

IHM Associate

November 14, 2023



Director of Associates - Sister Ruth A Harkins, IHM

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Introduction

❖ September

Together We Go Forward Into the Heart of God

❖ October

Mary, the First Disciple

November

The Spirit of Saint Alphonsus

O God of Loveliness

by Saint Alphonsus Liguori

O God of Loveliness,
O Lord of Heav'n above,
How worthy to possess my heart's devoted love!
So weet thy countenance, so gracious to behold,
That one, one only glance to me were bliss untold.

Thou art blessed Three in One
yet undivided still;
Thou are the One alone whose love my heart can fill.
The heavn's and earth below were fashioned by Thy word.
How amiable art Thou, my ever dearest Lord.

O loveliness supreme and beauty infinite.
O ever-flowing stream and ocean of delight;
O life by which I live, my truest life above
To Thee alone I give my undivided love.

Friend of the Most Abandoned

Those who in this life love God above all else know that their beloved is every present with them.

*laborers, unemployed, shopkeepers,
washerwomen, shepherds, beggars, farmers...*

Friend of the Most Abandoned

- Ministry among the countryside.
- *The Practice of the Love of Jesus Christ*
- Alphonsus learned that only by living with these people could he understand how God was working in their lives and what he could do to meet their needs.

ALPHONSUS: Master of Prayer

Saint Teresa of Avila was his “second mother”

- Mental prayer became a friendly relationship; speaking to God with passion, tenderness and love.
- Alphonsus presents a God of unconditional love thus emphasizing the importance of prayer as the great means for salvation.

ALPHONSUS: Master of Prayer

The importance of mental prayer and meditation

1. Preparation
2. Meditation leading to affection and petition
3. Conclusion

FRUITS: affections, petitions, resolutions and uniformity to the will of God.

Alphonsus spiritual legacy includes: GOD IS HERE!

- Jesus is clearly the center
- Embraces broad pastoral approaches
- Themes: Jesus Christ the Redeemer; the Blessed Virgin Mary;
- Prayer, reconciliation, morality, uniformity with God's will.
- Deep and affective friendship with God who loves us unconditionally is possible for ordinary people

Virtue of the Month – *growth through virtue (put on Christ)*

January – *faith*

July – *obedience*

February – *hope*

August – *humility*

March – *love of God*

September – *mortification*

April – *love of neighbor*

October – *recollection*

May – *gospel poverty*

November – *prayer*

June – *chastity*

December – *love of the cross*

ARTIST FOR THE GOSPEL

Musician – Duet Between the Soul and Jesus Christ
You Came Down From the Stars

Artist – painted Christ on the Cross; Mama Maria;
he hoped his art would draw others into the love of
Jesus and Mary; painter and engraver; never signed
his artwork.

Poet – published eleven works in 70 languages;
20, 000 editions; he wrote for the people.

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- Prayer before the Blessed Sacraments – visits
 - Simple and accessible message for everyone'
 - Authentic Christian love – affectivity and commitment
 - Simple practices – Nativity crib, the cross, Stations of the Cross, novena to Our Mother of Perpetual Help and whatever speaks to the human heart.
 - Jesus is central to Alphonsian spirituality – Incarnation, Passion and Eucharist.