



Advice for a Happy Life

To counteract the constant play of pagan ideas and ideas and morality on our Catholic people, exposed as they are to shady movie scenes, indecent advertising posters and immodest

magazine covers, it is extremely necessary that they receive constant religious instruction. The best place for meeting the individual conscience is in the confessional.

Many times, however, priests feel that it is almost impossible to give advice in the confessional because of the great numbers of penitents. It would seem that this handicap could be obviated, if we priests made a planned campaign of advice given in what might be called “capsule form”. Instead of attempting to give a long discourse to the ordinary good-living Catholic, small, punchy, substantial sentences could be made up and each penitent sent forth with some little “catch-phrase” which would stick in his mind and at least neutralize the catch-phrases used by the world of unbelief.

We humbly submit the following for consideration:

- Make frequent use of holy water.
- Often use ejaculations like Jesus, Mary and Joseph.
- Love the Mass, the biggest thing in your life.
- Frequent Communion means God is often in your heart.
- Remember: Holiness and Cheerfulness go together.
- Your good life and example is a real good sermon.
- By your Morning Offering you offer up the whole day.
- Always bow your head at the name of Jesus.
- Always carry a Rosary– say it daily.
- Look at a crucifix; think: How God loves me.
- Don't pass a church without saying “hello” to God.
- Learn to make a sacrifice each day.
- God does not like hurry and worry.
- Whatever your work, always do it well for God.
- Be kind to all people, to please God.
- All through life, help the poor.
- Visit the sick to please God.
- You must help s win back fallen-away Catholics.
- Try to lead others to the true Church.
- Do a little Catholic reading each day.
- Follow Our Lord's footsteps by saying the Stations.
- Pray for those dying today in mortal sin.
- Remember to pray for the poor souls in Purgatory.
- Begin and end the day right with prayer.
- Be patient in troubles, big or small.
- The blessed Mother is your Mother– pray to Her.
- Be happier in knowing God than in knowing anything else.
- Be considerate of others' feelings and wishes.
- Follow God's wishes, rather than your own.
- Do some act of kindness each day.
- Never go where your Guardian Angel would not feel at home.
- Your motto: Always a Christian gentleman (lady).
- Smile your way to Heaven.
- Avoid persons, places, and things which lead to sin.
- Try to go regularly to one confessor.
- Be careful not to waste precious time.
- Remember your soul is more important than your body.
- Pray to the saint after whom you are named.
- When you see something beautiful, remember God id more so.
- Join up with some [traditional] parish society.
- Guard your tongue against unclean and uncharitable speech.
- In your problems, pray to the Holy Spirit for light and strength.

- Pray to St. Joseph, the patron of a happy death.
- Never be discouraged; discouragement comes from the devil.
- You live in a pagan world; you need courage.
- Always keep a religious picture in your home.
- Follow the Mass with a prayer book.
- Take things from God, not for granted, but wish gratitude.
- Read books which bring you closer to God.
- Pick out such friends as bring you closer to God.
- Forgive injuries, as God forgives you.
- When sad, think of the joys of Heaven which await you.
- Fear sin, because it can destroy you in hell.
- Hate sin because it is ingratitude to God.
- Be loyal to God, your Church, your country.
- Try to know your religion well and live it well.
- Never be ashamed of your true Catholic Faith.
- Have great respect for priests, who take God's place.
- Often say: "Lord, increase my Faith."
- Your Guardian Angel is always near you.
- Go to confession every week/month.
- Arrive at Mass 30 minutes early.
- Stay after Mass to say "thank you" to God.
- Clean up a mess that is not yours.
- Compliment your spouse.
- Compliment your children.
- Say a prayer for someone you don't like.
- Turn off the T.V. for a day.
- Turn off the computer for a day.
- Leave your cell-phone at home all day.
- Write a letter to your Mom and Dad.
- Wear the Scapular.
- Wear a Blessed Medal.
- Bake some bread and share it.
- Bring a meal to someone.
- Send a sympathy card.
- Give an anonymous donation.
- Go to an extra Mass this week.
- Say grace in public.
- Sit close to the altar at Mass.
- Attend a prayer group or start one.
- Ask someone to Mass.
- Visit Jesus in the Blessed Sacrament.
- Ask your pastor to dinner.
- Adopt someone at the nursing home.
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- Give a ride to someone who needs it.
- Volunteer at your parish.
- Make a list of your blessings.
- Look at your children and/or your spouse when they are talking.
- Read a bible story to your child.
- Open the Bible and read from it.
- Ask God what needs to change in your life.
- Do NOT complain.
- Keep your promises.
- Don't respond when falsely accused.
- Try to see Christ in everyone.
- Turn of the radio in your car for a day.
- Get rid of junk in your home, office, and/or your garage.
- Do NOT chew gum in Church.
- Do your Daily Duty with love.
- Go on a spiritual retreat for a weekend.



Legion of Mary
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