

### Our Lady of Perpetual Help Devotions



THE BIRTHPLACE OF PERPETUAL HELP

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

"In the midst of Great Jupiter's sea, the Isle of Crete reclines."

In these words the poet Virgil saw pictured the beautiful Isle of Crete, set, like a jewel, in the blue waters of the Mediterranean Sea. Today, however, that part of the Mediterranean Sea, which is near the coast of Greece, is more properly known as the Aegean Sea, and Crete is its largest island. Not infrequently has this island been called "Candia" from its capital city which was built by the Saracens on its northern shores.

From the earliest times Crete was inhabited, and quite populous too. Homer sang of the Isle "of a hundred cities," and Horace hailed it as "mighty with its hundred cities," or "great with its hundred towns." Sinners might have been attracted to the island by the fertility of its plains; thus it was commonly called "pinguis" or the fertile island. Perils for crops, it was none the less fruitful of false religions, and several forms of pagan worship there sprung into existence. But when the fulness of time had come, and the light of truth began to shed its beneficent rays over the face of the earth, some also fell upon the island of Crete, putting to flight the dark clouds of pagan superstition that had covered the land. The joyful tidings of the New Gospel first echoed in their land, most likely, from their own kinsmen, who, as we read in the Acts of the Apostles, were present in Jerusalem on that initial Pentecost, when, inspired by the flaming tongues of the Holy Spirit, the Apostles boldly and publicly proclaimed the wonderful works of God; they spoke in such a manner that all who were present—among whom were the Cretans—heard and understood them, each in his own tongue. Before three decades had elapsed since the Resurrection of Christ, the ship, that was to bear the prisoner of Christ, St. Paul, to Rome, was by Divine Providence, driven against the rocky shores of Crete. Knowing St. Paul as we do, we cannot but believe that he spent his time of delay, instructing the inhabitants more profoundly in the doctrines of Christ. Since years later, when returning from Spain to Palestine, he took up his abode with them for many days, and at his departure, appointed St. Titus to rule the island as a bishop. Soon this ocean-isle, likened formerly to a desert-waste on account of its idolatrous worship of false gods and evil spirits, budded forth and blossomed like a lily. It seemed as if

the prophetic words of Isaiah had literally come true: "The land that was desolate and impossible shall be glad, and the wilderness shall rejoice, and shall flourish like the lily—for they shall see the glory of the Lord, and the beauty of our God."

**Spiritual Life Cut Off**  
But the glory that was Crete was not to last, for when, in the eighth century, Leo, the Isaurian, transferred, by an act as unjust as it was wicked, the Island of Crete from the Patriarchate of Rome to that of Constantinople, evils, even worse than these which followed in the wake of its subjugation to Saracens in 823, arose, drenching the land in misery and misfortune. The Saracens, it is true, burdened them with physical ills, but greater was their plight when Photius and Michael Cerularius, by their most wicked schism, cut them off from the source of all spiritual life—the Church of Rome. Now they refused obedience to the Pope; they spread his censures; they mocked his decrees. It must be said to their praise, however, that, during all these years of separation, they have never lost their devotion to the Mother of God; and this it is, which engenders in us the hope that a day of reconciliation with the Church of Rome will finally dawn.

At the time with which our narrative is concerned—the latter part of the fifteenth century—Crete was subject to the great Republic of Venice. The Venetians—masters of the island since 1204—had raised Crete to a high degree of material prosperity.

"During this period of Venetian domination there were several pictures of the Blessed Virgin held in great veneration throughout the island. The most celebrated was kept in the cathedral of Candia, which was dedicated to St. Titus, the first Bishop of Crete. In February, 1264, when long years of strife and bloodshed were ended by a treaty made between the Venetians and the Cretans these latter gave their pledge of fidelity to the Republic of Venice in the presence of this picture, which, in the Greek language, was entitled Mesopotitissa, or Mediatrix of peace between two parties. To add more solemnity and binding force to this treaty of peace, the image was borne in procession through the streets of the city, followed by all the people both Cretans and Venetians. We do not know whether the beautiful title of Mesopotitissa was given to the picture because of this occurrence, or was the original designation of the venerated image. Centuries later, when the Venetians were compelled to deliver up to the Turk the island over which they had exercised regal sway for more than 500 years, a most touching scene took place. On September 6, 1669, when the brave soldier Francesco Morisani Peloponnesiaco was taking his departure from Candia after having sustained the longest siege (lasting over 20 years) and one of the most courageous recorded in modern history, he took with him the picture of the loving Mesopotitissa. He was accompanied in his return to Venice by all the survivors of the besieged city, men, women and children, who

Perpetual Help. There it was that its grand thought was conceived, and immortalized in colors. And there it would have remained even unto this day, perhaps, had not our Lady become displeased with the Cretans on account of their long, open and obstinate rebellion against Christ's Vicar on earth, the Pope of Rome. But even as of old there went forth from the plains of Judea the Christ to dwell in all the tabernacles of the world, so too there went forth from the island of Crete the Picture of Perpetual Help, whose reproductions were to dot the face of the earth, even as the stars dot the face of the sky.

**Our Lady of Good Counsel**  
What darkness fell upon the human mind, When sin put out fair wisdom's holy flame. It saw on earth nor beauty nor an aim Nor saw in God a Friend, a Father kind. But spite all sin into our darkness blind. A ray of sweetest light with promise came. That they who called upon "the Woman's" name, Would go aright and peace and joy would find. The bright example of Her holy life, More eloquent than word could ever be, Shows clearly, only virtue in our strife Can give us back our loss—our dignity. Yes, Mary's life gives counsel good and wise: Through Her we view all things through God's own eyes. F. N. C. S. S. R.

**Regarding As Important**  
Another celebrated Madonna of Crete was known as Cardiotessa, or Our Lady of the Loving Heart. This image was venerated in Lassithi, a town that was regarded as important because of strongly fortified position it occupied. However, at the same time that Crete lost the Mesopotitissa the Cardiotessa, was destroyed by the savage fury of the Turkish invaders.

"That the picture of Our Lady of Perpetual Help deserves to be numbered among the celebrated images of Crete, cannot be doubted. It is true, we do not know in what part of the island or under what title it was revered. Yet we do know from ancient documents which state that 'A merchant of Crete took from one of the churches of the island this miraculous picture of the Blessed Virgin, that our picture was the divine instrument of many miraculous favors, and that fact was sufficient to insure for its wide-spread veneration. Even at the present day, in different parts of Crete are found ancient pictures, similar to ours, which are invoked under various titles and held in the highest esteem. For example, in the schismatic cathedral of Retimo there is a painting, identical in every respect with ours, save that it is somewhat larger. It is entitled Our Lady of the Angels, and is honored even by the Turks, who bring out for a lamp placed before it. Another picture of the same type is venerated in the Greek cathedral at Corfu as The Immaculate Lady. At Venice, there is a picture like ours in the church of St. Nicholas of Tolentino, whether it was brought from the island of Zante, and another in the church of St. Nicholas of Bari, where it forms the central panel of a very ancient triptych."

**F. J. CONNELL, C.S.S.R.**  
In fact, sister pictures of Perpetual Help are to be found throughout Europe, Asia and Africa. To these countries they went, no doubt, from the island of Crete, whose central situation rendered the distribution of these pictures easy and practical.

Add to all this, that Crete had her own school of painters on Mount Athos, who painted "in the Cretan style," one of whom might have been the author of our picture; and that Crete especially abounded in the lapis lazuli—a stone from which is made that deep, rich blue, which we so much admire in our Lady's robe.

Crete, then, was the birthplace of Perpetual Help. There it was that its grand thought was conceived, and immortalized in colors. And there it would have remained even unto this day, perhaps, had not our Lady become displeased with the Cretans on account of their long, open and obstinate rebellion against Christ's Vicar on earth, the Pope of Rome. But even as of old there went forth from the plains of Judea the Christ to dwell in all the tabernacles of the world, so too there went forth from the island of Crete the Picture of Perpetual Help, whose reproductions were to dot the face of the earth, even as the stars dot the face of the sky.

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### Rochester Diocesan Council of the National Council of Catholic Women

Office: 1020 Columbus Civic Center, 50 Chestnut Street

From our National President, Miss Mary G. Hawks, we have received the following Message for April. Members of the Rochester Diocesan Council will be pleased to learn that Miss Hawks was recently licensed as a speaker of the Catholic Evidence Guild of Washington. A new "pitch" or open-air meeting has been inaugurated by the Washington guild. The two "pitches" now conducted by the guild are held in different parts of Washington, on the same Sunday afternoons at the same time.

**Miss Hawks' Message**  
In the Holy Year of Jubilee, it is timely that we should "lift up our hearts" through contemplation of the Divine Victim who chose to triumph through suffering. It is well to remember that the Cause of our Joy is also the Mother of Sorrows. St. Paul calls upon us as members of Christ in His Mystical Body, the Church, to "make up what is wanting to the sufferings of Christ for His Church," in other words to continue through all time and everywhere that Passion of Christ we commemorate in this Holy Year.

The opportunity is ours in these difficult times to prove that for the Christian there is no such word as "depression" and that, as children of Mary, we too stand at the foot of the Cross. Moreover, as members of Christ and children of Mary, the Blessed Mother of us all, we are called to take up the Cross of those fellow members of Christ and children of Mary most heavily burdened, those in danger of breaking under crushing cares.

Particularly is it the concern of Catholic women to seek out and care for the discouraged "transient" girl. Proportionately more girls than boys are reported among these "transients." Primarily it is our business in every community to discover the unemployed girl, to anticipate the temptation to "move on" by intensified and multiplied programs—recreational, educational, vocational, religious—that will interest and hold her in her home environment. And we can and we must participate actively in caring and planning for her when she comes to us as a "transient."

Thus may the vitalizing grace and power given to us through the great act of Redemption flow out, through us, to the afflicted and threatened members of Christ for their help and their healing.

Passion Week and Holy Week are the two outstanding weeks in the Holy Season of Lent. At that time the preparation for the great feast of Easter reaches its climax and step by step we follow in the footsteps of the Saviour in His Passion. In the current "Queen's Work" the following articles appear:  
**During Holy Week**  
Of the Sodalist it may be said that during Holy Week his place is more than ever in the parish church.  
1. Each Holy Week service will find him in attentive and appreciative attendance. The Tenebrae, the Stations, the Passion sermon, the tremendously impressive Masses that succeed day after day in the dramatic climax will find him present and deep in their spirit.  
2. He will be especially active during the hours of Holy Thursday. In fact, it will be a good Sodality indeed that does nothing:  
(a) Appoint regular adorers to represent the Sodality before the Blessed Sacrament for each half-hour of the day and night.  
(b) Have a sewing fund, collected during Lent, to help supply for it. Light, flowers and decorations for the Repository.  
(c) Help with the decoration of the Altar of Repose, in so far as the pastor may wish this.  
3. Confession at this time, when one follows the Passion of Christ and realizes the part one's sins have played in that Passion, will be inevitable. Perfect contrition will be then easiest to elicit.  
4. Even if more elaborate services are held in some other church, a Sodalist will remember that Holy Week is one of the times when a person must give first and most devoted loyalty to the parish church. And that is tentatively the program of a Sodalist during Holy Week. May I add one little suggestion? The Three Hours Devotion is one of the most beautiful Lenten devotions. If possible, don't miss it.

**Sodality News**  
As for Sodality news—the Sodality is anxious to hear the report on the Rummage Sale held on April 3 at Andrew and Clinton Streets. For one day the Sodality was to go into the department business in a big way.

At the last Union Meeting the question of the outstanding Catholic Women came up for serious deliberation and judgment. Under the chairmanship of Miss Mary Eva Henner, the members of Our Lady's Committee presented the names of several women for consideration and gave their reasons for their eligibility for a place on the honor roll. The voting resulted in the choice of these five: Agnes Reppeler; Mother Rose Hawthorne Lathrop; Mother

Xavier Mehegan; Kathleen Norris; Dorothy J. Williams. The names are given in the order of number of votes cast.

Holy Rosary is telling the general opinion in this same matter. The roll was held at their last meeting. The meeting was further called by a White Elephant Sale. Now if there is anything more indelicate and "blind leading the blind" I don't know it unless perhaps we might put the grabbing proposition on a par with it. However that may be Holy Rosary is in the market. The Sodality also conducted their monthly Holy Hour in preparation for First Friday.

The Mercy Committee of Holy Rosary held a very successful card party.

Sacred Heart Sodality held another of its probation meetings last week. A large card party is in the offing with prizes for every table. May the best Sodalist win.

The latest news from Immaculate Conception reads thus: "Do you want to find out how? I would. The Mission and Social Groups of the Immaculate have raised \$25 in just two weeks. This money will be used for parish work. The proverbial orchid should be awarded to the members of each of these committees and their resourceful leaders, Miss Mary Skelly and Mary McCarthy.

The Eucharistic Committee of the Immaculate has a heaven-sent inspiration or so they feel it to be. As a result of this, Holy Thursday at the Immaculate will witness something unique and impressive. During the entire day, Immaculate Sodality will form a guard of honor before the Blessed Sacrament.

It is a vain and unprofitable thing, to conceive either joy or grief for future things which perhaps may never happen.

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could not bear to be separated from dividing the slice into three parts. Fill the space between the grapefruit with grapes or berries and put dressing over the salad.  
**Do You Know That?**  
The really fine cook is the woman who makes good use of a cookbook? The woman whose family never boasts of the "pie that mother makes" is the woman who never bothers to look at a cookbook; who dislikes cooking too much to do it well.  
The large Molly Gavin cookbook is of assistance to the best cooks in suggesting variety for the family dinners. It was especially designed for Catholic women and it is doubly useful during Lent since it contains so many excellent suggestions for fast days. It may be had for \$1.00 postpaid.

The pamphlets "Choice Puddings," "Salads for All Occasions" and "How to Bring Up the Baby" may be had for five cents apiece (handling charges). The circular "Frozen and Chilled Desserts" is yours for the asking. With your request enclose a three-cent stamp. Address: Molly Gavin, 1512 Massachusetts Avenue, N. W., Washington, D. C. (Copyright, 1933, N. C. W. C.)

**The Junior Cook**  
It is very encouraging for little girls to make attractive dishes, and nothing is better or easier to make than a colorful fruit salad. You are sure of success because the real secret of fruit salad is to have the fruit chilled well before the salad is served. And of course the fruit salad should be served on shiny dishes. The following recipe will be found very helpful as well as very pretty:  
**Fruit Salad**  
1 small grapefruit  
1 cup seeded white grapes or strawberries  
6 slices canned pineapple  
Lettuce  
Mayonnaise dressing  
Chill the fruit. Peel the grapefruit and cut away all the white inside skin. Separate the fruit into sections with a thin sharp knife. Drain the pineapple and cut the grapes or strawberries in half. Arrange for individual serving as follows:  
Place a slice of pineapple on crisp lettuce on each plate. Put three sections of grapefruit on the pineapple,

### Household Hints

A tablespoon of vinegar in the lard in which doughnuts or fritters are to be fried will prevent them from absorbing so much fat.

When baking fat for company and desirous of having it particularly nice, slip two strips of clean muslin under the fat when you lay it in the pan. These strips will serve as handles when removing the fat and insure it against breaking.

After you peel your potatoes place them in water to which a tablespoon of lemon juice has been added. This will prevent them from becoming dark.

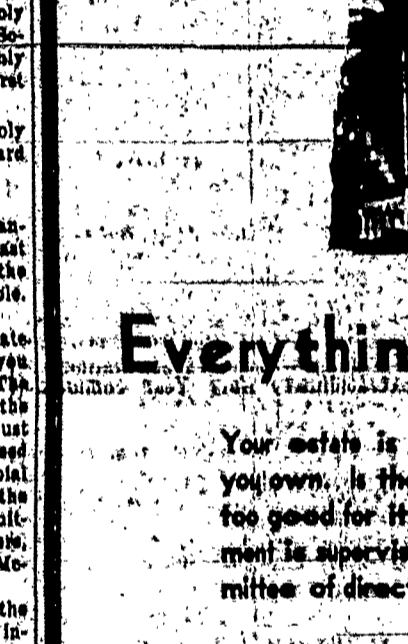
On windy days it is well to add a little salt to the starch to prevent its being blown out of the clothes wringer. It should happen to rain on the starched clothes, so that they will not dry and the starch will remain. Of course, this is only in case the rain is a shower, not a steady downpour.

A little vinegar will remove paint from windows.

For this eyebrow apply warm olive oil or vaseline slightly. Or dip

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