J. M. J.

Retreat, begun Rosary Sunday
Loretto Convent, Rondurick, 6th October 1895.

"

1st Day. Recognised with great gratitude the End for which God made made me. The means He gave me to attain it. Humiliation & Sorrow for my Negligence Resolved. To seek to seek the Kingdom of God & His Justice before all else. To give Spiritual things the first place, everything else after them. First secure Spiritual Duties My Prayers etc. Then first Consideration With regard to Others, their Spiritual good Not to Neglect opportunities given to me

"

Trust & Confidence in God. He trusts us Knowing what we are, & gives us Work to do for Him. "It is His Work Not My Work". He will give the means & bring good & Success out of failure.

2nd Day
Sins & Hell & Death.

...ence, Compassion, Sorrow. desire of atone...
...ent. – If I were to work Miracles. Con...
...vert thousands. if every act of mine
...om this to the Moment of my death
...dified; how little it Wd. be Compar...
...d to what I have done against God by
...y past sins. – & yet our loving Lord
...ll accept my little best. No room
...e pride or vainglory in one who if
...were not for God's Mercy should be in
...l. "Every deliberate Venial Sin, is turning
...es face towards Hell. a dangerous thing to do"
...ample of St. Teresa. "She turned her back
...hell, lived for God & became a Saint". –
...at a wonder it is to be in God's holy
...use & not in Hell. What could possi
...ly seem hard to bear with that thought
...arly before me. Contempt, pain, dis
...appointment in persons or things, any
...ld of Suffering! – just Nothing at all.

2nd Day
Death

3.

This thought struck me particularly
"When we are gone". Not only dying,
or being buried, or anything at all
thought about us, or being done for us
but Simply "gone". Out of sight &
out of mind. – and all going on without
us. – We have no opinion to give no wish
to express. – things done quite contrary
to what we Wd. wish, if we were alive.
but Now we have nothing to do with them
Yet What we have done will live after
us when we are dead & forgotten. Our
influence our example, for a time at
least, but that too ceases. Only everything
we have done for God alone, for
love of Him will live for ever, & shine
on for Eternity. Resolved. To work for Him
To prepare daily for Death so that this it
May Come Suddenly, or I pass away
unconscious, it will not be unprepared
for Particularly at Mass. H. Communion. Con
=fession. & frequent acts of Contrition.

Third Day
Judgment

kind of distraction pervade the
first Meditations, & so I did
feel rightly impressed with the
bject which I made the same
both hours of Meditation. —
t the "Grand power of free will" —
hat with it we can now change all
remains of our life". seemed Magnified
Our Judge is in the Midst of us &
going to reward us. Oh generous Heart
my Jesus. — I will try to please you.

Fourth Day
Incarnation & Nativity —

love & humility of my Jesus moved
heart. What a grace to be born after
Came on Earth, — What He got for us &
pt us, His Sacraments. — His example. —
s Presence in the Blessed Sacrament. His
umility — My pride. His love of Poverty —
love of Comfort, ease. — abundance.
merit to be gained by suspense as to what is
is will." A beautiful time to unite us to God". Waiting for Him

P. Examen & Resolutions.

Do be in earnest about Particular Examen.
Be careful about 1st time. awaking in the morn
Mark it at night. Good sometimes to
change it. — Confine both fresh to some Sub.
=ject. Get little book & carry it in pocket.

Some useful Subjects

1. Punctuality in spir. duties time & place
2. Never to continue to read or write for
" ever so short a time when taught to be
" at any other duty. An important letter
" the only exception.
3. Rise & retire to rest at the time appointed
4. Have one Special Spiritual Book on
" hands & read it faithfully for half an hour
" or an hour every day. — This to not
" meant to take the place of "Lecture". Which
" I find is better Made for only a few
" Minutes out of a Solid Spir Book and
" thought over, even whilst going about
" other duties, — helps to recollection & fixes
" thought in mind. — too many things read
" all at once confuses the mind and
" leaves only a vague impression.

Consult Angel Guardian about Exam & Resolutions to be Made. Have frequent Colloques with him. No one knows me so Well except God. Such a Constant true Friend. — and so Neglected alas!

Fifth Day.

lightly reversed the order of Meditation
ter The Agony in the Garden & Passion
ecite Contrition as preparation for
ression. Which I made after Mass
the Ordinary Confessor Father Dréand,
de preparation & Wrote out my Sins
evening before so that I could give
my Mind to Contrition & Resolutions
mendment. Felt intensely grateful
God's great Mercy & Patience, Resolved
efuse Him nothing & begin again in
est, praying for Grace to do so. —

Consideration on the Spirit of the World
pposed to the Spirit of God, found
ny traces of the Worldly Spirit in my
t. — Viz. Spir of World to achieve Success. —
of God. Not to look for Success, but do our best
rity solely for God's sake rare. Principle "to
mfortable in this life!" How do you feel
en you have made a Mistake, — Made
ool of yourself" — Got a humiliation, a
b. a disrespect? — A hidden sin — or open blunder

Sixth Day.

yesterday
"The three Classes of them", and "The three
Degrees of Humility" this Morning
can be taken together as far as the
impression & resolution goes. Viz.
To give all to God, let Him take all
Keep nothing back. And pray often
& earnestly for grace to resemble
Him closely. in Poverty, Humiliation
and Suffering. Also 17th Rule in practice
"Try & save people trouble". Who am I to be
waited on! — Keep in the back ground
be silent let others talk. When a Suffering
comes from the hand of God say "Here is
a Chance for me to resemble Him. 1st Place

Get into the habit of looking on every
one as My Superior. So indeed every one
is in something. Thank God Constantly
for cheapness, particularly during
Conversation. & in the Parlour. —

— Seventh Day. —

stitution of the Blessed Sacrament
the Passion. — Seemed to get an
ight of our Lord's love in giving
nself to us. Living with us in
r Homes. Sorrow for neglect, sloth
idity want of love in return —
solved for the future to be different
quent, short, loving visits. take every
g to Him, joys, sorrows, successes
lures, plans. — evening preparation
Morning Communion. —
ink often of the little guest room
the heart. — Still so bare & unfurnish
nothing else a few flowers or green leaves
carrying out this idea of preparing the room
my heart for our Lord to rest in after Holy
mmunion. My whole life & every action
ll be a preparation for It, & a strong incen
e to Fervour & Perfection. Read over little Plan

Eighth Day

The Resurrection, & visits of our Lord to
His Blessed Mother. St. John. Magdalen, & H. Women
The joy of those who suffered with Him
our joy when we find ourselves in Heaven
The qualities of a glorified body.
Indulged the imagination that I already
being dead possessed them. — after
the general Judgment. the joy of having
My own body such. Meeting our Lord. My
Immaculate Mother. Old Friends & Relatives
The beauty of Heaven. & that our Lord
Purchased all this for me by His Suffering
& Death. — What love! — What will I do for
Him who loved me so? —