

tasks! Our instruction and our formation point only to those matters useful to the development of the love of God and the sanctification of souls, firstly for us Monks and Nuns and then the souls of those we love most – YOU! We pray that we shall never allow ourselves to be drawn into apologetics. Controversy is inherent in apologetics – and we are in no way anxious to gain the reputation of polemicists. Our work is Souls! Interestingly enough, in dealing with the subject of the sanctification of the Soul of Man – which of all subjects is the most important – there is no need of the support of a long and burdensome list of bibliographical references.

Once again we say - - PLEASE! - - PLEASE! - - PLEASE! do not be AFRAID! Trust in God and have a beautiful and joy filled Christmas, and a Holy Christmas.

May we suggest the following as helps:

- (1) TRUST IN GOD – WITH ALL YOUR STRENGTH AND ENERGY – TRUST IN GOD, but be sure to live in such a way that GOD CAN TRUST YOU! Trust begets trust! Just as love begets love.
- (2) Say the Holy Rosary – every day and every day. Each day gather up your family, and together pray the Rosary - - IN THE PRIVACY OF YOUR HOMES - - quietly - - IN THE PRIVACY OF YOUR LOVING HEARTS!
- (3) Dedicate your entire lives to PRAYER - (not a multitude of prayers) - but PRAYER. Dedicate your lives to genuine penance, sacrifice and prudent mortification, the subduing of sinful nature, and the performance of good works.
- (4) HUMILITY - - Humility is not the greatest of Virtues – it does not compare with the Virtues of Faith and Hope and Charity, but Humility is the element which brings ALL virtue – EVERYTHING we do, every breath we take into proper focus with the love of God. Our love of God is not measured by the time we spend on our knees and it is not measured by the numbers of prayers we utter! All such exercises are good in themselves, but they do not necessarily indicate love. Our love of God is measured by the amount of effort and energy and determination and resolution and perseverance and single-mindedness we put forth in bringing our bodies into subjection – and this is doing the Will of God – and this is love - - and this is PRAYER!
- (5) We must love one another - - WE MUST love one another - - as our Heavenly Father loves us. It is this pure and unfeigned love that we have for one another that makes us members of an awesome Family – a Chosen Family – a Family of Children - - God's Children: safe, unhurt, at Peace, filled with joy and serenity – Children, who can and who do trust without fear!

As Benedictine Monks and Nuns, this is what we urgently suggest to you, and we take this opportunity, once again, to remind you that we