

Anima Mariae

The Quarterly Newsletter of the Sisters of Mary Immaculate Queen

Dear Friends,

March is coming in like a white lion this year in the Northwest. Even on the west side of the mountains, we've been seeing quite a bit of snow over the last two weeks. And as we enter the penitential season of Lent, we can call to mind the coldness of a world without Christ, and even the coldness of the world toward Christ when He graced us with His physical presence here in order to save us.

The very ones who should have been ready to receive Him persecuted Him to death. Let us then look into our own hearts to see whether they reflect back the warmth of our Jesus' love, or whether He feels a chill as we turn to our selfish pursuits.

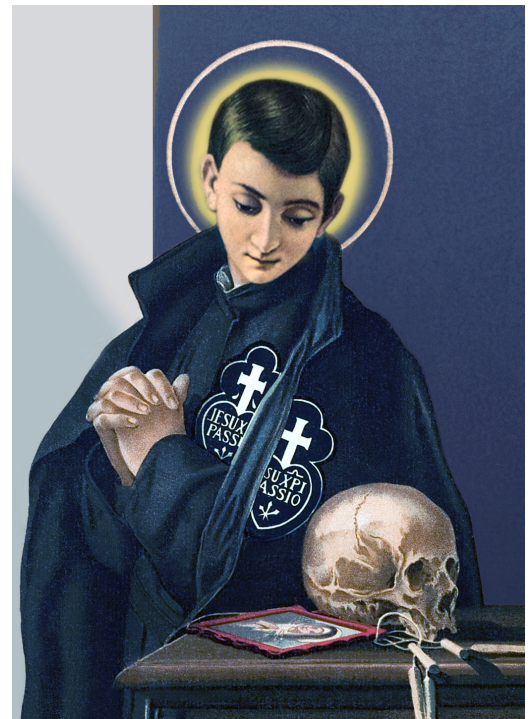
A saint whose feast we celebrated recently, became, of course, a furnace of love for God and His Mother. Nevertheless, he did drag his feet a bit, following his own inclinations, before two bouts of

illness got his attention and prodded him to keep his deferred promise to Mary that he would become a religious. I speak of St. Gabriel of the Sorrowful Virgin.

Young Francis Possenti had a brilliant mind and a vibrant personality. He enjoyed music and the arts, and his friends knew he could be counted on for a good time. He was also a skilled on horseback and his marksmanship was excellent. He was a smart dresser and somewhat of a ladies' man, so the shock he caused when he announced his intention, after graduation, to enter the Passionist novitiate, can well be imagined. It fell out like this. After the two easily forgotten promises Francis had made to Our Lady in his times of illness, he was attending a procession in her honor, and as the image of the Blessed Virgin was carried past him, Mary seemed to look into his eyes,

and he heard her voice demand, "Keep your promise!"

Friends and family expected him to be back in a week, but once he entered the novitiate, his sights were set on sanctity, and nothing could turn him



Once Gabriel Possenti left his worldly life to become a religious, he determined whole-heartedly to become a saint. Within just four years, he had reached a high degree of sanctity before his death at 24.

back. He was given the name of Brother Gabriel of the Sorrowful Virgin. He attained perfection in a short time through his childlike devotion to the Blessed Mother, his perfect obedience to his superiors and the Passionist Rule, and by his utter surrender of self. Athirst for penance to prove his love for God, he would seek permission for mortifications, only to be denied or humiliated instead, but nothing dampened his ardor or his unflinching cheerfulness. Gabriel spent a short three or four years in religious life, dying of tuberculosis before he was able to be ordained to the priesthood.

He is a good patron saint for us all during the season of Lent due to his love for penance and his tenderness for the Mother of Sorrows.



The Novitiate Sisters would like you to meet their newest flock members, from left: Cisco, Geronimo, Paschal, Belle and Stella. Finnsheep ewe Freya surprised them with twins on the feast of St. Scholastica, while Emi had triplets two weeks later.





Distribution of blessed candles at Mount St. Michael during the ceremonies on the feast of Our Lady's Purification, February. 2.



A Mass as in olden days! On a recent Tuesday morning, a loss of power at Mt. St. Michael necessitated the lighting of extra candles on the altar to enable the celebrant to read the Missal.



Right before the school's performance of The Sound of Music, Mr. John Rawson, a parishioner at St. Michael's, donated a grand piano. Fr. Casimir Puskorius plays it for the first time, to the delight of faculty and students.



Sr. Mary Cabrini is assisted by a student on demonstrating an experiment to her high school chemistry class.



Sr. Mary Imelda and students of Mary Immaculate Queen School (Rathdrum, Idaho) tour an aviation museum.



Science is fun! Sr. Mary Imelda looks on while her students work on a science project.



Sr. Mary Josephine loads wood into the stove on a chilly winter day.



At St. Philomena's Academy in Middleville, Michigan, Sr. Maria Dolorosa assists students in hanging up their art projects, silhouettes of the Stations of the Cross against sunset backgrounds.



The Sisters in Middleville, Michigan, join parishioners of Most Holy Rosary Church at Michigan's March for Life in January. The cold temperatures make a great sacrifice to add to prayers for the unborn.



Sr. Mary Veronica (St. Mary's in Tacoma, Washington), is one of our many Sisters who, in addition to teaching all week, takes time to teach Sunday catechism to children who aren't able to attend our academies.



Sr. Maria Regina directs the student choir for the ceremonies and Mass on Candlemas Day at St. Mary's in Tacoma. Some day these students may be able to sing these psalms and hymns in any parish they visit.



Above and left: A History Fair was put on by Sr. Maria Kazimiera, Sr. Mary Teresita and the students of St. Theresa's Academy (Oakland, Maine).



While Our Lady of Mount Carmel Church in Salem, New Hampshire, does not (yet) have a school, Sr. Mary Bernadette is kept busy with many things, including adding new inventory to the parish store.



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.

Resolutions of St. Gabriel

St. Gabriel of the Sorrowful Virgin attained great sanctity in just a few short years because of his fervent efforts to surrender himself completely to God. One can see how whole-hearted was his striving for holiness in his personal resolutions, some of which are reproduced here:

1. Not to say a word that might gain me praise or increase my reputation. To cut short immediately vain and idle thoughts, proud and haughty thoughts.
2. Not to feel pleased when praised, but rather to humble myself as unworthy of it.
3. To rejoice at the good which comes to others. When I feel displeased or envious about it, to note it as a fault.
4. Not to act through human respect, nor to be seen, nor for my own utility, interest or pleasure — but for God alone.
5. Not to excuse myself when blamed or corrected, nor even resent it interiorly, much less to put the blame on others, whether openly or in my own mind.
6. I should be willing to put up with any inconvenience gladly.
7. To consider everyone better than myself, not only in theory but in practice, treating all with reverence and humility as my superiors.
8. To accept patiently, promptly, gladly every opportunity to practice humility.
9. To practice some act of humility morning and evening, and to increase continually the number of such acts.
10. I will close my heart against disquiet of any kind.
11. Not to complain or to speak of anyone's faults, even though obvious; not to display lack of respect for anyone, present or absent; to speak well of all.
12. Not to speak roughly or impatiently or in such a way as to cause offense; not to oppose or contradict anyone.
13. To practice kindness and charity and to do so effectively by help and service. To assist my companions as far as possible with friendly words and manner — but at the same time to have no particular friendships and thus to hurt none.
14. I will give to God the best that I have — the entire affection of my heart.
15. Not to misjudge anyone, but instead to try to excuse their faults and failing both to myself and others, fostering and showing a good opinion of all.
16. I will try to reproduce in myself whatever I see edifying and virtuous in the conduct of others.
17. I will fulfill exactly my daily duties, mortifying myself in all that would prove an obstacle to perfect obedience.
18. I will suppress immediately all emotions of impetuosity and all affections that might cloud my mind, even slightly.
19. To mortify myself on all occasions that occur without my looking for them, trying to bear patiently with them and thus profiting by them.
20. To mortify my eyes and my tongue; not to ask questions out of curiosity; not to converse about purely worldly matters.
21. I will check my desire to talk; to increase daily the number of such acts.
22. I shall mortify myself in ordinary, everyday things, such as eating, reading, study, walks, recreations or whatever I feel inclined to do, first checking my appetites and my will, then saying with all my heart: "Lord, I do this not to please myself but because it is Thy will."
23. Not to eat with avidity, but rather with reserve and with modesty, subjecting my appetite to reason.
24. Not to eat outside mealtime; to be content with my portion, and not to complain in thought or word.
25. "Faithfulness in little things" is the motto I will always follow in my efforts to reach holiness.

Calendar

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| March | 4 | Sr. Maria Kazimiera's feastday |
| | 9 | Mother Mary Dominica's feastday |
| | 20 | Feast of St. Joseph; Sr. Mary Josephine's feastday |
| April | 6 | Sr. Mary Julianna's feastday |
| | 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 |
| | 20 | Sr. Bernardine Marie's feastday |
| | 25 | Sr. Madeleine Marie's feastday |
| | 30 | Sr. Marie Janae's feastday |
| June | 1 | Sr. Mary Angela's feastday |
| | 5 | Feast of the Queenship BVM - Titular Feast of CMRI
Renewal of Total Consecration to Mary
Sr. Maria Regina's feastday |
| | 13 | Sr. Mary Antoinette's feastday |
| | 16 | Feast of the Sacred Heart of Jesus
Sr. Corinne Marie's feastday |
| | 22-26 | 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 |

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

To join our mailing list, or to send comments, questions, prayer intentions or donations, please write or email:

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