



*Maxims of Blessed Maria Domenica,
Foundress of
Sister Ministers of the Sick of St. Camillus*

We bring you thanks

1. We bring you now our thanks, O Lord.
For the gifts we have received.
Do accept our gratitude,
Bring us your pardon and give us peace.

Ref. Help us all to love you, Lord.
Help us all to thank you, Lord.
Give us grace to live well, Lord.
Be worthy of your name.

Questa famiglia Ti benedice

Rit. //Questa famiglia ti benedice. Ti benedice, Signore//

1. Ti benedice perchè ci hai fatte incontrare,
perchè ci hai dato amore e gioia per vivere insieme.
Perchè ci hai dato lo scopo per continuare.
Questa famiglia, ti benedice. (Rit.)
2. Ti benedice perchè ci doni pazienza
e nel dolore ci dai la forza di sperare.
Perchè lavoro e pane non ci fai mancare.
Questa famiglia ti benedice. (Rit.)

Benedici, O Dio, tutti i figli tuoi
che mangeranno il frutto del tuo amore;
che mangeranno il frutto del tuo amore.

Benedici, O Dio, tutti i figli tuoi
Che han mangiato il frutto del tuo amore;
che han mangiato il frutto del tuo amore.

January

1. Appreciate and love the greatness and patience of God, who at times, uses the least fit means to fulfill great works through the miracle of his goodness and mercy.
2. God is with me and I do not fear.
3. The mercy of God sustains me and helps me to triumph over all the difficulties and obstacles.
4. Very often, our loving Lord alternates tribulations with comfort, persecution with triumph, for those who sincerely wish to serve him. This is to show that man can do nothing alone, but is capable of doing everything through God who comforts him.
5. The beam is weak in itself but it is secured firmly by an Almighty hand.
6. Whoever wishes to serve the Lord must be ready to carry the cross after him and not just any cross, but the one that God chooses and sees fit to use to humble our pride.
7. God alone is my everything.
8. O God, with your assistance I can do everything, tolerate and withstand everything, and with courage I would even give my very life to fulfill your divine will.
9. Praise the Lord who is infinitely good; he sees everything and knows our misery; seeing us in danger of almost falling, he immediately runs to our side and saves us.
10. The Lord knows my weakness, my nothingness, He will do everything. With this hope, I am ready to take the risk.
11. Trust in God and everything will turn out for his greater glory.
12. On many occasions God derives greater glory by making use of instruments, least fit according to human judgment, to work

wonders.

13. My dear Daughters, do not lose courage in the trials and tribulations that are often encountered along the Lord's paths; if they cannot be avoided, they can be overcome with full confidence in Him who can do everything.
14. My dear Daughters, persevere in serving the sick and the needy members of the body of Jesus Christ in a spirit of charity, always maintaining unity, harmony and peace within the family, in short self-denial, love of suffering, and the desire for heaven.
15. Certainly it is God who allows all this to test my faith and make it more alive and persevering.
16. On a calm sea, little distance is made. A new storm is necessary to remind us that we need to carry the cross in order to follow our loving Jesus, our exemplar.
17. God, always merciful, allows me to experience His goodness greatly, even in this time of anguish.
18. Here everything reminds me to contemplate the splendor of nature, to praise and love the one who has created everything for our well-being and also for our enjoyment!
19. Oh, kind God! How can we not love the one who has loved us so much, who does not disdain to favor an ungrateful creature as I am copiously?
20. My dear Daughter, it is virtue not to complain when our loving Jesus invites us to follow him on Calvary with that cross... But it is a must to recognize the favors he showers upon us so abundantly.
21. Just one spiritual comfort..., just one word from Him which we hear in our heart, reminding us what He has suffered for us and our (rather, my) bad response, my ingratitude, oh, how this calls us to repentance, to love! Sorrowful love, in sight of my sins; loving sorrow in sight of the amiable goodness of my God!
22. Dear Daughter, let us love the one who loves us very much.
27. Experience has convinced me that every time I felt greater difficulty and deeper pain in handling a certain thing, the result was the least expected and the most joyful.
28. We are firmly resolved to follow this God and we have a firm trust that our Divine Saviour and Master will give us the strength to do that which he asks of us.
29. The works of God bear the mark of the Cross, and without cross we cannot enter heaven.
30. Everything is good for the one who knows how to make good use of everything.
31. Dearest Sisters, let us give thanks to the Lord on this last day of the year for the mercy he has bestowed on us. Let us ask him forgiveness for all our faults and defects, for the little fervor with which we have served in the past. Let us ask him for the grace to be more faithful to him in the New Year; let us endeavor to start it with true spirit of humility, obedience, poverty and charity.

14. Aware that we are weak and useless instruments we know through experience that, guided by God, we could say like St. Paul: " I can do everything with God who comforts me."
15. When my heart experienced the most painful agony, it was then that the merciful Lord made me feel that he can do everything.
16. The spring that has to move us more efficaciously, more generously and more perfectly is not our own interest, but what pleases God most, the perfect love.
17. Let us love, my dear friend, let us desire to love even more and in this holy love we'll find the 'miraculous balm to heal all our diseases.
18. The soul who loves God is firm in every trial, overcomes everything, conquers everything, and the love of her God takes in her the place of everything, rather, it abundantly compensates her for everything.
19. The enjoyment that we experience in loving, in being loved by our God, is so superior to any idea that all sufferings are nothing compared to that joy.
20. Confidence in God makes us always victorious.
21. Fear not, my dear: God loves you tenderly; God does not want to do violence to your heart, but with Fatherly tenderness he invites you to an even more solid virtue.
22. The change of our moods is the fruit of little confidence in God and little courage in tolerating those things that are contrary to our own judgment and to our desires, though good.
23. Keep your spirit tranquil all the time.
24. Model your heart after the teachings of the Divine Heart.
25. God doesn't ask great things of us; because he knows the little we are capable of and because his law is gentle. But he rightly wants that we persevere in our good resolutions.
26. Be generous and faithful.
23. Let us humble ourselves and then with confidence in divine help let us take new courage, make new resolutions, be on guard about the movements of our heart.
24. Our heart must be completely centered on the divine Spouse who has chosen us. When one loves much, one always thinks of the object of her love.
25. My dear Daughter, pay attention to trust entirely in the divine goodness and mercy which always and in everything surrounds you and wants you to be totally His.
26. Thank the Lord for the light He gives you to know yourself!
27. That peace and union reign in this family. This is the grace I've always asked and I'm asking of the loving and merciful Jesus because where peace reigns there is always God and His grace.
28. Everything is guided by God for our good. May He be eternally blessed and thanked.
29. Let us pray and hope, my dear Daughter! If God is with us what shall we be afraid of in face of persecutions?
30. God is with us, out of his mercy, and does He not give us the most clear signs of it? Crosses themselves are a sure sign that God is with us.
31. Let us love, dear daughter, and let us love with all our heart, the loving Jesus.

February

1. Let us pray; let us trust and we'll obtain everything from the one who can do all things, and on his part he wants us saved.
2. She who acts with counsel and obedience walks securely.
3. The desire you nourish to be completely God's is a special gift God himself gives you and you ought to value this as a treasure and respond to it with the utmost diligence and affection.
4. If you keep watch on the progress of your spirit, whether you go forward or retrogress, aside from seeking yourself, you show that you don't love God for himself but for your good.
5. In everything, look for what God likes, for whatever pleases him and not for your own satisfaction.
6. Let us put our trust in our Crucified love, so that we may not be attached to spiritual consolations, and much less desire them.
7. The repugnance which we may experience in obeying is not a sin. Many times the Lord permits it to prove our fidelity and our trust in him.
8. It is better for us if, being aware of our incapacity to carry out the office entrusted to us by obedience, we put all our trust and confidence in God, and we shall always succeed in every responsibility and then we'll have to confess that it is not us but God's grace which worked in us and for us.
9. I don't believe it is good to desire persecutions, contempt or sickness, but it is better to be always prepared and resigned to accept whatever suffering of spirit and body God pleases to visit us with.
10. Humble yourself, trust in him and hope for everything from that immense kindness; don't be afraid that you will be deceived.
11. I am very at peace and full of confidence in God, I challenge all of hell to make war against me. If God protects me, if he loves (as

December

1. Try to be in the presence of God the whole day through.
2. Know that everything comes from the benevolent hand of the one who created everything to satisfy not only our needs, but also to satisfy our taste.
3. I long for nothing else but to do your holy will in everything, at the cost of all sufferings, and even of my very life.
4. I will never complain for anything that may be said or done against me.
5. I will accept with tranquil resignation all that will happen which I will be obtrimental or contrary to my desires, even the hardest trials regarding this Community, which is so dear to me.
6. We don't live in love without pain.
7. Keep yourself always disposed to do the will of God in all that he allows and at all times, without anxiety, trusting always in his Divine help.
8. Let us pray to our Loving Mother, Mary Most Holy that she may obtain for us the holy humility and the virtues which her beloved Son Jesus asks of us.
9. In all occasions keep calmness of spirit and tranquility of heart.
10. In your mercy grant me, my God, a living Faith, a firm Hope, an ardent Love.
11. Lord, I want to love you, and from now on I want to think, speak, act only of love, for love and with love.
12. What is it to lose everything when we find God? I found him, and I found him all merciful.
13. Faith teaches us that God works in us, and through us.

24. God calls me to himself: He invites me to solitude and stoops down to me in holy familiarity.
25. Would I be happy if I die at this very moment? It is suited to abandon everything before everything abandons us.
26. In order to respond to the infinite love of Jesus we must die to ourselves, to our bad inclinations, to our false self-love and to all human respects, to live and breathe only for Jesus.
27. Being created by God to love and serve him, I ought to love him above all things, to serve him as he wishes, undisturbed in all events.
28. I want to do well all I have to do.
29. I'll try to do all things, even the most ordinary ones, with purity of intention, that is, out of pure love of God.
30. God wants me to serve him in the person of the sick. Therefore, I must dedicate myself to this ministry with a love without reserve, with an unalterable gentleness, with a humility that yields everything to everyone, with a zeal that is unmindful of weariness, dangers, slander, and even death to be beneficial to the neighbor out of love for God.

experience teaches me) our Congregation, what have I to fear? The one who acts in God will not remain disappointed.

12. Let us pray, my dear daughter; let us pray with great trust and we'll obtain everything from the one who can do all things and is our only comfort.
13. Crosses will never be lacking as long as we live, but not even Divine assistance will be wanting. He will grant us spirit and courage to bear everything out of love for Him.
14. Repeat often times that *noverim te, noverim me, Lord*, that I may know You, Your greatness, majesty, wisdom, goodness, mercy and justice! That I may know myself.
15. The will of God in everything and always.
16. Patience on occasions will be, says the Holy Spirit, the surest means to possess our souls. Patience in tribulation of spirit and body; patience in bearing some annoyance from our sisters, loving them all without exception, and all equally.
17. Having great esteem and preference for all, recognizing ourselves as below the level of all in terms of virtue, being compassionate with a sister when we find some defects in her and recommending her to the Lord even though she is guilty. This charity towards the Sisters is very pleasing to God.
18. Pray that the Lord may increase my faith and love; I long for nothing else but to love and serve God, my utmost good, and my only comfort.
19. Let us trust in God. Be cheerful.
20. Perfect confidence in God makes us generous and ready for any sacrifice, and to bear any tribulation. God can do everything.
21. Remember that to feel is not a sin, because it doesn't depend on us, but it is a sin to give in to the feeling.
22. Trust the goodness and mercy of God who will give you strength for

combat and you will obtain victory over the enemies.

23. Let us love, let us love this infinite good, let us do everything for his greater glory, let us try to please him in all that he demands of us through his law and in all that he wishes from us because of his love, and let us be sure that he will take care of us, of our perfection and sanctification.
24. Stop thinking about yourself in order to be completely dedicated to God in his love and service.
25. In order to stir up ourselves to fight bravely and to toil for the greater glory of God, it is useful not to indulge ourselves always by considering our inferior part, but to raise ourselves by considering the noblest and most precious part of us.
26. Let us cultivate the true love, the only love which brings us to reign over our passions; I mean the constant love of God.
27. Let us go to prayer with trust in God. Let us listen to him who is the Way, the Truth, and the Life. Walking in sincerity.
28. I am your Omnipotent God, your faithful friend. Look at me always with humility, knowing your nothingness, but with trust and confidence.
29. Even on this miserable earth, though sown with thorns, we can enjoy the foretaste of that beatitude which the saints enjoy in heaven.

11. Silence is the way to maintain peace, good order in the house and in the community. Thus the Sisters will show clearly that they have it at heart by practicing it with all seriousness.
12. Since the spirit of this Institute is charity towards the destitute sick, this sweet virtue has to reign essentially among the Sisters.
13. Out of a particular love God calls you to serve him in the poor, the suffering and the dying.
14. Do not lose courage if you find yourselves weak and full of defects, but distrusting in yourselves alone put all your trust in God and say with St. Paul: "I can do everything with God who comforts me."
15. There where one breathes foul air, where every species of insects thrives, I say it is there where God often times wants to be found and served by the Sisters of this Congregation.
16. Be always polite and kind with everyone as much as virtue allows it, but strong, firm, and inflexible when it comes to offending God and being uncharitable towards the neighbor.
17. Keep yourself always cheerful and tranquil.
18. Through the passion of Jesus let us ask for a perfect sorrow, a deep humility, an ardent love.
19. My loving Jesus, grant me a true spirit of mortification, of humility, of gentleness, of zeal for your glory.
20. May your Holy Spirit grant me the gift of true wisdom to know your holy will and do it promptly and perfectly.
21. May your Holy Spirit grant me the gift of fortitude to overcome whatever obstacle I may encounter in your divine service.
22. I willingly accept disdain and offenses and love those who offend and scorn me.
23. I want to think, speak, act and suffer everything for the glory of God with the right purpose of pleasing only Him, unmindful of the approval or disapproval of people.

November

1. Be happy always to please God; speak always with esteem of the other sisters, admiring their virtues and being well on guard not to blame them when they discover in anyone some defects, but recommending them to the Lord with sisterly charity.
2. She who labors more deserves more when everything is done out of obedience and for the love of God.
3. The saints became saints because they toiled for nothing else but for the greater glory of God, and not to harness praises and honors for themselves.
4. Never speak nor respond with passion or disrespect, but with gentleness and patience.
5. With a heart modelled after that of Jesus Christ and all inflamed by the love of him go to assist the indigent sick and dying, keeping in mind that their spiritual and physical health is the object of your vocation and the purpose toward which all your efforts ought to be directed.
6. As you are sent by obedience to assist the sick and the dying go with the same sentiment, moved by faith, you would have if you were asked to visit, assist, serve a God made man, in agony in Gethsemane, or dying on the cross.
7. It is Jesus himself whom you serve in the person of the sick and the dying.
8. The assistance of the sick is a work of charity which, being the fruit of the Lord's grace, must be implored by way of an assiduous, humble, confident prayer.
9. In the pure love of God we enjoy perfect peace of spirit.
10. Attend with utmost care to renew every day, and oftentimes, the intention of doing everything for the pure love of God.

March

1. Let us remember and put into practice the teaching given to us by Jesus: He who wants to follow me must deny himself, take up his cross and follow me.
2. Let us have a firm trust that the Divine Saviour and our Master himself who has taught us in words and deeds, since He has done and has suffered for us immensely more than what He asks of us, will give us the strength to do everything that he asks of us.
3. Being followers of the crucified Jesus, we must carry those crosses which God wants, or allows to be laid on us, not only with patience and resignation, but also willingly and cheerfully.
4. It is in faith that we enjoy the Divine presence. It is with a thousand distraction and difficulties that we serve and love Him. But it is also a faith matter that God is always with us.
5. If we'll pray to Him with trust, with humility and perseverance, we'll obtain from his immense goodness the help and special graces which are necessary for conquering our vicious inclinations, denying ourselves, embracing the cross which God presents to us and walking in his footsteps, keeping ourselves in his divine presence in order not to deviate from that path which Jesus has marked out for us with a holy freedom of spirit.
6. The life to which the Lord calls you is a life of sacrifice; it has, however, many consoling resources, and I can assure you of that from my own experience and from that of other sisters who dedicate themselves with me in this work of charity.
7. You must keep yourself always disposed to make sacrifices, but know you will enjoy that peace and tranquility of spirit which the world with all its allurements cannot give to its followers.
8. The Lord will not fail to help you in all circumstances as long as you don't trust in yourself alone but trust only in Him.

9. The evil enemy doesn't cease to lay snares even in the most remote solitude and God allows that the one who either presumes on his own virtue or trust in his own strength remains trapped in these snares. Therefore, let us trust only in God.
10. The enemies we should fear the most are within us; let us not then trust in ourselves alone and fear relying on ourselves alone. But let us trust in God without reserve and let us hope that everything will turn out for his greater glory and our spiritual gain.
11. In all things and without reserve let us trust in the immense goodness of God.
12. Vigilance and prayer is what our loving Father and Master teaches us through his example and what he inculcates in us with much concern.
13. Be vigilant about yourselves, distrust your own virtues and good works, and put your whole trust in the grace and strong protection and merits of Jesus Christ.
14. Let your prayer be constant, humble, fervent, and accompanied by the deep trust of having been heard through the merits of Jesus Christ.
15. What greater glory can there be than that of serving directly our Lord Jesus Christ in his sufferings?
16. Difficulties, obstacles, thorns are monstrous giants for those who allow themselves to be frightened by them and who have a limited confidence in the divine assistance. But the generous souls, who don't put their trust just in themselves and in their own capacities and who hope for everything from him who can do all things, reap fruits from everything.
17. All the hardships and trials are meant to purify the gold of charity and to make our faith more luminous.
18. One who hopes little obtains little; one who hopes much, obtains much; one who hopes for all obtains all.
23. Each one of you has her own defects as well as virtues. Endeavor, therefore, to respect and love one another.
24. *Attende tibi*, be attentive, each one of you, to your own spiritual growth which will not be wanting if you will be humble and obedient.
25. Obey with cheerfulness purely to please God and out of love for him
26. Remember that the Lord has great designs for you, that we must serve as edification for our neighbors, and woe to us, if instead we serve as scandal to them and if we are found wanting in those responsibilities which the Lord has entrusted to us with when he called us to his holy service in this state of life.
27. God gives himself completely to us, wants to be all ours, but demands a faithful response.
28. Jesus suffered and died to save our souls: but wants from us a faithful and loving response; he is not content with only a portion of our heart, he wants it whole and entire; either all, or nothing.
29. Dear Daughters, we shall never be happy, we shall never enjoy perfect peace, we shall never acquire holy tranquility if we don't have become completely God's.
30. In self-denial, in internal sufferings, in sickness and in death itself, we shall find comfort and peace if we are all God's and if we don't have any other desire than to please Him alone.
31. Be contented with the food and clothing you receive from the community without looking for personal satisfaction or ambition.

one another.

11. Let us bear for the love of God those tribulations of spirit or of body that he will be pleased to give us and which if we want are the direct path to heaven.
12. Let us love, let us love, dear Daughters, the one who has loved us so much that he suffered and died for us!
13. Let us love our only good, who gives himself totally to us in the Most Holy Communion!
14. Let us lose everything, my dear Daughters, but let us not lose God.
15. Courage, everything is possible with divine help.
16. What life could be better than that consumed in divine love? And then to be all God's in time and in eternity!
17. Beloved Daughters, let us make a firm resolution not to look for our satisfaction on this earth, to sacrifice everything for the pure love of Jesus who gives himself totally to us, but wants our whole undivided heart.
18. My dear Daughters, keep in mind the motives which have brought you to this family and they are, the greater glory of God, the service of the sick, the sanctification of your soul.
19. Pay attention to your own defects and imperfections in order to amend them, pay attention to the virtues of your sisters in order to imitate them.
20. God wants all of you to keep in mind the motives which brought you here, the necessary means which make you realize those ideals.
21. Be attentive to yourself, O daughter, conquer yourself, humble yourself, repent.
22. Make a firm resolution to respect the judgments, the orders, the conduct of the Superior, without wanting to know her purposes, but always recommending her to the Lord so that she may not err.

19. Once our hearts have been given to God, they must be oriented only towards God, or for God.
20. God's Providence will give us the means to make this work flourish, this work which pleases him very much, which he has sustained and spread with the wonders of his mercy until this very day, and which now gives more assurance of stability.
21. Let us enliven our faith, my most loved daughter and let us say with St. Paul - I don't boast but of my miseries.
22. May the Lord deign to make us know what we are, and what we are capable of doing for ourselves.
23. Let our confidence and trust be founded not in our merits but in the infinite merits of Jesus and in the love which he has shown us.
24. We can hope for everything for him who can do everything.
25. My heart is moved and comforted by the thought that where sin has abounded the mercy of God abounds all the more.
26. Only one thing I ask my God, for me and for my dear daughters; that we love only Him, and for Him, and that this love be free from any other interest or perspective other than his greater glory.
27. Let us work generously and courageously without looking for consolations and satisfactions on this earth.
28. I ask my God to grant what is really necessary so that my heart and yours and that of the other sisters be only one heart, only one will.
29. Jesus Christ says that if two or three will be gathered in his name and pray, he will be always in their midst with his grace and special protection. How much more then if we can be united in greater number? And united with the only desire to give him relief in his sufferings, to assist him in his death in the person of the indigent sick women?
30. May the Lord bless you, inflame you all with his holy love, and make you happy in doing always his most holy will.

31. Let it be enough for you to know that the Lord has a special kindness toward us, and want to be reciprocated with a measureless love.

October

1. O great God! I ought to be capable of such an immense gratitude to you, as immense as was your mercy towards me and the whole community! May your Holy Mother, who is our special advocate and our loving Mother, thank you on our part.
2. May Jesus and Mary Most Holy bless you and increase your trust.
3. Since we are weak and miserable, we can do nothing by ourselves. Let us have recourse to our most loving Mother Mary Most Holy to obtain the pure love of Jesus.
4. My dear Daughters, the present life is given to us only to acquire eternal happiness, the possession of God.
5. May God enlighten us so that we may truly know who we are; so that we become what Jesus wants us to be, truly humble of heart.
6. When we have done what we could in the acknowledgement of our own misery, let us never lose courage as we find ourselves weak and always in danger of falling into new defects, and even into new sins, but let us trust in God, in the loving Heart of Jesus.
7. Let us keep watch over our passions, and we shall obtain victory with confidence in God, by keeping ourselves, as much as possible, in his divine presence; by meditating frequently on how much he has done for us, and on the response we owe him.
8. Consider all the sisters better than you; always talk about them with esteem, render them all the services they need.
9. I recommend that, as you find yourselves having fallen into some failure or defects, you humble yourselves right away, ask pardon from God but without distressing your spirit with the danger of losing your peace of heart, which I wish you to keep all the time.
10. Have a healthy suspicion about yourselves, trust in the most loving Heart of Jesus, constancy in your good resolutions, charity towards

22. Believe and be persuaded that the responsibility of the superior is so heavy that without Divine assistance she would be seriously discouraged.
23. Keep yourselves docile, obedient, humble, tranquil, awaiting from God the reward for virtues practiced.
24. Imitate the true humility of the Heart of Jesus, the basis and foundation of every other virtue.
25. The knowledge of our nothingness, of our frequent falls, of our fickleness, of our repeated falls into sin should be enough to put us humbly at the feet of everyone, to esteem every one as better than us.
26. Pride is the most dangerous of all the other passions, because it always finds a way to enter even on virtuous actions in order to spoil their merit.
27. Since pride is very harmful for our soul, for our eternal beatitude, let us work hard to eradicate it from our heart and implant in it holy humility.
28. To obtain the grace of humility it is necessary to ask the Lord for it.
29. True love of ourselves is that which leads us to love God in the most perfect manner, in order to be united with him and blessed for all eternity.
30. True love for ourselves becomes useful for us because it invites us to love and esteem the sisters, to correct our evil inclinations, to forgive offenses, not to be obstinate in our opinion, not to quarrel with the sisters, in short, to be truly humble and meek of heart.

April

1. Jesus has loved us with an infinite love to the point of dying on the Cross drained of blood for us. And are we not going to love him as we can, according to our weakness, and shall we not desire to love him evermore?
2. The greatest comfort man could enjoy on this earth is that of accomplishing the will of God in the midst of the most fierce contrasts.
3. The comfort of accomplishing the will of God makes us capable of bearing everything, of overcoming everything.
4. I'm not insensitive to all the trials, rather I vividly feel the pain, but the desire to fulfill the will of God overcomes everything.
5. My conscience gives witness to me of the pure and clean purpose with which I've always tried to fulfill the Divine Will in my undertakings, and this keeps me tranquil in my pains.
6. Always remember God's benefits, the protection and love which he bore and bears for you.
7. Love, and in order to love only and with a right intention to please Him alone, conquer yourself, which is the victory of all victories.
8. Believe me, dear Daughter, virtue does not consist in beautiful words and in some fervent enthusiasm, but only in conquering oneself.
9. May we always thank the Lord who often times gives us the occasion to do some sacrifices pleasing to him.
10. It is the ardent desire to offer our sacrifices with much generosity that is very much acceptable to God, who knows well our misery and weakness, and sympathizes with us.
11. True virtue does not consist in satisfying our inclinations, no matter how good they present themselves to us, but in fighting and

conquering ourselves.

12. In order to be and make others less unhappy on this earth of exile it's necessary to become masters of ourselves, and with the help of divine grace to renounce whatever attracts our self-centered love, and to cordially and peacefully embrace all that is good and virtuous in the eyes of God.
13. Oh, blessed are we if with the little sacrifices Jesus requires of us, and trustful in the merits of Jesus, we'll be able to enjoy its possession!
14. The one, who lives well, dies well.
15. In order to respond to all Jesus has suffered for you, bear willingly, or at least with holy resignation, all that happens to you which you dislike, frequently meditate on the Passion of Jesus.
16. Speak little and reflectively.
17. Speak well of everybody and never reveal the defects of others.
18. Do good to all as much as you can especially towards your Sisters to whom you are obliged to give good example in words and more so in deeds.
19. Keep always present to your spirit that evangelical teaching, *what good it is for man to gain the whole world if he loses his soul?*
20. Think often that we are created for heaven; that is our homeland; the present life has been given to us to acquire the eternal one.
21. She who does the will of God in everything is on the true way.
22. She who loves God loves the truth, and will have eternal life.
23. God disposes everything for our good, though many times our hearts resent certain occasions which clash too much with our sensitivity. In such cases it is better to lift our eyes and mind to God; he alone can console us.
24. I desire that your actions, your words, and also your thoughts be sanctified by good intentions that you don't act concretely without

Humility, dear Daughters.

11. Humility of heart and intellect is that virtue which the Sacred Heart of Jesus cannot resist; the most humble souls have been and will always be the favorites of the Lord.
12. The humble person will enjoy even here on earth a great peace of heart.
13. The humble person doesn't trust in her own judgment alone, but lives with utmost peace and in tranquil security guided by obedience.
14. The most precious treasure, the only good, one can enjoy here on earth, is peace of heart, but she who is not humble cannot enjoy this beautiful, solid and permanent peace.
15. Be all united with Our Lady of Sorrows at the foot of the cross, to implore the spirit of compassion towards the destitute sick.
16. To obtain humility of intellect nothing is needed but to examine who we are, what we are capable of, what we do. This, however, is not enough if it's not accompanied by humility of heart and actions.
17. Let's try to practice humility of heart and actions which is so useful to us, and where our capacity fails, no doubt the grace of God will supplement it.
18. God's grace will never be lacking in a soul who has the generous and very good desire to become truly humble.
19. Be evermore united in spirit; evermore humble, obedient, charitable towards all the members of the family, and generous in assisting the suffering and the dying.
20. Always think that God sees you, that he will reward you all according to the zeal you have for his greater glory.
21. Let there never be competition nor jealousy among you, but all of you, with one heart, one spirit, one will, be obedient to God who guides you by means of obedience to whoever has the obligation to represent him on this earth.

September

1. May the Lord give me patience and I pray that His most Holy will may be accomplished in me, and that everything may result in his greater Glory.
2. Appreciate, love and take advantage of the good example of your sisters in J .C. Consider yourself the last of all.
3. Love silence, speak not meaninglessly, but reflectively with humility and modesty.
4. Most of all always keep your heart in tranquil trust in the Sacred Heart of Jesus; there you will always find the peace and strength to fight and conquer your self-centered love, your own judgment, which are our capital enemies.
5. Everything passes away, my dear Daughter, therefore everything is vanity and should not disturb us, except offending God.
6. Let's be grateful to God for the graces received, and let's pray to obtain holy perseverance, the death of the just.
7. May the Lord, bless you, keep you in his grace, fill you with his love, keep you from any voluntary fault, though small, and bring you to perfection through the merits and the intercession of our loving Mother Mary Most Holy.
8. Oh, how beautiful, useful and precious is the union of hearts when they are united in charity!
9. Blessed be the Lord who in his amiable love was pleased to bring together many hearts to form but one heart which seeks nothing else, aspires nothing else but to please Him, to love him, and to serve Him with full commitment, even at the risk of one's own life, in the person of the destitute sick women.
10. What do you think, dear Sisters, is the best way to show the Lord our gratitude for his benefits, and also to receive new ones from him?

the right purpose of giving glory to God and enriching your soul with many merits.

25. Dedicate everything to the most right purpose of giving glory to God and the grace of the Lord will never fail you.
26. God is more pleased with a small thing done out of love for him than with great things done without this intention.
27. In the world dangers and bad example are not wanting, but if you'll have full and persevering confidence in God if you'll try only to please him, be certain that the enlightenment and the help from the one who can do everything and who loves us much won't be lacking for you.
28. Pray a little if you can't pray much, but with all your heart and with filial confidence.
29. Always think that God sees you..., remain always in his divine presence. Make use of ejaculations - My God! My everything! I trust in you! Lead me as you wish!
30. Staying always in the divine presence you will overcome your little passions, you will fight against your self-centered love and this is always to be in prayer as Jesus Christ has taught us - *Orate sine intermissione* - Pray all the time.

May

1. May the Holy Spirit descend upon all of you, upon me; may he enrich our souls with all his gifts and inflame them with Divine Love.
2. My dear daughter, I ask the holy Spirit to burn in us everything that is bad and defective and to fill our hearts with the divine love!
3. We are all God's and we exist for nothing else but to love him. He deserves all our love, therefore we must love him solely.
4. In this month consecrated to our most loving Mother Mary, let us not search, let us not ask for nothing else but the fulfillment of the Divine will for us, and that divine love may consume us.
5. Let us pray to our loving Mother Mary Most Holy that she may obtain for us the holy humility and all the virtues which are required of us by her beloved son Jesus.
6. Never forget that life is given to us only to gain heaven; that it's necessary to suffer, and suffer virtuously to become worthy of heaven. It is fitting that we follow our divine model walking not along a path of roses, but on one covered with thorns, in the footsteps of our Master and Redeemer, Jesus.
7. Jesus suffered and loved throughout the course of his mortal life. He suffered only because he loved us... How much he suffered can be understood by the one who reflects on his painful passion, his ignominious death.
8. Who can ever comprehend, or penetrate the extent, the immensity, the depth of love shown us in the institution of the Most Blessed Sacrament? Oh, the human mind is not capable of conceiving a correct idea of this and it gets lost in this endless ocean of boundless love; a tried effective love, affective in all circumstances.
9. My dear Daughters, follow the generous divine example of Jesus; suffer willingly; love God with all your heart; love his children,

in the midst of the greatest tribulations.

24. Courage, my dear daughter. Let us willingly carry the cross Jesus is pleased to lay on our shoulders. He knows our weakness, and therefore he gives the cross to us according to the weight we can carry.
25. Let us rejoice when the Lord allows some tribulation and let us, receive it as a sign of predestination.
26. Look at the life of the saints and you will find that all have been tested in the crucible of tribulations; compared to those trials ours are the trifles of children who have no teeth to masticate hard bread, nor stomach to digest it.
27. If we'll make ourselves strong in trust and confidence in God, he will call us closer to himself even to the top of Golgotha.
28. Oh, how good it is, my dear, to keep company with the suffering Jesus, on the cross of our own miseries! If we love the Crucified, we must not disdain the cross.
29. Nothing is so close to my heart but the desire to imitate the divine model in his very gentle charity.
30. Charity excuses everything, suffers everything, but the same charity doesn't allow the one who has the duty to keep watch over the conduct of the sisters to excuse them so as not to become annoying and unlovable, or to reprimand them for an essential failing.
31. Trust in God; fear not, and live tranquilly driving away every vain apprehension.

disturb your spirit with excessive concern; but, while distrusting yourself alone, put all your confidence in God, who loves you very much, who almost leads you by hand, and wants from you the imitation of his perfect humility and obedience.

13. As you practice the virtues of humility and obedience, foundation of all the others, you'll find yourself tranquil, and will enjoy true peace of heart.
14. I hope you will advance evermore in virtue and especially in detachment from all that exists on this earth. And that your heart, your affections may all be directed to the pure love of Jesus.
15. Oh, how much the loving Jesus deserves to be loved by us!
16. How many benefits Jesus has given us! And is not the grace of vocation an extraordinary grace?
17. Oh, how this countryside reminds us to consider the greatness and omnipotence of God! How many delights, what magnificence presents itself to the eyes of those who want to appreciate the goodness of a God, Creator of everything, towards us poor creatures!
18. How have I, poorest creature, responded to him? How have I loved my Creator, my Redeemer, my generous benefactor?
19. My ingratitude to God will always serve to humble me, to ask for mercy and pardon, not to be discouraged, nor to ever distrust the divine mercy.
20. Courage, my dear Daughter. God doesn't want the death of the sinner, but that he be converted and live.
21. Let us commit ourselves to correcting our defects, but especially to detaching ourselves from our own judgment, to fighting our self-centered love and overcoming human respect and dedicating everything and always to the greater glory of God.
22. Let us pray with filial confidence and let us hope for everything.
23. I leave you in the Sacred Heart of Jesus; there we'll always be happy

especially those who are needy, or sick and dying. Recognize in them Jesus who awaits your service, your care, your sacrifices.

10. Be not content with doing your work, but do everything in the most perfect way, and with the right intention of pleasing God.
11. In order to do everything in the most perfect way, and with the right intention of pleasing God, first of all, with great confidence ask for it of God, the generous giver of all graces without which we can do nothing in our own strength.
12. To make easier for you the journey to perfection and to facilitate your entrance into heaven, meditate at the sacred feet of Jesus Crucified, and examine yourselves, your inclinations, your tendencies, your passions.
13. As you see yourself defective, be not dismayed but with filial confidence have recourse to Jesus, to our loving Mother, Mary Most Holy, to St. Camillus, our Protector.
14. Strive, with divine help, to win each day some, victory, and happy will you be, my dears, most happy if in doing this, that is, combating and winning everyday, you will be able to triumph over yourselves, to be mistresses of your hearts, of your passions in order to direct them all to the service of God, for the benefit of your soul.
15. Love God above all else; prefer death rather than displeasing him. Love the state of life in which, out of his mercy, God has placed you, and fulfill promptly and readily all your duties.
16. Love one another, bearing each other's defects with charity.
17. Be humble, patient, mortified, obedient, and in that way you will live a tranquil life. Yours will be the death of the just and you will enjoy in Heaven the reward promised to the true followers of Jesus Christ, who have imitated him in his humility, charity, obedience to his Eternal Father, even to die as a culprit on the cross.
18. May Jesus, our model of perfection, be ever before your eyes, and more so, engraved on your hearts. And fear not. His mercy will

always be ready to help you in all your spiritual and temporal needs.

19. My most ardent desire, my last wish, is to see all of you again, united in blessed eternity; and I hope for it from the mercy of God, through the merits of Jesus, under the protection of Mary Most Holy, our Lady of Sorrows.
20. Desire to know what God wants of you and ask for the grace to do it with diligence and perseverance. Continue to ask and you will obtain what you ask for.
21. You must reflect on the purpose for which you are created, that is, to glorify God and sanctify our souls in the observance of the divine law and by directing all our actions to the greater glory of God.
22. It is my most ardent desire that even after my death, harmony and peace may always reign among them, and this could not be obtained without possessing the virtues of humility and gentleness.
23. God loves us; he wants us saved, but not by force. In order to be saved it's necessary to love God in preference to all persons and above all things.
24. We need to put into practice what Jesus Christ has taught us with his example as well as with his words: Learn from me for I am humble and meek of heart. Whoever wants to follow me let him deny himself (and this means: let him fight against his passions, self-centered love, vanities, curiosities, touchiness, [and] vain complacencies).
25. Take up his cross and follow me (and this means that we accept everything sinister that the Lord permits, persuaded that everything must turn out for his greater glory and our better spiritual advantage).
26. Consider how much Jesus has done and suffered out of love for you, in order to save you; and this consideration will stir up in you an ardent desire to show him eternal gratitude, reverent love, limitless confidence.
27. Endeavor to remain in the presence of God throughout the whole day. Make frequent aspirations, and this also to obtain from God greater enlightenment to know well what you have to do, and how

August

1. I exhort you to fight your self-centered love, to conquer touchiness, to bear with patience a little word or a gesture of a sister that would contradict an opinion of yours.
2. I observe that sometimes a word, though badly said or badly understood, coming from others, costs more than great mortifications and penances done out of one's judgment.
3. The Lord doesn't fail to give us the necessary help; we can't doubt it in everything which can be for his service.
4. We must distrust ourselves alone and know our own weakness.
5. Ask for the holy fear and love of God, for humility, perfect resignation to the divine disposition.
6. Ask for the true spirit of obedience so as not to let yourself be deceived either by the devil or by your own judgment.
7. Ask for a healthy body to be able to serve the sick, yet conforming yourself in this to the divine will.
8. Ask for holy perseverance in loving our only good, the loving Jesus, all the time of our life to be able to love him with perfection in heaven for all eternity.
9. Let us be humble in our nothingness; let us not desire what we cannot achieve without a prodigious amount of divine grace, and especially without counsel, which is nothing else but the devil's deception.
10. Be content to observe with exactness the Rules of our Institute, and trust in God remembering what that holy religious told us - *observe these Rules and you'll become saints.*
11. Think well of everybody.
12. It is becoming that your ardent desire to be all God's would not

to fight and win.

22. The knowledge of your weakness should serve you to become humble; esteem it as a treasure.
23. The devil would laugh and sing for victory if he could induce a soul, by way of false humility, not to trust in Divine Mercy, which would be a subtle form of pride.
24. Let us not trust ourselves alone, my dear daughter, and may a greater confidence and trust in his goodness result from the greater knowledge of our misery that God in his mercy gives us.
25. God knows better than you this misery and, (as you say) insufficient response of yours; but does he become indignant with this? No, dear daughter; rather he shows you his loving Heart open for your comfort and refuge, in order to stir you to limitless confidence.
26. God loves you, he can do everything... what should you be afraid of if you trust in him?
27. Drive away every doubt, humble yourself, yes, fear yourself, but may confidence in God be always greater than your fear. In so doing you will give to God that tribute you owe him of a living faith, a measureless hope and of that love he asks of you.
28. May the Holy Spirit shoot your heart with one of those darts which would inflame it and make it bum with the purest love.
29. May the Holy Spirit free your heart from all the demands of your self-centered love and faint-heartedness, which the father of the proud would like to make use of to lead you to despair, or at least to weaken your spirit.
30. Remember that the principal purpose of this Institute is to practice perfect charity, corporal as well as spiritual, towards the destitute sick and to sanctify yourself in these works of mercy; with the abnegation of your own will.
31. I desire that you keep yourself in good health in order to fulfill the obligations our Rules require of us, and the spirit of our Institute.

you have to do it.

28. See to it that you are faithful in the little things.
29. Let sincerity, patience, humility, and love be always your beautiful qualities.
30. Know how to give in, never be obstinate in your feelings, and with ease. In that way you'll learn to be mistress of yourself, of the small passion of anger, of contempt, of dissatisfaction, of impatience.
31. Shall we not ask with our whole heart that the Holy Divine Spirit may inflame us with love and make our heart expand in order to love more and more, to love our loving Jesus in a manner worthy of Him?

June

1. Let us go to the sacred feet of Jesus with tranquility of heart, with a great and sincere confidence, and especially when we receive the Blessed Sacrament in our heart.
2. When we receive Jesus, let us tell him everything that love dictates to us, our gratitude for such a gift. Let us ask then an increase of faith, of trust, of love. Let us hope for everything from the one who gives himself totally to us.
3. Let us love, let us love Jesus with all our heart, rather, let us love with the Heart of Jesus, since our heart is already his; may he deign to purify it and make it evermore worthy of Him.
4. I wish to find all of you always in His Sacred Heart where you ought to always long to dwell.
5. Console yourself in the Sacred Heart of Jesus, suffer out of love for Him, love him in pain. May he give you courage, generosity, tranquility of heart.
6. Let us often meet each other in the Sacred Heart of Jesus where we always find strength and virtue to overcome ourselves, to triumph over our enemies, to form a living desire to be all God's.
7. I've made the firm resolution to love, act and think according to the way the Sacred Heart of Jesus loves, thinks and acts.
8. I no longer think, act, love with my heart, but with the Heart of Jesus.
9. At times God afflicts the souls dearest to him, but he always keeps available for them his graces, favors and protection.
10. The loving Jesus asks and wants your whole heart, and that out of love of him you be ready to make those sacrifices he requires of you.
11. Follow me, Jesus tells you, follow me O my beloved, O heart of my heart; follow me... and how, and where? With generosity, with love,

10. Time passes swiftly, poorly we if we misuse it, if we dissipate it. What an account we'll have to give of it! And what useless regrets by then!
11. May the Lord bless you and fill you with courage, love and confidence.
12. Take courage, my dear Daughter; your defects are covered and overcome by the mercy of the Lord every time you humble yourself.
13. If you get discouraged upon seeing your defects, this is not a sign of true humility, but an art of the common enemy. Courage, then, trust in Divine goodness, have a healthy suspicion about yourself and you'll obtain what you desire.
14. Is your will ready to give to God's proofs of your love, in exchange of those (proofs) that Jesus has given you in suffering and dying for you?
15. Love, suffer and trust. God loves you and deserves all your love. Jesus has suffered much for you... and he asks of you nothing else but love, accompanied by a great faith.
16. Try to remain tranquil, trusting in the goodness of our loving Jesus.
17. In your pains raise your mind to God... Throw yourself wholly into the sacred wounds of Jesus and never get discouraged.
18. Let us love with all our heart this Divine Lover; let us accept from his divine hands the pains and comforts he accords us, everything for our good.
19. Jesus agonizing and dying on the cross wanted to bear even the abandonment of his heavenly Father... On the contrary, if we are suffering, how much help, how much assistance, how many comforts he lavishes on us.
20. Reflect that the basis of true piety is humility of heart, abnegation of our own will and victory over human respect.
21. Our greatest cross is that of having always to fight our passions. Courage and confidence in God and we'll obtain everything we need

July

1. The more you see yourself poor and miserable the more you will have recourse to the God of mercy. And you will wait for the graces you see yourself in need of not out of your own merits, but only from the goodness of God, always ready to console the one who trusts only in Him.
2. Let us be holily embarrassed, let us humble ourselves, since the occasion is not wanting. We think we are giants and when the occasions come we find ourselves pygmies and this makes us restless, afflicted, and unhappy. This, my dear daughter, is not true humility but self-centered love.
3. True humility consists in the knowledge of ourselves, of our misery and powerlessness and in the recognition of the greatness, power and goodness of God toward us.
4. Let us enliven our faith, let us be watchful over all our actions.
5. Let us ask our loving Lord for help, support, counsel, strength, love. But let us ask for all of this with humility and trust, and be assured that everything will be given to us.
6. May the Lord bless you and give you love, generosity, courage.
7. The Lord is very merciful to us when he rebukes us for our faults, our defects. Let us not fail, my dear Daughters, to thank him, and to make use of them, at least of those we know, and which our conscience reproaches us for, by amending ourselves.
8. Pay attention to mortification, to gentleness and charity towards the sisters; vigilant in fulfilling the tasks given you by obedience and exactness in doing them well out of love for God. Happy will you be, if you will be attentive to all this.
9. Keep yourselves, dear Daughters, as much as you can in the presence of God; desire nothing else, seek for nothing else but the fulfillment of the divine will in .all things and at all times.

and with promptness, always disposed to do his most holy will, without complain, and as much as you can, with cheerfulness.

12. From this moment renew the sacrifice of your heart to Jesus, your most loving spouse; make him a generous offering of what is dearest to you in the world that he may dispose of it for his greater glory and according to his infinite mercy.
13. Tell Jesus that you want to be all his own, and that he may grant you the grace to keep you united with him till death, and afterwards with greater perfection and happiness to admit you to the possession of him in glory.
14. Abhor, holily hate your self-centered love which is the cause of all defects and imperfections, but with tranquility and peace, and without getting angry with yourself, which would be an outlet for your self- centered love rather than true humility.
15. We would prefer not to feel the stings of self-centered love, but that doesn't depend on us; and therefore, we must not get annoyed nor discouraged. Believe me, my dear daughter, the more we advance in the love of God the less we'll be attached to ourselves.
16. To be totally detached from ourselves is a point of perfection which we are always far, but we'll get much closer to it in proportion to our advancement in the love of God, and this is the meaning of the saying: "The one who loses his soul will gain it".
17. Let us seek, let us love the divine will in all things, in all events, but with generosity, and freedom of spirit.
18. I choose the Sacred Heart as my dwelling place for ever.
19. Jesus knows our miserable condition, our fragility better than us; he sympathizes with us and loves us more than we could think.
20. Let us have a healthy suspicion concerning ourselves, our own judgment, and our strength. Let us always think, act, [and] speak with the right purpose, without duplicity but with holy simplicity and freedom of spirit which is born out of trust and confidence in God.

21. A subtle pride with a mask of humility often leads us either to discouragement or even to give up a good work only because we know we have committed many errors while doing it. Oh, God! What a loss this would be for us! But unfortunately many souls are deceived by this false humility which in effect is a subtle pride.
22. Let us have a healthy suspicion about our own judgment. In all our doubts, let us ask for counsel; let us always act with a pure and right intention; let us be persuaded that we can do nothing on our own, but we can do everything with obedience and with the help of God who comforts us.
23. The life of the Christian is a battle, we must fight till death. But how could one conquer his enemies if one loses heart, gets discouraged, lays down his arms, stops fighting? Ah, this one is already defeated and without much effort on the part of his enemies.
24. Let your thoughts and your desires be single-minded. Act then, with tranquility, generosity, and fortitude in the trust that the Lord will always have mercy towards those who serve him with this purity of intention, and as he has promised us, he won't allow a hair to fall from your head which won't be for your good.
25. Seek God in all things; stop being too centered on yourself and throw yourself totally on the loving Heart of the Heavenly Spouse. He wants to lead you to perfection, but without violence, and this will happen if we allow ourselves to be guided by perfect abandonment in His hands.
26. Whether you work, or serve the indigent sick women, or rest as you sleep, or watch as you pray, you always do the divine will, because you do everything in obedience.
27. Pay attention not to be so narrow hearted as to torment yourself for everything, but rather you must endeavor to keep your spirit resigned and tranquil.
28. Deny your will, overcome your own judgment, fight against your great enemy which is your self-centered love, but do everything with tranquility and peace.

29. That the awareness of your defects and weaknesses may not lead you to lose courage, but to find greater courage because the more you see yourself poor and miserable the more you will have recourse to the God of mercy.
30. May the loving Heart of Jesus be your comfort in times of trouble, your consolation in life and death. He will be your prize in eternity.

