



Vincentian Lent 2013

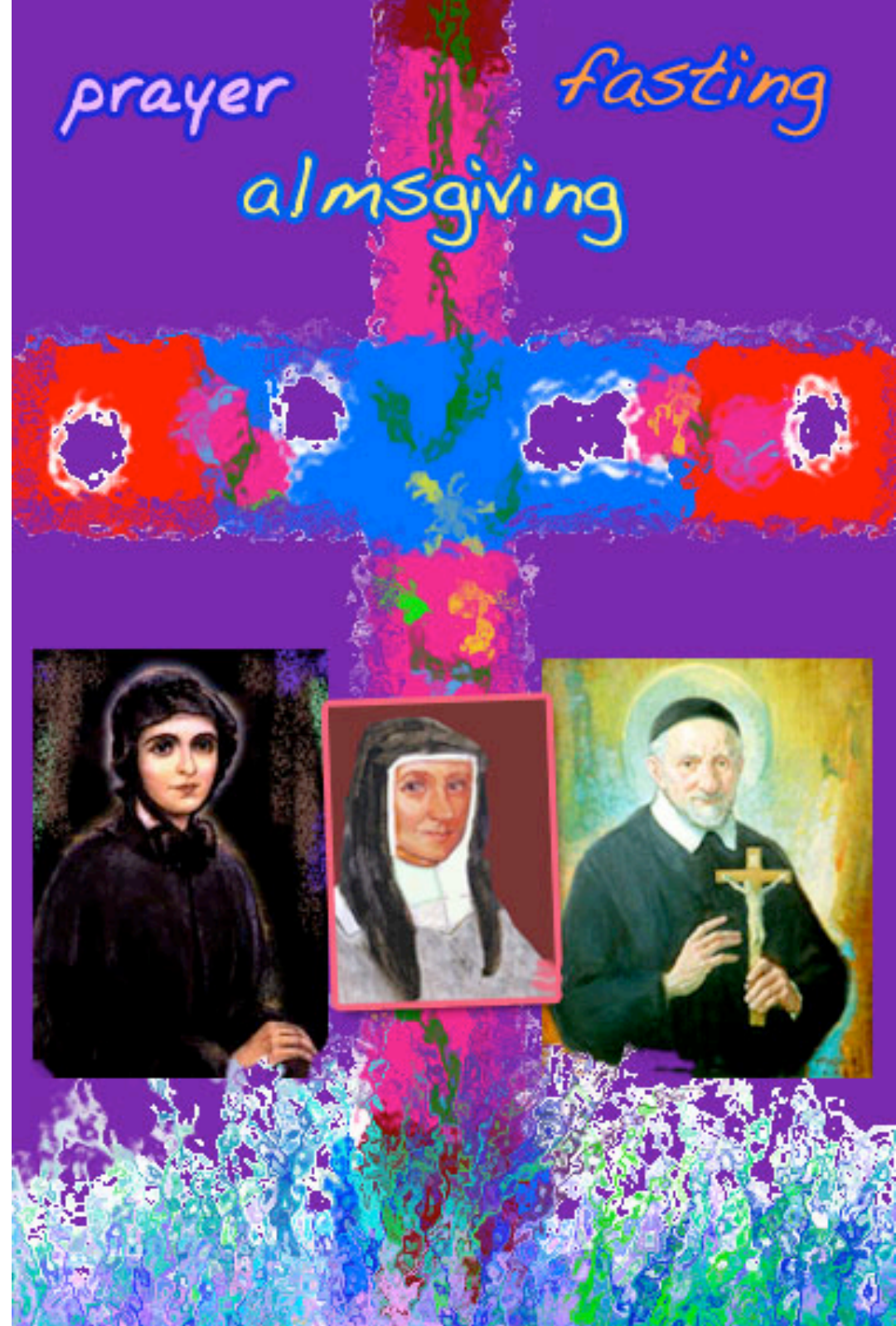
wisdom from our founders & leaders

## St. Louise de Marillac on prayer, fasting, and almsgiving

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The cleansing is effected by the complete confession of all our sins; the embellishment by the practice of virtue, especially prayer, fasting and almsgiving which are, in a way, to people in the world, what the three vows of religion are to religious, i.e. almsgiving for poverty, fasting for chastity and prayer for obedience. We may also offer them at the Crib in place of the gifts of the Three Kings: almsgiving for gold, fasting for myrrh and prayer for incense. Likewise, we may present them to the Blessed Trinity: prayer to the Father, fasting to the Son and almsgiving to the Holy Spirit. Thus we are able to adore our Incarnate God with the angels by prayer, with the Kings by almsgiving and with the shepherds by fasting; and God will bless us.

Letter: A45b, Page: 736



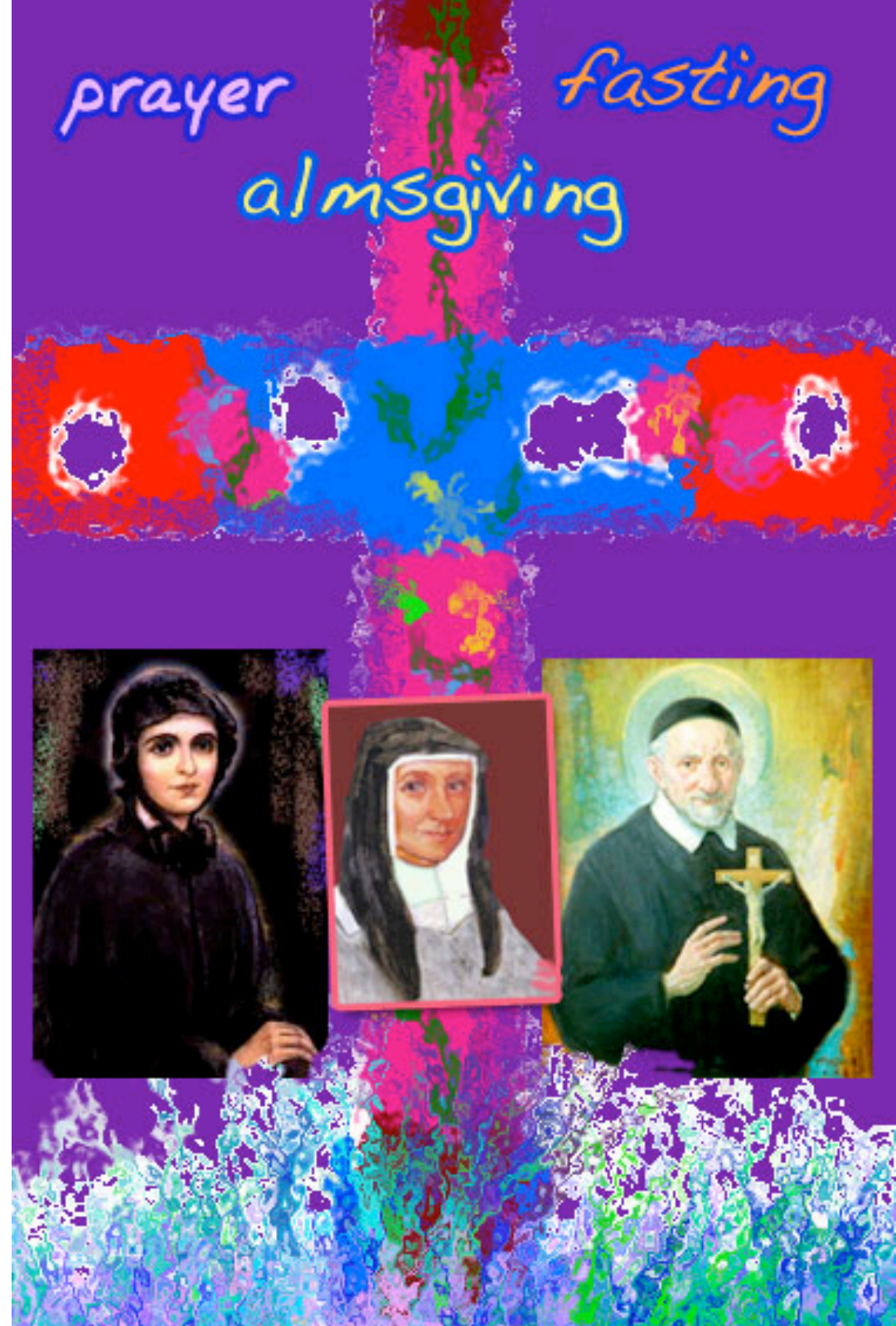
## St. Vincent on prayer

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But the blessed Bishop of Geneva taught his nuns another kind of prayer, which even the sick can make: to remain peacefully in the presence of God, manifesting our needs to Him with no other mental effort, like a poor person who uncovers his sores and by this means is more effective in inciting passers-by to do him some good than if he wore himself out trying to convince them of his need.

Volume: 4, Letter: 1504, Page: 385

Description: To a Priest of the Mission, 21 May, 1652

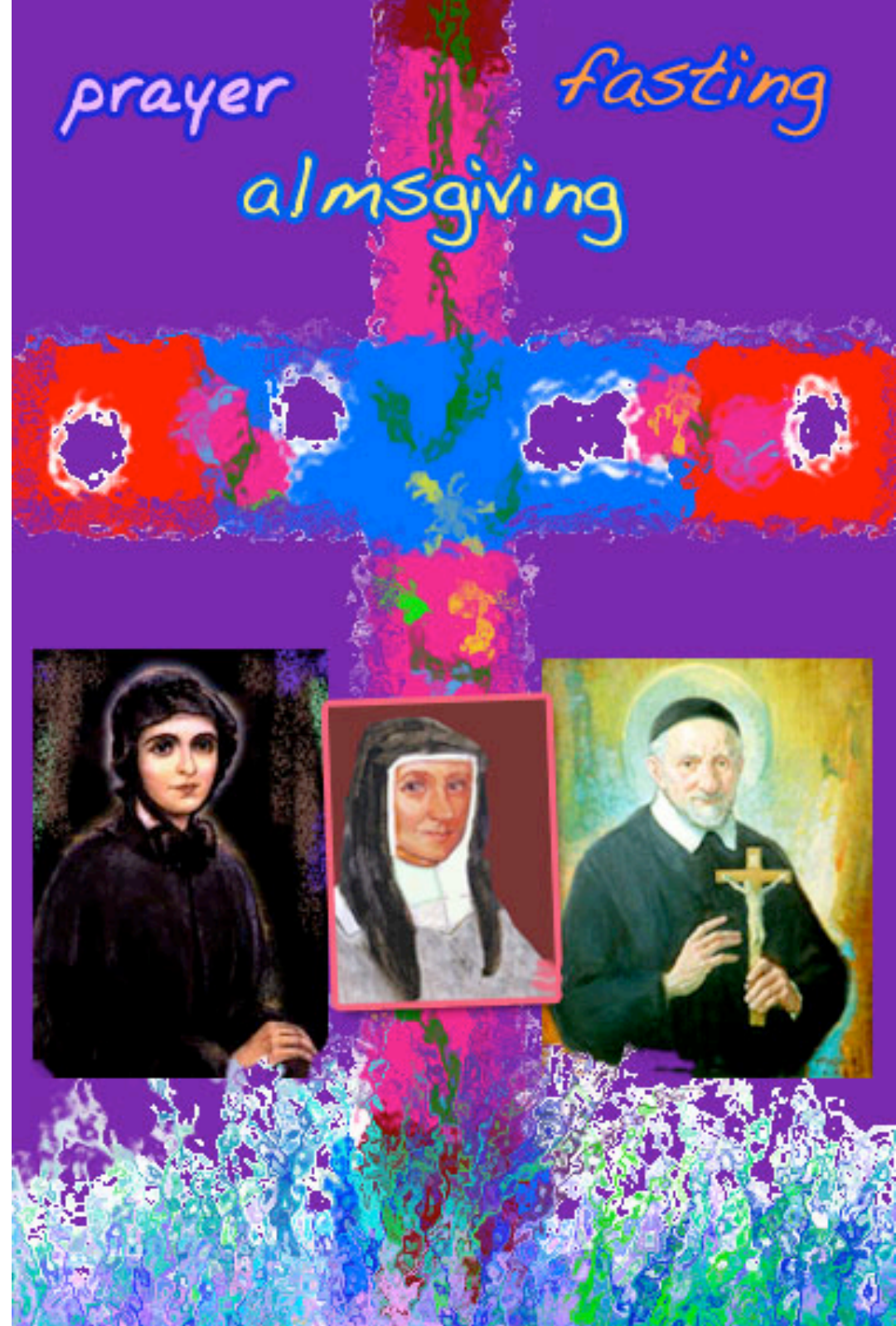


## St. Elizabeth Ann Seton

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Take every day as a ring which you must engrave, adorn, and embellish with your actions, to be offered up in the evening at the altar of God.

Jesus is as a fire in the very center of our souls ever burning. Yet, we are cold because we do not stay by it.  
ASJPH 1-3-3-26A (11)



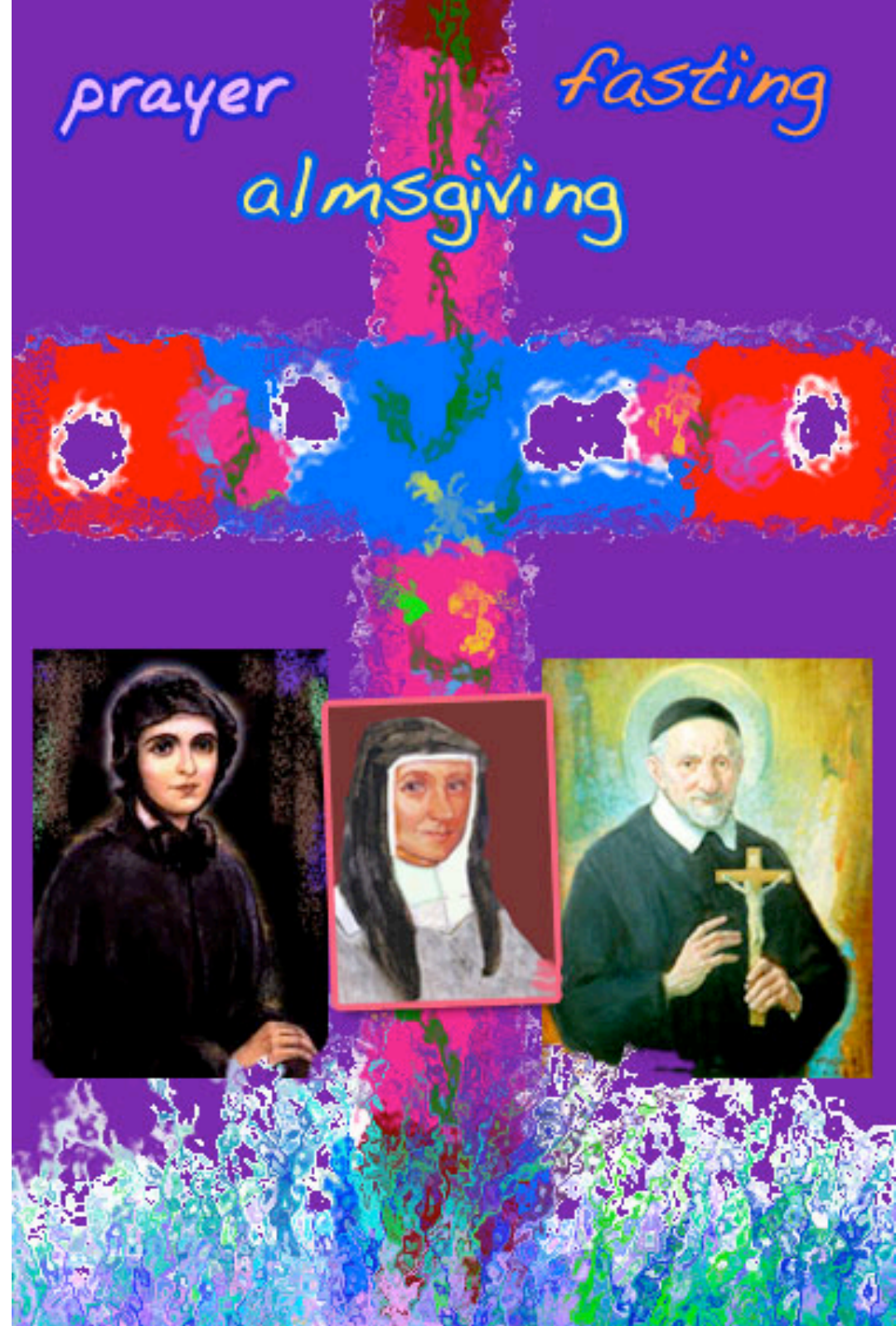
## St. Vincent on prayer

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During my wretched prayer this morning, I conceived a great desire to conform my will to everything-- good and bad, general suffering and personal suffering-- that happens in this world, because God wills it, since He sends it. . . Let us therefore strive to conform our wills to God's Will in this way; peace of mind will be one of the many great benefits that will result from it.

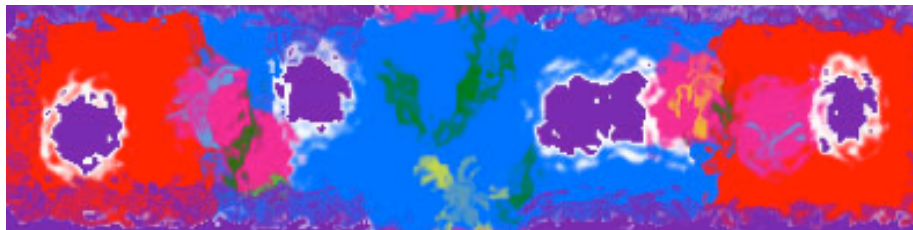
Volume: 6, Letter: 2383, Page: 493

Description: To a Priest of the Mission



## St. Vincent: “Prayer is like a Mirror”

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I may also add, my dear Daughters, that prayer is like a mirror in which the soul can see all its stains and disfigurements; it notes what renders it displeasing to God; it arranges itself so that it may be conformable to Him in all things. Fashionable ladies will not leave their homes without looking at themselves in a mirror to see that nothing is wanting, and that there is nothing unseemly about them.

There are, indeed, some of them so vain as to carry mirrors in their girdles, so as to take an occasional glance to see if anything has happened that needs adjustment.

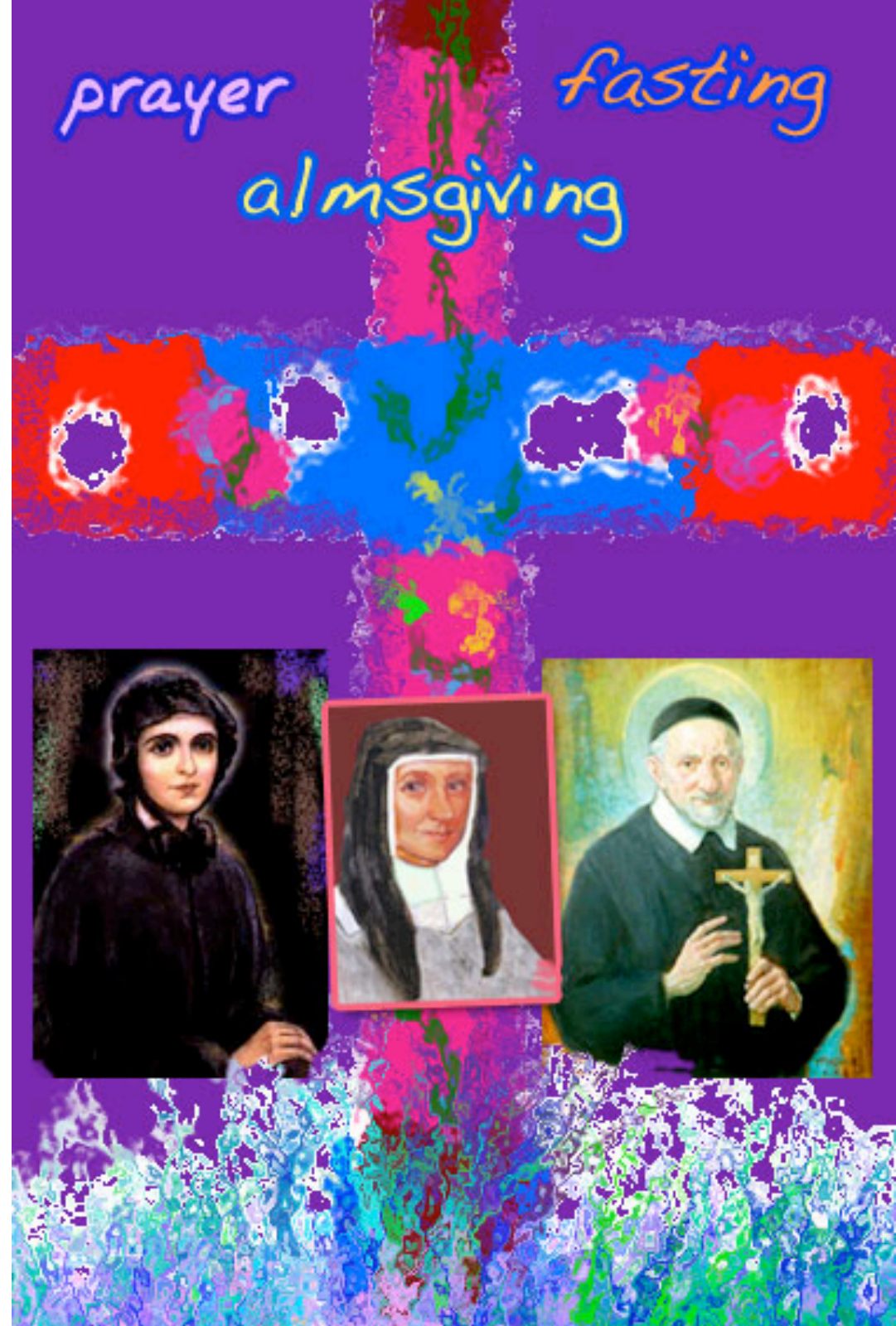
Now, my Daughters, is it not reasonable that, just as fashionable people strive to please the world, those who serve God should strive to please God? They should never leave home without looking in their own mirror. God wishes those who serve Him to look at themselves in holy prayer, so that every day and often during the day, by means of interior looks and aspirations, they may see whatever in them is displeasing to God, that they may ask pardon for it and remove it.

#37. On Prayer. Conference of May 31, 1648, Conferences of Vincent de Paul to the Daughters of Charity

## From Pope Benedict XVI's Ash Wednesday Homily

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In the Gospel passage according to Matthew, [...] Jesus refers to three fundamental practices required by the Mosaic Law: almsgiving, prayer and fasting. [...] But He points out that both the quality and the truth of our relationship with God is what qualifies the authenticity of every religious act. For this reason He denounces religious hypocrisy, a behavior that seeks applause and approval. The true disciple does not serve himself or the "public", but his Lord, in simplicity and generosity [...] Our fitness will always be more effective the less we seek our own glory and the more we are aware that the reward of the righteous is God Himself, to be united to Him, here, on a journey of faith, and at the end of life, in the peace light of coming face to face with Him forever (cf. 1 Cor 13:12).



# From 1999 Lenten Letter of Fr. Robert Maloney, CM

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God wants to make a home within us. Lent emphasizes the need to renovate the woodwork, the electricity, the plumbing. Sometimes a major overhauling is required; sometimes, only subtle refinements.

Jesus asks that the same energy we might have used in accumulating riches, consolidating power, or pursuing personal pleasure be channeled toward the building up of a "new person" as a dwelling place for God. In us who are missionaries, God wants to create not only a home for the divine in-dwelling, but a refuge for the poor. What renovations must we make this Lent for God and for the poor? What must we remove? What must we add? Do we need to rip down some inner walls to provide more quiet prayer space? Do we need to modify a facade that is forbidding-looking, so that the poor will enter more readily?

