

# Daughters of Mary, Mother of Our Savior



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*"Take care to practice well the humble meekness that you owe to everybody, for it is the virtue of virtues which Our Lord greatly recommended to us." – St. Francis de Sales*

## FROM THE MOTHER GENERAL

Dear Friends of the Daughters of Mary,

During this holy season of Lent as we observe the fast and offer extra sacrifices, it is helpful to recall the reason for this time of penance. St. Ignatius of Loyola tells us that "there is no wood better to kindle the fire of holy love than the wood of the cross, which Christ used for His own sacrifice of boundless charity."

It is to show our love, then, that we perform our acts of mortification; it is to make a return to our Savior for the supreme sacrifice He made for love of us. Looking to Our Lord's life we see His example of how we should offer our sacrifices and carry our daily crosses. Christ Himself pleads with us to "learn of Me for I am meek and humble of Heart." He wants us to follow Him; to imitate Him, especially in His meekness.





### **“Learn of Me”**

Meekness, which characterizes the gentle spirit of the Sacred Heart, controls the passion of anger. Heroic meekness manifests itself through kindness and mildness towards all people on all occasions. It was this virtue that Our Lord showed during His life on earth and most especially in His passion and death. Studying how He acted will help us become more like Him.

In His public life Our Lord showed boundless kindness and compassion to all. He healed the blind, the deaf, the diseased and lame, always with loving sympathy. He truly “went about doing good” to everyone. When Our Savior met the Samaritan woman at the well, He converted her by His gentle words. With Judas, Our Lord was exceedingly kind. He sat with this Apostle at the Last Supper and washed and kissed his feet. In the Garden of Gethsemane, Christ called him “friend” and calmly received his kiss. Again with Saint Peter, it was a look of tenderness that converted him after his denial of Our Lord. Even with His executioners, Christ did not become angry, but showed only mildness and compliance with their orders. There was never a word of complaint from His lips nor a look of annoyance on His Face. He even forgave His persecutors from the Cross.



### **Meekness in Our Daily Life**

In imitation of Our Lord, we too should try to practice meekness in our daily life, especially when it is difficult. St. Bernard says, “Certain persons are gentle as things proceed to their taste; but scarcely do they experience some oppositions or contradiction than they are instantly on fire, like Mount Vesuvius itself.” The saints tell us that it is helpful to examine ourselves on our practice of this virtue. In this way we can gain self-knowledge and have a better idea of how we can improve. Some questions we can ask ourselves concerning our meekness with others are

- Do we respond with gentleness to those who annoy or anger us?
- Do we return kindness when someone hurts us by his words or actions?
- Do we truly strive to forgive and forget offences?
- Do we bear peacefully the failings or inconsideration of others?
- Do we patiently accept the annoyances of daily life, as when our plans are upset or our projects fail?





## Meekness with Ourselves

Besides being meek with others, St. Francis de Sales urges us to be patient with ourselves. He tells us to “have patience with all, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them - every day begin the task anew.” How encouraging are these words of the gentle saint who knew how dangerous discouragement is to the soul and its progress in virtue. Let us consider if we are meek with ourselves by asking these questions:

- After confession, do we continue in our mind going over our sins, or do we leave them to the mercy of God and resolutely turn from worry and self-reproach?
- Do we become disturbed and irritated when we have failed at some endeavor or do we humbly acknowledge our need for God’s assistance?
- Do we waste time in excessive anger, sadness, or moodiness after committing a fault, or do we calmly repent and make a resolution to do better?

Instead of being irritated with ourselves, our Savior wants us to go to Him with sorrow but also with confidence in His merciful love. We can do this by turning our thoughts to Him and praying an aspiration such as, “I trust in Thee.” The Sacred Heart is eager to forgive us and wishes to give us the grace to persevere in our efforts to practice virtue.

## “Blessed are the Meek”

Truly we are blessed to have such a loving Savior Who has walked the way of suffering so that we may follow His example. Looking often to His meek and humble Heart will be a source of strength amidst our daily struggles. He sees and appreciates all our efforts to be meek and promises to reward us: “Blessed are the meek, for they shall possess the land.” May we all practice this virtue that is so dear to the Sacred Heart of Jesus so that we may obtain Heaven.

Be assured of our daily prayers for you and your loved ones during this Lent. Please keep us in your prayers. May you have a Blessed Easter season.

In the Sacred Heart,

*Mother Mary Bosco, F.M.*

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