



CRUSADERS^{of} MARY

Newsletter

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Eight Simple Ways of Meditating

First Way: When you have found a religious idea or principle that you think is of great importance for your spiritual life, stop and ask yourself three questions: Have I lived up to this teaching in the past? How am I living up to it in the present? How am I going to live up to it in the future? And put your resolution into practice at once.

Second Way: Take a spiritual book — the *New Testament* or the *Imitation of Christ*, or another praiseworthy work — read a few lines at a time, reflect upon them over what you have read, draw from it some religious thought and resolve to put it into practice.

Third Way: Take a prayer — the “Our Father”, “Hail Mary”, “Apostles’ Creed”, or prayers in the Missal, or any prayer — stop after each word or phrase, draw religious thoughts and inspirations from them, dwelling on them as long as you like.

Fourth Way: Make the acts of the presence of God, adoration, thanksgiving, sorrow and supplications, delighting in each as long as you wish.

Fifth Way: In time of dryness, desolation and grief, do not fatigue yourself by trying to reflect, but abandon yourself into the hands of God, offer to Him your trial, unite your prayer to the Agony of Our Lord in the garden and to His abandonment on the Cross. Imagine

yourself being attached to the Cross with the Saviour, remain patiently there, and resolve to suffer steadfastly until death.

Sixth Way: Assure Our Lord that you wish to make acts of contrition often. For example, when you take a breath, pass each bead of the rosary through your fingers, or as often as you utter a prayer. Renew this protest from time to time. Take any religious sentiment and make a similar protest to God concerning it.

Seventh Way: Represent to yourself vividly your last things — the death agony, death, judgment, eternity, hell, or purgatory and Heaven. What will you wish then that you had done? How would you wish to have lived? How would you have wished to have behaved on a certain occasion? Live now as you will wish to have lived when you face eternity.

Eighth Way: Apply your mind to the Blessed Sacrament and salute Christ present there. In and through and with the Eucharistic Christ adore, love, praise, and thank the Heavenly Father. Picture for yourself Christ's life in the Blessed Sacrament — His poverty, humility, obedience and silence. Try to imitate these virtues. Offer to Him your life and your work. Present to Him a virtue that you intend to practice, a self-denial or mortification that you propose to make. †

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A Beautiful Scapular Story

Note: A close friend of the Apostolate, named Elizabeth, wanted to share a story with Our Lady's Apostolate. The Editors of *Crusaders of Mary* have verified the truth of this inspiring story.

A next-door neighbor had been kindness himself to Elizabeth's household, over which she agonized, for she felt unable to return the many favors by which he had always cheerfully assisted them.

One day recently, she called to him in greeting, observing that he did not seem his usual self.

"I've just come from the hospital. My wife's grandmother is dying. It's happened very suddenly and my wife is devastated. Her mother died a long time ago, so she has been very close to her grandmother."

Now Elizabeth suspected that there was Catholicism in the family's past, but that the adults had pretty much fallen away from the Church. Not knowing how to offer consolation, she asked, "Does her grandmother have a scapular on?" He did not know what a scapular was, so she explained briefly, adding, "I think I have one I could give to her."

Now it so happened, dear friends, that Elizabeth and her family were packing for a summer vacation, to depart the next morning. When she went inside, she looked in the two or three most likely places for a spare scapular, without success. Discouraged, she turned her attention to the family matters, regretful, but with the attitude, "what can I do?"

The next morning, she packed the car and organized the family. As she was about to get into the car, she saw her neighbor come outside, bent over with sadness. Sheepishly, she went over quickly to apologize to her glum neighbor — "I'm sorry, I couldn't find one."

It was with a guilty conscience that Elizabeth climbed into the car beside her husband. What



if this one soul would be lost because of no scapular? "How disappointed Our Lord and Our Lady will be with me at my judgment, when they show me that soul! How would I have made a return to my neighbor, for all the good he had done to me? How I have failed in this little moment." Regretfully, she settled into her seat as they pulled away. They turned the corner and drove down the block.

As they reached the next corner, her husband realized that he had forgotten his glasses. So they continued all the way around the block, to pull up in front of their home again. Her neighbor still stood on the porch. Elizabeth watched her husband unlock the front door and disappear inside for a moment or two longer than she had expected.

An unheard whisper suddenly caused her to throw herself out of the car: "I can look in one more place!"

Down to the bowels of the basement she raced, until she came to a stack of boxes containing old holy cards. Rummaging only a moment, she

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found what she was looking for in a packet once given her by a Legion of Mary member. Even better, the scapular was of excellent quality, with a scapular leaflet enclosed. Hurrying back outside, she caught her neighbor, who was just going in.

He thanked her, and promised to bring it directly to his wife, who was at her grandmother's side.

Even if her neighbor did not understand "scapular", as Elizabeth drove away, she was filled with happiness that she had done her little part for Our Lady.

Now, you may think that is a good resolution. But wait: here is the rest of the story.

Elizabeth said, "When we came back a week and a half later, I was unpacking the car when my neighbor and his wife came outside. They were going somewhere, but I wanted to offer my condolences to her directly. She was very sorrowful. Then she looked up at me. 'Oh, I have to thank you for the scapular you sent over. I was at the hospital asking all my cousins and everybody, 'Does anyone have a scapular to put on Grandmom?' But nobody did. Then [my husband] walks in with one in his hand...'"

"I didn't even know what it was," he interjected.

The neighbor continued, her voice starting to break: "I put the scapular right on her, then I looked at the leaflet that was with it. The picture on the front was Our Lady of Grace..." Here she began to tremble, "My mother's name was 'Grace'. It was as if my mother sent that scapular to Grandmom. Everybody said so. She died early the next day. We couldn't believe it. It was as if Grandmom couldn't die until she had that scapular. Then it was okay."

Elizabeth said, "I saw that she was still quite broken up, so I reminded her that she had helped assure her grandmother of eternal salvation. I think they must have thought me quite strange that I would be talking about 'a happy death.' But maybe they'll understand later.

"Later, I considered how long ago that Legion of Mary person had given me that little packet, which I kept for years, until its 'moment of destiny.' God bless that person who had handed it to me, trying to do something for Our Lady.

"I thought about all the family members who had been there when my neighbor placed it over her grandmother's head: how they had all witnessed that act of faith from one who was not really living the Faith: in each of their hearts was stirred something they had learned—when? In their childhood! Now, the scapular binds a great moment in their lives: Will they remember for the years to come? Will they look for Our Lady's 'garment of grace'?"

"I thought about how I had given up so easily on the little task of finding a scapular. Then Our Lady encouraged me to keep going: look at the result!"

"Tell your readers" concluded Elizabeth, "that Our Lady uses each little cooperation, however imperfect, to save our souls. She watches out for us. Don't grow discouraged. Offer everything to Her Immaculate Heart." †

New Scapular Booklet

Have you seen the Fatima Center's new Brown Scapular booklet *Our Lady's Garment*?

Just completed this past summer, it is a magnificent compilation of the power of the Brown Scapular. Topics include: "Most Powerful Sacramental"; "Wearing the Scapular, a Form of Consecration"; "History of the Brown Scapular"; "The Mantle of Elias Mentioned in Scripture"; "A Sign of Salvation and Protection"; "Protection against the Devil"; Accounts of conversions; and a multitude of true stories of how the Brown Scapular was a means of *miraculous protection* of many individuals, from both natural calamities and dangers to the soul.

The booklet also contains details on the Sabbatine Privilege and the complete formula of Enrollment in the Scapular in both Latin and English.

It is one of the most complete, concise booklets on the Scapular found anywhere.

Please contact us if you need copies for yourself, your friends and family. †



The Holy Guardian Angels

Feast Day: October 2

Catholic teaching holds that among the myriads of pure spirits created by God, called angels, some have the office of watching over man; hence they are called Guardian Angels.

It is commonly taught in the Catholic Church around the world that each person born into this world has a special angel, assigned and commanded by God to guard him, to help him reach Heaven by defending him from evil, by inciting him to good, and by praying for him. Holy Scripture abounds in texts that confirm this belief.

The Psalmist says: "He has given His angels charge over thee, to keep thee in all thy ways. In their hands they shall bear thee up, lest thou dash thy foot against a stone" (90:11, 12). Again: "The angel of the Lord shall encamp round about them that fear Him and shall deliver them" (33:8).

In the prophet Baruch: "For my angel is with you: and I myself will demand an account of your souls" (6:6). In Judith: "His angel has been my keeper, both going hence, and abiding there, and returning from thence hither" (13:20). The patriarch Jacob asked his angel to bless his grandsons: "The angel that delivers us from all evils, bless these boys" (Gen. 48:15).

When St. Peter was freed from prison and appeared to the other disciples, they could not believe at first that it was Peter and said: "It is his angel" (Acts 12:15).

St. Paul wrote: "Are they not all ministering

spirits, sent to minister for them who shall receive the inheritance of salvation?" (Heb. 1:14.) The Saviour Himself warned against scandalizing His little ones because "their angels in Heaven always see the face of the Father who is in Heaven" (Mt. 18:10).

All angels were honored in the Office of the Dedication of the Archangel St. Michael on September 29. Pope Paul V authorized the feast of the Guardian Angels in the Austrian empire, and Clement X extended it to the Western Church in 1679. †



Prayers of the Rosary

The entire Rosary is composed of fifteen decades, or mysteries, divided into three parts, known as the Joyful, the Sorrowful, and the Glorious Mysteries. In honor of each mystery a decade is recited, that is, one Our Father, ten Hail Mary's, and one Glory be to the Father.

To practice the devotion as taught by Our Blessed Mother, it is necessary to meditate on the mysteries, either immediately before the decade or during its recital. For those who find meditation difficult, Pope Benedict XIII

said it is permissible to make a brief meditation. Each decade, like David's harp of ten strings, gives a Heavenly melody that delights the Heart of Our Immaculate Mother. †



We'd Like to Hear From YOU!

CRUSADERS OF MARY NEWSLETTER

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