

## Choosing a companion patron saint for the New Year ( & New Year Thoughts from St. Faustina - below)

This explanation is taken from the Divine Mercy Diary where Sister, now Saint Faustina, explains further about the custom in her Convent of picking a companion patron saint (or does the saint choose you? !) Many believe there are special Graces with this - see notes below.

**NEW YEAR 1935** "Jesus likes to intervene in the smallest details of our life and He often fulfils secret wishes of mine that I sometimes hide from Him, although I know that from Him nothing can be hidden. There is a custom among us of drawing by lot, on New Years' Day, special Patrons for ourselves for the whole year. In the morning during meditation, there arose within me a secret desire that the Eucharistic Jesus be my special Patron for this year also, as in the past. But, hiding this desire from my Beloved, I spoke to Him about everything else but that. When we came to refectory for breakfast, we blessed ourselves and began drawing our patrons. When I approached the holy cards on which the names of the patrons were written, without hesitation I took one, but I didn't read the name immediately as I wanted to mortify myself for a few minutes. Suddenly, I heard a voice in my soul; I am your patron. Read. I looked at once at the inscription and read, "Patron for the Year 1935 - the Most Blessed Eucharist" My heart leapt with joy, and I slipped quietly away from the sisters and went for a short visit before the Blessed Sacrament, where I poured out my heart. But Jesus sweetly admonished me that I should be at that moment together with the sisters. I went immediately in obedience to the rule."

**Suggestions:** #1 Print Saint's names with quotations & prayer, cut individually, put folded in a basket for people to choose one. Sister Emmanuel says in her book, 'Medjugorje in the 90's', that the Saint will protect you; guide you on the right path, and share with you his/her special charism.

# 2 You could choose a companion saint from the list of the patrons of your past occupation(s) and find a saint unknown to you. Read (print out) a short resume of their life which might be not only fascinating but in so many ways inspiration to follow their example. May your Saints bring you courage and strength in the coming year.

**Links** on [www.penzancecatholicchurch.org/mass\\_xmas.htm#saints](http://www.penzancecatholicchurch.org/mass_xmas.htm#saints)

**Quote example:** "If you are what you should be, you will set the whole world on fire. Let the truth be your delight...proclaim it...but with certain congeniality." ~ St. Catherine of Sienna, Doctor of the Church

**Prayer example:** "Pray for an outpouring of the Holy Spirit in the Church."

### **New Year Thoughts from St. Faustina** **859 (237) J.M.J** Cracow, Pradnik, January 1, 1937.

Jesus, I trust in You. + Today, at midnight, I bid goodbye to the old year 1936, and welcomed the year 1937. It was with fear and trembling that, in this first hour of the year, I faced this new period of time. Merciful Jesus, with You I go boldly and courageously into conflict and battles. In Your Name, I will accomplish everything and overcome everything. My God, Infinite Goodness, I beg of You, let Your infinite mercy accompany me always and in all things. As I enter I enter this year, fear of life overwhelms me, but Jesus brings me out of this fear and lets me know what great glory this work of mercy will bring Him.

**860** There are times in life when the soul finds comfort only in profound prayer. Would that soul knew how to persevere in prayer at such times. This is very important.

- [ St. Faustina continues with her New Year's Resolutions, which she calls "**General Resolutions.**" She has thirteen of them. [see below] This is a very good tool to measure our own spiritual

growing. Happy New Year dear prayer group. << Above from an IIPG (International Internet Prayer Group) [www.iipg.org](http://www.iipg.org) member in Meherrin, VA ]

- “As we enter the New Year. let us, Look to the past with gratitude; Look to the present with faith and courage; Look to the future with hope and trust. ” << From an IIPG member in Kampala [www.iipg.org](http://www.iipg.org)
- **“We may not know what the New Year holds, but we know Who holds the New Year.”** (see footnotes for more)

### 13 General Resolutions from St. Faustina’s Diary.

**861** Particular examen: remains the same; namely, to unite myself with the Merciful Christ (that is; what would Christ do in such and such a case?) and, in spirit, to embrace the whole world, especially Russia and Spain.

- I. Strict observance of silence - interior silence.
- II. To see the image of God in every sister; all love of neighbour must flow from this motive.
- III. To do the will of God faithfully at every moment of my life and to live by this.
- IV. To give a faithful account of everything to the spiritual director and not to undertake anything of importance without a clear understanding with him. I shall try to clearly lay bare to him the most secret depths of my soul, bearing in mind that I am dealing with God himself, and that His representative is just a human being, and so I must pray daily that he be given light.
- V. During the evening examination of conscience, I am to ask myself the question: What if He were to call me today?
- VI. Not to look for God far away, but within my own being to abide with Him alone.
- VII. In sufferings and torments, to take refuge in the tabernacle and to be silent.
- VIII. To join all sufferings, prayers, works and mortifications to the merits of Jesus in order to obtain mercy for the world.
- IX. To use free moments, however short, for prayers for the dying.
- X. There must not be a day in my life when I do not recommend to the Lord the works of our Congregation. Never have regard for what others think of you [for human respect].
- XI. Have no familiar relationships with anyone. Gentle firmness toward the girls, boundless patience; punish them severely but with such punishments as these: prayer and self-sacrifice. The strength that is in the emptying of myself for their sake is for them a [source of] constant remorse and the softening of their obdurate hearts.
- XII. The presence of God is the basis of all my thoughts, words and deeds.
- XIII. To take advantage of all spiritual help. To always put self-love in its proper place; namely, the last. To perform my spiritual exercises as though I were doing them for the last time in my life, and in like manner to carry out all my duties.

### Footnotes: Christmas and New Year

"The whole concept of God taking human shape had never made much sense to me. That was because, I realised one wonderful day, it was so simple. For people with bodies, important things like love have to be embodied. That's all. God had to be embodied, or else people with bodies would never in a trillion years understand about love." ~ Jane Vonnegut Yarmolinsky

"The birth of Jesus is the sunrise in the Bible." ~ Henry van Dyke

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas." ~ Calvin Coolidge

'Blessed is the season which engages the whole world in a conspiracy of love.' ~ Hamilton Wright Mabie

"A hug is a great gift at Christmas - one size fits all"

**I said to the man who stood at the Gate of the Year, 'Give me a light that I may tread safely into the unknown.' And he replied, 'Go out into the darkness, and put your hand into the Hand of God. That shall be to you better than light, and safer than a known way.'**

~ Miss Minnie Louise Haskins (1875-1957) ~ a lecturer at the London School of Economics, who had written these words as the introduction to a poem called 'The Desert' in 1908