

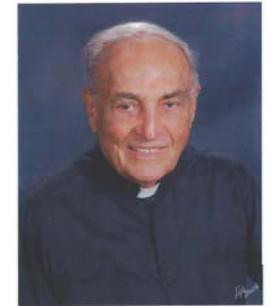


Legion of Mary Miami Regia

O Mary, conceived without sin.
Pray for us who have recourse to you.

Allocutio – February 10, 2013

Mortification or Self-Denial
(Handbook Chapter 33 #13 pgs 205 or 206)



Fr. Richard Soulliere, Spiritual Director

In her Allocutio, Sr. Maria spoke about the Spiritual Reading, **“Mortification or Self-Denial”** (Handbook, pp. 205-6).

“Mortification” comes from the Latin root word meaning death. How can this be when we are people of life? Interestingly, in Baptism, which is the Sacrament of Life, the celebrant says that you **“die with Christ so you can now live with Christ.”** According to St. Edmund Campian, one who is dead to the world has nothing in the world to lose or to gain. That is how the Saint was able to live his apostolate. In order to fly to Heaven, you must have no string tying you to earth. But how do you get to Heaven? Like everything, practice makes perfect, and Mother Church gives us Lent as a season to practice mortification. Legionaries are like the Marines. For us, the bare minimum is not enough. In our preparation for Acies, always during Lent, we should do one mortification each day. Our little booklet will be emailed to all. It is a good way to practice mortification.