



# Anima Mariae

The Quarterly Newsletter of the Sisters of Mary Immaculate Queen

Dear Friends,

Praised be Jesus and Mary!

Looking over the quarter into which we are entering, we see that the devotions proper to each month bring before us once more the Holy Family. We begin with the month of St. Joseph, then that of Jesus in the Blessed Sacrament, and lastly, the month dedicated to Our Blessed Mother Mary. Then, too, it is hardly possible to lose sight of the sufferings of Christ during this Lenten season. Any of these topics will provide abundant food for meditative thought and at the same time, they are only facets of the one mystery of our Redemption. We can only take here a small sip of nectar from each of these precious flowers to whet the appetite of our souls, that through continued meditation we may grow daily in our union with Jesus, Mary and Joseph.

We can always turn confidently to the head of the Holy Family, St. Joseph. His quiet strength and humble competence hide the amazing growth of the gifts of the Holy Ghost in his docile soul. Joseph knew the responsibilities and cares, the uncertainties and decisions, the toils and exhaustion of our human condition. We get the sense that his feet were firmly planted on this earth, though he lived in company with the God of heaven, and we know instinctively that we can count on him for help in any difficulty, since Mary and Jesus trusted themselves to his providence.

*“O Sacred Banquet in which Christ is received, the memory of*



St. Joseph, Patron of the Universal Church

*His Passion is renewed, the mind is filled with grace and a pledge of future glory is given to us.”* Thus prays the priest during the ceremony of Benediction of the Blessed Sacrament. The sufferings of Christ and His glory are inseparably linked in this most Holy Sacrament of His Body and Blood. Jesus gave us Himself in the Blessed Sacrament as His Last Will and Testament the night before He died. Sublime mystery! In the one action, as it were, He accepts death for our



*The Rosary procession on the feast of Our Lady of Lourdes ended in the Grotto with special devotions.*

Redemption while bestowing on us His glorious living Body to sustain us in our own sufferings, and remind us of the joy and union of the final resurrection.

Having already given us Himself, how could He not share with us His Mother as well? Born to her in her sorrows we were, but she is our springtime: our life, our sweetness and our hope. We are hers and she is ours! Though, as St. Louis Marie de Montfort tells us, she begged God to keep her hidden during her earthly life, still, we look on her with awe, knowing that within the maiden's body there dwells a soul immaculate. And externally, nothing seems to change, though she becomes the Mother of the Incarnate God! How fitting that we celebrate the feast of the Annunciation and Incarnation during the month of St. Joseph, who protected those most holy mysteries by his quiet presence in the life of Mary. God removed that greatest of patriarchs from the sweet presence of these beloved charges, perhaps that he might not suffer more in witnessing their pains, or perhaps that he might not shield them from the sufferings they both must bear.

Mary Immaculate, Blessed Virgin and Holy Mother, Queen of Martyrs and of Angels! Our own sweet mother, Mary! Gloriously crowned in heaven, she still tenderly bends to hear the cries of her children in their exile, to accept the flowers and candles with which they honor her, singing her praises and presenting their petitions in her month of May.

*Jesus, Mary and Joseph, I give you my heart and my soul...may I breathe forth my soul in peace with you!*



*Chocolate chip cookies, cinnamon rolls, biscotti and other goodies were offered by the Sisters at a bake sale to help young ladies come to vocations' weekend.*



*Realizing just how "unworldly wise" they were, the Sisters created the "Charity Edition" of Trivial Pursuit—freely giving clues to the other teams.*



*"Bend your knees, slowly lift your foot..." Sr. Michael Marie lends a helping hand to one of the students at St. Michael's Academy annual trip to the ice arena.*



*Rev. Mother Mary Agnes displays one of her feastday gifts—an audio copy of our Holy Rule, recorded by all the Sisters.*



*Having given the Church two priests and a Sister, Dr. Patrick Hughes, father of Sr. Marie Emmanuel, was laid to rest surrounded by his loving family.*



*Adoramus Te, Christe. His Excellency takes time during the annual priests' meeting to solemnly erect the Stations in the Sisters' chapel.*



*The 100th day of school during the Mt. St. Michael Centennial year coincided with the feast of Our Lady of Lourdes. 100 balloons were released by the students.*



*Digging through a mountain of snow! Rev. Mother's trip to Boston in February was during the time of the unusually heavy snowfall.*



*Many colorful hands make light work! A Christmas gift to the novitiate included gloves in a spectrum of colors.*



*When it is too dark to work outside, play outside! The novitiate Sisters enjoy the Spokane snowfall by porch light.*



*Our Lady of Lourdes provided a beautiful spring day for students of Holy Guardian Angels Academy to join a Rosary procession to her shrine.*



*Colors, patterns, textures... something comes over us when you take us to the fabric shop! Sr. Bernadine Marie is teaching her students how to sew so they can make their own modest clothing.*

## Our Apostolate of Prayer

Are you or someone you love in need of special prayers? Send your intentions to the Sisters to be remembered in our daily prayers, Masses and good works.



## *On the Religious Vocation* by St. Alphonsus Liguori

How singular a thing it is, when there is question of entering religious life, to lead a life more perfect and more free from the dangers of the world, that men of the world say that it is necessary to deliberate a long time before putting such resolutions in execution, in order to ascertain whether the vocation comes from God or from the devil...

The saints, however, do not talk thus. St. Thomas says that even if the vocation to religious life should come from the devil, we should nevertheless follow it as a good counsel, though coming from an enemy. St. John Chrysostom, as quoted by the same St. Thomas, says that God, when He gives such vocations, wills that we should not defer even a moment to follow them. Christ requires from us such an obedience that we should not delay an instant... *[It is not necessary to deliberate for a long time.]*

Let us also hear what St. Francis de Sales writes on religious vocation, because it will confirm what has already been said:

"To have a sign of a true vocation, it is not necessary that our constancy be sensible; it suffices if it be in the superior part of our soul. And therefore we must not judge that a vocation is not a true one, if the individual thus called, before putting it in execution, does not feel any longer those sensible movements which he felt in the beginning. *[A sensible attraction to religious life is not necessary.]* Even should he feel a repugnance and coldness, which sometimes bring him to waver, and make it appear to him that all is lost. It is enough that the will remains constant in not abandoning the divine call, and also that there remains some affection for this call.

"To know whether God will have one become a religious, one ought not to expect that God Himself should speak or send to one an angel from heaven to signify His will. Nor is it necessary that ten or twelve experts should examine whether the vocation is to be followed or not. But it is necessary to correspond with the first movement of the inspiration, and to cultivate it, and then not to grow weary if disgust or coldness should come on; for if one acts thus, God will not fail to make all succeed in His glory.

"Nor ought we to care much from what source the first movement comes. The Lord has many means to call His servants.

*Anima Mariae* is the free quarterly newsletter of the CMRI Sisters.

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## Calendar

March	4	Sr. Maria Kazimiera's feastday
	6-8	Vocations' Weekend
	9	Mother Mary Dominica's feastday
	19	Feast of St. Joseph; Sr. Mary Josephine's feastday
April	5	Easter Sunday
	6	Sr. Mary Julianna's feastday
	26	Feast of Our Mother of Good Counsel
	28	Feast of St. Louis Marie de Montfort Sr. Louise Marie's feastday; begin preparation for renewal of Total Consecration to Mary
May	12	Sr. Mary Imelda's feastday
	14	Sr. Mary Gemma's feastday
	20	Sr. Bernardine Marie's feastday
	25	Sr. Madeleine Marie's feastday
	30	Sr. Marie Janae's feastday
June	1	Feast of the Queenship BVM (and St. Angela); renewal of Total Consecration to Mary Sr. Maria Regina's feastday Sr. Mary Angela's feastday
	12	Feast of the Sacred Heart of Jesus Sr. Corinne Marie's feastday
	13	Sr. Mary Antoinette's feastday
	23-26	Sisters' Annual Retreat
	27	Feast of Our Mother of Perpetual Help; Sisters' vows ceremonies
	29	Sr. Mary Petra's feastday
	30	Sr. Mary Paula's feastday

Sometimes He makes use of a sermon, at other times of the reading of good books. Some, as St. Anthony and St. Francis, were called by hearing the words of the Gospel; others by means of afflictions and troubles that came upon them in the world, and which suggested to them the motive for leaving it. These persons, although they come to God only because they are disgusted with the world or out of favor with it, nevertheless, failing not to give themselves to Him with their whole will, become sometimes greater saints than those who entered religion with a more apparent vocation..."

## *Just for Smiles...*

One day a repairman came to the convent to do some work in the refectory. It happened to be a Friday in Lent, which the Sisters observe as a strict "silence day" within the cloister. Busily working with his back to the room, the man didn't notice that Sisters were coming in one by one for lunch. His task accomplished, he was stunned when he turned around and found the room filled with nuns. A Sister heard him talking on his cell phone as he walked away, "I couldn't believe it! The room was full of women and not one was saying a word!"