



Stained-glass window in the Basilica di Santa Croce in Gerusalemme, Rome

VOLUME 125

SEELOS CENTER NEWS

JULY 2025

from the National Shrine of Blessed Francis Xavier Seelos, C.Ss.R.

Dear Devotees of Blessed Seelos:

As we enter the summer months, our Redemptorist calendar is richly filled with feasts and celebrations. Just days ago, on June 27, we honored Our Mother of Perpetual Help, a name of Mary that so many have called upon. The third Sunday of July brings the Feast of the Most Holy Redeemer, which holds special meaning for us Redemptorists as the core celebration of our calling to preach the Gospel to the poor and abandoned. During these summer months, we also celebrate the memorial of St. Alphonsus Liguori, our founder, along with other saints and martyrs of the Redemptorist family.

Among these feasts is one that often passes quietly: the Feast of the Eucharistic Heart of Jesus, observed this year on Thursday, June 26. Instituted by Pope Benedict XV in 1921, this feast draws our hearts to the mystery of Christ's enduring love present in the Eucharist. It invites us to recognize not only the Sacred Heart that suffered for us but the Eucharistic Heart that remains with us—hidden, humble, and wholly given.

St. Alphonsus wrote extensively on the Eucharist, and Blessed Francis Xavier Seelos lived this devotion with profound tenderness. He writes:

“Oh, if only all the sinners of the whole wide world were present here! Yes, even the greatest, the most hardened, even those close to despair, I would call out to them, ‘The Lord God is merciful and gracious, patient and of much compassion.’”

For Seelos, the Eucharist was not a ritual but an encounter and an invitation into the merciful heart of Jesus.

As you move through these long summer days, may you find time to rest, to breathe, and to receive. Whether in moments of stillness or celebration, in quiet evenings or joyful gatherings, may you be drawn to the steady, faithful presence of Christ in the Eucharist. Through the highs and lows, the slow days and the full ones, may the Eucharistic Heart of Jesus be your strength, your solace, and your joy.



Aaron L. Meszaros C.Ss.R.

Aaron L. Meszaros, C.Ss.R.

Director, National Shrine of Blessed Francis Xavier Seelos, C.Ss.R.

SAVE THE DATE: OCTOBER SEELOS HEALING MASS



**** SATURDAY ****

October 11, 2025

4:00 pm CDT

St. Mary's Assumption Church
and on Facebook Live



★ To learn how you can
volunteer for a Seelos Healing
Mass, call (504) 525-2495. ★

Meditation on the Blessed Sacrament by St. Alphonsus Liguori

Courtesy redemptorists.co.uk

Meditation, wherever it is made,
pleases God.
But it seems that Jesus
especially delights in prayer
made before the Blessed Sacrament.
Did he not leave himself for us
in this sacrament
to be food for our spirit,
and to be present
for all who seek him?

We cannot all make pilgrimages
to the places where Jesus lived,
but the Lord who died for us
on the cross of Calvary
now dwells in person,
in the tabernacle – waiting.
We need not await a command
as we would of an earthly king,
to enter his presence –
He is waiting for us
to lay before him our wants
and to seek his help.

So that we may taste
the sweetness of his presence,
it is good to empty ourselves
of earthly desires.
Be still and know
That I am God. Psalm 46: 10
What pleasure is found in spending
a long time before the altar
where the Lord dwells!
What heavenly sweetness the Lord
allows us to taste and enjoy!

What should we do in the presence
of the Lord in the Eucharist?
We should stay there, not to enjoy
sweetness and consolation,
but to give pleasure to God
by making acts of love, saying

O my God, I love
and desire nothing but you.
Grant that I may always love you;
then do with me and all I possess
as you please.

These acts of love,
even when made without sensible delight,
please God greatly.
For good people often have to bear
with distractions and dryness in prayer.

As for distractions,
of these we must not make much account.
It is enough to drive them away
when they come.
Do not on this account leave off prayer.
Saint Francis de Sales said:

If, in meditation, we do nothing
but drive away distractions,
our meditation would be of great profit.

And as for dryness:
this is the greatest pain
for those given to prayer,
for we find ourselves without
any sensible desire of loving God.
Added to this, at times, is the fear
of being separated from God
because of our sins.
There is the feeling
of being in utter darkness
without any way of escape.

At such times let us unite our desolation
with that which Jesus suffered
on the cross.
If we can say nothing else,
it is enough to say,
at least by an act of the will:

My God, I desire to love you.
Have pity on me;
Leave me not.

PRAYER OF ONE IN DEEP AFFLICTION

My God, I love you tenderly
though I feel you far away.
I will seek you ceaselessly
lest from you I stray.
AMEN.



POPE'S MONTHLY PRAYER INTENTION: THAT THE WORLD MIGHT GROW IN COMPASSION

*"Let us pray that each one of us
might find consolation in a personal
relationship with Jesus, and from
his Heart, learn to have compassion
on the world."*

Lord, I come to Your tender Heart
today, to You who have words that
set my heart ablaze, to You who pour
out compassion on the little ones
and the poor, on those who suffer,
and on all human miseries.

I desire to know You more, to
contemplate You in the Gospel, to
be with You and learn from You and
from the charity with which You
allowed Yourself to be touched by
all forms of poverty.

You showed us the Father's love by
loving us without measure with
Your divine and human Heart.

Grant all Your children the grace of
encountering You. Change, shape,
and transform our plans, so that we
seek only You in every circumstance:
in prayer, in work, in encounters,
and in our daily routine.

From this encounter, send us out on
mission, a mission of compassion
for the world in which You are the
source from which all consolation
flows. Amen.

Blessings for the Sick

*Hospital visits with a Seelos Crucifix
(Only family members may request)*

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Amy Morel (504) 416-5018
Matt Morel (504) 416-6073
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Monica Surprenant (401) 207-5521

OCHSNER (KENNER)

Linda DiMaggio (504) 287-8732
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GRACES RECEIVED & PRAYERS ANSWERED

BREAUX BRIDGE, LA

In the fall of 2019, my husband and I were out of the country when our 11-year-old daughter Elizabeth fell and damaged her hip. We didn't know she was suffering from slipped capital femoral epiphysis (SCFE), a hip disorder that occurs when the femoral head, or "ball" of the thigh bone slips off the neck of the bone.

When Elizabeth fell, her hip came completely out of the socket. She had surgery to stabilize her hips and we were sent to a specialist in Houston. After the first surgery, which requires pins to be placed in her hips to secure them and prevent further slipping, we had to wait until her growth plates fused to begin the process of reconstruction.

During that time of waiting, my friend brought me a relic of Blessed Seelos. I wrote a prayer to him and said it daily.

We proceeded to surgery number 2 and were informed that the risks were extremely high, but we had no choice. The surgery began and so did the praying. After 7 hours, 7 screws and one metal plate placed after they cut her femur in half, the doctor told us they got through the whole thing and it went as well as he could have expected. The recovery was brutal but my baby girl was so tough. After one more small surgery, she is living the best outcome she could possibly expect.

EDINA, MN

Recently I went to confession at my local church, Our Lady of Grace. After the confession the priest and I conversed for a few minutes about my 85 years of life. I related how prayer daily has enveloped my life. Father asked, "How do you pray, Roy?" I handed him a Seelos relic from the Shrine and said, "I pray with him, for him, and have been since receiving this small relic packet many years ago."

I believe Father Seelos helped me recover from a broken neck at 15 years of age and I went on to play sports, gaining many honors. Over the years, I taught college accounting and became a teacher of the year in 1979, because of my prayers to and with Father Seelos. Also, I had

knees and hips replaced plus a major back surgery. Father Seelos once again helped me through prayer to walk again normally. In the past year I acquired an internal infection that doctors said would kill me within days. I once again prayed to Father Seelos, and was later informed that my infection was gone.

My prayer is real simple: "Thank you Father Francis Seelos for helping me in my hour of need. Amen." Another prayer I say is, "Thank you Father Seelos for your belief in me to live a fulfilling life for you, and to spread the words of Jesus Christ through my actions and devoted prayer life." May God bless all of you.



Submit Your Testimonial Online!

Your words offer encouragement to others in need of Seelos' intercession.

www.SEELOS.org/submit-a-healing-or-favor

SHRINE, MUSEUM & WELCOME CENTER HOURS

Monday-Saturday 10am-2pm

POPE'S MONTHLY OFFERING PRAYER

Good Father, I know you are with me.
Here I am on this new day. Place my heart once more next to the Heart of your Son Jesus, who is giving himself for me and who comes to me in the Eucharist.

May your Holy Spirit make me his friend and apostle, available for his mission of compassion.

I place in your hands my joys and hopes, my works and sufferings, everything that I am and have, in communion with my brothers and sisters of this Worldwide Prayer Network.

With Mary, I offer you my day for the mission of the Church and for the prayer intentions of the Pope and my Bishop for this month.

Amen.

Courtesy Pope's Worldwide Prayer Network, clicktopray.org/monthly

HOT IN THE SHOP



NEW! CONTEMPORARY WOODEN CRUCIFIX – \$33

Hand-carved in Mexico, this 8" tall stained and varnished wood work of art is a unique way of depicting Jesus on the cross.



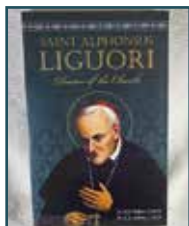
SACRED HEART PRAYER KIT – \$15

This kit includes a prayer book, laminated card, and pewter token dedicated to the Sacred Heart of Jesus.



SEELOS BEADED GOLD NECKLACE – \$28

Made in New Orleans, this necklace features delicate beading and a gold-toned Seelos medal.



"ST. ALPHONSUS LIGUORI: DOCTOR OF THE CHURCH" BOOK – \$32

Book about the life, miracles and achievements of St. Alphonsus.



"ST. ALPHONSUS LIGUORI: PREPARATION FOR DEATH" BOOK – \$23

St. Alphonsus teaches the proper attitude towards death, which is readiness.

Quantities are limited. Prices include shipping/handling. Prices online and in the Welcome Center Gift Shop may vary.

SUPPORT THE MISSION OF THE SHRINE



LIGHT A CANDLE: A vigil candle will burn near Seelos' sacred resting place for an offering of \$3-\$5. Visit seelos.org/light-a-votive-candle.



REQUEST A RELIC: Relics are available for an offering of \$2.50 each at SEELOS.org/gift-shop.



INCLUDE US IN YOUR ESTATE PLAN: There are several options for including the Shrine in your estate plan. Visit seelos.org/charitable-giving to learn more about charitable giving.

VISIT SEELOS.ORG OR CALL (504) 525-2495 TO ORDER



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Director: Aaron L. Meszaros, C.Ss.R.
Vice-Postulator: Stephen T. Rehauer, C.Ss.R.
Staff: Leila Benazo, Geri Bothman, Heidi Groat, Patricia Norman, Marilyn Olivard, Shelly Raynal

Denver Provincial Superior:
Very Reverend Kevin Zubel, C.Ss.R.

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DONATION & CONTACT INFORMATION FORM

I would like to support the Seelos cause by donating \$_____ to be used for:

☐ The ministry and maintenance of the Shrine ☐ My 1-year newsletter subscription renewal (\$12)

☐ Other: _____

Make checks payable to "National Shrine of Blessed Francis Seelos".

Please ☐ Remove from the mailing list: ☐ Change my name and address as follows:

Name: _____

Address: _____
