

# F&S (Fun and Serious)

February 1, 2019

†††JMJ††† **Humor for today** †††JMJ†††

“Did you hear about the computer that went to the doctor complaining of her chronic cough?” “No. What was the diagnosis?” “It came down with a virus.”

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Which way did the programmer go? *He went data way.*

†††JMJ††† **Short meditation for today** †††JMJ†††

*He that humbles himself shall be exalted.* Saint Luke 14/11.

Humility is the foundation of every virtue. There is no better means to obtain heavenly gifts than humility.

– *Saint Augustine.*

The virtue the practice of which St. Vincent de Paul most recommends is humility.

It is the virtue which St. Louis of Gonzaga desired with most ardor; every day he prayed to the saints and angels to obtain by their intercession the grace to follow in this royal road in which they had walked before him.

A holy religious was accustomed to say: “I would willingly give both eyes to acquire the virtue of humility.”

*Prayer*

My God, give me humility; grant that I may know my nothingness, my miseries, my weakness. Grant that this knowledge may keep me humble in Thy sight; and may I never cease to implore the assistance of Thy grace!

†††JMJ††† **Today's reflection from the *Imitation of Christ*** †††JMJ†††

Little is it that thou sufferest, in comparison with those who have suffered so much; who have been so strongly tempted, so grievously afflicted, so many ways tried and exercised. Thou oughtest then, to call to mind the heaviest sufferings of others, that thou mayst the easier bear the very little things thou sufferest.

†††JMJ††† **A Scripture quote for today** †††JMJ†††

Amen, amen, I say to you unless the grain of wheat falling into the ground, die, itself remaineth alone: but if it die, it bringeth forth much fruit. He that loveth his life, shall lose it; and he that hateth his life in this world, keepeth it unto life eternal.

†††JMJ††† **This is Serious** †††JMJ†††

Imagine a man in a boat in the center of the lake. He sees approaching him a series of little ripples, becoming increasingly wider as they approach the shore. He knows the ripples did not cause themselves. If he is to account for their existence he must look beyond the shore where, perhaps, there stood a man who threw a stone into the lake to cause the water to vibrate. So, too, the human mind that sees the concentric orbs of Heaven move on their courses will, if he is logical, go out beyond the uttermost rim of space to Some One who stood on the shore of eternity and threw those planets from the tips of His Almighty Fingers and that One is the life of all living, God, the Creator and Lord of the Universe.

Not only do the stars and planets speak to us of God but we could go on to show that even the smallest living creature in the universe was planned and designed by a supremely intelligent Workman.

Is God ever silent, ever absent? Silent? – Why, He speaks to us in the humblest forms of life which float in the sea or flutter in the sun. The same divine Hand paints the sunset's glory and the petals of the rose. The same divine Hand models the stars, the jewelry of Heaven, and the flowers, the jewelry of earth. He Who created the sun models each leaf with such exquisite care that no two are alike in design. God absent? Why, His presence is revealed by the microscope as well as by the telescope, revealed in the infinitely small as well as infinitely great, revealed not only in the solar system but in the daintiness of the tiniest fern, and the marvelous makeup of a bird's wing or in the complexed arrangements of the countless parts that combine to form the retina of the human eye.

†††JMJ†††

You are invited and encouraged to share this information with others. Thank you for visiting <http://www.JMJsit.com>; and please tell others about this website. I pray that you will live in such a way that

the Good God will always constantly Bless you while He keeps you from all sin. May Jesus, Mary, and Saint Joseph obtain for you every grace you need.

My prayer for everyone; and especially for those on my email list: “May the Holy Family of Jesus, Mary, and St. Joseph grant you and yours all of the Joys, Graces, and Blessings necessary to live and die in the state of Sanctifying grace in perfect Uniformity with God’s Most Holy Will. May you know the truth and live and die in the True Church having obtained that degree of holiness it is God’s Will you obtain.”

I will pray an extra 15-decade Rosary every Sunday and Holyday throughout the year for those who are on my email list.

Thank you for all of your prayers, penances, and sacrifices for me.

Patrick Henry

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