



VIRTUE=STRENGTH.™



PATIENCE

The strength to endure delay, pain,
discomfort and disappointment.

VIRTUE=STRENGTH.



PATIENCE

HOW TO PRACTICE PATIENCE

Patience is the virtue which makes us accept for love of God, generously and peacefully, everything that is displeasing to our nature, without allowing ourselves to be depressed by the sadness which easily comes over us when we meet with disagreeable things.

By fixing our glance on Jesus, the divinely patient One, we can learn to practice patience. If Jesus, the Innocent One, bore so much for us, can we not endure something for love of Him? Whatever the total of suffering in our lives, it will always be very small compared with the infinite sufferings of Christ.

Whoever wishes to become patient must look at the motives for suffering in the profound light of faith. If we wish to live for God, we must never stop to consider the human causes of our sufferings, but must accept all as coming from His hands, simply repeating: Dominus est! It is the Lord!

This acceptance does not prevent us from feeling, even deeply feeling, the weight of the suffering – Jesus also felt it in His agony in the Garden of Olives – but it does help us to be undisturbed, to preserve peace and serenity, to maintain self-control, and, consequently, to be patient.

Father Gabriel of St. Mary Magdalen, O.C.D., (1893-1953)

Discalced Carmelite priest who became one of the most revered masters of the spiritual life.

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PATIENCE

RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

Remind ourselves to take a deep breath and count to 10 when we get impatient and frustrated with something or someone.

And pray a decade of the rosary to ask our Blessed Mother for her help.



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PATIENCE

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SAINT STORY

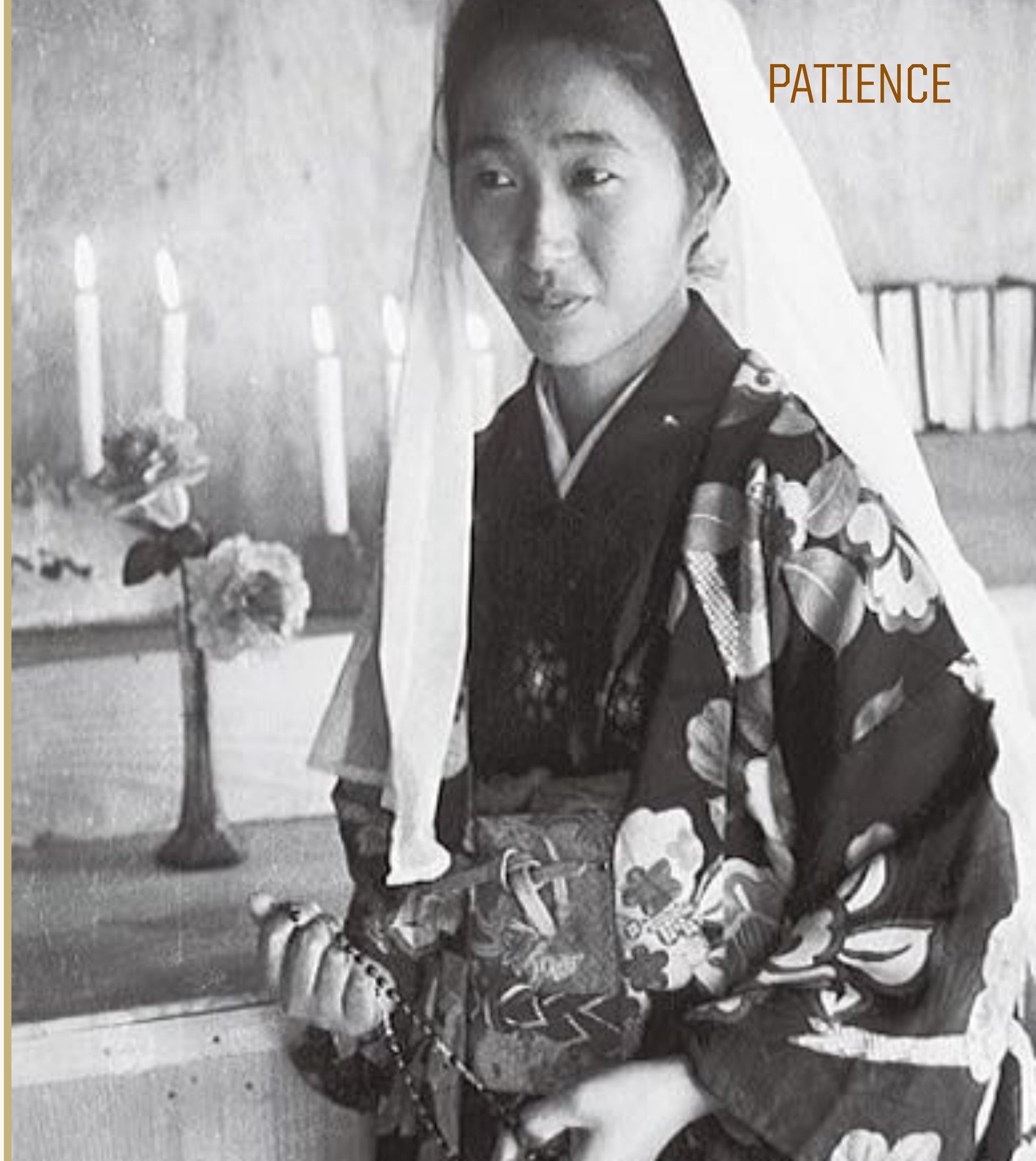
VENERABLE SATOKO KITAHARA

1929-1958

Satoko Kitahara was born in Tokyo Japan in 1929 and was the daughter of a wealthy aristocratic family descended from Japanese samurai warriors. She worked in an airplane warehouse during World War II and became disillusioned after she and others learnt of Japanese atrocities during the conflict. She discovered Roman Catholicism and after a period of being exposed to churches decided to learn catechism so she could be baptized.

Upon her baptism she selected the name "Elisabeth" and upon her Confirmation added the name "Maria". Kitahara made it her goal to tend to the impoverished and orphaned as well as the sick and poor who were suffering as a result of the damage inflicted during the war. In 1950 she first met the Conventual Franciscan friar Zenon Żebrowski, who had come to Japan with St. Maximilian Kolbe, and the two worked together to care for destitute people and children in the riverside Ants Village. It was called "Ants Village" because it was overcrowded with people. This work became the focus for Kitahara's life until she died from tuberculosis in 1958.

In 2015 she was named as Venerable after Pope Francis confirmed her life of heroic virtue.



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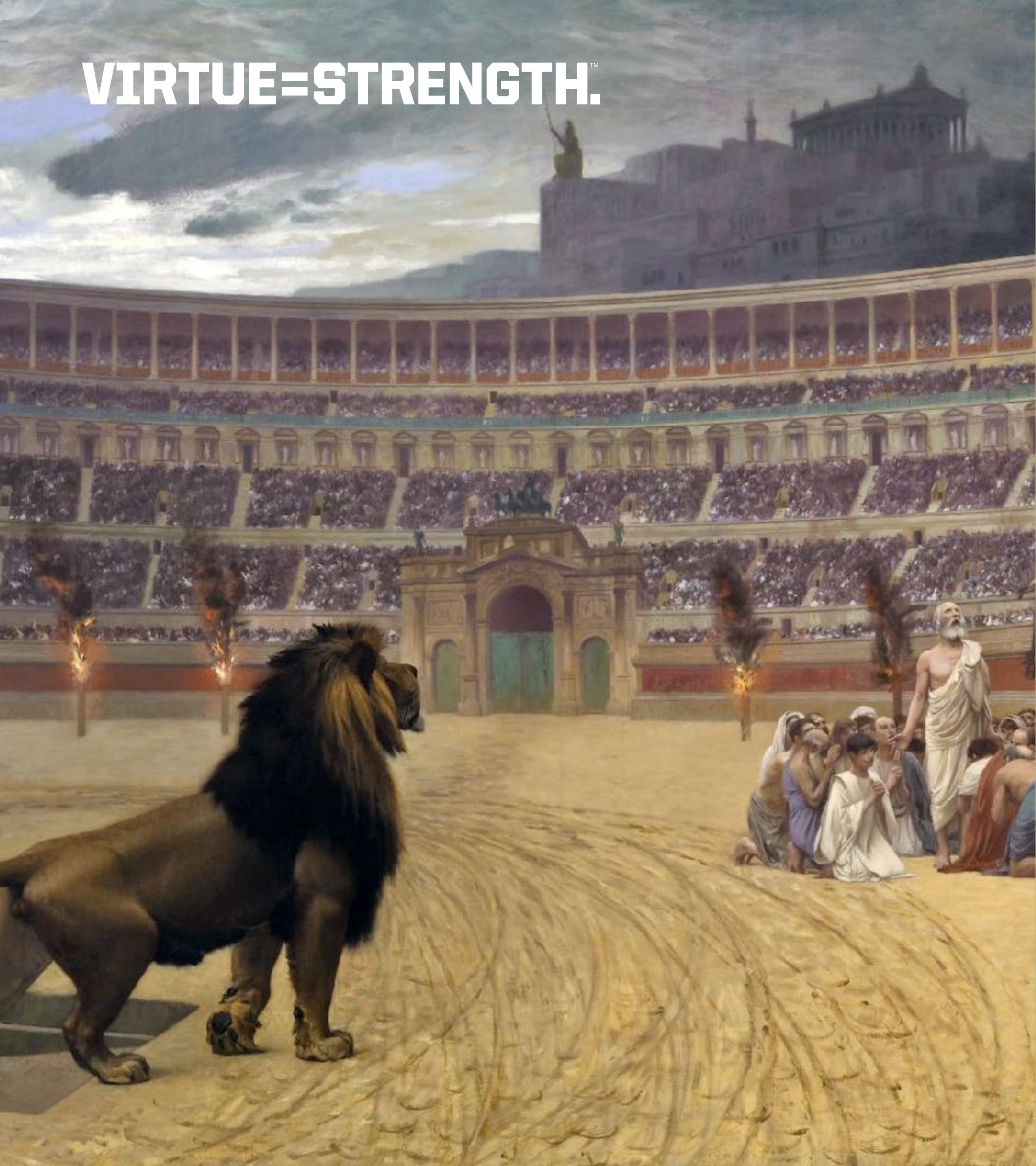
PATIENCE

LUKE 21: 17-19

“And you shall be hated by all men for my name's sake.

But a hair of your head shall not perish.

In your patience you shall possess your souls.”



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PATIENCE

“Take heart, then: let us work, suffer, pray, and become saints, for this is the one thing necessary.”

- St. Josephine Bahkita

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PATIENCE

*“Be patient with everyone but above
all with thyself.*

*Do not be disheartened by your
imperfections but always rise up
with fresh courage.”*

- St. Francis de Sales

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PATIENCE

*“Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.”*

– St. Teresa of Avila





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IMPATIENCE

The weakness to be unable to endure delay, pain, discomfort and disappointment.

STEPS TO DEAL WITH IMPATIENCE

Realize you are becoming impatient.

Take a deep breath.

You may not be able to change your immediate feelings but you can control your thoughts. Think about something else.

Recognize that it could be a lot worse. Think of the sufferings other people must go through.

Offer up to God the suffering you are experiencing through a real prayer intention.

Remember Jesus suffering during the scourging at the pillar and being nailed to the cross.

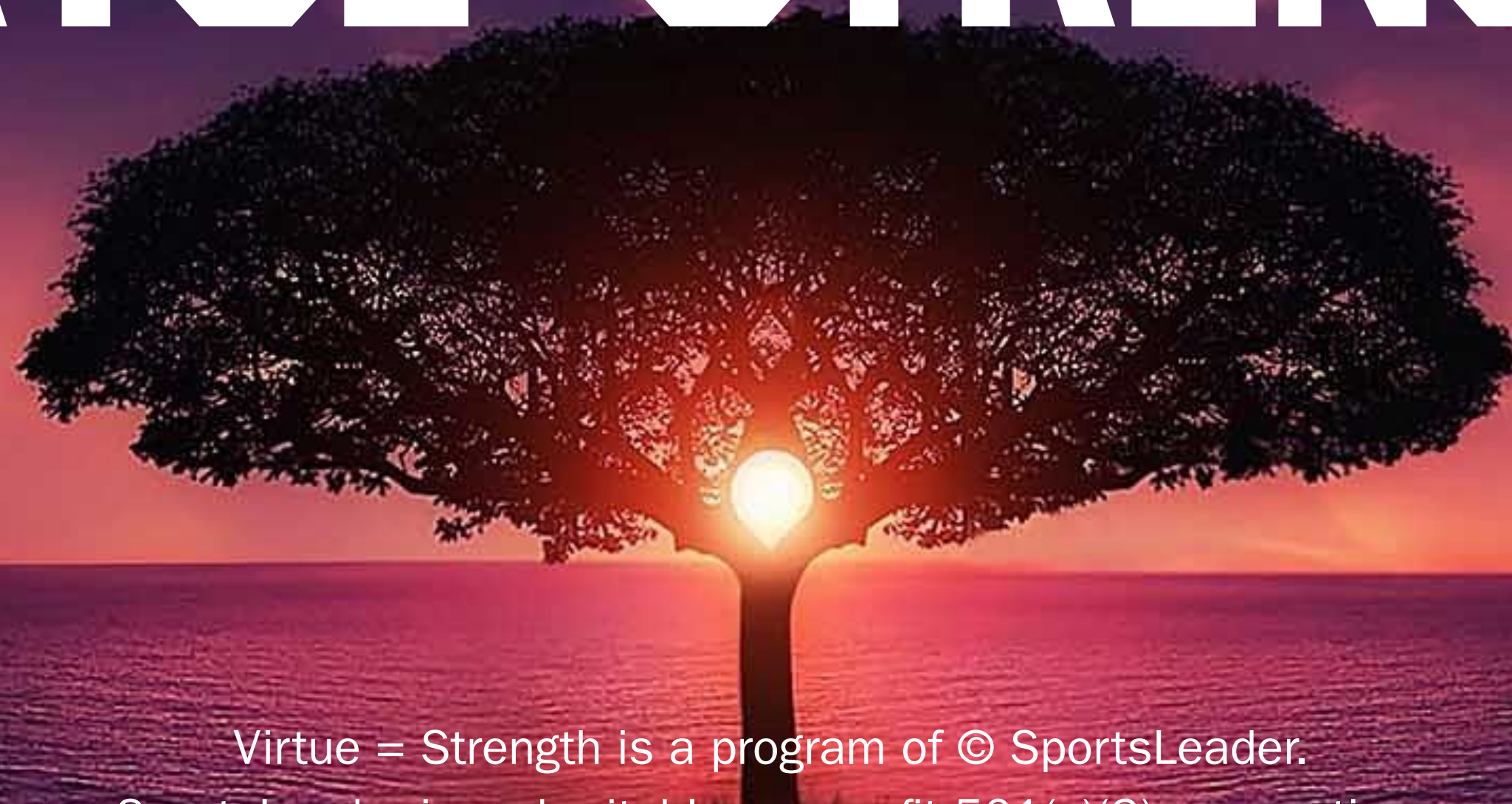
Know that this will pass.

PRAY A DECADE OF THE ROSARY.





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