

Our Lady of Perpetual Help Devotions



A Sermon in Colors

By REV. CLARENCE SEIDEL, C. S. S. R.

Editor's Note: This is the fifth of a series of articles by Father Seidel, Redemptorist missionary, on the miraculous Picture of Our Lady of Perpetual Help. These articles, appearing exclusively in Rochester in the CATHOLIC COURIER, official newspaper of the diocese, are being printed in connection with the special novena and tridua being conducted in various parts of the diocese and particularly at St. Joseph's Church, Franklin Street, Rochester, where there are now five services every Wednesday after the 8 o'clock Mass, at 12:15 p. m., 3 p. m., 5:30 p. m., and 8 p. m.

In mediaeval times great cathedrals and more especially their stained-glass windows were commonly called "The Layman's Bible", for in their cleverly conceived and artistically wrought designs one could see portrayed all the striking scenes and memorable events from the creation of Adam to the Redemption of man. Upon their beholders they had somewhat the effect of a sermon, instructing them in the principles that serve to guide a Christian in his daily life.

In much the same fashion we regard our Picture of Perpetual Help, for it is undoubtedly a most inspiring and instructive little sermon in colors, pointing out to us the way we should walk in this valley of tears. Here we beg leave to mention just a few of the truths Perpetual Help teaches: let him who loves Perpetual Help spend his nights and days before the Sacred Picture, drinking in as from a never-falling fountain its draughts of heavenly wisdom.

In contemplating this Picture we cannot but be struck with the thought of the tremendous love

borne us by Jesus and Mary; and if love begets love even as fire begets fire, it will be difficult to linger long with the Picture without feeling flames of love leap up in our bosoms. This Picture, writes Father Henze, C. S. S. R., is a veritable "school of the love of Jesus and Mary." In this school we are taught not only that Jesus and Mary loved us, but that they proved this love by sacrifice—the age old test of love. "The whole life of Jesus," writes Thomas a Kempis, "was a cross and a martyrdom; for even our Lord Jesus Christ was not for one hour of His life (our Picture shows Him suffering from His infancy) without the anguish of His Passion."

Longed for Suffering This same thought of life-long suffering underlies, say Scripture scholars, those love-fraught words of Christ: "I have a baptism wherewith I am to be baptised; and how am I straitened until it be accomplished?" These words, they say, refer, not only to the Savior's physical agony in the Garden of Gethsemani, but also to His mental anguish, which lasted throughout His whole life, at the thought of His future Passion and Death. But so great was Christ's love for us that, instead of repining at His lot, He "rejoiced as a giant to run the way," that is, He longed for the moment when He could prove His love for us by His Death on the Cross. How beautiful are the words of St. Alphonsus expressing the same: "Our loving Jesus, in order to make us understand how ardent was His desire to die for us, added, that He felt an immense longing for the time of His Passion, so great was His desire to suffer for our sake. These are His loving words: 'I have a baptism wherewith I am to be baptised; and how am I straitened until it be accomplished?' O God," exclaims the Saint, "what more couldst Thou have done in order to put me under the necessity of loving Thee? and can I then live without loving Thee Who didst die for me?"

No less plainly does Perpetual Help portray Mary's burning love for us; and Alphonsus' words, so simple and yet how sublime, seem written purposely to explain our Pic-

Lenten Mission For Women and Men In Holy Apostles Church

A week's Lenten mission for the men of Holy Apostles Church, Lyell Avenue, will open Sunday, March 12, at 7:45 p. m. with two Oblate Fathers of the Holy Apostles in charge of the services. The mission for the women opened last Sunday and the church is filled to capacity at every service, a proof of the ability and popularity of the preachers. Services during the mission are held at 7:45 o'clock each evening. Morning services are held at 5:30 and 8 o'clock each morning. The instructions and sermons are being given by the Rev. William Mahan, O. M. I., and the Rev. J. J. Gallagher, O. M. I., of Lowell, Mass. The same order of services will take place during the mission for the men.

Household Hints

A little onion juice, adds much to the flavor of French dressing.

Roll some of the doughnut dough to about one-fourth inch thick; wrap it around a stoned date which has been stuffed with a walnut meat, and fry in hot fat till golden brown.

When making cookies cut some of the rolled out dough in strips about an inch wide and six inches long and fold them to resemble bow-knots, sprinkle with sugar before baking. This is a dainty addition to the afternoon tea.

When the hands chap easily, try rubbing olive oil into them each night for five minutes before retiring and slip on a pair of old, loose gloves, a week of this treatment should make them soft and white.

When baking potatoes make a hole in one end of the potato and insert a small slice of bacon, rolled. It greatly improves the flavor.

In making pillows, make a slip of strong mosquito netting and put the feathers into this; slip this first pillow into the ticking and fasten the ends with clasps. The feathers are easily removed for airing and the ticking for washing.

Sandwiches prepared overnight will stay perfectly fresh and moist if placed between two plates and then wrapped in a cloth which has been dipped in cold water and wrung out.

"We are exceedingly dear to Mary on account of the sufferings we cost her. Mothers generally love those children most, the preservation of whose lives has cost them the most suffering and anxiety; we are those children for whom Mary, in order to obtain for us the life of grace, was obliged to endure the bitter agony of herself offering her beloved Jesus to die an ignominious death, and had also to see him expire before her own eyes in the midst of the most cruel and unheard-of torments. It was then by this great offering of Mary that we were born to the life of grace; we are therefore her very dear children, since we cost her so great suffering. And thus, as it is written of the love of the Eternal Father towards men, in giving His own Son to death for us, that 'God so loved the world, as to give His only-begotten Son'; 'So also,' says St. Bonaventure, 'we can say of Mary, that she so loved us as to give her only-begotten Son for us.'"

Self-Denial, Fundamental Fundamental in a Christian's life is the virtue of self-denial—"if any man will come after me," most emphatically states the Savior, "let him deny himself, and take up His cross and follow me." Remark how vividly this spirit of self-denial stands out in Perpetual Help. This will become more evident from the words of the Most Reverend Patrick Murray, Rector Major of the Congregation of the Most Holy Redeemer, who thus addressed his subjects:

"You have all observed that Christ's Passion is portrayed in our sacred image, in as much as the thought of it constantly hovers before the eyes of the Son and His Mother, according to the words of the Psalmist: My sorrow is continually before me. This is signified by the Instruments of the Passion, which the Angels held up to Christ, even as a Child; and especially is this so since these instruments tortured Jesus and Mary not only on Mount Calvary, but in as much as they were foreseen from the very beginning. They tortured them throughout their whole lives. Jesus and Mary wished to suffer such great torments for us, first, to make satisfaction to God for the sins of the human race and to obtain pardon for sinners, and then to teach us, that we cannot otherwise overcome our depraved passions and avoid sin, and thereby find true peace and happiness, than by going ourselves along the way of the Cross in patience and fortitude.

"It is a law of Divine Providence, that sin is only remitted, by expiation. For although Christ has rendered to God a more abundant satisfaction than was absolutely necessary for the sins of all, still upon Evangelical laborers and all sinners was impressed an obligation of expiation, to be effected by the application to their souls of the satisfaction of Christ. The instruments of the Passion depicted in the Image of our adored Jesus and His Mother are to perform faithfully all the duties de-

Gets Civic Award



Miss Mary V. Merrick, founder and President of the Christ Child Society, who has just been awarded the Cosmopolitan Club's Distinguished Service Medal for the most outstanding civic service to the City of Washington rendered by any citizen in 1932. Miss Merrick, who, though a hopeless invalid, has successfully directed the operations of the now famous Catholic charitable organization for many years, is the first woman to receive this award. Below: a reproduction of the medal presented to Miss Merrick.

Nazareth Academy Echoes

FIRST FRIDAY AT NAZARETH "O Lord I am not worthy." Sweet and low, the organ plays. And clear young voices offer up Their hymn of tender, loving praise.

In the incense-scented stillness, White-veiled figures kneel in prayer. And the priestly benediction Flutters in the holy air.

God must love this adoration; Smiling, He must hear their plea. Let me spend, oh loving Father, This First Friday all for Thee."

SANCTUARY LAMP (First Friday at Nazareth) Ruby of God, serene and sure. Burning thy heart's-core out for Him. Let me ever be virginal, pure. Let my heart be free from sin. Ruby of God, serene and sure. Fill my heart with love for Him. —Eileen Hayes.

manded of us by our religious vows and virtues in the spirit of self-abnegation and penance. And men living in the world are admonished likewise to be animated with the same spirit of Christian mortification, and to fulfill with all exactness the commandments of God and of His Church, and the duties of their state in life."

To the Picture of Perpetual Help the "God of all comfort" seems to have intended that men should turn to seek from it the remedy for the manifold ills that beset them in all the walks of life. When heavily laden with care and anxiety, when crushed beneath the yoke of daily trial and trouble, when perplexed and weary with things as they are, when doubts disturb the mind, when vexations—those questions that vex every man—clamour for solution, such as, why do the good suffer while the wicked prosper?—why do the poor groan while the rich rejoice?—why should I whip am afflicted with all manner of misfortune and meet with nothing but defeat?—ah, when thus tried and sorrow-laden, turn to Perpetual Help; listen to her words of consolation—her "five words of consolation" as we like to call them: they will buoy you up in life's rough and troubled sea; they will keep unobscured before your eyes the beacon-light of happiness on Heaven's distant shores.

Perpetual Help's first word of consolation is this: that all our sufferings, trials, and hardships come ultimately from God, and that He sends them all—though we may not see the dark cloud's silver lining—for our own personal merit and good. "I am the Lord," He says, "and there is none else; I form the light, and create darkness, I make peace, and create evil; I the Lord that do all these things." Thus God tells us that He allows evil to befall us; and Christ Himself acknowledged this truth when He asked: "The chalice which my Father has given me, shall I not drink it?" It is indeed consoling to think amidst our afflictions that God is allowing them for our own good, even though we be unable to see the good. And how strikingly is this bracing truth depicted in our Picture. There we see angels coming down from High Heaven with cruel instruments of torture in their hands. From God they come; they are His mes-

Rochester Diocesan Council of the National Council of Catholic Women

Office 1020 Columbus Civic Center

Our National President has given us the following Message for the month of March:

A year ago the eyes of the world were turned towards the Disarmament Conference at Geneva and hearts beat with hope in a coming international agreement for "a considerable, simultaneous and reciprocal diminution of armaments" as a means to world peace—a year ago, and still our hearts cry, "peace, peace" and there is no peace but rather wars and rumors of wars.

Yet this should not invite to pessimism but to participation, perseverance and prayer that the Christian way to peace may prevail in the Holy Year offered to the world by the Father of Christendom.

An eminently practical means to this end is the exhortation of the Holy Father that "the world should no longer talk about conflicts, antagonisms, lack of confidence, armaments and disarmaments, damages and reparations, debts and payments, moratoriums and insolvencies, economic and financial interests and individual miseries and social ills, but should dwell rather on the ineffable work of the human Redemption accomplished by Jesus Christ."

Out of this consideration grows the sense "of the fraternity of all men divinely united in the same blood which proclaims solidarity more fundamental and essential than differences between man and man, and nation and nation. Differences are temporary and passing—our oneness in Christ is indestructible and eternal."

HOW AND WHAT TO SERVE HINTS FOR THE HOUSEWIFE BY MOLLY GAVEN

During Lent the subject of various kinds of fish will be discussed in this column, as practically all kinds of fish, including shell fish, can be purchased now in cans. This week we will give information regarding salmon.

Many women consider pink salmon good enough only to make up into salmon dishes or to give to the cat. This is a wrong idea, as pink salmon actually has a better flavor than most red salmon and is cheaper because it is more plentiful. For salads, sandwiches, etc., it is excellent and one of the best foods to make up into delicious Lenten dishes. Salmon contains more tissue-building material, weight for weight, than ham, chicken, lamb, sirloin steak, or eggs. It is as digestible as the best of meats, has a high protein content, and very little waste. It contains more than ten times as much iodine as fresh water fish, meat, eggs, milk, cheese, fruits, or vegetables.

Salmon are caught in their second year when full grown and fat, and most of them are used for canning purposes. Nothing is added to salmon when it is being canned except salt for seasoning. It is processed in a sanitary manner and comes to us intact and rich in food value. Many housewives always have a few cans of salmon on their shelves to serve in emergencies.

Salmon Cocktail Flake one can of Salmon and marinate in lemon juice, salt and pepper, for about two hours. Line cocktail glass with sliced lemon. Fill in salmon and cover lightly with Thousand Island Dressing, cocktail sauce or chili sauce. Serve cold with toasted saltine wafers. Serves six persons.

Molded Salmon Make a paste of two cups of bread crumbs and one cup of milk or sweet cream. Season with salt, pepper and a small onion chopped fine. Mix with one cup of salmon, shredded. Mold into a fish mold and turn out in a roaster. Put three slices of bacon on top, put a little water in, and bake in a moderate oven for one-half hour. Serve with white sauce, and garnish with lemon and India relish. The bacon can be removed before serving as a Lenten dish.

Salmon Rarebit In a pan or chafing dish blend two tablespoons of flour with two heaping teaspoons of butter. Do not allow to brown. Add one pint of milk, stirring constantly. Cook for a few minutes. Add one-fourth lb. cheese, grated, and season with salt, pepper, paprika and a generous pinch of dry mustard. Stir until cheese is thoroughly melted and blended. Drain and flake one can of salmon and add to the rarebit. Stir as little as possible and serve piping hot on rounds of buttered whole-wheat toast.

sengers, albeit they bring but pain and death. So too, must we regard the ills of life—little-messengers they are from God; and, like our Savior, let us cheerfully accept their message and leave the rest to God. St. Teresa said one day: "The souls that are dearest to my Father are those afflicted the most." The Saint would not exchange her sufferings for all the treasures of earth; she knew too well that this earth, as St. Alphonsus teaches, "is a place of merit; and therefore a place of suffering." Only when life is passed will sorrow be passed; for in heaven sorrow is unknown.

(Continued on Page Seven)

Vincentian Plan To Address C.D. At Monthly Meeting

The Rev. James A. ... will be the guest speaker at the monthly meeting of the Vincentian Society of Rochester 1125 ... of America in ... Vincentian ... the study groups will meet ... Miss Ann ... will be held at ... grand report ... (caption) ...

Joseph A. Murphy President Vincentian Society 180 CHILL AVENUE

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