Daily Pilgrimage to Purgatory



SACRED HEART MONASTERY
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Introduction

Origion Of This Practice

IN the writings of St. Margaret Mary Alacoque we find the following exhortation: "In union with the divine Heart of Jesus make a short pilgrimage to Purgatory at night. Offer up to Him all your activities of the day and ask Him to apply His merits to the holy souls. At the same time implore them to use their influence to obtain for us the grace to live and die in the love and friendship of this divine Heart. May He never find in us any resistance to His holy will or any wish to thwart His designs over us. Fortunate you will be, if you succeed in obtaining deliverance for some of these imprisoned souls, for you will have as many intercessors in heaven, laboring for your eternal salvation."

This pious practice, which was recommended by St. Margaret Mary to her novices for the octave of All Souls, was urged upon our associates in a number of articles published in the Annals of Our Lady of the Sacred Heart in 1885, under the title: "Daily Pilgrimage to Purgatory." Since then this pious custom has been adopted by many of the faithful. Our world-wide Archconfraternity would seem to have been chosen by Divine Providence to obtain comfort and deliverance for many souls in Purgatory.

Thanks to the zealous activity of our Promoters. the holy Masses and prayers which have been offered up for this intention in Rome and

many other places, have multiplied to such an extent that today suffrages for all the Poor Souls, and especially for those recommended to us by our associates, ascend to heaven without ceasing.

In a letter of recommendation given on January 15, 1884, His Eminence, Cardinal Monaco la Valette, Vicar General of His Holiness, approved of the publication and propagation of the "Daily Pilgrimage to Purgatory." On October 8th, of the following year, his successor as Vicar General of His Holiness, His Eminence Cardinal Parochi, not only deigned to honor us with a letter of approbation, but also delivered a splendid sermon on this pious practice in the church of Our Lady of the Sacred Heart in Rome, in which it has been introduced. Since then, almost a million copies of this pamphlet, which summarizes the articles on the "Daily Pilgrimage" in the Annals, have been distributed among the faithful. May it please the divine Heart of Jesus to use this booklet as a means of spreading this work of sympathetic love for the Poor Souls daily more and more. May this most benevolent of Hearts extend to all who in any way assist in the circulation of this booklet, the fullness of His graces and blessings.

Advantages Of This Practice

It is short. . . . . A "Daily Pilgrimage". . . . . It requires little more of your time than an ordinary prayer, a religious thought, or a devout ejaculation in behalf of the Poor Souls in Purgatory.

It is *easy*. . . . It can be practiced by anyone without effort, regardless of age or state of life,

at any time, and in any place.

It is *comforting*. . . . Not more is required than to descend in spirit for a moment to the suffering souls in Purgatory; to petition God to send them light, relief and peace; to relieve them of their sufferings, and to hasten the hour of their deliverance.

It is *holy*. . . . It is in accordance with the wishes of the Sacred Heart; it promotes union with His sentiments and designs; it increases His honor; we make this pilgrimage with Jesus as our escort of *honor,* as it were, whereby we share in His love and receive from Him light, relief and peace for these holy souls.

It is *generous*. . . . . It offers to the Sacred Heart every noble deed performed in the course of a day: prayers, mortifications, good works, alms, suffrages of every kind, and places them at the disposal of the Sacred Heart in behalf of the suffering souls.

It is *inexhaustible*. . . . It constantly implores Our Lord and Savior to apply to the Poor Souls, in an overflowing measure, the infinite merits of His life, His Passion and Death, as well as those of the Blessed Virgin Mary, St. Joseph and all the Saints.

It is *efficacious*. . . . If you only knew with what ardent desire these holy souls long for this new remedy which has such efficacy to relieve their sufferings. For this is what St. Margaret Mary calls the devotion to the Sacred Heart—a "remedy."

It is *meritorious*. . . . By extending this act of brotherly love to the Poor Souls, our merits are increased in the same measure as the pious thoughts which it inspires, the good disposition which it creates, the acts of virtue which it prompts.

It goes on *unceasingly*. . . . At every moment of the day and night, somewhere on earth members of the Archconfraternity pray for our departed friends according to our intention, as we do for theirs. There is an uninterrupted sequence of holy Masses, Stations of the Cross, good works, prayers and indulgences. Those whose death we mourn will never be forgotten.

It is *approved* by the Church. . . . Many bishops have readily given their approval; His Eminence, the Cardinal Vicar of His Holiness has recommended it twice in a most explicit manner; the Holy Father himself has deigned to bestow the richest privileges upon the altar of the Poor Souls in the Church of Our Lady of the Sacred Heart in Rome.

It is *favored* by God Himself. . . . Numerous spiritual as well as temporal favors have manifested, time and again, how pleasing this practice is to the Sacred Heart. One may, with confidence, use it as a means of obtaining the conversion of a sinner, the restoration of health, or a special grace. Very effective also is the promise to promote this pious practice, if a petition be heard. Many favors have thus been granted which had been previously asked for without success. If the Lord rewards in this life the gift of a cup of cold water, given in His name to the poor, He certainly will reward, even more generously, the help given for His sake to the Poor Souls in their great need.

It is *salutary*. . . . We obtain thereby the perpetual gratitude of the Poor Souls; they will fervently pray for us, especially after their entrance into eternal happiness, in order to secure for us the grace to live and die in the love and friendship of the divine Heart of Our Lord Jesus Christ.

"On my awakening this morning, on the Sunday of the Good Shepherd," wrote St. Margaret Mary two hundred years ago, "two of my suffering friends came to take leave of me; today the Good Shepherd received them into His eternal fold, together with a million of others. They left with untold joy and happiness. When I asked them to remember me, they replied: "Ingratitude never entered heaven."

It deserves to be *propagated*. . . . Oh you my Christian friends who read these lines, priests, religious or devout lay-people, hasten to come forward; let the Archconfraternity of Our Lady of the Sacred Heart be the bond which binds us all into a vast assembly of worshippers, in union with the divine Heart, and under the protection of St. Joseph, the great helper of the Poor Souls.

Let us do everything possible to spread this devotion. It is so simple, and requires so little effort; and besides, we will be rewarded for it. Let at least these tiny drops of water trickle down into the fires of Purgatory every day. If no one refuses to do so, many souls will be released, and a refreshing stream will constantly flow through that prison of fire.

Daily Pilgrimage to Purgatory.



Daily Pilgrimage To Purgatory

Preparation:*

Prayer.—Oh St. Margaret Mary, whom the Lord has chosen to reveal to the whole world all the treasures hidden in His merciful Heart of Love! Oh thou who hast heard how the Poor

*A single one of these acts or a similar one will suffice.

Souls in Purgatory begged for this new remedy, the devotion to the Sacred Heart, which so effectively relieves them of their torments! Oh thou who hast set free so many of these poor prisoners by practising this devotion: obtain for us the grace to make this Pilgrimage worthily in the company of the Sacred Heart of Jesus. Amen.

Unite now, in your own words, the intention for which you pray with those of the faithful who make this pilgrimage daily.

Consecration of the Day:

Oh divine Heart of Jesus, in making this Pilgrimage with Thee as my Companion, I consecrate to Thee everyone of my activities during the day with the help of Thy grace. I pray Thee to unite my small merits with Thine and to apply them to the Poor Souls, especially the soul of Thy servant, N.N.

Likewise do I entreat you, oh holy souls, to help me obtain the grace to persevere in love and loyalty towards the Sacred Heart, by submitting readily and without complaint to whatever designs He may have for me.

Offering:

Eternal Father, we offer Thee the Blood, Passion and Death of Jesus Christ, and the sorrows of the most holy Mary and St. Joseph, in payment of our sins, in suffrage for the holy souls in Purgatory, for the wants of our holy Mother the Church, and for the conversion of sinners. Amen.

100 days, once a day. Pius IX, April 30, 1860.

Ejaculation:

"May the Sacred Heart of Jesus be loved everywhere."—100 days, once a day. Pius IX, Sept. 23rd, 1860.

"Our Lady of the Sacred Heart, pray for us."

—100 days. Pius X, July 3, 1904.

"St. Joseph, model and patron of those who love the Sacred Heart of Jesus, pray for us."—100 days, once a day. Leo XIII, Dec. 19, 1891.

Preparatory Meditation:

Let us for a moment, with the love of the Sacred Heart and the abundance of His graces, descend in spirit into the consuming flames of Purgatory.

How many of these souls begin their painful imprisonment this very moment! What a great number of them have been there for a long time and shall be there for a longer time to come! What a holy legion, almost entirely purified and cleansed at the present moment, shall fly to heaven this very day!

How happy the Poor Souls are! They have escaped hell forever. They are certain to obtain eternal happiness. They are friends of God; they are saved!

But how wretched they are at the same time! They still must suffer temporal punishment for sins which have been already forgiven them. The gates of their heavenly fatherland are still closed to them; they are condemned to expiating fire.

Behold them in their present plight! Listen to their lamentations! Let us speak to them a word of friendship and sympathy; let us hasten to their assistance!

Sunday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret the waste of time. . . . I did not consider it so precious, so fleeting, so irre-

trievable. . . . For this reason my life was worth only half of what it might have been. Oh, if I only had realized it then! If I only could return to earth again, how differently I would use the time given me!

Precious time! . . . . Today I know how to appreciate you as you deserve. You were purchased with the Blood of Christ; you were given me for the sole purpose of loving God, sanctifying myself and edifying my neighbor. But alas! I have abused you by committing sin; I have craved vanity, pleasures and trifles; I have been dreaming dreams which now cause me bitter reproaches and remorse. Precious time. . . . . Wasted time. . . . . How heavily you rest upon me now! How it grieves me to have lost you through my own fault!

Fleeting time. . . . . Time which passes so quickly on earth, but which drags so heavily in this prison of fire, in this place of excruciating torments! Formerly it passed like lightning; years seemed like days to me. My whole life has vanished like a dream.

Hours seem now like years, days like centuries. Now I must suffer, weep, and wait, until the last minute of wasted time is paid for. Oh, how long shall my exile last!

Irretrievable time! On earth there seemed to be no bounds set for me. I relied on my last years to do penance; but the thread of my life was cut off at a moment when I expected it least! O precious time! You were made to enable me to acquire treasures and graces without number, but you are gone from me forever, and there is no hope of ever seeing you again.

Oh you, who still live on earth, do not waste the gift of time, which has cost Jesus such a high price, and for which you too will pay dearly in

the flames of Purgatory if you imitate our carelessness.

Of you, who live at a time which is pre-eminently devoted to the Sacred Heart, during these last centuries when He has revealed to the world His love in its fulness, intercede for us that we may obtain the merits of one of these days, of some of these hours, in which His grace is so freely and abundantly offered you.

Prior Exercises

Resolution.—Today I will do everything possible to assist the souls of priests, religious and all those in Purgatory who have been faithful to this devotion all their lives. I also recommend myself to those who enter heaven at this moment.

Thought for the day.—The sufferings of the souls in Purgatory are so great that a single day appears to them like a thousand years.

Exercise.—Use a few moments of your time to make some ejaculations in honor of the divine Heart for the comfort and consolation of the Poor Souls.

Special Intention.—Implore the divine Heart of Jesus for the relief of the most forsaken soul in Purgatory,

Motive.—The greater the abandonment of a soul, the greater will be its gratitude towards you. It will obtain for you the favor never to be forsaken by God through the withdrawal of His grace, and never to abandon Him by committing sin.

Prayer.—O Lord Almighty, I pray Thee, by the Precious Blood which Thy divine Son Jesus shed in the garden, deliver the souls in Purgatory and especially that soul which is most destitute of

spiritual aid; and vouchsafe to bring it to Thy glory, there to praise and bless Thee forever. Amen.

Our Father. . . . Hail Mary.

Indulgences to be gained during the seven days of the devotion to the Poor Souls—

300 days, each day.

Plenary indulgence, during the period, or once during the eight days immediately following.

Pius IX, Jan. 5, 1849.

Any form of prayer for the holy souls, sanctioned by competent ecclesiastical authority, may be used.

De Profundis Psalm 129:

Out of the depth I have cried unto Thee, O Lord: Lord, hear my voice. Let Thine ears be attentive: to the voice of my supplication.

If Thou, O Lord, shalt mark our iniquities: O Lord, who can abide it?

For with Thee there is mercy; and by reason of Thy Law I have waited on Thee, Oh Lord.

My soul hath waited on His word: my soul hath hoped in the Lord. From the morning watch even unto night: let Israel hope in the Lord. For with the Lord there is mercy; and with Him is plenteous redemption.

And he shall redeem Israel: from all his iniquities.

V. Eternal rest give to them, O Lord.

R. And let perpetual light shine upon them.

Ejaculation:

Sweet Heart of Jesus, make me love Thee ever more and more.

300 days. Plenary, once a month. Pius IX, Nov. 26, 1876.

Monday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret my extravagance in the use of earthly possessions. . . My fortune, my health, my talents, my position in the world, the influence I had, my relatives, my servants, in a word, everything would have proved salutary to me if I only had known how to use it for the greater honor of the divine Heart. How many graces could I have drawn down upon myself! I did not care; and at the hour of my death all my possessions have come to nothing before my eyes.

Oh, if I were rich today in these frail possessions! If it only were possible for me to hasten, even for one moment, the hour of my deliverance; to increase, even by one degree, the glory which God has in store for me; to waken, if only in one soul now living in the world, the devotion to the divine Heart of Jesus.

Oh my friends, whose fortunes are still at your disposal, use them for the support of your neighbor by generously giving alms to the poor. Use them for the greater honor of God as pious offerings designated for the propagation of the devotion to His Sacred Heart through the world. devotion to His Sacred Heart throughout the world.

Pious Exercises

Resolution.—Today I will do everything possible to assist the souls of the faithful departed from all parts of Europe. I also recommend myself to those who enter heaven at this moment.

Thought for the day:

Eleemosyna portae coeli aperiuntur. (St.

John. Chrys. hom. 32. in Ep. ad. Heb.) "The gates of heaven are opened by alms."

Exercise.—Give an alms for the propagation of the devotion to the divine Heart of Jesus.

Special Intention.—Pray for the soul which is nearest to Heaven.

Motive.—The closer a soul is to the end of its suffering, the more ardently will it long for union with the Sacred Heart. Remove, therefore, by your prayers, the obstacles still in its way. In turn, it will obtain for you the grace to sever the ties which now prevent you from giving yourself entirely to God.

Prayer.—O Lord God Almighty, I pray Thee, by the Precious Blood which Thy divine Son Jesus shed in His cruel scourging, deliver the souls in Purgatory, and that soul especially which is nearest to its entrance into Thy Glory; that so it may forthwith begin to praise and bless Thee forever. Amen.

Our Father. . . . Hail Mary.

Ejaculation: Sweet Heart of Mary, be my salvation!

300 days. Plenary, once a mont.h Pius IX, Sept. 30, 1852.

Tuesday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret my contempt of many graces! They have been offered to me in such abundance, at every moment of my life and with such loving admonitions. . . . Spiritual regeneration, vocation, sacraments, word of God, holy inspirations, good examples, splendid graces to protect me in

danger, to help me in temptations, the grace of forgiveness for my sins, of indulgences so easily gained. . . . Whta an incalculable number of the most varied graces!

Some I have refused; others I have accepted with coldness; unfortunately, I have misused most of them. I have preferred earthly possessions to the eternal. How I have deceived myself!

Oh, if I could but for one moment quench my thirst at the fountains of mercy, flowing from the Sacred Heart! Unfortunately these fountains are spurned by sinners, as they were by me.

Oh you who behold the inexhaustible stream of graces flow by, why do you not draw from it a few drops for yourself?

Listen to what St. Margaret Mary says to you from the heights of heaven, as we proclaim it from the midst of these flames: "It is certain that everyone on earth could obtain salutary graces without number, if he but felt a grateful love for Jesus Christ, like the one accorded Him through the veneration of His Sacred Heart."

Pious Exercises

Resolution.—Today I will do everything possible to assist the souls of the faithful departed from all parts of Asia, particularly from Palestine and from countries infested with idolatry, schism and heresy. I also recommend myself to those who enter heaven at this moment.

Thought for the day:

Bonum gratiae unius majus est, quam bonum naturae totius universi. (St. Thomas 1, 2, P. 113aIX ad. 2.)

"The benefit of a single grace is greater than all the material value of the whole world."

Exercise:

In order to relieve the Poor Souls of their suffering, I shall offer them today, by way of suffrage, the benefit of some indulgence, gained by prayers or some devotional exercise in honor of the divine Heart of Jesus.

Special Intention:

Pray for the soul in Purgatory which is farthest from eternal rest.

Motive:

Let yourself be moved by the abandonment, resignation and humility with which that soul bears its long suffering; it will be grateful to you. Happy will you be, if it obtains for you the virtue of humility in this world, so that you

Prayer:

may be exhalted in the next.

O Lord Almighty, I pray Thee by the Precious Blood which Thy Divine Son Jesus shed in the bitter crowning with thorns, deliver the souls in Purgatory, and in particular that soul which would be the last to depart out of this place of suffering, that it may not tarry so long a time before it come to praise Thee in Thy glory and bless Thee forever. Amen.

Our Father. . . . Hail Mary.

Ejaculation.—Eternal Father! I offer Thee the Precious Blood of Jesus Christ in satisfaction for my sins, and for the wants of Holy Church.

100 days. Pius VII, Sept. 22, 1817.

Wednesday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret the evil which I have done. . . .

In the world the evil seemed so easy, so pleasant. In the midst of pleasures I silenced the voice of my conscience. Today my faults weigh me down; their bitterness torments me; their memory persecutes and tortures me!

Mortal sins, forgiven, but not atoned for, venial sins, small imperfections! Too late I detest you now! Nothing must now stand in the way of just punishment.

Oh, if I could return to life again! No promise, be it ever so tempting, no riches, no flattery, could induce me to commit even the smallest sin!

Oh my friends, you who are still free to choose between God and the world, gaze upon the crown of thorns, gaze upon the Cross, upon all the sufferings which your sins have caused the Sacred Heart! Your faults have caused them! Think of the belated contrition which you shall experience in Purgatory over these sins and faults, and you will be able to avoid them without the least effort.

If you long for the grace to renounce Satan when he persecutes you with his deadly missiles, consider what St. Margaret Mary says: "I cannot believe that persons consecrated to this divine Heart will ever be lost; neither do I believe that they will fall into the hands of Satan by committing a mortal sin, after having given themselves entirely to Him. For they will take great pains to honor, love and glorify Him with all their strength, and to follow his wise counsels willingly and completely."

Pious Exercises

Resolution.—Today I will do everything possible to assist the souls of the faithful departed from Africa, particularly from those countries

in Africa which were formerly Catholic, and are now returning to the truth of the holy Gospel. I also recommend myself to those who enter heaven at this moment.

Thought for the day.—Quid prodest homini, si mundum universum lucretur, animae vero suae detrimentum patiatur? (Math. 16, 25.) "What doth it profit a man, if he gain the whole world and suffer the loss of his own soul?"

Exercise.—Make an act of contrition in union with the souls in Purgatory, before a picture of the Sacred Heart.

Special Intention.—Pray for the soul richest in merits.

Motive.—The more exhalted a soul is in heaven, the more effective will be its request for true love of God for you, without which there is no real merit.

Prayer.—O Lord God Almighty, I pray Thee, by the Precious Blood of Thy Divine Son Jesus shed in the streets of Jerusalem, when He carried the Cross upon His Sacred shoulders, deliver the souls in Purgatory, and especially that soul which is richest in merits before Thee, that so, in that throne of glory which awaits it, it may magnify Thee and bless Thee forever. Amen.

Our Father. . . . Hail Mary. . . .

Ejaculation.—Jesus, Mary, Joseph, I give you my heart and my soul.

Jesus, Mary, Joseph, assist me in my last agony.

Jesus, Mary, Joseph, may I breathe forth my soul in peace with you.

300 days. 100 days, for saying one of the foregoing ejaculations. Pius VII, April 28, 1807.

Thursday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret the scandal which I have given! Oh, if I had to grieve over my own faults only . . . . If I only could have prevented, at the hour of my death, the disastrous consequences of the scandal of which I was the cause. If I only could detain from this place of darkness the many souls that followed my sad example and accepted my pernicious teachings! But no! Through my fault the evil goes on and, perhaps, will spread over a period of years and centuries. And now I have to give an account of all the sins for which I am in the least to blame!

Oh, if I were able to let my sad words resound unto the ends of the earth and to wander through the world as a preacher of penance! What untiring zeal would I display among souls in order to estrange them from evil and return them to virtue.

Oh you, friends of the Sacred Heart, who come to visit me in this dark prison, to let a ray of His salutary light shine upon me: you shall find in Him the surest and easiest way to bring back to God as many souls as I have led into sin by my bad example!

Tell them that "this divine Heart is a fortress and a sanctuary for those who desire to escape divine justice by seeking refuge in Him. For the number of sins committed at the present time is so great, that they challenge a just Creator to punish the sinner swiftly and severely!"

Resolution.—Today I will do everything possible to assist the souls of the faithful departed from North and South America, especially those from my native town. In particular will I endeavor to help the departed souls from the uncivilized parts of these countries where the light of faith begins to shine forth. I also recommend myself to those who enter heaven at this moment.

Thought for the day.—Filius enim hominis. . . . reddet unicuique secundum opera ejus. (Matth. 16, 27.) "The Son of man will render to everyone according to his works."

Exercise.—Give a picture or a book, treating of the Sacred Heart to some one today.

Special Intention.—Pray for the soul which had the greatest devotion to the Most Blessed Sacrament.

Motive.—This soul will obtain for you the grace to receive Holy Communion worthily at the hour of death as a pledge of your eternal salvation.

Prayer.—O Lord, God Almighty, I pray Thee, by the Precious Blood of Thy divine Son Jesus, which He gave with His own hands upon the eve of His Passion to His beloved Apostles to be their food and drink, and which He left to His whole Church to be a perpetual sacrifice and life-giving food of His own faithful people, deliver the souls in Purgatory, and especially that one which was most devoted to this mystery of infinite love, that it may with Thy same Divine Son, and with Thy Holy Spirit, ever praise Thee for Thy love therein in eternal glory. Amen.

Our Father. . . . . Hail Mary. , . . .

Ejaculation.—My Jesus! Mercy!
100 days. Pius IX, Sept. 24, 1846.

Friday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret my neglect of acts of mortification. How easy they would have been on earth, but how difficult they are now in Purgatory. Here the smallest suffering is more poignant than the most cruel torments on earth. In the world it only meant patience and resignation in the hardships and adversities of my life; it only meant giving from my surplus to the poor, and devoting myself to works of atonement; it only meant gaining indulgences and performing works of piety. Could anything have been easier? I could have shortened my Purgatory considerably in this way.

If God would only grant me the grace to exchange as many years of my life on earth for the years which I still have to remain in this place of sorrow! No commands would be too severe for me; no pains could frighten me; the most difficult works of penance would be sweet and give me comfort at the thought of this consuming fire.

Oh you who now smart under the insignificant trials and hardships of this life! Oh you who now earn your daily bread by the sweat of your brow, rejoice! The smallest pain, suffered in the spirit of atonement and offered up to the Sacred Heart in the spirit of expiation, will save you from a long and painful Purgatory.

Resolution.—Today I will do everything possible to assist the souls of the faithful departed from the far distant countries of Oceania, particularly from the most difficult, severely tried Catholic mission districts. I also recommend myself to those who enter heaven at this moment.

Thought for the day.—Facite ergo fructus dignos poenitentiate. (Luke 3, 8.) "Bring forth therefore worthy fruits of penance."

Exercise.—Offer up to the Sacred Heart a little act of mortification for the relief of the suffering souls in Purgatory.

Special Intention.—Pray for the souls for which you are most bound to pray.

Motive.—If you are indebted to these souls by an obligation of justice, do not postpone it, because this may call down the wrath of God upon yourself.

Prayer.—O Lord God Almighty, I pray Thee, by the Precious Blood which Thy Divine Son shed on this day upon the wood of the Cross, especially from His most sacred hands and feet, deliver the souls in Purgatory, and in particular that soul for which I am most bound to pray; that no neglect of mine may hinder it from praising Thee in Thy glory and blessing Thee forever. Amen.

Our Father. . . . Hail Mary. . . .

Ejaculation.—Jesus, meek and humble of heart, make my heart like unto Thine.

300 days. Pius IX, Jan. 25, 1868.

Saturday

Oh holy Souls in Purgatory, is there anything you regret when you think of your life on earth?

I deeply regret the little amount of charity I have shown towards the Poor Souls during my life on earth. . . . I could have been of such great service to them, since a Catholic can bring so much light and peace to the poor prisoners in that dark, burning place of cruel suffering. I could have helped them by my prayers, mortifications, alms, good works, holy Communions and holy Masses, the latter, either by having them said for the Poor Souls or by attending them, especially those celebrated in honor of the Sacred Heart. As a priest, I was in a position to offer up this sublime sacrifice frequently in their behalf. I would have obtained numerous graces for myself, which would have made it easier for me to avoid sin. Moreover, I would have deserved a much shorter and less painful Purgatory, and now I would receive a much greater share in the prayers which are said for us wherever there are Catholics.

Oh, if I only could return to the world, I certainly would take active interest in the sad plight of the Poor Souls! What devout prayers would I say for them! How solicitous I would be to awaken in the faithful the most tender sympathy and pity for them!

Pious Exercises

Resolution.—Today I will do everything possible to assist the souls of the faithful departed from the mission fields of Melanesia and Mikronesia, (New Britain, the Solomon, Gilbert and Marshall Islands and New Guinea.) I also recommend myself to those who enter heaven at this moment.

Thought for the day.—Merito haec patimur, quia peccavimus in fratrem nostrum, videntes

angustiam animae illius, dum deprecaretur nos, et non audivimus: idcirco venit super nos ista tribulatio. (Gen. 42, 21.) Thus spoke the guilt-burdened brothers of innocent Joseph one to another: "We deserve to suffer these things, because we have sinned against our brother, seeing the anguish of his soul, when he besought us, and we would not hear; therefore, is this affliction come upon us."

Exercise.—Spread, as much as possible, the devotion: "Daily Pilgrimage to Purgatory." The Poor Souls will be grateful to you.

Special Intention.—Pray for the soul which had the greatest devotion to Our Lady of the Sacred Heart.

Motive.—In doing so you cause the Mother of God great delight; she will obtain for you, through the intercession of this soul, the grace of a true devotion to the Sacred Heart.

Prayer.—I Lord God Almighty, I beseech Thee, by the Precious Blood, which gushed forth from the side of Thy Divine Son Jesus, in the sight of, and to the extreme pain of His most holy Mother, deliver the souls in Purgatory, and especially that soul which was the most devout to Our Lady of the Sacred Heart and Queen of Heaven; that it may soon attain unto Thy glory, there to praise Thee in her, and her in Thee, world without end. Amen.

Our Father. . . . Hail Mary. . . .

Ejaculation.—Our Lady of the Sacred Heart of Jesus, pray for us!

100 days. Pius X, June 26, 1904.

The Heroic Act Of Charity in Favor Of The Poor Souls In Purgatory

The Heroic Act of Charity is the most beautiful and most effective manifestation of devotion to the Poor Souls, as well as of love of God and neighbor in general. There may be a few among our associates who did not make it as yet; these we urge to do so as soon as possible. For their information we give the following necessary explanation.

1. Purpose and meaning of the Heroic Act of Charity.

The heroic act of charity in behalf of the Souls in Purgatory consists of a voluntary offering, made by any one of the faithful in their favor, of all works of satisfaction done in this life, as well as of all suffrages which shall be offered after his death. By this act he deposits all these works and suffrages in the hands of the Blessed Virgin, that she may distribute them in behalf of those holy souls whom it is her good pleasure to deliver from the pains of Purgatory, at the same time that he declares that by this personal offering he only foregoes in their behalf the special and personal benefit of those works of satisfaction, so that, if he be a priest, he is not hindered from applying the Holy Sacrifice of the Mass according to the intention of those who give him alms for that purpose.

Every meritorious act performed in the state of sanctifying grace and with a good intention, gains for us the following spiritual privileges:

1. An increase in sanctifying grace and heavenly glory. 2. Many graces of body and soul for ourselves and for others. 3. Remission of temporal punishment for our sins. Only this third fruit, the satisfactory or expiatory part of the works that we accomplish is conceded or applied to the souls in Purgatory, whereas the fruit of merit and impetration (of prayer), remains ours. The heroic act therefore, does not prevent the faithful from praying for themselves or for others, or to let others share in their good works.

Remarks

a. In making the heroic act and desiring to gain the indulgences attached to it, one forgoes in truth and in fact, without reservation of any kind, and without exception, the special and personal benefits of all works of satisfaction and suffrages, and deposits them as a voluntary offering to God in the hands of the Blessed Virgin. b. This act of charity, though denominated a vow in some printed tracts does not bind under sin. It may be revoked at any time. It sands to reason however that, by doing so, one can no longer gain the indulgences attached to the heroic act.

Indulgences

1. The priests who have made this offering may enjoy the benefits of the privileged altar personally every day of the year.
2. All the faithful who will have made this act may gain:
   a. A plenary indulgence, applicable only to the departed, every day that they receive Holy Communion, provided they visit a

church or public oratory and pray for the intention of the Sovereign Pontiff.

As far as children who have not yet received their first Communion and every one of the faithful who cannot receive it, are concerned, bishops may authorize the confessors to replace this Communion by some other works of piety.

b. A plenary indulgence every Monday, to all who hear Mass in suffrage for the souls in Purgatory, visit a church or public oratory and pray for the intention of the Holy Father. The sick, old people, those living in the country, travellers, prisoners, etc., who cannot hear Mass on Monday may offer to this end that of the Sunday, and not the Mass of another day in the week.

c. All indulgences granted, or to be granted, and gained by the faithful who have made this offering, are applicable to the holy souls in Purgatory, even when this faculty is not so expressed in the formula or decree of the concession of such indulgences. Pius VI, Dec. 12, 1788. Pius IX, Sept. 30, 1852. Nov. 20, 1854.

Motives For Making the Heroic Act

1. You gain many indulgences.
2. Innumerable souls are quickly released from the terrible pains of Purgatory; heaven is filled with new saints, who will glorify and praise God for all eternity, also in your behalf.
3. You will gain the special love of the Holy Trinity, of Our Savior, and of all the saints, and you have the promise of Our Lord applied to you: "Blessed are the merciful, for

they shall obtain mercy." (Math. 5, 7.) "Give, and it shall be given to you; good measure, and pressed down and shaken together and running over shall they give unto your bosom." (Luke 6, 38.)

4. After you have made the heroic act, the Poor Souls will become your debtors; in heaven they will be solicitous about your eternal salvation; zealously they will labor that you may not be lost, that you shall not suffer Purgatory at all, or at least be released from it soon.
5. The Blessed Virgin receives an increase of signal veneration, for she will be proclaimed, loved and invoked as the most loving Queen of the Poor Souls and sweet dispenser of our merits to them. Could there be any doubt that she will have a special affection, in this world, as well as in the next, for those who love and honor her in this way?



Unnecessary Apprehension In Regard To The Heroic Act

Be not afraid that you may lose by this act of charity. Neither will you expose yourself to the danger of having to suffer a long Purgatory yourself. On the contrary, you can only gain by it, since you will obtain the special love of the Most Holy Trinity, of Our Savior, the Blessed Virgin, and of all the Saints. Who shall fare better in the end: he who relies on the justice of God alone, or he who heroically offers his merits to the Poor Souls and relies entirely on God's infinite mercy and generosity? The latter

without doubt. Therefore, in making the heroic act of charity you have nothing to fear for yourself; you can only gain by it.

Neither need you be afraid that the souls of your relatives, friends and benefactors, will in the least be slighted. The Blessed Virgin does not distribute the good works offered up for the Poor Souls arbitrarily, but according to that measure of charity and justice which God himself employs in the distribution of His graces. She will therefore favor with your merits preferably those souls towards whom you have special obligations.

Many persons, distinguished by their position, learning and holiness, have made this heroic act in favor of the Poor Souls and will not have to regret it in eternity. Follow their example, and likewise offer up the atoning merits of your good works for the comfort and deliverance of the Poor Souls.

5. No special formula for making the heroic act is prescribed. For your convenience however, we herewith give the formula taken from the works of St. Alphonsus de Liguori. Its briefness lends itself to a frequent and profitable renewal of this act.

"Oh my God, in union with the merits of Jesus and Mary, I offer Thee for the souls in Purgatory, all my satisfactory works, as well as those which may be applied to me by others during my life, and after my death. And, so as to be more agreeable to the Divine Heart of Jesus and more helpful to the departed, I place them all in the hands of the merciful Virgin Mary.

Benedict XV, May 31, 1921.

The Pious Union Of Prayer

1. Its Object.

"In union with the divine Heart of Jesus make a short pilgrimage to Purgatory at night. Offer up to Him all your activities of the day and ask Him to apply His merits to the holy souls. At the same time implore them to use their influence to obtain for us the grace to live and die in the love and friendship of this divine Heart. May He never find in us any resistance to His holy will or any wish to thwart His designs over us. Fortunate you will be, if you succeed in obtaining deliverance for some of these imprisoned souls, for you will have as many intercessors in heaven, laboring for your eternal salvation."

2. Its Purpose

This "Pious Union" has for its purpose relief and deliverance from Purgatory of the Poor Souls. Its secondary purpose is the attainment of personal holiness, the conversion of sinners and the acquisition of the necessary spiritual and temporal graces.

3. Its Privileges.

1. A special protection from the Sacred Heart, Who considers every act of charity towards the Poor Souls as done to Himself.
2. Gratitude of the souls in Purgatory. "If you only knew," writes St. Margaret Mary, "with what great longing these holy souls yearn for this new 'remedy,' which so effectively relieves them of their suffering. For this is what they call the devotion to the Sacred Heart, especially the sacrifice of the holy Mass offered up in His honor."

In another place the Saint says: "Ingratitude never entered heaven."

3. A share in all the prayers and good works of the associates.
4. The departed members of this "Pious Union," particularly those who have been specially recommended, receive unceasingly the fruits of the numerous holy Masses, offered up for the intention of this association.

4. Its Obligations.

1. Promise, without binding yourself in conscience, to meditate every day, no matter how briefly, on Purgatory, or some other pious practice, v.g. on some prayer of ejaculation to which indulgences, applicable to the Poor Souls, are attached.
2. Send, if possible once a year, a holy Mass to the *Sacred Heart Monastery, 305 S. Lake St., Aurora, Illinois;* this Mass is to be offered up for the intention of this "Pious Union." Offer up for the same intention all the Masses which you attend, all the holy Communions which you receive, all the good works which you perform, particularly those which have for their purpose the veneration of the Sacred Heart.

Remarks

1. Help to spread the devotion to the Sacred Heart, so dear and beneficial to the suffering souls by sending a small donation to the headquarters of this "Pious Union," the Sacred Heart Monastery, Aurora, Illinois.
2. Distribute the booklet: "Daily Pilgrimage to Purgatory."
3. Report at the Sacred Heart Monastery, Aurora, Illinois, the graces with which God has deigned to reward the zeal and the

prayers of the members of the Archconfraternity of Our Lady of the Sacred Heart.

4. Enroll, if you have not done so yet, in the Archconfraternity of Our Lady of the Sacred Heart. All of its indulgences are applicable to the Poor Souls.

Indulgenced Prayer

Eternal Father, we offer Thee the Blood, Passion, and Death of Jesus Christ, and the sorrows of the most holy Mary and St. Joseph, in payment of our sins, in suffrage for the holy souls in Purgatory, for the wants of our holy Mother the Church, and for the conversion of sinners.

100 days, once a day. Pius IX, April 30, 1860.

Eternal Father: I offer Thee the Precious Blood of Jesus Christ in satisfaction for my sins, and for the wants of Holy Church!

100 days. Pius VII, Sept. 22, 1817.

Sweet Heart of Mary, be my salvation!

300 days. Plenary indulgence, once a month. Pius IX, Sept. 30, 1852.

My Jesus, Mercy!

300 days, Pius IX, Sept. 24, 1846.

Jesus, meek and humble of heart, make my heart like unto thine!

300 days, once a day. Pius X, Sept. 13, 1905.

May the Sacred Heart of Jesus be loved everywhere.

100 days, once a day. Pius IX, Sept. 23, 1860.

Our Lady of the Sacred Heart of Jesus, pray for us!

100 days. Pius X, June 26, 1904.

St. Joseph, model and patron of those who love the Sacred Heart of Jesus, pray for us!

100 days, once a day. Leo XIII, Dec. 19, 1891.

The Sacred Heart Missionary Crusade

A Perpetual Association for the Living and the dead

The aim of the Sacred Heart Missionary Crusade is to spread devotion to the Sacred Heart of Jesus in accordance with the revelations to St. Margaret Mary, and to educate young men for the priesthood as Missionaries of the Sacred Heart to do missionary work at home and in foreign Missions.

The opportunity of sharing perpetually in the most precious spiritual privileges, earned by the work of the Missionaries of the Sacred Heart, it offered to all faithful Catholics through the acquisition of membership in the "Crusade."

Spiritual Benefits of Membership

1. Two daily Masses are said for all members and benefactors, living and deceased. Every month two additional Masses are offered up for them, one of which is said on the first Friday of the month.
2. The students of the Apostolic School offer one holy Communion every week for members and benefactors.
3. Members and benefactors also share in all the prayers and good works of the students and Missionaries of the Sacred Heart, as well as in a special blessing of the Holy Father, who himself is a member.
4. A plenary indulgence was granted by Pope Leo XIII to all members and benefactors, to be gained under the usual conditions on the 25th of March each year.

Nihil Obstat
M. A. SCHUMACHER
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