

Daughters of Mary, Mother of Our Savior



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Saint Joseph's Novitiate

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“Oh, how great the blessings which the reading of spiritual books brings to the soul!” ~ St. Alphonsus

FROM THE MOTHER GENERAL

Dear Friends of the Daughters of Mary,

For the Sisters, one of the highlights of each day is our scheduled time for spiritual reading. We set aside our other jobs and occupations to spend thirty to forty minutes reading about our Catholic Faith and the holy men and women who lived their Faith so valiantly. This happy and quiet pause in our day directs our thoughts and enkindles our desire to love God more.



If it's not a Sunday or special feast day, one of the Sisters reads aloud from a spiritual book during our noon and evening meals. St. Augustine instructs us in the Rule of our Congregation that “when you place yourself at table, listen quietly and without disturbance to what is read according to the custom, until you rise, so that not your mouth alone may receive food, but your ears also may nourish themselves with the word of God.”

Benefits of Spiritual Reading

Some may think that spiritual reading is only for those living the religious life. St. John Chrysostom answers this objection: “What do you say? The reading of these good books does not concern you? But I find this duty more incumbent on you, than on those living in the security of the cloister, for you who sail on the open sea, . . . are beset by a thousand occasions of sin. Thus the aid of spiritual books is for you a necessity. . . . You who are in the midst of battle, must protect yourself with the buckler of holy thoughts drawn from good books.”