

Day 5

If you are pressed for time, prioritize reading the text to which we link. If you misplace the email, all the entries are on the website here:

<https://sacredheartwinchester.org/2022/11/06/experience-the-powerful-spiritual-effects-of-true-devotion-to-mary/>

Chapter two - read pages 29-33

Reading: *Imitation of Christ*, by Thomas á Kempis: Book 3, Chapters 40

Wherefore, but I did know well, how to cast from me all human comfort, either for the sake of devotion, or through the necessity by which I am compelled to seek Thee, because there is no man that can comfort me. Then might I deservedly hope in Thy favor, and rejoice in the gift of a new consolation. Thanks be to Thee from Whom all things proceed, as often as it happens to me. I, indeed, am but vanity, and nothing in Thy sight, an inconstant and weak man. Where, therefore, can I glory, or for what do I desire to be thought of highly?

Forsooth of my very nothingness; and this is most vain. Truly vainglory is an evil plague, because it draws away from true glory, and robs us of heavenly grace. For, while a man takes complacency in himself, he displeases Thee; while he wants for human applause, he is deprived of true virtues. But true, glory and holy exultation is to glory in Thee, and not in one's self; to rejoice in Thy Name, but not in one's own strength. To find pleasure in no creature, save only for Thy sake. Let Thy Name be praised, not mine; let Thy work be magnified, not mine; let Thy Holy Name be blessed, but let nothing be attributed to me of the praise of men. Thou art my glory; Thou art the exultation of my heart; in Thee, will I glory and rejoice all the day; but for myself, I will glory in nothing but in my infirmities.

Daily prayers to recite

Veni Creator

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest; come with Thy grace and heavenly aid to fill the hearts which
Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High, O fount of life and fire of love, and sweet anointing from
above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father,
Thou Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love; with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread, and grant us Thy peace instead;
so shall we not, with Thee for guide, turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed, of both the eternal Spirit blest.
Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven. Amen.

Ave Maris Stella

Hail, O Star of the ocean, God's own Mother blest, ever sinless Virgin,
gate of heav'nly rest.
Taking that sweet Ave, which from Gabriel came, peace confirm within us, changing Eve's
name.
Break the sinners' fetters, make our blindness day, Chase all evils from us, for all blessings pray.
Show thyself a Mother, may the Word divine
born for us thine Infant
hear our prayers through thine.
Virgin all excelling, mildest of the mild,
free from guilt preserve us meek and undefiled.
Keep our life all spotless, make our way secure
till we find in Jesus,
joy for evermore.
Praise to God the Father, honor to the Son,
in the Holy Spirit,
be the glory one. Amen.

Magnificat

My soul doth magnify the Lord. And my spirit hath rejoiced in God my Savior. Because He hath
regarded the humility of His handmaid; for behold, from henceforth all generations shall call me
blessed. Because He that is mighty hath done great things to me; and holy is His name. And His
mercy is from generation to generations, to them that fear Him. He hath showed might in His
arm; He hath scattered the proud in the conceit of their heart.
He hath put down the mighty from their seat; and hath exalted the humble. He hath filled the
hungry with good things; and the rich he hath sent empty away. He hath received Israel His
servant, being mindful of His mercy. As He spoke to our fathers, to Abraham and to his seed
forever. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now,
and ever shall be, world without end. Amen.