

# F&S (Fun and Serious)

†††JMJ††† Humor for today †††JMJ†††

Exercise works best early in the morning, before your brain figures out what you're doing.

†††JMJ†††

I bought some powdered water, but I didn't know what to add.

†††JMJ†††

If stock market experts were so expert, they would be buying stock, not selling advice.

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

He who lives constantly united to God sees with the eyes of his soul Jesus dying on the cross. In the wounds of his Savior he finds strength to suffer, not only with patience, but joy. – *Saint Bonaventure*.

Saint Ignatius, Bishop of Antioch, being condemned to be torn by wild beasts, wrote as follows to the Romans. His letter breathes an ardent desire for suffering. "Suffer, my children," said he, "that I be ground by the beasts, that I may become the wheat of Jesus Christ. I seek nothing but Him Who has died for me. The only object of my love is He Who was crucified for me, and the love I bear Him makes me desire to be crucified for Him."

Saint Gertrude said to Jesus Christ: "O my Savior, Who hast loved me and hast suffered for me, I offer for Thy glory all that I have suffered, all that I suffer, and all that I shall suffer. Look upon the love which animates me; grant that it may be a pleasure to suffer because Thou hast willed that I should suffer, Thou Whom I love more than I love myself."

## Prayer

O my Savior, imprint deeply in my memory, my heart, and soul, Thy holy and powerful Passion. Grant that I may never forget what Thou hast suffered. In Thy wounds may I continually read the evil of sin and the greatness of Thy love. Thus in contemplating Thy sorrows, my heart may be penetrated with grief and with love for Thee.

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

For I have often heard that it is safer to listen and to take advice than to give it. It may also happen that each one's opinion may be right; but to be unwilling to acquiesce in other men's, when reason or occasion requires it, is a sign of pride and obstinacy.

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

Thou art Peter, and upon this rock I will build My Church.

†††JMJ††† This is Serious †††JMJ†††

Catechism Class 4-3-11 = Continue the IX Article of the Creed explaining about the Visibility and Unity of the Catholic Church. <http://www.jmjsite.com/c/040311.mp3>

†††JMJ†††

You are invited and encouraged to share this information with others. Thank you for visiting <http://www.JMJsite.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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