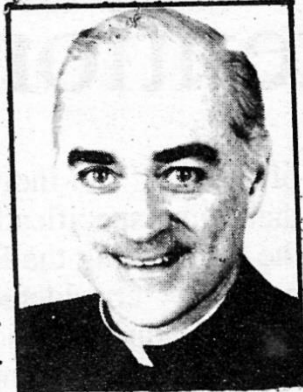


Source of Comfort

Pentecost is a time to rekindle our devotion to the Holy Spirit. This little prayer may be of help. More than 70 years ago a Belgian prelate named Cardinal Desire Mercier wrote this prayer which he prefaced with this message:



I will reveal to you a secret of sanctity and of happiness: If every day, during five minutes, you are able to quiet your imagination, to close your eyes to the things of the senses and your ears to the rumors of the earth, to enter within your self, and there, in the sanctuary of your baptized soul, which is the temple of the Holy Spirit, to speak to the Divine Spirit within you:

*Holy Spirit, Soul of my soul, I adore You.
Guide me, strengthen me, console me.*

Tell me what to do and give me Your orders.

*I promise to submit to what ever You desire of me
and to accept every thing You allow to happen to me.*

Let me only know Your will.

If you do I suggest, wrote Cardinal Mercier, your life will flow happily. You will be serene and consoled even in the midst of pain, for grace will be proportioned to the trial, giving you the strength to bear it; and loaded with merits, you will reach the gates of Paradise.

This little formula for happiness and serenity has been a source of comfort and

clarification for many. I say it regularly as I surrender my life to the indwelling Holy Spirit. I may not do that as perfectly as I would like, but I keep trying to maintain the right attitude.

An attitude is not a single act of the mind, it is a habitual state of the will. To live joyfully because of the knowledge of God's love is a matter of habit. Learning to trust God's love has liberated me from much needless worry. Sacrifices made in the name of love always brings joy to the soul.

However, some qualifications need to be made concerning the phrase, *I promise to accept every thing you allow to happen to me.* For instance, no one is asked to accept cruelty or abuse. The Lord encouraged us to return good for evil, but that doesn't mean you have to become a doormat. Remember, He also said, "Do not cast your pearls before swine." Never let anyone undermine your self-respect.

God commanded you to love your neighbor as you love yourself. That means you have the duty to love yourself. Self-respect is essential for true holiness, therefore protect your personal dignity, and your life will flow happily and serenely.

Finally, may I ask a little favor? If you know someone who could benefit from this column, why not clip it out and send it along with your love.

For a free copy of the Christopher News Note, Living Joyfully, send a stamped envelope to The Christophers, 12 E. 48th St., New York, N.Y. 10017.1