Preached by Monsignor Wach and Monsignor Schmitz, the spiritual conferences focused on the spirituality of Saint Francis de Sales lived in the family of the Institute of Christ the King. On Friday, June 11, Monsignor Wach offered a Solemn High Mass for the Feast of the Sacred Heart of Jesus. The next day Monsignor conferred the cross of Saint Francis de Sales to friends of the Institute who had attended the general retreat of the Society at the Shrine of Christ the King last year. The canonical Hour of Compline being part of the daily prayer life of a member of the Society, this night office of the Church was chanted as well. On Sunday, June 13, the faithful assisted at Solemn High Mass and Benediction celebrated by Msgr Wach for the External Solemnity of the Most Sacred Heart of Jesus.

Earlier this summer, we were all very blessed by the presence of Monsignor Gilles Wach, Founder and Prior General of the Institute, at the National Retreat of the Society at the Shrine of Christ the King. Spiritually enriched by these days of prayer and reflection and warmly encouraged by meeting other members of the Institute’s family from across the country, we now go forward in our resolve and efforts to live a devout life under the direction of our patron St. Francis de Sales.

This bi-monthly newsletter aims to inspire you in the day-to-day living of the Rule of Life of the Society, which was described at the Sunday conference of the National Retreat. It will also inform you of news about events in the life of the Institute, thus offering you specific prayer intentions and the benefit of keeping connected with the remarkable growth and development of the Institute, whose family you are all a part of. An online Google Group is open to all those who have already assisted at the National Retreat, as a means of remaining in contact with one another. Regional days of recollection are also being organized in local Institute apostolates, thus offering you the opportunity to pray and meet together under the guidance and spiritual direction of the priests of the Institute.

During this month of the Immaculate Heart, remember to pray for the Institute consecrated to Mary Immaculate. From August 30 -September 3, Institute priests worldwide will gather from in Gricigliano for the annual Chapter. Not only is this week of conferences and meetings with Monsignor Wach an opportunity to discuss various affairs concerning the Institute’s growing apostolic work, but it also provides an opportunity for the Canons to be able to come together in a spirit of fraternal charity which fosters a strong unity of mind and purpose.

September 1 marks the 20th anniversary of the canonical erection and founding of the Institute. Remember this day in prayerful thanksgiving!

In the September days which follow the Feast of the Nativity of Mary over fifteen young men will begin their first year of seminary formation, including five Americans. Please also prayerfully confide to Mary Immaculate the dozens of other seminarians, many of whom are from the United States, who will be returning for yet another year which will bring them a step closer to God’s holy altar.
Work continues on the seminary buildings in order to accommodate them all, just as restoration improvements continue on the Motherhouse of the Sisters Adorers. Several of the Sisters will be making their first vows on September 29. Several candidates for the oblatehood will also begin their discernment of this noble vocation of faithful liturgical service in apostolates of the Institute. During this month of August, let us then look forward to the many blessings God has reserved for us this September. May Mary Immaculate guide us in all of our actions and fill us with confidence in the triumph of her Immaculate Heart. My Mother, my confidence!

BLESSED VIRGIN MARY: SPIRITUAL MOONLIGHT IN THE DARKNESS

Excerpt from St. Francis de Sales Sermon for the Feast of the Assumption, 1602

"Being Light Himself, God did not will that darkness and night should be completely devoid of light. Having created the greater light (the sun) to govern the day, He created a lesser light (the moon) to govern the night so that the obscurity of the night’s darkness might be tempered by its brightness.

“This same God, with His Holy Providence, determining to create the spiritual world of His Church placed over it the greater Light, His Son Jesus Christ, true Sun of justice. The lesser light is the most holy Mother of this great Son.

“But this night had also its light which brightened it, for the Blessed Virgin remained on earth among the disciples and faithful. St. Luke in the Acts testifies that Our Lady was with the disciples on Pentecost Day and that she persevered with them in prayer.

"Let us consider the reasons why her Son left her in this world after His own departure: 1. This light was needed for the consolation of the faithful who were in the night of affliction…

2. Her remaining here below gave her an opportunity to achieve an accumulation of good works;

3. As soon as Our Lord died and ascended into Heaven, some heretics were saying that He had not had a natural and human body, but only an imaginary one. The Virgin, His Mother, in remaining after Him, served as a reliable witness of the truth of His human nature, thereby already beginning to verify what we sing of her (in the Divine Office): “Thou, O Holy Virgin, hast destroyed all heresies throughout the whole world.”

"We sanctify ourselves according to the measure in which we allow ourselves to be taught and guided by the Church, for, as Jesus says to the Church, His Bride, “He who hears you hears Me.” (Lk 10) We know that it is especially by the Liturgy that the Church brings up the souls of her children in order to make them like unto Jesus…

‘Guided by the Holy Ghost, who is the Spirit of Jesus Himself, the Church unfolds before the eyes of her children every year from Christmas to Ascension, the complete cycle of Christ’s mysteries, sometimes greatly abridged, sometimes in their exact chronological order, as during Holy Week and Paschal time. She thus makes each mystery of her divine Bridegroom to be lived over again by an animated living representation; she makes us pass through each phase of His life.

“If let ourselves by guided by the Church, we shall infallibly come to know the mysteries of Jesus and above all enter into the thoughts and feelings of His Divine Heart. Why is this?

The Church, knowing the secret of her Bridegroom, takes from the Gospel the pages which best place each of these mysteries in relief; then, with perfect art, she illustrates them with the passages of the psalms, prophecies, the epistles of St. Paul and the other Apostles, and quotations from the fathers of the Church.

“ ‘We thus place the teachings of the Divine Master, the details of His life, and the substance of His mysteries in a clearer and fuller light. At the same time, by the choice of readings from the Holy Scriptures and sacred authors, by the aspirations that she suggests to us, by her symbolism and ritual, she places our souls in the attitude demanded by the meaning of these mysteries, she fosters in our hearts the requisite dispositions in order that we may assimilate the spiritual fruit of each mystery in the greatest possible measure.”

Excerpt from Christ in His Mysteries (Chap. 2) by Blessed Dom Columba Marmion OSB

LESSONS IN LITURGY: EXPLAINING THE EXTRAORDINARY

How do we know Jesus? Through the Liturgy of His Church.

How do we become holy? Celebrate the feasts of the Liturgical year.

For questions about the Society contact:

Canon Matthew Talarico
Shrine of Christ the King Sovereign Priest
6415 South Woodlawn Ave
Chicago, IL 60637
Tel.: 773-363-7409, ext. 5
sacredheart@institute-christ-king.org

AUTUMN DAY OF RECOLLECTION
CONTACT YOUR LOCAL INSTITUTE APOSTOLATE
FOR DATE AND TIME
**RULE OF LIFE: ST. FRANCIS DE SALES RECOMMENDS SPIRITUAL DIRECTION**

The “rule of life” for the members of the Society is chiefly comprised of:

1. Holy Mass & Communion (if not possible everyday, then as often as circumstances permit)
2. frequent confession
3. daily recitation of the Office of Compline
4. daily prayers for intentions of the Institute
5. regular meditation & spiritual reading of Holy Scripture and the works of Institute patrons: St. Francis de Sales, St. Thomas Aquinas, St. Benedict.

For every member of the Society to practice the general principles of this “rule of life” according to the particular circumstances of their daily mode of life in the world, members should freely approach priests of the Institute for occasional guidance & spiritual direction—so highly recommended by St Francis de Sales for those who truly desire to imitate the Sacred Heart of Jesus:

“When the blessed Teresa of Avila read of the great penances performed by Catherine of Cordova, she desired exceedingly to imitate them, contrary to the mind of her Confessor, who forbade her to do the like, and she was tempted to disobey him therein. Then God spoke to Teresa, saying, “My child, thou art on a good and safe road:—true, thou seest all this penance, but verily I esteem thy obedience as a yet greater virtue:”—and thenceforth St. Teresa so greatly loved the virtue of obedience, that she took a vow of special obedience to a pious ecclesiastic, pledging herself to follow his direction and guidance, which proved an inexorable help to her.”

“In truth, your spiritual guide should always be as a heaven-sent angel to you;—by which I mean that when you have found him, you are not to look upon, or trust in him or his wisdom as an ordinary man; but you must look to God, Who will help you and speak to you through this man, putting into his heart and mouth that which is needful to you; so that you ought to hearken as though he were an angel come down from Heaven to lead you thither. Deal with him in all sincerity and faithfulness, and with open heart; manifesting alike your good and your evil, without pretence or dissimulation. Thus your good will be examined and confirmed, and your evil corrected and remedied;—you will be soothed and strengthened in trouble, moderated and regulated in prosperity.

‘Give your guide a hearty confidence mingled with sacred reverence, so that reverence in no way shall hinder your confidence, and confidence nowise lessen your reverence: trust him with the respect of a daughter for her father; respect him with the confidence of a son in his mother. In a word, such a friendship should be...altogether holy, sacred, divine and spiritual.

Introduction to the Devout Life, Chapter 4,

Small children are often afraid of the dark. They need a night light to protect them from the fears of darkness. We adults have our own moments of darkness—moments of trial and difficulty. But have no fear! God has given us a spiritual night light. God has given us Mary, His Mother.

The Gospels for the Feast of the Immaculate Heart of Mary (Aug. 22) and the Feast of Our Lady of Sorrows (Sept. 15) coincide. Mary stands firm at the foot of the Cross in darkest moment of all. On Calvary her Immaculate Heart burns bright with love for her Son like a spiritual light. This Heart all aglow offers consolation to Jesus and brings courage to St. John and to St. Mary Magdalene who stood with her. Woman, behold your son...Son, behold your Mother. Amidst the darkness of Calvary, Jesus gave to us His own Mother to be our spiritual night light in dark moments of trouble.

St. Francis de Sales compares Mary to the moon, the light of the night sky.

The light of the moon reminds us that the sun’s daylight will soon return. So also the Immaculate Heart of Mary, our spiritual night light, reminds us that after the darkness of our trial and sorrow in this world, the eternal day of Heaven will soon dawn upon us. We are not orphans alone in the dark of night, but the Heart of Mary, Mother of God, is the spiritual night light which assures us of a brighter tomorrow. Finally My Immaculate Heart will triumph.

During August, the month of the Immaculate Heart, and September, the month of Our Lady of Sorrows, how can the light of Mary illuminate our life?

Let us renew our consecration to Our Lady of the Immaculate Conception, adding to this prayer one act of charity to our neighbor offered for the intentions of the Institute.

We could recite the prayer to Our Lady of the Angels, asking for her intercession over the powers of darkness. This prayer, which is found on the next page, is recited each day by all the members of the Institute.

In order to deepen our spiritual understanding and reflections on the mystery of the Rosary, perhaps we could reread one of the Gospels.

Perhaps we could light a votive candle, or place a bouquet of flowers before Our Lady’s statue or image, or sing a Marian hymn after our family Rosary.
With the help of Mary let us make an examina-
tion of conscience:

- Are we resisting God’s will when we
  should be accepting it? Are we trying to
  change others without changing our-
  selves?
- Are we demanding when we should be
 Understanding, impatient when we
  should be calm, talking when we should
  be listening?
- Are we complaining when we should be
  saying thank you?
- Are we suspicious when we should be
  receptive, critical when we should be
  encouraging, in a hurry when we should
  be making haste slowly?

How can we overcome these & other faults?

1. Pray the words of Mary, for example, the
   Angelus: “Be it done unto me according to
   Thy word” or also the Magnificat, Mary’s
   hymn of humble thanksgiving.

2. Let us live each day in the presence of
   Mary. May her name be on our lips in short
   prayerful aspirations. As we go about our
daily chores and duties in our homes and
families, let us think about Mary’s faithful
service in the house of Nazareth. The
thought of her motherly presence with us
will lighten our burdens and encourage us
to persevere.

  The lovely simplicity and loving goodness
  of Mary’s words and example will thus illumi-
nate our own words and actions. Her Im-
maculate Heart will be a shining light to
  guide us in dark moments and fill us with
  hope in the eternal light to come in Heaven.

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**Sacred Heart of Jesus: A Reflection on His Love for Me**

*by Miss Katherine Weir, founding member of the Society of the Sacred Heart*

Dr. Balduin Schwarz (1902-1993) was a Pro-
essor of Philosophy at Fordham University
in New York, and later, Chairman of the Phi-
losophy Department at the University of
Salzburg, Austria. In his youth he had been a
student of Dietrich von Hildebrand in Mu-
Aunich, Germany. He was one of the first mem-
bers of the original Sacred Heart Commu-
nity, and then the superior and guide in New
York City. His life was formed by his deep
devotion to Benedictine Spirituality and Lit-
urgy. These notes of spiritual direction reveal
his great faith and insights:

“THAT CHRIST LOVES ME, THIS IS THE
ALPHA AND THE OMEGA OF MY LIFE.

“Again and again, we must recollect our-
selves most deeply in this gratitude, so that
we exclain: why this to me!

“The love of Jesus has sought after me, has
allured me, has called me, has wounded my
heart, until in my depth I know, so as never
to forget: He dwells in me; I am truly a tem-
ples of the Holy Ghost.

“Christ’s love has so struck me and has so ur-
gently gone after me, that in my depth in
those valid moments, there can be no doubt
whatever, that He is the Almighty One, and
that He has made Himself so small, that I
need not be frightened. He has given Himself
to me as nourishment in the Holy Eucharist.

“As soon as I find my self separated
from God…and it will happen again
and again if I failed to make
sure that I am
overcoming fear
by a total dona-
tion of love to
Him; if any activ-
ity takes posses-
sion of me -as soon as I become even faintly
conscious of this, I must throw my self into
the arms of Christ. This is the deed of faith-
fullness, the step which Christ expects from me.

“It seems so simple, and yet our fallen nature
constantly shrinks back. Wherever I find my-
self, the step back is always the same: back
into the wide open arms of Christ’s love.
Christ loves me; He waits for me; yes, He
even implores me for my love.”

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**Suggested Reading**

*Sermon in a Sentence:*

Spiritual Wisdom of St. Francis de Sales,
John McClernon, Ignatius Press

Treasury of quotes grouped by themes/virtues
suggested by the mysteries of the Rosary.

*The Aquinas Catechism*

St. Thomas Aquinas, Sophia Institute Press

A clear and concise explanation of the Catholic
Faith by one of the Church’s greatest theologians.