

The word "JESUS" is written in a large, bold, yellow, stylized font with a red outline. The letters are set against a teal background. The font has a retro, slightly irregular feel, with the 'J' and 'S' having long horizontal strokes that extend to the left.



Jesus, Help Me to live in love and Humility. Today and forever!



Jesus Christ was the universal mirror of all the virtues, but it was only of humility that He proposed Himself as the Exemplar. Consequently, we must try in every way to acquire and practice this Holy Virtue of Humility.
Unabridged Rule 235



1

Jesus emptied Himself to assume the condition of a slave and became as men are; He was humbler yet.
Philippians 2:7



Humility is like the safe which encloses and secures all the other virtues. Let us ask it at every moment from the Lord and Mary, Most Holy, who was chosen to be the Mother of God on account of this virtue. Let us practise it faithfully.
Unabridged Rule 242



2

Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls; yes, my yoke is easy and my burden light.
Matthew 11:29



The first degree of Humility is self-knowledge, that is, to acknowledge one's own nothingness, though the grace of vocation is given gratuitously out of the liberality of the Lord. We are only weak instruments.
Unabridged Rule 236



3

Come to me, all you who labour and are overburdened: and I will give you rest. Accept my Words and let me instruct you.
Matthew 11:28

DECEMBER

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God chooses the weak and powerless in order to confound the wise. The Lord, rightly wanting all the glory for himself, is often pleased to choose for his work such instruments who do not attribute to themselves the success of their works. *Unabridged Rule 236*



4

I bless You, Father, for hiding these things from the learned and the clever and revealing them to mere children. *Matthew 11:26*



Let us always concentrate on our nothingness, in order to oblige Him, who lifts the beggar from the ground and raises the poor from the hovel, to use His gentle mercy with our Institute. *Unabridged Rule 237*



5

Those who trust in God are like Mount Sion, unshakable, standing forever. The Lord encircles His people now and for always. *Psalms 125:1*

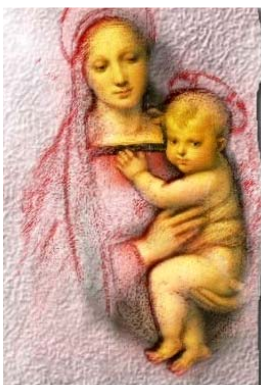


In the practice of Holy Humility, in the second place it is necessary to suffer patiently when others recognise us as imperfect, incapable, ignorant, poor, weak and the Sisters should bear patiently that the Institute be considered lowly and worthless. *Unabridged Rule 237*



6

The Lord is great; I wish to praise Him. God is my Saviour; I am full of joy. He has looked upon his lowly handmaid. *Luke 1:46*



This takes us to the third degree of humility, as St. Francis of Sales says, that they will bear cheerfully with it, since we rejoice when others think the same way as we do. *Unabridged Rule 238*



7

From this day forward all generations will call me blessed, for the Almighty has done great things for me. Holy is His name. *Luke 1:48*

DECEMBER

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The last degree: we try to be reputed and treated as nothing. We must not speak of ourselves or our own matters, either in good or in bad. We must even hide this same search for humility with a special deftness in the heart of humility itself. *Unabridged Rule 199*



8

His mercy reaches from age to age for those who love him. He has shown the power of his arm, he has routed the proud of heart. *Luke 1:50*



Be fervent in external humiliations which do not constitute Holy Humility, but they open the way and, little by little, lead us to it. Let the Sisters refrain from speaking about high-ranking origins, wealth or social status. *Unabridged Rule 239*



9

He has pulled down princes from their thrones and exalted the lowly. The hungry he has filled with good things, the rich sent empty away. *Luke 1:52*



Holy Humility does not lead to discouragement and delay in the service of God, on the contrary, the special effect of this virtue, when it is real, is to inspire the most lively confidence in God who pours copious graces and blessings on the humble. *Unabridged Rule 240*



10

He has come to the help of Israel his servant, mindfull of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants. *Luke 1:54*



God resists the proud and pours copious graces and blessings on the humble. The soul who knows how to find everything in God is assured by his promises and blessed with mercies. *Unabridged Rule 201*



11

How happy are the poor in spirit; theirs is the Kingdom of heaven. Happy the peacemakers; they shall be called the sons of God. *Matthew 5:3. 9*

DECEMBER

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The humble soul, referring back every fruit of the gift to the giver, commits herself to bless him more and more. The Saints who worked most for their own sanctification and for the Divine Glory were humble.

Unabridged Rule 201



12

The One who follows me is more powerful than I am, and I am not fit to carry his sandals; he will baptise you with the Holy Spirit and fire. *Matthew 3:11*



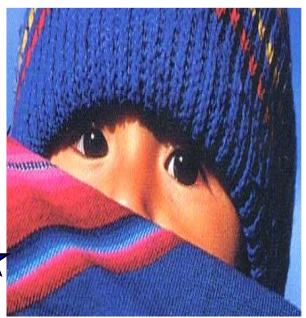
The Saints were very humble. We must imitate them and ask the Lord unceasingly for this virtue, until God, who gazes on the humble of the earth in order to bless them and crown them in heaven, may deign to enroll all of us.

Unabridged Rule 241



13

Shrewdness is a fountain of life for its possessor. Kindly words are a honeycomb, sweet to the taste, wholesome to the body. *Proverbs 16:24*



Let us show Holy Humility even externally by a humble bearing, modesty in look and in manner. In dealing with the poor let us never forget that we are always their servants and we have always to bear any kind of rough and uncivil treatment from them. *Unabridged Rule 241*



14

God, create a clean heart in me, put into me a new and constant spirit. Be my Saviour again, renew my joy, keep my spirit steady and willing. *Psalms 50:12*



They are not to uphold their opinion too firmly when their duty does not require it for the service of God or for the good of their neighbour. They must always have a great desire to progress daily in this holy virtue.

Unabridged Rule 241



15

Thus says the Lord: My eyes are drawn to the man of humble and contrite spirit who trembles at my word. *Isaiah 66:2*

DECEMBER

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We are four poor women, without letters, without lustre and with the sole name of Servants of the Poor, not yet worthy to be called Servants of God. Let us persevere in the vocation to which we have been called.

Unabridged Rule 237



16

So with you: when you have done all you have been told to do, say, "We are merely servants: we have done no more than our duty." *Luke 17:10*



The Institute is dedicated to the perfect exercise of the Commandments of Love and to the special imitation of Jesus Christ Crucified who breathes nothing but Charity. The Lord requests Charity and mutual union.

Unabridged Rule 243



17

The life I now live in this body I live in faith: faith in the Son of God who loved me and who sacrificed himself for my sake. *Galatians 2:20*



The Divine Mercy, through the merits of Mary Most Holy, will not allow the Institute to take root rather than to do so without the spirit of Charity, which is that of Jesus Christ.

Unabridged Rule 245



18

To the One who loves us and has washed away our sins with his blood, be glory and power forever and ever.

Amen. *Revelation 1:4*



Jesus recommended charity immediately after the Institution of the Divine Sacrament in which, besides other things, he had wanted to signify by the very matter of the sacrament, the union of hearts which he asks of His Christians. *Unabridged Rule 245*



19

Father, I have known you and I have made your name known to them so that the love with which you loved me may be in them and I in them. *John 17:26*

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Jesus commanded the Apostles to love one another as He had loved them. This is the kind of love the Lord asks: a real union of heart, one heart and one will.

Unabridged Rule 246



20

This is my commandment: love one another, as I have loved you. You are my friends, I shall not call you servants anymore. *John 15:12*



They must love one another sincerely without any distinction, each one wanting what the other desires and not wanting what displeases the other. The fact that the Sisters come from different countries should not break this union. *Unabridged Rule 246*



21

Love is always patient and kind; it is not jealous; love is never boastful or conceited; it is never rude or selfish. *1 Corinthians 13,:4*



Do not speak badly, even in general, about other Nations. Charity knows no other countries or boundaries except those that lead from the imperfect practice of charity here on earth to the perfect exercise of it in Heaven.

Unabridged Rule 247



22

Love does not take offense and is not resentful. Love takes no pleasure in other people's sins but delights in the truth. *1 Corinthians 13:5*



Let us observe how Jesus loved the Apostles. He loved them although they were ignorant, full of defects, rough, poor and timid. If we look at how much He has loved us, we discover He loved us though ungrateful.

Unabridged Rule 207



23

Charity is ready to excuse, to trust, to hope, and to endure whatever comes. There are three things that last: faith, hope and love; the greatest is love. *1 Corinthians 13:7*

DECEMBER

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We must love one another with all our hearts, never giving a bad interpretation to the action of others but always giving the interpretation in conformity to charity, never thinking and reflecting on hurts received.

Unabridged Rule 247



24

If I have the gift of prophecy and have faith in all its fullness to move mountains, but without love, I am nothing at all. *1 Corinthians 13:3*



It was one of the feasts of Christmastide when, for the first time and to my great surprise, I saw, but not with my bodily eyes, the Holy Infant. This vision left me with a strong feeling of love. What I saw, remained always impressed in my soul. *Memoirs VIII, 1*



25

The Word was made flesh, He lived among us, and we saw His glory, the glory that is His as the Only Son of the Father, full of grace and truth. *John 1:14*

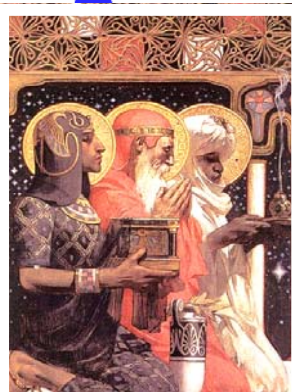


We do not uphold our opinion, boast about the work we have been entrusted with, interrupt the conversation and much less use harsh, bitter or mortifying words; not one word against Charity. *Unabridged Rule 249*



26

"Today a Saviour has been born to you, he is Christ the Lord ... peace to men who enjoy his favour." As for Mary she pondered all this in her heart. *Luke 2:11*



We must be careful to keep our heart steadfast in Charity and our tongue silenced of every complaint. We must never speak with resentment or uncontrolled emotion to each other or use injurious words. *Unabridged Rule 253*



27

The Wise Men saw the Child with his Mother Mary, and falling on their knees they did him homage. Opening their treasures, they offered him gifts of gold, frankincense and myrrh. *Matthew 2:11*

DECEMBER

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We must bear with one another and when a Sister asks forgiveness, the other will always reply gently and cordially, showing and really forgiving any offense or hurt.

Unabridged Rule 254



28

“My child, why have you done this to us? See how worried your father and I have been, looking for you.” “Did you not know that I must be busy with my Father’s affairs?” *Luke 2:48*



For those of a certain age, we must show a special respect, thanking them because they opened up the way. Let us hold dear our sick Sisters, like mountains of gems, and serve them with love. *Unabridged Rule 254*



29

Jesus lived under their authority. His Mother stored up all these things in her heart. Jesus grew in wisdom, age and favour with God and men. *Luke 2:51*



Mutual understanding and universal affection without distinction are recommended to all. If someone should fail in charity towards another person, he/she must ask forgiveness and be reconciled at least before going to bed. *Unabridged Rule 52*



30

My prayer is that your love for each other may increase more and more and never stop improving in knowledge and the perception of what is best. *Philippians 1:9*



We are strictly bound more than anybody else to observe the most perfect charity. It would be monstrous to neglect the observance of that Commandment and for the fulfilment of which He wanted to die on the Cross.

Unabridged Rule 51



31

Then I saw a new heaven and a new earth ... it is the rightful inheritance of the one who proved victorious; I will be his God and he a son to me. *Revelation 21:1.7*

DECEMBER

Chronos

- There is a time for giving birth, a time for dying
- A time for planting, a time for uprooting what has been planted
 - A time for killing, a time for healing
- A time for knocking down, a time for building
 - A time for tears, a time for laughter
- A time for mourning, a time for dancing
 - A time for searching, a time for losing
- A time for keeping, a time for throwing away
 - A time for tearing, a time for sewing
- A time for keeping silent, a time for speaking
 - A time for loving, a time for hating
 - A time for war, a time for peace

Qoelet 3, 1-8

Living the Present

- Jesus lives Time in fullness, without reductions and discounts
- Jesus, in every moment of Time, recognises the manifestation of the Father's plan
- Jesus recognises the progress of Salvation history in every fragment of Time
- Jesus sees Time as a unique tessera in the Father's Great Mosaic
- Jesus, in the desert, marks Time on the Divine Word
- Jesus lives every moment of Time within the Father's plan
- Jesus lives his Time in the desert in a constant relationship with the Father
- Jesus lives Time with a "sacred logic", God's logic
- Jesus lives Time in daily openness to the Sacred Scriptures
- Jesus lives Time as Providence which reveals to Him the Word
- Jesus lives Time as a unique occasion of self-encounter
- Jesus accepts Time which reveals the Word
- Jesus, in Time, discovers his Identity and his Mission as the Son of God
- Jesus lives the Time of welcoming his disciples and praying with them
- Jesus live the Time of listening, sharing, expectation, hope
- Jesus lives Time as an unrepeatable opportunity of meeting the crowd
- Jesus lives the Time of compassion, mercy, meekness
- Jesus lives the Time of need, solidarity, gratitude
- Jesus enters the Time of condemnation, betrayal, abandonment
- Jesus enters the Time of passion, crucifixion, death
- Jesus is glorious in the Time of his resurrection, at the Father's right hand

Kairos

New Year

O God of life and love,
Our Father, Compassionate Lord,
In this New Year, I pray to You: help me to

Live Deeply, with Purpose,
Live Freely, with Detachment,
Live Wisely, with Humility,
Live Justly, with Compassion,
Live Lovingly, with Fidelity,
Live Mindfully, with Awareness,
Live Gratefully, with Generosity,
Live Fully, with Enthusiasm.

O Jesus, O Emmanuel,
Renew my heart every day.
O Greatest Love, Divine Presence,
With You I journey, with hope,
In the mystery of the New Year. Amen!

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Amen!



