



*Stay here
and keep watch with me.*

VOLUME 122

SEELOS CENTER NEWS

APRIL 2025

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

Dear Devotees of Blessed Seelos:

Every year, as the season of Lent begins, I like to review my playlist of Lenten songs and hymns. Some years, I find myself sitting with a particular song for the entire season, meditating on the words. Over the years, I have often returned to one song from the French religious community, Taizé. The words, though few, are sung repeatedly, allowing the singer to be still and meditate. The hymn reads: “Stay here and keep watch with me; my hour has come. Watch and pray.”

*Stay here. Keep watch. These words call us into the heart of Lent,
a season set apart for prayer. In these forty days, we are invited
to create a space in our lives where we can remain close to Christ,
and Christ can remain close to us.*

As a spiritual director, Blessed Seelos guided people into profound and prayerful encounters with Jesus. True to the Redemptorist tradition, he encouraged people to make visits with Christ and approach and talk to Jesus as a “true friend.” To him, prayer was not a mere obligation but a heartfelt conversation with the Redeemer who knows us best and loves us most. Lent is the perfect time to renew our prayer life, to rediscover the joy of sitting with Jesus, speaking with and—perhaps most importantly—listening to the Redeemer who is our friend. Where might that conversation with the Redeemer lead us? A true friend reminds us to forgive, seek forgiveness, be generous, and love others.

May we hear Christ’s invitation this Lent: “Stay here and keep watch with me.” Let us watch and pray, remaining close to the Redeemer who leads us to new life. I invite you to set aside intentional time each day for prayer—whether in quiet reflection, before the Blessed Sacrament, or in the pages of Scripture. Approach Jesus as a true friend, and let Him transform your heart this Lent.



Aaron L. Meszaros C.Ss.R.

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

SEELOS HEALING MASSES



Sunday, April 6, 2025

ENGLISH MASS ~ 10:30 am CT

St. Mary’s Assumption Church
and on Facebook Live

SPANISH MASS ~ 12:30 pm CT

St. Mary’s Assumption Church

**Jerome Chavarria, C.Ss.R.
Celebrant**



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



2025 JUBILEE LETTER OF THE HOLY FATHER FRANCIS

Excerpts from www.iubilaeum2025.va/en.html. To read the full letter, visit www.iubilaeum2025.va/en.html.

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The Jubilee has always been an event of great spiritual, ecclesial, and social significance in the life of the Church. Ever since 1300, when Boniface VIII instituted the first Holy Year, God's faithful people has experienced this celebration as a gift of grace, characterized by the forgiveness of sins and by the indulgence, which is a full expression of the mercy of God.

We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. The forthcoming Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so urgently desire; that is why I have chosen as the motto of the Jubilee, Pilgrims of Hope. This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn

a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity. May the voices of the poor be heard throughout this time of preparation for the Jubilee, which is meant to restore access to the fruits of the earth to everyone.

Our pilgrimage towards the Jubilee will express and confirm the shared journey that the Church is called to make, in order to be ever more fully a sign and instrument of unity in harmonious diversity. It will be important to foster a renewed awareness of the demands of the universal call to responsible participation by enhancing the charisms and ministries that the Holy Spirit never ceases to bestow for the building up of the one Church.

I would greatly desire that we devote [this year] to a great "symphony" of

prayer. Prayer, above all else, to renew our desire to be in the presence of the Lord, to listen to him and to adore him. Prayer, moreover, to thank God for the many gifts of his love for us and to praise his work in creation, which summons everyone to respect it and to take concrete and responsible steps to protect it. Prayer as the expression of a single "heart and soul" (cf. Acts 4:32), which then translates into solidarity and the sharing of our daily bread. Prayer that makes it possible for every man and woman in this world to turn to the one God and to reveal to him what lies hidden in the depths of their heart. Prayer as the royal road to holiness, which enables us to be contemplative even in the midst of activity. In a word, may it be an intense year of prayer in which hearts are opened to receive the outpouring of God's grace and to make the "Our Father," the prayer Jesus taught us, the life programme of each of his disciples.



NOVENA IN-PERSON & ONLINE

Wednesday, April 2 & Wednesday, April 9

Catch up on past Novena days at
youtube.com/@seelosshrine.

ROSARY, MASS, STATIONS OF THE CROSS & JUBILEE DAY OF PRAYER

Wednesday, April 9

To see Beatification Anniversary event
times and locations, scan this code or visit
www.seelos.org/beatification-novena.



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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OCHSNER (KENNER)

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Wendy Whittaker (504) 722-0089

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Lauren Johnson (281) 851-1321

GRACES RECEIVED & PRAYERS ANSWERED

SLIDELL, LA

In 2013, I was pregnant with my seventh child. I delivered my previous babies via c-section, each without complications and I healed well.

At my 34-week checkup, I underwent a routine ultrasound. The tech saw something of concern and called my doctor, who then brought in another doctor who deals with difficulties in pregnancy. They explained I had a 5cm connection of the placenta to the uterine wall, and that this was serious and I would need to see a specialist. I was placed on immediate bed rest.

Upon my visit with the specialist in New Orleans and another ultrasound, she called in another colleague in the department, who then called in the head of the department. This doctor said that the adhesion of the placenta was significant and dangerous. He explained that I would have to have a c-section and hysterectomy very soon, as my baby was measuring large for 35 weeks. They were

afraid that as he grew, the strain on the adhesion could cause it to rip and the baby and I could die.

The doctors recommended I schedule surgery at their facility, rather than our local hospital, so a team could be on hand in case any problems arose. My OBGYN said if I could have 40 units of blood donated by friends and family within five days, she and her colleague would perform the surgery at our hospital so my husband could be close to our six kids and still be near me and the baby. My entire community rallied and blood donations poured in from everywhere.

During this time, I received a first class relic of Fr. Seelos and I began asking for his intercession. On the day of surgery, every person in the operating room was on edge (17 personnel) except for me – I was completely at peace. When they went in and delivered, they discovered that the adhesion had disappeared completely!

EMINENCE, IN

My daughter had surgery to remove her wisdom teeth, and various issues afterward led to debilitating migraines. She began a new job in the midst of all this, and the migraines were threatening to ruin her training and cost her the job. Her doctor prescribed some medication, but it was not expected to work immediately.

I prayed to Blessed Seelos to please take my daughter's pain away so that she could

not only feel better, but continue her training and keep her job. After saying this prayer, I felt a sense of relief – I knew things were going to be okay.

The next morning she woke up feeling much better, and by the end of the day she was able to resume her training. I think this happened as quickly as it did because of Blessed Seelos' intervention, and we are very, very thankful.



Submit Your Testimonial Online!

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

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

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PUBLISHED BY THE REDEMPTORISTS



APRIL SHRINE CLOSURES

The Shrine will be closed on the following days.

Day of Respite ~ Monday, April 7
Easter Monday ~ Monday, April 21

HOT IN THE SHOP ~ LENT & EASTER



SEELOS PRAYER CARD & ROSARY – \$24

This gift set includes a card featuring prayers for the intercession of Seelos and a Seelos rosary with iridescent blue beads.



SEELOS LED CANDLE – \$25

This flameless candle is great for hospitals and nursing homes. Comes with battery, 500 hours of burn time.



CRUCIFIXION CANDLE & EASTER STORY BOOKLET – \$23

Includes a candle with Jesus on the cross, and "The Easter Story" pocket prayer book.



WAY OF THE CROSS PAMPHLET & CRUCIFIX – \$15

"The Way of the Cross with Blessed Francis Xavier Seelos" pamphlet and 4" Italian-made wooden crucifix.



"CARROT" BUNNY PLUSH – \$23

This 10-inch plush holds a carrot with choice of "I really CARROT about you" or "I CARROT live without you" and a little pink heart.



SCAPULAR VISOR CLIP – \$16

This 2½" pewter clip reads "Sacred Heart of Jesus in you I put my trust" and "Our Lady of Mount Carmel pray for us."

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



SEELOS CENTER NEWS (USPS 4472) is published monthly at The National Shrine of Blessed Seelos, a ministry of the Redemptorist Fathers and Brothers.

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.

The National Shrine of Blessed Francis Xavier Seelos, C.Ss.R. is a member of the National Association of Shrine and Pilgrimage Apostolate.

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:

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