



You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.

Mk 12:30

# BLESS MY FAMILY BLESS MY CHURCH

## St. Michael Center for the Blessed Virgin Mary



P.O. Box 8461, Honolulu, HI 96830-8461  
Phone: USA (808) 943-7088  
GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



JESUS  
I TRUST  
IN YOU!

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SAINT FRANCIS DE SALES

January 24<sup>th</sup>



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### Saint Francis de Sales



**Saint Francis de Sales (1567–1622)** was a Catholic bishop, theologian, and spiritual writer, best known for his gentle approach to holiness and evangelization. Born in Savoy (modern-day France), he became **Bishop of Geneva** during a time when many had left the Church because of the Protestant Reformation. Rather than arguing harshly, he patiently taught the faith through kindness, reason, and personal example.

He is especially famous for his book **Introduction to the Devout Life**, which showed that **holiness is for everyone**, not just priests and religious, but also for lay people living ordinary lives. Another major work, **Treatise on the Love of God**, reflects his deep spirituality centered on God's love.

Saint Francis de Sales emphasized meekness, humility, patience, and trust in God, teaching that "a spoonful of honey attracts more flies than a barrel of vinegar." He co-founded the **Order of the Visitation** with **Saint Jane Frances de Chantal**. He is the patron saint of **writers, journalists, and the Catholic press** and was named a Doctor of the Church for the lasting influence of his writings. His feast day is **January 24**.

### Doctor of the Church

A saint of charity, patience, and practical holiness. Saint Francis of Sales was a Roman Catholic bishop of Geneva and doctor of the church, who was active in the struggle against Calvinism and cofounded the order of Visitation Nuns. He was educated at the Jesuit college of Clermont in Paris and at Padua, Italy, he received a doctorate in law. After briefly practicing law he turned to religion and was ordained in 1593 at Annecy. He wrote the devotional classic *Introduction to a Devout Life* which emphasized that spiritual perfection is possible for people busy with the affairs of the world and not only, as many believed at the time, for those who withdraw from society. Francis was the first to receive a solemn beatification at St. Peter's, Rome. In 1877 he became the first writer in French to be named doctor of the church. In 1923 Pope Pius XI named him patron saint of writers.

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St. Francis de Sales HD

YouTube <https://youtu.be/yXEmrmOd4RA>

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### The Prayer of St. Francis de Sales (Patron Saint of writers and journalists)

Do not look forward in fear to the changes of life; rather look to them with full hope as they arise. God, whose very own you are, will deliver you from out of them. He has kept you hitherto, and He will lead you safely through all things; and when you cannot stand it, God will bury you in his arms. Do not fear what may happen tomorrow; the same everlasting Father who cares for you today will take care of you then and every day. He will either shield you from suffering, or will give you unfailing strength to bear it. Be at peace, and put aside all anxious thoughts and imagination.

### Confidence in God

It is good to mistrust ourselves, but how would that advantage us were we not to throw all our confidence on God, and to wait on His mercy? If you feel no such confidence, cease not on that account from making these acts and from saying to Our Lord: "Yet, O Lord, though I have no feeling of confidence in You, nevertheless, I know that You are my God, that I am all Yours, and that I have no hope but in Your goodness; so, I abandon myself entirely into Your Hands." It is always in our power to make these acts; although we have difficulty in performing them, still there is no impossibility. Thus, we testify faithfulness to our Lord.

### My Cross

The everlasting God has in His wisdom foreseen from eternity the cross that He now presents to you as a gift from His inmost heart. This cross He now sends you He has considered with His all-knowing eyes, understood with His divine mind, tested with His wise justice, warmed with loving arms and weighed with His own hands to see that it be not one inch too large and not one ounce too heavy for you. He has blessed it with His holy Name, anointed it with His consolation, taken one last glance at you and your courage, and then sent it to you from heaven, a special greeting from God to you, alms of the all-merciful love of God.

St Francis de Sales:  
the Man behind the Words

YouTube <https://youtu.be/ohIYYbd6l5o>

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### Prayer of St. Francis de Sales

Lord, I am Yours, and I must belong to no one but You. My soul is Yours, and must live only by You. My will is Yours, and must love only for You. I must love You as my first cause, since I am from You. I must love You as my end and rest, since I am for You. I must love You more than my own being, since my being subsists by You. I must love You more than myself, since I am all Yours and all in You. Amen.

### Litany of St. Francis de Sales



Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us. Christ, hear us.  
Christ, graciously hear us.  
O God, the Father of heaven,  
Have mercy on us.  
O God, the Son, Redeemer of the world,  
Have mercy on us.

O God, the Holy Ghost, Have mercy on us  
O Holy Trinity, one God, Have mercy on us.  
Holy Mary, Mother of God, Pray for us.  
St. Francis de Sales,  
St. Francis, miracle of the most august Trinity,  
St. Francis, faithful imitator of Jesus Christ,  
St. Francis, attached to the service of the Blessed Virgin,  
St. Francis, practicing the virtues of the Saints,  
St. Francis, most devote to Jesus crucified,  
St. Francis, august tabernacle of true religion,  
St. Francis, most humble in prosperity,  
St. Francis, most patient in adversity,  
St. Francis, true portrait of the meekness of Christ,  
St. Francis, simple as the dove,  
St. Francis, example of angelic modesty,  
St. Francis, exact observer of evangelical poverty,  
St. Francis, excellent example of the purity of angels,  
St. Francis, ever obedient to the Apostolic See,  
St. Francis, generously despising the world,  
St. Francis, powerful vanquisher of demons,  
St. Francis, invincible triumpher over the flesh,  
St. Francis, inflamed with the love of God,  
St. Francis, abounding in virtues,  
St. Francis, all to all for the salvation of souls,  
St. Francis, most dear to God, and beloved by men,  
St. Francis, unwearied apostle of Geneva and its territory,  
which thou didst so laboriously reunite to

the one true Church of God,  
St. Francis, most fervent pastor, ever careful to lead thy flock to the fold of Jesus the Good Shepherd,  
St. Francis, most renowned for thy miracles,  
St. Francis, greatest of all thy miracles,  
St. Francis, patriarch of the Visitation,  
St. Francis, continual martyr to thy love of God,  
St. Francis, father of many Saints,  
by the holy rules which thou hast left for every state,  
St. Francis, powerful protector to obtain of God that mildness which preserves the peace of the heart,  
St. Francis, amiable patron of those who invoke thee,  
Lamb of God, who takest away the sins of the world,  
Spare us, O Lord.  
Lamb of God, who takest away the sins of the world,  
Hear us, O Lord.  
Lamb of God, who takest away the sins of the world,  
Have mercy on us, O Lord.  
O Blessed Francis, like the fruitful olive-tree in the house of God, radiant in miracles, make us partakers of thy sanctity and of the light which thou enjoyest.

**V.** Pray for us, Blessed Francis of Sales.

**R.** That we may be made worthy of the promises of Christ.

#### Let us pray:

O God, by whose gracious will the Blessed Francis, thy confessor and bishop, became all things unto all men, for the saving of their souls, mercifully grant that, being filled with the sweetness of thy love, we may, through the guidance of his counsels, and by the aid of his merits, attain unto the joys of life everlasting. Through Christ our Lord. Amen.



<https://x.com/stmichaelpeace>

### St. Francis de Sales

**You Tube** <https://youtu.be/IOfGsidthBQ>

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