

# NOVENA TO ST. ALPHONSA



*Published by:*  
Rector  
St. Alphonsa Shrine Church &  
Pilgrim Centre  
Bharananganam

*Imprimatur*  
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## ST. ALPHONSA'S LIFE

St. Alphonsa was born of Joseph and Mary Muttathupadathu, on August 19, 1910. She was christened Anna and was called Annakutty, which is a pet name in Malayalam. She lost her mother while yet she was a little child and thus she came to be brought up by her maternal aunt Annamma at the Murickal house, Muttuchira . She was brought back to her own home when she was old enough to attend the primary school. At the age of seven she received her first holy communion and the sacrament of confirmation. When

she was ten, her aunt fetched her back to the Murickal house, where she remained till she joined the Clarist convent at Bharananganam. Her aunt wanted to give her lovely niece, who was extraordinarily good looking, in marriage to some suitable groom and there was a flood of marriage proposals. Here Alphonsa met the first major challenge of her spiritual life. She yearned ardently for a religious life, so as to become a saint like St. Therese of Lisieux but her foster mother would not allow her to be a nun. Marriage negotiations reached such a crucial stage that it seemed to Alphonsa that the only way to stall them was to

involve herself in some little accident. She stepped into a burning ash pit intending to disfigure herself slightly but her feet sank deep into the pit and both her legs got burnt badly. This however put an end to all negotiations and she was now free to choose her own her life. She joined the Franciscan Clarist convent at Bharananganam in May 1927. She received the postulants veil in 1928 and accepted the name Alphonsa, in honour of St. Alphonsus Ligouri. In 1929 she proceeded to Changnacherry for higher studies. On 19th May 1930 she received the religious habit at Bharananganam from Mar James Kalassery, Bishop of

Changancherry. After becoming a nun, she worked as a teacher for a year at Vakakkad. In 1935 she underwent her novitiate at Changnacherry and on the completion of the novitiate she took her perpetual vows on August 12, 1936.

The last twelve years of her life were years of unrelieved suffering which she bore heroically for the greater glory of God. She considered herself a sacrificial offering that God was pleased to consume with the fire of suffering. The more she suffered, the closer it brought her to God. Suffering was grist to her spiritual mill, so to say. Not everybody sympathized with her either; she met the harsh words and

the unsympathetic treatment of her critics with boundless patience and a smile on the face. During her novitiate days, as she revealed to her friends later, Blessed Kuriakose Elias Chavara appeared to her in a vision and granted her a miraculous cure. He however revealed to her that it was God's will she should continue to suffer till the very end of her life. St. Alphonsa passed away in the odour of sanctity on 28th July, 1946.

To the world outside she did not exist at all or was at best just a sickly nun who was mostly bed-ridden. Her spiritual heroism remained hidden from all except those who moved

closely with her. Her death went practically unnoticed by the people. The first public testimony to her holiness was the sermon preached on the occasion of her funeral, which was a simple, thinly attended affair. Referring obviously to the thin attendance on that occasion, the preacher Fr. Romulus told the mourners that if the world had really known how holy Alphonsa was in her deed and thought, there would have been a huge concourse of mourners to attend her last rites.

Fr. Romulus proved prophetic. Soon after her death, the renown of her sanctity spread like a wild fire. People

started to flock to her tomb and they had stories of miraculous cures and other favours to tell. Favours of all kinds were reported continually from all over India and even from abroad.

St. Alphonsa, the passionflower of Bharananganam, proclaims to the world that temporal sufferings accepted with faith and love have a value for eternity. In the life of St. Alphonsa there shines the mystery of the cross, the cross which was foolishness and a stumbling block not only to the Greeks and the Gentiles of the apostolic times but also to worldly men of every age. No other member of her congregation had probably ever

suffered more than she did. Far from considering sufferings an evil to be avoided at all cost, Alphonsa found in them an effective means of sanctification. She accepted without complaint the physical and mental sufferings that filled her life; which is more, she thanked God for them and even asked for more. The salvific value of suffering as reparation for sin and for the conversion of sinners is emphatically reasserted in the life of St. Alphonsa.

Blessed Alphonsa was Canonized by Pope Benedict XVI on 12<sup>th</sup> October 2008. Her feast is celebrated on 28<sup>th</sup> July.

### ST. ALPHONSA'S SPIRITUAL CREDO

The following extract from St. Alphonsa's diary, originally written in Malayalam, spells out her spiritual ideology.

#### How I Plan to Reorient My Life

- 1) My God, my all-thus I summarize my life's ideology.
- 2) Humility shall be the bedrock of my religious life.
- 3) The three walls of the edifice of my monastic life shall be:
  - a) Prayer b) Sacrifice, Poverty, chastity and obedience. c) Love of all human beings.
- 4) I submit myself to Jesus as a sacrificial offering in expiation of sins and as a token of my love for him
- 5) These thoughts I will convey to Jesus after the Holy Mass.

### PRAYER TO ST. ALPHONSA

Oh, St. Alphonsa, you have been graciously chosen from our midst to be united with Jesus Christ, Our Saviour, in the mystery of His passion, death and resurrection. You have grown to the heights of holiness and have been crowned with heavenly glory.

Help us in our trials and tribulations, Oh daughter of sufferings, obtain for us the grace to lead a holy life, following your example, in total submission to the will of God. Be with us, transforming all our sorrows into a holy sacrifice in union with Christ crucified, in reparation to our sins, for the sanctification and salvation of the whole world.

Amen.

### INTERCESSORY PRAYERS FOR SOLEMN OCCASIONS

#### Introductory Prayer

**Celebrant:** O God, Merciful Father, we submit ourselves before Your Holy Presence. We thank You and praise You for Your mercy that has raised to sainthood Sr. Alphonsa, our sister and Your beloved Son's faithful servant. O Lord, help us to lead a life of sacrifice, renunciation and love following the example of St. Alphonsa. We beseech You to sanctify us and make us worthy to pray before You, O Sovereign Lord.

Amen

### Psalm 25/1-10

**Cel:** To you, O Lord, I lift up my soul.  
O my God, I trust in You;

**Res:** Let me not be ashamed; Let not my enemies triumph over me.

**Cel:** Indeed, let no one who waits on You be ashamed; Let those be ashamed who deal treacherously without cause.

**Res:** Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation; On You I wait all the days.

**Cel:** Remember, O Lord, Your tender mercies and Your loving kindnesses, for they have been from of old.

**Res:** Do not remember sins of my youth, nor my transgressions; according Your mercy remember me, For Your goodness' sake, O Lord.

**Cel:** Good and upright is the Lord; Therefore He teaches sinners in the way.

**Res:** The humble He guides in justice, And the humble He teaches His way. All the paths of the Lord are mercy and truth, To such as keep His covenant and His testimonies.

**Cel:** Glory be to the Father, and to the Son, and to the Holy Spirit.

**Res:** From the eternity and forever, Amen.

### Let us pray

**Cel:** O God, our merciful Father, (all together), because of Your infinite love, You sent Jesus, Your only son as our Saviour. You blessed St. Alphonsa to lead a life of sacrificial love following the example of Jesus .O Lord Jesus, You said "unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain." We thank You for Your infinite mercy that graced Sr. Alphonsa to empty herself to produce the fruits of divine glory. O Jesus, our Saviour, helps us to love You and fully co-operate with Your plans. O, St. Alphonsa, you who dedicated your life to fulfill the will of God, pray for us, your ardent devotees.

Amen

### Karozutha

**Cel:** Let us dedicate ourselves into the Hands of God and say with hope and exultation, St. Alphonsa pray for us

**Res:** St.Alphonsa pray for us.

**Cel:** O St.Alphonsa who bore witness to Christ's love in your sufferings and sacrifices, help us to see the Divine Will in all our hardships and sorrows, and to lead a life of obedient faith depending on God's Providence.

**Res:** St.Alphonsa pray for us.

**Cel:** O, St.Alphonsa, who wished to be a victim soul like Jesus Christ, make

us worthy to offer our lives as incessant sacrifice of self-giving and compassion.

**Res:** St.Alphonsa pray for us.

**Cel:** O, St.Alphonsa who said "I have given entirely to my God, let Him do to me according to His Will", we pray to make us capable of glorifying God through a life of fervent faith, ardent prayer and intense hope.

**Res:** St. Alphonsa pray for us.

**Cel:** O, St.Alphonsa who said, "I need only my Jesus, and nothing else", help the youth and students to follow your

path, grow in virtue and purity, to lead a life of values and find a suitable vocation.

**Res:** St.Alphonsa, pray for us.

**Cel:** O, St.Alphonsa who loved, honoured and prayed for the Church and her leaders, we pray for the Holy Father, all the Bishops, priests, the religious and all the people of God that they may be protected from all dangers and be filled with spiritual blessings, godly virtues that they may glorify the Triune God.

**Res:** St Alphonsa pray for us.

(Silent prayer, time for thanksgiving)

**Cel: Let us pray**

Lord Jesus who said, "If anyone wants to be a follower of Mine, let him renounce himself and take up his cross and follow Me" ( Mt 16/24), we submit before You the crosses of our lives. O Merciful Lord Who knows all our needs, accept this prayer we submit before You through the intercession of St.Alphonsa (mention your special need ...). Lord, bless all our families, this congregation and all whom we remember in our prayers.

Amen.

### **Prayer of St. Alphonsa**

**(The celebrant recites, and the congregation repeats)**

"Oh Lord Jesus, /hide me in the wound of your Sacred Heart. / Free me from my desire to be loved and esteemed. / Guard me from my evil attempts to win fame and honour. / Make me humble till I become a small spark in the flame of love in your Sacred Heart./ Grant me the grace to forget myself and all worldly things./ Jesus, sweet beyond words,/ convert all worldly consolations into bitterness for

me./ Oh my Jesus, the Sun of justice,/ enlighten my intellect and mind with Your sacred rays./ Purify my heart, / consume me with burning love for You/ and make me one with You./ Amen".

### **Blessing**

Cel: May the Lord Jesus, Who said "My own peace I give, a peace the world cannot give, this is my gift to you" (Jn 14/27) fill your hearts with His peace .The Lord who blessed St. Alphonsa with heavenly fruits may

bless and make us always joyful. He may deliver You from all hardships, ailments and distresses. He may strengthen you to grasp the Will of God, to follow the inspirations of the Holy Spirit and be filled with spiritual fruits. May God enable you to follow the path of St. Alphonsa, lead a life of faith, hope and devotion and grow in holiness and bear the fruits of virtue in your lives. Now + always and forever

Amen.

(Sing a thanks giving song)

## NOVENA TO ST. ALPHONSA

### The First Day:

#### *The Suffering Servant*

(Begin with Prayers from p.13 to p.16)

#### **Cel: Let us pray**

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of Your life-giving and Divine commandments. In Your mercy and grace grant that they bear in us the fruits of love, hope and salvation, beneficial to our body and soul and that we may constantly praise You, Lord of all, The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Comm :** Amen

Readings from the New Testament

1. Hebrews 12/4-1 (the server reads)
2. Mark 8/31-38 (the celebrant reads)  
(Silent Prayer)

#### **Cel : Let us pray**

Loving Lord Jesus, who sacrificed Your life on Calvary fulfilling the will of the Eternal Father, we thank You for Your infinite love and supreme compassion, and the glorious act of redemption. St.Alphonsa was able to sincerely accept Your command: "if anyone wants to be a follower of Mine, let him renounce himself and take up

his cross and follow Me". Help us to follow the example of St.Alphonsa who said: "I have a share in the Cross of Christ; I am with Jesus on the Cross", and happily dedicated before the Eternal Father the responsibilities of her life, the hardships of community life, and the miseries of physical ailments. O Jesus, enable us to offer the crosses of our daily lives as an offering acceptable and pleasing to You.

The Father, the Son and the Holy Spirit, the Lord of all ,forever.

**Res:** Amen.

( Continue with the prayers from  
p. 17 to p. 23)

## The Second Day

### *Total dedication*

(Begin with prayers from p.13-to p.16)

**Cel: Let us pray**

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of your life-giving and Divine commandments. In Your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise You, Lord of all, The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Comm.:** Amen.

Readings from the N.T

1. Phil. 3/7-11

2. Matt. 19/16-26

(Silent Prayer)

**Cel: Let us pray**

Lord Jesus who said: "My food is to do the will of the one Who sent Me, and to complete His work" (Jn 4/34), we praise and adore You. St. Alphonsa who declared: "I have given myself up entirely to My Lord", is the guide and model of our lives. God, give us the life-giving faith that the Lord Jesus will give us only those things that will

redeem us from the anxieties and worries of life. O Jesus, strengthen us to submit to the will of God in all the trials and tribulations of life, and depend firmly on God, like St. Alphonsa who believed "The Lord is my Shepherd, I lack nothing" (Ps. 23/1). The Father, the Son, and the Holy Spirit, the Lord of all, forever.

**Res:** Amen.

( Continue with the prayers from  
p. 17 to p. 23)

### **The Third Day**

#### *Love of God*

(Begin with prayers from p. 13 to p. 16)

#### **Cel: Let us pray**

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of your life-giving and Divine commandments. In Your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise You, Lord of all, Father, Son, and Holy Spirit, forever.

**Res:** Amen.

#### Readings from the N.T

1. Rom. 8/31-39
2. Jn. 15/1-17

(Silent Prayer)

**Cel:** O Lord, who said those who want to inherit eternal life "must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind"(LK 10/27),fill our hearts with the love of God. Let our lives be inspired by the life of St. Alphonsa who said even during her sleepless nights of ailment ' I love my Jesus'. Bless us Lord to imbibe the

spiritual thirst of St. Alphonsa who surrendered herself fully to the Word of God and desired ardently to become a small spark in the flame of love in your Sacred Heart. Give us the grace to taste the sweetness of Your Word and understand the depth of Your love for us that we may lead a life of total conversion O Lord. The Father, The Son, and The Holy Spirit, The Lord of all, forever.

**Res:** Amen.

( Continue with the prayers from  
p. 17 to p. 23)

## The Fourth Day

### *Brotherly Love*

(Begin with prayers from p.13 to p.16)

#### **Cel: Let us pray**

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of your life-giving and Divine commandments. In your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise you, Lord of all, The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen.

#### Readings from the N.T

1. 1 Jn. 3/11-24
2. Lk.10/25-37

(Silent Prayer)

**Cel:** O, Lord Jesus who said, " I give you a new commandment : love one another . By this love you have for one another, everyone will know that you are My disciples"(Jn.13/35), strengthen us to bear witness to your love in our families and all spheres of activity by renouncing the self and its cares.

Enable us to share your divine love with others and do good to all like St.Alphonsa with no expectations of reward; Lord , help us to follow the footsteps of St.Alphonsa who showed loving concern to all who offended her, and prayed fervently for those who did not love her. The Father, The Son and The Holy Spirit, The Lord of all, forever.

**Res:** Amen.

( Continue with the prayers from  
p. 17 to p. 23)

## The Fifth Day

### *Humility*

(Begin with prayers from p.13 to p.16)

#### **Cel: Let us pray**

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of your life-giving and Divine commandments. In Your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise You, Lord of all, Father, Son, and Holy Spirit, forever

**Res:** Amen.

#### Readings from the N.T

1. Phil. 2/5-10
2. Lk. 14/7-11

(Silent Prayer)

#### **Cel : Let us pray**

O Jesus who said, "Learn from Me, for I am gentle and humble in heart", (Mt. 1/29) teach us the lesson of humility of heart. Lord Jesus we beseech you with St.Alponsa , liberate us from the desires to be loved and honoured , deliver us from the evil attempts to win fame and respect, help

us to use our time, wealth and abilities for the well-being and benefit of others, with the firm conviction that whatever we have is your benevolent gift. Enable us to see you in our authorities, obey and respect them. Help us to lead a life of true humility , truth and justice and make us worthy to inherit heavenly reward. The Father, the Son, and the Holy Spirit, the Lord of all, forever.

**Res:** Amen.

( Continue with the prayers from p. 17 to p. 23)

## **The Sixth Day**

### *Awareness of the Presence of God*

(Begin with prayers from p.13 to p.16)

**Cel:** Let us pray

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of Your life-giving and Divine commandments. In Your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise You, Lord of all, Father, Son, and Holy Spirit, forever.

**Res:** Amen.

Readings from the N.T

1. Rom. 10/8-13
2. Lk. 12/22-32

(Silent Prayer)

**Cel:** Let us pray

O Lord Jesus, we thank You for your infinite love and compassion, because you have given yourself to us in the Holy Eucharist, and have given us your Spirit to console, teach and strengthen us till the end of times. Help us turn all the adversities into blessings by accepting them as gifts from our Heavenly Father like St. Alphonsa, who

had the firm faith,"nothing will happen to me without the knowledge of my God". Lord, help us to realize the divine plans in our lives, and guide us to walk along the path of tribulations without faltering on the way. Help us to sanctify each moment of our lives with a deep awareness of your living presence with us, and walk confidently along the path of holiness. The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen

( Continue with the prayers from  
p. 17 to p. 20)

## **The Seventh Day**

### *Hope in God*

(Begin with prayers from  
p.13 to p.16)

#### **Cel: Let us pray**

Lord, our God, illumines our hearts and minds to hear and understand the sweet voice of your life-giving and divine commandments. In your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise you, Lord of all, The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen.

Readings from the N.T.

1. Heb 10/19-24
2. Mt 7/7-12

(Silent Prayer)

#### **Cel: Let us pray**

O Lord Jesus who said:"whatever you asked for in my Name, I will do, so that the Father may be glorified in the Son" (Jn. 14/13), we trust and hope in your promise. Like St.Alphonsa who lived and suffered proclaiming, "I will rejoice in whatever comes through the hands of God", teach us Lord Jesus

to see your hands in all experiences of our lives. Help us not to be disheartened in failures and setbacks. Give us strength through Your Spirit to grow in unfailing hope in you. Help us to bring harmony into our lives with the fond hope of seeing Your glorious face in the world to come and enjoy the company of Your angels and saints there. The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen.

( Continue with the prayers from  
p. 17 to p. 23)

## **The Eighth Day**

### *Devotion to Blessed Mary*

(Begin with prayers from p.13 to p.16)

#### **Cel: Let us pray**

Lord, our God, illumine our hearts and minds to hear and understand the sweet voice of your life-giving and divine commandments. In your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise you, Lord of all, The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen.

Readings from the N.T.

1. Acts 1/12-14
2. Jn 19/25-27

(Silent Prayer)

#### **Cel: Let us pray**

"This is your Mother "(Jn 19/27), by saying so, O Jesus you gave us your loving mother as the mother of the whole world. We thank, adore and praise You. Help us O Lord, to grow in devotion and love to Mother Mary, like St. Alphonsa who from early childhood led a life of firm faith, love and devotion to the Blessed Mother. O

Holy Mother of God, be with us always, help us grow in holiness, lead and protect all our families as you protected the Holy Family of Nazareth. Protect us, O Mother, from all dangers. Intercede with your Beloved Son for us in all our daily needs, as you did interceded at Cana. Help us O Sweet Lady, to sing your glories with all the saints in heaven. The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen

( Continue with the prayers from  
p. 17 to p. 23)

## **The Ninth Day**

### *Heaven-Oriented life*

(Begin with prayers from p.13 to p.16)

**Cel:** Let us pray

Lord , our God, illumine our hearts and minds to hear and understand the sweet voice of your life-giving and divine commandments. In your mercy and grace grant that they bear in us the fruits of love hope and salvation, beneficial to our body and soul and that we may constantly praise you, Lord of all, The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen.

Readings from the N.T.

1. 1Pet. 1/13-15
2. Jn. 14/1-7

(Silent Prayer)

**Cel:** Let us pray

O Lord Jesus, our Saviour who ascended to Your Father's abode saying, "I am going now to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me" (Jn 14/2), we adore, praise, worship and glorify you. We long to reach the heavenly abode you have prepared for us. Enable us to live in lasting love and harmony with God, like St. Alphonsa who won her crown

of sainthood by awaiting the arrival of her Heavenly Bridegroom as the intelligent virgins of the Gospel did with their oil lamps lighted with hope and piety. Help us not to model our lives after the image of the world around us, but let our behavior change, and our minds be renewed according to Your will. Make us worthy to appear before Your glorious throne singing your praises with all the saints and the choir of angles. The Father, The Son, and The Holy Spirit, Lord of all, forever.

**Res:** Amen

( Continue with the prayers from  
p. 17 to p. 23)

## INTERCESSORY PRAYER FOR ORDINARY DAYS

**Cel:** Let us pray

O Spirit of the Living God descend upon us, fill us with Your gifts and confirm us in faith. Guide us with the hope of the heavenly kingdom. Enkindle our hearts with the fire of divine love. Lead us through the right path as You led St. Alphonsa through the path of holiness. Bless us to grow in purity and prudence, serving you in humility and devotion.

**Cel:** Let us pray with joy and exultation, Lord hear our prayer.

**Res:** Lord, hear our prayer.

**Cel:** O Lord who raised Sr. Alphonsa to the rank of the saints, we beseech you to fill us with the spirit of prayer and sacrifice.

**Res:** Lord, hear our prayer.

**Cel:** O Lord God, our Father, we pray that we may be empowered to bear witness to You as St. Alphonsa, in times of trials and sufferings and feel the healing touch of Your consoling hand in adversities and agonies of our lives.

**Res:** Lord, hear our prayer.

**Cel:** Lord Jesus who prayed to the Father even in the darkest moments of Your passion, "Let thy will be done, not mine", grace us that we may follow the path of St. Alphonsa who longed to

share your passion and to fulfill Your will in all situations of life.

**Res:** Lord, hear our prayer.

**Cel:** Let us pray

O merciful and caring God, to you we offer ourselves and all that we have. We thank you for the blessings you shower upon us. Forgive us our sins and omissions. O God who gave us St. Alphonsa as our model and intercessor, save us from all failures of life, and fill us with Your blissful Spirit. The Father, The Son and The Holy Spirit, Lord of all, forever.

**Res:** Amen

(Sing a thanks giving song)

*Sayings of  
Saint Alphonsa*

1. It is 'the Woman beneath the Cross' who kept me in steadfast love to my Spouse even amid excruciating pains and severe trials.
2. I would much rather die than commit consciously even a trivial venial sin and offend God thereby.
3. The Food I relish most is the Holy Eucharist. Ineffable joy wells up my soul every time the Lord who said 'I am the Living Bread', descends into me.

4. I have abandoned myself to the Lord fully ; let Him do to me as it pleases Him.
5. A smile is a wick of light; I shall gaze upon drooping countenances and smile graciously.
6. Humility is the queen of virtues; I consider any chance to humble myself a great fortune.
7. Whenever I make a mistake, no matter how trivial it is, I shall do some acts of penance. This is the easy way to stop repeating the mistake.
8. How great is the joy we obtain when all our pains are offered to the Sacred Heart of Jesus!

9. There love of neighbour, where love of God is, in the same fashion as do flower and pollen.
10. We must be very careful in the use of words, even more than a miser would do with his money.
11. It is in giving away, not in receiving that I find my joy; flatterers I shall flee.
12. I dedicate myself totally to Jesus as a humble sacrificial offering of love and expiation.
13. How sweet to my tongue it is to utter the Holy Name of Jesus!
14. I desired and endeavoured to be ever faithful to the Lord. I would rather die than break this promise.

15. We must endure placidly whatever run counter to our wishes and offer them to the Lord.
16. The only thing I desire here on earth is this: to endure all trials and troubles for the sake of love and to rejoice in them. Not for me are any of the worldly pleasures, I am fully convinced.
17. Nothing there is for us to cry over, for the Lord is always with us.
18. My Jesus is sufficient for me; I shall not want. This is my unceasing prayer: 'my Jesus, sweet beyond all description, change all wordly consolations into bitterness for me'.

19. God has granted me this favour that I have preserved untarnished upto this moment the sanctifying grace granted me at my Baptism.
20. Jesus loves us by granting crosses. To those He loves, He sends more crosses and sorrows. As for me, suffering is delightful; a day without a chance to suffer I feel empty.
21. It is my strong faith that nothing shall ever come my way without the Lord giving the nod.
22. I shall never let off a lament, whatever the torment that might befall me.

23. Was it not aloft a cross that my Beloved did die?! I too must die upon a cross of sufferings.
24. Those who stood by the cross mocked Jesus in His agony. Our Lord had no consolation whatever. As for me, how many are crowding around to sympathise with and to console me by attending to my needs. Our Lord was not served as I am! I am His bride, but how trifling are my sufferings when compared to the agonies of my Spouse!
25. I have a Mother in Heaven, all love for me; my eyes well up with joy even to make mention of Her.

26. The very same Lord who puts me on bitter drugs, serves me sweetening sugar too. I can hardly bring myself to pray for a remission from ecstatic convulsions when I think of the joy that succeeds them.
27. Grapes are crushed in a wine-press, collected and purified to yield rich wine. Even so we mature into spiritual fortitude when purified through suffering.
28. Practise your austerity in strict secrecy; that will fortify your spirit.

29. Never for once has my good God declined me a favour whatever it be that I did solicit.
30. Whatever my superiors decide upon for me, that I count as God's will in my regard.
31. I am a daughter of suffering. It is with stones of sufferings and sacrifices we build our mansions in Heaven.
32. I have an affectionate nature; my heart brims with love. It is impossible for me to hate any one.
33. I have a share in the Cross of Christ; I am with Him on the

- Cross. Can this privilege extend to all and sundry. Indeed I am a rare privileged!
34. My interceding can purchase only crosses; so you may solicit my prayers only if you are ready to endure them.
35. Let us keep sealed our fragrant phial of virtues for sole delight unto Jesus.
36. Lighter birds make it easier to soar. With some of these even the flap of wings does not report audibly. My flight upwards shall resemble this. I shall flee to find a refuge in the lap of my Beloved.

### IMPORTANT DATES IN THE LIFE OF ST. ALPHONSA

Born	:	19.08.1910
Baptism	:	27.08.1910
First Holy Communion	:	27.11.1917
Confirmation	:	21.11.1925
Postulant	:	02.08.1928
Vestition	:	19.05.1930
Canonic Noviciate	:	12.08.1935
Final Profession	:	12.08.1936
Death	:	28.07.1946
The Diocesan Tribunal Started	:	02.12.1953
Opened the Grave	:	13.04.1957
Pontifical Tribunal	:	19.07.1980
Venerable	:	06.11.1984
Opened the Grave (II <sup>nd</sup> time)	:	13.08.1985
Blessed	:	08.02.1986
Saint	:	12.10.2008
Feast Day	:	July 28

### For Your Kind Attention

- From Monday to Saturday there will be Holy Qurbana at 5.30 am, 6.30 am, 8.30 am, 11.00 am & 5.00 pm.
- On Sundays the official Holy Qurbana is at 9.00 am, 11.00 am & 12.00 noon
- Latheenju will be celebrated before every Holy Qurbana except the one at 5.30 am.
- Together with the 5 pm. Holy Qurbana of Saturday, there will be Latheenju, Novena and solemn Rosary-Candle Procession.
- Sponsoring of Rosary-Candle Procession is welcomed.
- In addition to the official Holy Qurbana, other Holy Qurbana will be celebrated by pilgrim priests of various Rites and languages.
- Pilgrims arriving after prior information will be afforded with available food and accomodation facilities

#### *For Further Communication, Contact:*

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