charity toward others. It can be difficult to pray when we don't know how, but we can help ourselves through the use Of silence. Souls of prayer are sows of great silence. This silence takes a lot of sacrifice, but if we really want to Pray, we must be ready to take that step now. Without this first step toward silence, we will not be able to reach Our goal, which is union with God.

Learn to be humble by doing all the humble work and doing it for Jesus. you cannot learn humility from books; you learn it by accepting humiliations, Humiliations are not meant to torture us; they are gifts from God. These little humiliations- if we accept them with joy; will help us to be holy, to have a meek and humble heart like Jesus.

If we have a pure heart, then we can see God. If we cannot see God then we must ask: Is there something between us and our Lord? Sometimes there is a darkness that brings us closer to God, troubles and trials through which we must persevere. But sometimes there is a darkness that is dividing our love for God.

With chastity, though, there is no dividing, no separation, there is only a cleaving to God. This cleaving means we are woven together with God like the threads of a cloth that cannot be separated. The only reason for our existence is to live in him, for him, by him, and with him.

Jesus said, "Love one another as I have loved you." These words should be a light to us, a flame consuming the selfishness that prevents the growth of holiness.

When I hear all the pain and suffering caused by idle remarks and unkindness, I think of our Lord, who told the people they should throw a stone at the sinful woman only if they were without sin. At the people went away because they knew that Jesus knew their sins. When we are tempted to speak uncharitably or to bring up someone's past failures, let us hear Jesus say: Throw the stone only if you are free from sin.

Resist anything that leads to moodiness. Our prayer each day should be, "Let the joy of the Lord be my strength." Cheerfulness and joy were Our Lady's strength.

Jesus said, "I have come to do the will of my Father." We can apply this to ourselves for we have come to do the will of God. Jesus said, again and again, "Thy will be done," and we say the same thing through our obedience to him.

Obedience is something spiritual since it is found also in heaven. Disobedience was the first sin. Lucifer refused to submit, refused to obey. This was true, too, for Adam and Eve, who refused to obey and ate what was forbidden by God. When we disobey, it is a continuation of that first sin.

You must forgive and forget all the difficult things of yesterday for yesterday has gone. Tomorrow has not yet come. But you have today to love Jesus as he loves you, with a deep personal love. Do not be afraid. God will give you all the graces you need if you allow him to make you holy through prayer and sacrifices, penance and hard work.

Listen to God in the silence of our hearts.

During Lent, free your mind from all that is not Jesus. This will improve your spirit of prayer. If you find it difficult to pray, then say again and again: "Jesus, come into my heart. Pray in me and with me that I may learn from you how to pray." Praying the rosary as you walk or travel is a beautiful means to constant prayer.

Be extra careful to do penance, especially during the holy time of Lent. Make it a point to be faithful in small details. Jesus said that penance is necessary if we want to conquer the world, the flesh, and the devil.

Turn to the passion and death of our Lord, and we long to share his pain with him. What is the pain of Jesus? It is the pain of loving and not being loved in return. He has loved us with an everlasting love, and what do we give him in return? We allow our minds to be preoccupied with little things and so spend many hours without thinking of Jesus. And yet our hearts and minds, bodies and soul, belong only to him. Meditate on the sufferings of Christ each day. We often pray, "Jesus, let me share in your pain." Yet when thoughtlessness comes our way or an uncharitable remark, we forget that this is the time to share with him his shame and his pain.

The fruit of silence- is prayer.

The fruit Of prayer is faith

The fruit Of faith is love .

The fruit Of love is service.

The fruit of service is peace.

Let us provide each other an atmosphere of peace

and quiet which will facilitate prayer, work , study, and rest.

The Eucharist- God himself became so small that just two small fingers can hold him in the host.

Jesus deliberately left us the Eucharist to help us remember all that he came to do,

God's language is silence. "Be still and know that I am God." We need to be alone with God in silence to be renewed and to be transformed. Silence gives us a new outlook on life. In it we are filled with the energy of God himself that makes us do all things with joy.

Each one of us should enter into the passion of Christ with greater love. He looks for one to console him, to comfort him. Do you try enough to be that one? Today, Christ suffers in many ways in the despised: hungry for love, he looks to you; thirsty for kindness, he begs from you; longing for loyalty, he hopes in you. Sick and in prison, he looks for your friendship. Homeless, he asks for shelter in your heart. Will you be that one to him?

With Jesus, you can do all things. Even the weakness that troubles you, you can get rid of with Him.

Jesus loved us to the end, to the very limit, dying on the cross. We must have this same love which comes from within, from our union with Christ. Such love must be as normal to us as living and breathing. St. Therese of Lisieux said: "When I act and think with charity, I feel it is Jesus who works within me."

Our works of charity are nothing but the overflow of our love for God. To understand and practice this, we need to pray, for prayer unites us with God and overflows upon others.

We are commanded to love God and our neighbor equally, without difference. We don't have to look for the opportunities to fill this command, they're all around us, twenty-four hours a day. You must open your eyes wide so that you can see the opportunities to give wholehearted, free service right where you are, In your family. If You don't give such service in your family, you will not be able to give it to those outside Your home.

Be kind and loving with each other. Love, to be truly love, must be fed on sacrifice. Be generous in accepting all the sacrifices that come every day on your way.

Prayer is nothing but oneness with Christ "I live no longer, but Christ lives in me." Christ prays in me, Christ think Christ looks through my eyes, Christ speaks my words, Christ works with my hands, Christ walks with my feet, Christ loves with my heart.

To surrender to God means that we offer will, our reason, our life. Truly, trials and suffering are the surest test of blind surrender. If we really love others, we must be take their place, to take their sins upon ourselves and expiate them through penance and continual mortification.

Be faithful to the time spent in prayer and make sure that at least half of your prayer is spent in silence.

When someone is doing something to hurt you, don't turn inward, turn toward that person. He is hurting himself. You must learn to forgive, knowing that we all need forgiveness. If you want to be true to God, you must learn from Jesus to be meek, humble, and pure.

We trust in the power of the name of Jesus and also in the intercessory power of St. Joseph. St. Joseph knew, when Mary became pregnant, that this child was not his child. He saw that she was pregnant but he didn't know how. If he had gone to the high priest, she would have been stoned to death. Do you see the charity and thoughtfulness of St. Joseph? If we have that same kind of charity and thoughtfulness toward each other, our families will become the abode of the Most High. How beautiful our families will become when there is total thoughtfulness for others.

We have to love until it hurts. It is not enough to say, "I love." We must put that love into a living action. And how do we do that? By giving until it hurts.

It is not enough to say yes to God when he has called us for himself. It's very important to put that yes into a living, action. And how? By our total surrender to him. We understand that he has chosen us for himself -all that follows is that we allow him to use us without consulting, us. We are human beings and we like to know exactly what he wants, how he wants, and so on. But if we really want to be only all for Jesus, it is important that we give him a free hand to do with us what he wants,as he wants. only then can we really say we are Only all for Jesus.

We must be present in silence. Guard and protect it with love and you will become a garden enclosed. Silence is the soil for the seed of the Word.

The most wonderful part of redemption began in such a humble way. God did not send Gabriel to the palace of the great and rich but to the young girl Mary in the one room cottage at Nazareth.

Mary was chosen, because although she was full of grace, she was also full of humility. She didn't think of the grace of the Son of God within her. She didn't dwell on the joy and sorrow that were hers as the Mother of God and of mankind. She only thought of how to serve.

Just think of almighty God in the womb of Mary, locked in. He had to cling helplessly to his mother. This was the total surrender of Christ. Again, nailed to the cross, he could not move. Again today, he is bound in the tabernacle. This is total surrender.

"Hail Mary, full of grace, the Lord is with you." And then the angel said to her, "Do not be afraid, for nothing is impossible with God. You shall bear a son and name him Jesus." And Mary said, "Behold the handmaid of the Lord, be it done unto me according to your word."

One act of deliberate disobedience Will bring lots of evil into our life.  
God does not speak to us directly but through our superiors. They are instruments in his hands.

We should keep strict custody of the eyes. We should hold clean thoughts in our minds. We should keep greater silence of the heart. In that silence we will hear his words of comfort and, in turn, be able to comfort Jesus in the distressing disguise of the poor.

Jesus said that penance is necessary if we want to conquer the world, the flesh, and the devil. Sacrifice, if it is to be real, must cost us, must hurt, must empty us of self. Let us think about the passion of Christ. Our meditation should lead us to change as we cooperate with God's grace in real sacrifices of self.

Jesus didn't stop his works of charity even though people hated him and tried to spoil his Father's work. He just went about doing good. "Help me to spread your fragrance everywhere I go. Let me preach you without preaching, not by words but by example. "

May the risen Christ be your joy and peace. May the joy of the risen Christ be your strength in Your your way to the Father, your light to guide you, Your Bread of Life. Remember that the passion of Christ always ends in the joy of the resurrection.

Deepen your prayer life and you will grow in holiness and obtain many graces for the souls entrusted to your care.

Remember, a pure heart will see God. You must have the conviction, each day, that you belong to Jesus crucified, that nothing will separate you from his love.

Jesus wants us to love each other as the Father has loved him. There is no greater love than the love for one another in our families, but there is so much hurt instead of love, so much bitterness instead of sweetness, so much noise instead of silence.

May the joy and the love of the risen Jesus be always with you, in you, and among you so that you become the true witnesses of the Father's love for the world.

He has chosen each one of you for himself, to be his light and his love in the world. The simplest way to become his fight is to be kind and loving, thoughtful and sincere with each other. As Jesus said: "By this they will know that you are my disciples."



We hear of so many broken families. Why are they broken? I think because they never pray together. They are never one in prayer before the Lord.

It is not how much we really have to give but how empty we are, so that we can receive him fully in our life. Let him live his life in you today.

The joy of the risen Lord is the sunshine of our Father's love. The joy of Jesus is the hope of eternal happiness. The joy of Jesus is the flame of burning love. Easter is this joy. However, you cannot have joy without sacrifice. That is why Good Friday comes before Easter.

Let us beg Our Lady to make our hearts as meek and humble as her Son's.

When are we truly humble?

When We refuse to judge and criticize others.

When we foster kindly thoughts toward others.

When we rejoice in the good others accomplish for Jesus. excuse for the failures of Others

When we find an excuse for the failures of Others.

When we are happy and cheerful with the poor, the sick, and the dying.

When we have joy in the hour of humiliation.

Then we are truly humble after the heart of Jesus.

Christ obeyed because he loved his Father. He was equal to the Father but did not feel it was below His dignity to obey. We cannot be free unless we are able to surrender our will freely to the will of God.

Moodiness is nothing but the fruit of pride.

Jesus said: "Whatever you do to the least of my brethren you do it to me." If in my name you give a glass of water, you gave it to me. If in my name you receive a little child, you received me. I was hungry, I was naked, I was homeless, you did it to me. So this is what Jesus came to teach us: how to love one another, Not big things, but small things with great love.

As you grow, you have still to learn. I am learning from you. We have to learn from each other. Love begins with that little kindness, care, compassion, that is the hidden treasure.

Let us make our Society a faithful, living branch on the vine, which is Jesus. With great determination and humility, we must love and serve each other. Then together, we will make something beautiful for God. If we are of one heart, full of love, then we will grow together in holiness. Holiness is the main reason for the existence of the Missionaries of Charity and achieving holiness, we are with Jesus twenty-four hours a day.

All the members of the Society form one family and all have the same obligations, the same privileges, and work for the same purpose.

If we keep silence, we Will not be uncharitable. Silence is one of those things that will help us to live only for Jesus.

We are commanded to love God and our neighbor equally, on the same level. There is no difference. Love for our neighbor must be equal to our love for God.

"When I look at the sisters of Mother Teresa walking in the streets, praying so joyfully, I believe that Jesus Christ has come once again walking the path of the world doing good."

People all over the world offer Mary, our mother, beautiful gifts and cover her altar with flowers. We have no material gifts to offer her but let us give her flowers of kindness, the flower of a welcoming smile. On this beautiful feast day, let us crown her with the fragrant flowers of love, gentleness, meekness, and humility toward one another.

Mary thought only of how to serve, of how to fulfill her vocation as handmaid of the Lord. Mary showed complete trust in God agreeing to be used as an instrument in his plan of salvation.

Prayer helps us to love each other because when Jesus is with us there are no distractions.

When we really belong to Mary, we will find obedience to be the greatest means for growing in holiness and living in the constant presence of God.

A zeal for souls is both the result and the proof of a true love for God. We cannot but be consumed with the desire for saving souls. This is the greatest and the dearest interest of Jesus. Zeal is the test of love, and the test of zeal is complete devotion to his cause. We must spend our life and our energy in the work for souls.

When, at the very beginning after leaving my convent at Loreto Entally, I arrived in Creek Lane, Calcutta, alone, I had only a box and five rupees. A man from Air India wanted to give me a nice suitcase to carry the few things I had with me. I said to him, "There is no shame in carrying a cardboard box." So also, there is no shame in asking when we need guidance or help. Is it not better for me to ask, than from pride and ignorance to do what is wrong?

Let us beg Our Lady to make our hearts as humble as her Son's was. It is from her and in her that the heart of Jesus was formed. How much we can learn from Mary! She was humble because she was all for God. She was full of grace and so the Almighty could use her. She is sure to say to us, "Do whatever he tells you."

Let the younger sisters see your total surrender to God. Demonstrate that surrender by accepting whatever he gives you and giving whatever he takes from you. Your prompt, blind, simple, and cheerful obedience will teach them what loving trust means. .

Love can only become our light and joy in cheerful service of each other. Don't forget, we need each other. Our lives would be empty without each other.

At the cross of Jesus let us think especially of the wound in his right foot. Have you noticed that usually, when we walk, we put our right foot first? So let us renew our commitment there, at the wound in his foot, acknowledging that we will not take even one step except in obedience.

Love for Mary

Love her as he loved her.

Be a cause of joy to her as he was.

Keep close to her as he did.

Share everything with her, even the cross, as he did when she stood near the cross on Calvary. We must love her unconditionally, trust her fully, abandon ourselves to her totally and without reserve. Nothing is impossible for those who call Mary their mother. During the day, let us often raise our hearts to her and ask her how we can love God as she loved him, that we, too, can love him with her heart.

Our Lady knows us by heart and she will lead us to the surest and quickest path to holiness. At the marriage feast at Cana, only Mary noticed that the wine was running short. She felt bad for the young couple and wanted to spare them the humiliation of not having enough for their guests. What did she do? Without making any fuss, she quietly approached Jesus and simply said, "They have no wine." See the charity of Mary! See how she noticed the needs of others and was so delicate in speaking to Jesus.

What if the servant at the wedding feast had not obeyed Jesus' simple request to fill the pots with water and serve the guests? If he had not obeyed, we would not have the joy of knowing Jesus' love for his Mother and the Mother's faith in the power of her Son. She still tells us, "Do whatever he tells you." Obey and you will experience the joy of loving and being loved.

If we pray -we will believe.

If we believe -we will love.

If we love -we will serve.

Every home should feel the sunshine of God's love radiating through it. Remember that he has called you by name, you are his, you are precious to him, he loves you. Those we live with belong to him, are precious to him. Such knowledge should become the burning flame of God's love in our homes. May we each grow into the likeness of Christ through love for each other.

We have renounced sin, we have renounced the world but what do we mean by "renounce"? We mean that we "give up." If your heart is full of worldly things, you cannot hear the voice of God. But when you have listened to his voice in the silence of your heart, then your heart is filled. Then, from the fullness of the heart the mouth will speak. Your heart may speak through writing. Your heart may speak through your eyes also. When you look at people, they must be able to see God in your eyes. The fullness of the heart is expressed in our eyes, in our touch, in

what we write, in what we say, the way we walk, the way we receive, the way we need. That is the fullness of the heart expressing itself in many different ways.

Let us give Mary full liberty to use us for the glory of her Son, for if we really belong to her then our holiness is secure. We can only learn love for Mary on our knees and through the rosary.

The less we have, the more we can give. The more we have, the less we give. There are no complications and yet we complicate our lives so much, by so many additions.

The devil is the father of lies. He has infinite patience, he keeps waiting and waiting until you have given in.

Teach me how to recognize you in them and totally surrender to you today and every day until the end of my time, when again I will see you face to face in glory. Amen.

Let us spend this month in deeper awareness of God's presence abiding within us, living within us, and making us true witnesses in the world of today.

When you make a mistake, it is forgiven and forgotten when you bring it to the Sacred Heart.

Suffering begets love, but it is also fruitful because it begets life for souls.

Jesus simply said, "Love one another as I have loved you."

There, in the heart of Jesus, nothing can separate you' from the love of Christ and from love for each other. As much as possible, be alone with God so that you can listen to him. He will speak in the silence of your heart.

God calls us to open our hearts to hear the word of God spoken through another creature.

Make your homes places of love and peace. Don't let the devil cheat you by his evil ways, tempting you to be unkind and harsh to one another. Enjoy each other. How can you love Jesus in others unless you love him in your own family? We must make a real effort to make our families one heart of love. This is really the sign of Jesus with us.

The heart of Jesus is an open heart. Spend your time there.

To be holy is nothing special, it is simply our duty.

Do not let the past disturb you just bury everything in the Sacred Heart and begin again with joy. Make a real effort to grow in true love, reparation, and forgiveness. Try to make your home a place where Our Lord can come and rest for awhile with you.

Understand the words of Jesus, "Love one another as I have loved you." Ask yourself, "How has he loved me? Do I really love others in the same way?" Unless this love is among us, we can kill ourselves with work and it will only be work, not love. Work without love is slavery.

We must keep everything simple, not demanding extra or unnecessary things.  
One virtue the devil fears most is humility.

You must not kill your feelings when things like this happen but you must offer them as a sacrifice. This is the cross you have to bear.

Criticism is nothing less than dressed up pride. It eats up all the love of God. A truly generous soul must never stoop to criticism. Refrain from prejudice, which means to set your mind against somebody.

A day alone with Jesus will spur us on to vigorous pursuit of holiness through personal love for him.

In your visits to the homes of our people, encourage true devotion to the Sacred Heart and the family rosary. Encourage the Catholic families to be consecrated to the Sacred Heart and to the immaculate Heart of Mary. See that they have a holy picture, however small, in their homes. Strive to keep families together, remembering the saying, "The family that prays together, stays together."

When we fail to practice penance, very soon a love of luxury creeps into our hearts.

Give Jesus permission to use you, without consulting you.

Accept with joy all the little sacrifices that come daily. Do not bypass the small gifts.

Are you bound so closely with Jesus that nothing can separate you from Him? Can Jesus be united with can separate You the Father in your heart? Are you so recollected, so pray with the Father in. pure, so easy within that he can pray with the Father in your heart? Remember, prayer is difficult if you have no silence of the heart because it is there that God speaks. Then you will be able to speak from the fullness of Your heart.

Remember three things: total surrender to God, loving trust with each other, joy with all. Then you will be holy like Jesus. Holiness is joy, love, compassion, and

especially, humility. A person who is humble and pure is on the way to great holiness. just as pride cannot enter holiness, so humiliations lead to holiness. True friendship can help you lead a life of holiness.

In our hearts, we all crave to be something to someone. Our vow of chastity is a means to this, a means to be something to Jesus. So what is chastity - hunger for God.

Do not be afraid to be poor and so proclaim his poverty.

It is said that humility is truth and Jesus is truth, therefore, the one thing that will make us most Christlike is humility. "Jesus, in your name and for love of you, I ask you to grant me the grace to love you only, the grace to make my heart like yours, meek and humble."

God preserve us from any deliberate sin, no matter how small it may be. Nothing is small when it means going against God.

One of the novices gave me this lesson: "Mother, there was not even one grape on the vine but all of the grapes were on the branches. The branches are full of fruit, and it is so strange that there is nothing on the vine itself. See how our lives are so connected, we are the branches and we are supposed to bear fruit."

We, being his love, must bear fruit of compassion, love, and concern for one another and the people with whom we work.

Our first great responsibility is to be a family, a community, revealing first to one another something of God's own love and concern and tenderness. "See how they love one another." We need to help each other to forget the everyday deficiencies and to start a new life every day in the joy of Jesus.

Nothing adorns a human soul with greater splendor than the virtue of chastity and nothing defiles a human soul more than the opposite vice. Yet the glory of chastity is not in immunity from temptation -it is in victory over temptations. A chaste person is not free from temptations but overcomes them.

God has shown his greatness by using nothingness. Let us give God free hand to use us without consult us. Let us accept whatever he gives and give whatever he takes with a big smile!

All we do is but a drop in the ocean, but if we do not do it, the ocean will be one drop less.

If our houses are real communities of love and union we will overcome hatred. Everything depends on how we love each other. Do not be afraid to love until it hurts because this is how Jesus loved- Much of the hurt in our homes comes from uncontrolled use of words, said anywhere, in front of other people. Let us open our eyes to the harm we do.

Surrender is the only thing that is our own.

Let us "act" Christ's love among mankind, remembering the words of the Imitation of Christ, which tells us that love feels no burden, values no labors, would willingly do more than it can, and doesn't complain of impossibilities because it perceives that it can do A things. When weary,

love is not tired; when strained, love is not constrained; when frightened, love is not disturbed. Like a living flame, like a torch on fire, love mounts upward and securely passes through all opposition.

Thoughtfulness is the, beginning of great sanctity. If you learn the art of thoughtfulness you will become more and more Christlike. His heart was meek and he always thought of the needs of others. Our vocation, to be beautiful, must be full of thought for others.

Prayer is as necessary as the air, as the blood in our bodies, as anything to keep us alive- to keep us alive to the grace of God.

The Blessed Trinity is like my finger. There are three parts. Each part separately does not make a finger but only the three parts together make one.

Love God generously, with trust, without looking back, without fear. Give yourself fully to Jesus. He will use you to accomplish great things if you believe much more in his love than in your weakness.

Jesus' way of poverty was simple. He trusted his, Father completely.

Receive forgiveness to give forgiveness.

Grumbling is a hidden devil. It is something highly contagious.

#### AUGUST 14

Eve of the Feast of the Assumption of heart of Mary, heart of the tenderest of mothers, cause of our joy, we consecrate ourselves unreservedly to you, our hearts, our bodies, our souls. We desire to belong to you in life and in death. You know, O Immaculate Mother, that your divine Son has chosen us in his infinite mercy, in spite of our misery and sinfulness, not only as his children and his spouses but also as his victims to console his divine heart in the sacrament of his love, to atone for sacrileges and to obtain pardon for poor sinners.

We come today to offer him, through your most pure heart, the entire sacrifice of ourselves. Of our own free choice, we renounce all the desires and inclinations of our corrupt nature and we accept willingly and lovingly whatever sufferings he may be pleased to send us. But conscious of our weakness we implore you, O Holy Mother, to shield us with your maternal protection and to obtain from your divine son all the graces we need to persevere.

Bless this house and each soul confided to our care our relations, friends, and benefactors, that all may persevere in grace or recover it if lost. When the hour of death comes, may our hearts, modeled on your Immaculate Heart, breathe forth their last sign into the heart of your divine Son. Amen.

Prayer cannot live by itself; it cannot be prayer unless it is fed by sacrifices -

Our vocation is Jesus. Scripture says very clearly. I have called You by name! you are precious to me. Water will not drown you, fire will not burn you. I will give nations for you, you are precious.

How could a mother forget her infant?

St. Margaret Mary; Jesus told her' "My love for you is not a joke. So too our love for Jesus is not a joke."

Our Blessed Mother calls us to fast and do penance and Pray. Let us be faithful to these things if we are sincere in our desire to bring souls to Jesus. Pray, fast, and do penance for priests, to help them be holy and bring souls to Jesus.

Be faithful to Christ! Pray for perseverance! Remember that you have been created for greater things. Never stoop lower than that ideal- Let nothing satisfy you but God.

The greatest offering we can make is that of a fervent heart.

"Make my joy complete by your unanimity, possessing the one love, united in spirit and ideals. Never act out of rivalry or conceit; rather, let all parties think humbly of others as superior to themselves, each of you looking to others' interests rather than to his own."

Everything depends on how we love each other.

If we are faithful in little practices of love, in little sacrifices, in little interior mortifications; will become more Christlike and. build within ourselves the life of holiness. Holiness is only a very high degree of love. Let us all unite in helping each other to become holy.

We must reach the heart. To reach the heart, we must do- love is proven in deeds. People are attracted more by what they see than by what they hear. Therefore, our sisters should not spend their time in meetings and committees. If people wish to help, let them come and see. The reality is more attractive than the abstract idea. Try to put into the hearts of your older children a love for home. Make them long to be with their families. So much sin could be avoided if people really loved their home.

Blessed are they that are hungry:

for God's love

for the Bread of Life

for human love

for holiness

for a life of prayer

for respect and human dignity

for recognition as a child of God

for a word of sympathy, for a smile

Do I recognize these hungers?

In the hunger of my loneliness, where do I turn?

In the hunger of my sinfulness, is Jesus my first thought?

Is Jesus the hunger of my life?

Is Jesus the deepest love in my life?



When leaving an audience Mother Teresa asked Pope John Paul II; " Holy Father, pray that I may not spoil the work." The pope in a quick response replied, "And you, Mother, pray that I may not spoil the church!"

During this month of September, as we celebrate four feasts of our Lady [8th- Birthday, 12th - Name of Mary, 15th- Sorrow, 24th- Compassion], let us learn from her: humility, purity, sharing, and thoughtfulness. We will then, like Mary, become holy people, being able to look up and see only Jesus; our light and example will be only Jesus; and we will be able to spread his fragrance everywhere we go. We will flood our souls with his Spirit and so in us, through us, and with us glorify the Father.

What we are trying to do is to bring Jesus to the poor and the poor to Jesus. That is all we are trying to do.

The following is from a letter Mother Teresa wrote on the day of her death: "Stand near Our Lady to listen to the thirst of Jesus and to answer with your whole heart. Loving trust and total surrender made Our Lady say 'yes' to the message of the angel. And cheerfulness made her run in haste to serve her cousin Elizabeth. That is so much our life: saying 'yes' to Jesus and running in haste to serve him in the poorest of the poor, Let us keep very close to Our Lady and she will make that same spirit grow in each one of us."

Once you begin to neglect obedience, one by one everything goes. It can happen to any one of us. Obedience is difficult but that's where love comes from. There are so many broken families because a woman will not obey a man and a man will not obey a woman. We belong to Jesus and obedience is our strength. You must do small acts of obedience with great love. Obedience is not a joke, it is a sacrifice. The more you love God, the more you win obey. Obedience is a cross- pick up your cross and follow him.

Obedience, well lived, frees us from selfishness and pride and helps us to find God. In him, we find the whole world. obedience is a special grace that produces unfailing peace, inward joy, and dose union with God. Obedience lived with joy creates a deep awareness of his presence. Our Lady will teach us how to obey like Jesus, Who was obedient unto death.

Immaculate Heart of Mary, our Queen and Mother, be more and more our way to Jesus, the light of Jesus, and the life of Jesus in each one of us.

You can show your gratitude and give me a great gift by speaking and thinking well of each other, appreciating the good other sisters are doing, and accepting each other as you are. Always meet each other with a smile. Let us allow Jesus to live his life in each one of us to the full.

We see the humility of Jesus:  
In the crib;

In the exile of Egypt;  
In the hidden life at Nazareth;  
In his inability to make people understand him;  
In the desertion of his apostles;  
In the dislike of the scribes and Pharisees;  
In the terrible sufferings of his Passion and death;  
In his permanent state of humility in the tabernacle.

Let us examine ourselves to see what they are learning. Do they see our efforts to belong wholly to God, even in our failures? Do they see our efforts to be holy like Jesus and humble like Mary? If we really obey, we are holy. Our Lady was so holy, so full of grace because she lived her surrender, "Be it done unto me according to your word."

The last thing we do at night is to kiss the cross. The first thing we do in the morning is to kiss the cross. Jesus is asking you to accept whatever he gives and give whatever He is asking each of you with a big smile.

Mary was immaculately conceived Yet she humbly met Jesus, himself humiliated, carrying his cross. Near the cross she stood as one Of us, a sinner needing redemption.

Penance calls us away from sin and to God. It leads us away from mediocrity and to a life of fervor, generosity, and sanctity. We must give up sin, our past self-indulgence, and practice more intense self-sacrificing love for him.

The joy of the Lord is our strength. Therefore, each of us will accept a life of poverty in cheerful trust.

We must have a soul that has learned to see and love--even in the least prescriptions- the most holy will of God. We are faithful to the least things, not for their own sake but for the sake of the great things, that is, for the sake of the will of God. If we obey like Jesus, our lives will be pleasing to God and he will say, "This is my beloved child in whom I am well pleased "

Cardinal Newman wrote: "Help me to spread your fragrance wherever I go.... Let me preach you without preaching, not by words but by my example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears for you."

The first weapon, the most cruel weapon is the tongue. we can really wound or kill a person with our tongue.

Penance is absolutely necessary. Nothing has greater effect in restraining the disordered passions of the soul and in subjecting the natural appetites to right reason.

How very happy I am to let God just do whatever he likes with me.

Thoughtfulness and generosity come from a meek and humble heart. This is the contradiction of what the devil says: "I will not serve" and what Jesus says: "I have not come to be served, but to serve!"

The greatness of God is Him being in love with each one of us separately and completely. It is as if there is no one but me in the world.

Jesus was sent by the Father to give us the good news of our Father's love. When the time came for him to return to the Father, he left living proof of that love in the Eucharist. Look at the crucifix and look at the tabernacle. Jesus has given us the chance to share in his crucifixion, to continue it in our lives, to connect suffering with his body in the Eucharist, resting in the tabernacle.

A man was sitting and making little screws. He said, "I am making an airplane." I said, "Airplane?" He said, "Yes, without these little screws, the plane will not move." Each one of us is important to the body of Christ, the church.

When St. Therese, the Little Flower, said to Jesus: "You have done great things with nothingness." Therese had done small things with great love, done ordinary things with extraordinary love.

Holy angels, our advocates Pray for us  
Holy angels, brothers, pray for us.  
Holy angels, our counselors, pray for us.  
Holy angels, Our defenders, pray for us.  
Holy angels, Our enlighteners, pray for us-  
Holy angels, Our friends, pray for us.  
Holy angels, our guides, pray for us.  
Holy angels, our helpers, pray for us.  
Holy angels, intercessors, pray for us-

We should pray: Mary, Mother of Jesus, help me to make my heart pure. Be a mother to me now." She will help us to have a pure heart, to pray, and to be one with God. We must be meek one another and then we will be all right with God, humble with him, proving our love in wholehearted service.

Our first great responsibility is to be a family. We are to reveal first, to one another, something of God's own love and concern and tenderness. When others see us, they should say, "See how they love one another".

Are we really poor? With poverty come freedom and charity.

Make an effort to radiate joy, which is the fruit of the Spirit and a characteristic mark of the kingdom of God. God is joy. We have no reason to be unhappy. Christ, wanting to share his joy with the disciples, prayed that "my joy may be in you and your joy be complete." Jesus must

have radiated joy and you should do the same, in your eyes, attitude, the way you walk, the way you listen, and your whole being.

Jesus was having a conversation with St. Gerard and he was saying, "Give me, give me" St. Gerard replied: "I have nothing to give you, I have given you everything." Jesus insisted: "Give me your sins."

Prayer will give us a clean heart, a clean heart will help us to see God, & if we see God, we will obey.

To love, it is necessary to give. To give, it is necessary to be free from selfishness, to have the courage of poverty.

The greatest humility is to know that we are nothing, and this we come to know when we face God in Prayer. It is only when we realize our nothingness, our emptiness, that God can fill us with himself.

Our prayers don't produce results because we fail to fix our minds and hearts on Christ. It is through him that our prayers can ascend to God.

To almighty God, the smallest action given to him is great. But for us, we always measure how much we did, for how long. For God, there is no time. What should be important to us is how much love we put into the giving.

Even God cannot fill what is full already. We must empty ourselves so that God can fill us.

Do others notice if You are absent? Do they miss your warmth, your presence? We should radiate the presence of Christ by our compassion. Do we fulfill this responsibility to be God's love and compassion in the world, in the community, in our family~ Let us be his presence to others.

If you do your work with joy, you can bring many souls to God. Joy is prayer, a sign of our generosity, evident in our eyes, our faces, our actions.

When we neglect prayer, evil can penetrate our hearts. Ask yourself. Do I pray? How do I pray? How often do I pray? Do I feel the need to pray? When prayer is difficult, do I try to find a book that could help? At those times, do I pray for a longer period of, time and more frequently, with greater fidelity? Do I make up prayer that I have missed? Do I follow a method for meditation that will help me to pray? Do have some small aspirations that I pray often?

If you were to die today, what would others say about you? What was in you that was beautiful, that was Christlike, that helped others to pray better? Face yourself, with Jesus at your side, and do not be satisfied with just any answer.

If we earnestly desire holiness, three things are necessary: Prayer, self-denial, and charity.

People would think themselves fortunate if they were given the chance to give personal service to the king of this world. And here we are, able to touch, love, and care for Christ all the days of our lives.

Our work is not a profession but a vocation, chosen to satiate the thirst of Jesus by total surrender, complete, without counting the cost.

You might be doing great good somewhere but if you are sent elsewhere, you must be ready to leave. The work belongs to Jesus, not to us. Obedience and humility are the same thing. If you want to know if you are humble, ask yourself. "Do I obey because I see Christ in every command?"

Are we convinced of Christ's love for us and our love for him? We must know Jesus, love Jesus, and serve Jesus. We know him through prayers, meditations, and spiritual duties. We love him through Mass and the sacraments and our intimate union with him. We serve him under the distressing disguise of the poorest of the poor and everyone we meet.

Give your heart to God willingly. it belongs to him.

Pray to know the will of God and to accept the will of God. This obedience is the surest way to true holiness.

People want to see love in action through humble works. It is necessary for us to be in love with Jesus in the hungry and lonely.

We forget, sometimes, that we are called to give God's love and compassion first to our families, those who are the very life of our life. so often, in our heart, there is bitterness; on our tongue, there are ugly words; in our attitude, there is pride.

Advent is like springtime in nature when everything is renewed, fresh, and healthy. Advent refreshes us, makes us healthy and able to receive Christ in whatever form he may come to us. At Christmas, he comes as a little child, small, helpless, and in need of his mother and all that a mother's love can give. His mother's humility enabled her to serve. If we really want God to fill us, we must empty ourselves through humility of all the selfishness within us,

Radiate the joy of being poor, not telling people of our hard life but just being happy to be poor with Christ.

The best Way to show gratitude to God and to others is to accept everything with joy.

Nothing will destroy our joy of loving Jesus as much as money. It is one of the keys of the devil that any heart. It is the beginning of great evil.

Our works of love are nothing but works of peace.

Turn away from us whatever is hurtful and grant us whatever is advantageous.

In preparation for the coming of Jesus, we need the simplicity of life. Keep things simple and do not introduce things that don't fit with our way of life. Remember that you are special to him; he has chosen you with great love.

Much disorder has come into the world through the neglect of family prayer. Fidelity to prayer is the beginning of holiness.

Jesus wants us to prepare the way for his coming, for there are so many blocks in the Way of his becoming all in all for us. Give him whatever he takes and take from him whatever he gives with a big smile.

Be a cause of joy to others.

Speak Well of everybody.

Smile at all you meet.

Deliberately make three acts of loving kindness every day.

Confess any sin against charity.

If you offend anyone- even a small child- ask for forgiveness before going to bed.

Read about, meditate on, and speak of this love

"Mother, tell us something to make us better husband and wife." Mother Teresa replied with her wit, "Smile at each other." The wife thought for a moment and asked, "Are you married?" Mother Teresa replied, "Yes, and sometimes I find it very difficult to smile at Jesus, my husband, because he can be very demanding."

Greet the children, the poor, the suffering, the lonely with a happy smile. Give them not only your

care but also Your heart. Kindness has converted more people than zeal or eloquence. Our service to others should be kind, sweet, humble, unspoiled by selfishness. Let no one ever Come to you without coming away better and happier. Be the living expression of God's kindness.

Jesus wanted to share his joy with his apostles and prayed that "my joy may be yours." Joy was the password of the first Christians. Joy is not simply a matter of temperament, but of choice; it must be cultivated.

On this feast of the Immaculate Conception, let us consecrate our lives to Mary. How clean our words must be to be able to proclaim the good news. Mary will teach us to be Pure so that when others look at us they will see only Jesus.

Very often, small misunderstandings repeated over and over become the cause of so much suffering. Bring love to all you do.

Love, in order to be true must hurt. God loved the world so much that gave his son. His Son loved the world so much that he gave his life. He asks us to love as he loved, by giving ourselves.

In a gospel play, amongst the people of the slums, a child had to take the part of the innkeeper. This child had to say, Sorry, there is no room in the inn. He said, "I cannot say that to St. Joseph." The sister explained to him that it was only a play he agreed. When the time came and the child had to do his part he said: There's no room in the inn, but if you'd like a drink come in."

If we accept with humility and joy the message of God we will become pleasing to God and carriers of his love.

Let us ask Our Lady & St. Joseph to make our families what their family was for Jesus.

The thoughtfulness of Jesus, Mary, and Joseph was so great that it made Nazareth the abode of the Most High. If we have that thoughtfulness for each other, our homes will really become the abode of God, Most High. The quickest and surest way to that goal is tame the tongue, using it to speak well of others. From the abundance of the heart, the mouth speaks. If your heart is full of love, you will speak of love. If Mary and Joseph were looking for a place to make a home for Jesus, would they choose your home?

In our community, does our life of poverty resemble that of the manger at Bethlehem? During this season of Advent, let us meditate on poverty so that we might love it and live it. To experience the joy and freedom of poverty as Jesus did we need the surrender of obedience.

All the suffering in the world has started from the home. Today, we have not time even to look at each other, to talk to each other, to enjoy each other and still less to be, what our children expect from us, what the husband expects from the wife; what the wife expects from the husband. And so more and more we are homeless at home because less and are in touch with each other.

Poverty is joy. We must be happy with what we have and be happy with what we don't have. Poverty is a choice and therefore a joy. The less we have the more we can give.

We are called to live the love of God not to feel the love of God. We live this love through prayer and action. Our work is the fruit of our prayer; so that if our work is not going well we must examine our prayer life. If we neglect Our work or are . harsh, proud, moody or angry; then We should examine our prayer life. We will see that something has gone wrong there.

Radiate and live the life of Christ. Be an angel of comfort to a sick friend. Be a friend to little children. Love others as God loves each of us, with a special, intense love. Be kind to each other,

Speak kindly to each other. It is better to make a mistake while acting kindly than to work a miracle while acting unkindly.

At Christmas, may you be filled with the joy, love, and peace of Jesus, newly formed within you and around you. Christ comes at Christmas as a little child, small, helpless, so much in need of all that love can give. Are you ready to receive him? His parents looked for a simple dwelling place for his birth but there was none. If they came to you in search of a home, would they choose your heart and all that it holds?

The birthday of Jesus is coming very near.

Jesus is the light,

Jesus is the truth,

Jesus is the life.

We, too, must be the light of charity, the truth of humility, and the life of sanctity.

Jesus chose poverty. I think poverty must be seen as beautiful in heaven if Jesus would choose to become so small, so poor. To understand the poor, we must know what poverty is and why Jesus made himself poor. If we understand our poverty, our smallness, our weakness, our littleness, then we will be able to serve the poor and give Christ to the poor.

Christmastime shows us how small God made himself. Go to the crib and see how small he became, how he lived that total surrender to the full.

We must learn to be that child in complete surrender and trust and joy. See the joy of the child Jesus and the joy of Christmas! Never be moody, never let anything take away that joy. Christmas shows us how much heaven appreciates humility, surrender, poverty, because God himself, who made you and me, became so small, so poor, so humble.

Please let my people grow in holiness. You must surrender yourselves completely to God and pray for each other.

We stand before the world as ambassadors of peace. We preach a message of love in action that crosses all barriers of nationality and creed. Choosing an austere and constant perfection instead of comfortable and insignificant mediocrity.

### **Last words of Mother Teresa**

Let our gratitude be our strong resolution to quench the thirst of Jesus by lives of real charity. Love for Jesus in prayer, love for Jesus in your brothers & sisters; love for Jesus in the poorest of the Poor. Nothing else.

Let us thank Jesus for all these gifts and promise that we will make our society something beautiful for God.