

# The Capuchin

No. 46 Summer 2011  
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New Bishop in Mongu, Zambia.

(Bishop Evans top right)

# The Capuchin

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## A Word From The Editor



*I was in Medjugorje last week. I never saw so many people kneeling in prayer ... young and old, of all nationalities, at all times of the day and night, in the church and outside it. A quiet expression of faith.*

***KNEELING IS A GOOD THING ...*** An older generation is familiar with the practice of kneeling from an early age. Kneeling can be wearisome, tedious, unpleasant, discomfoting. But when it comes to the worship of God in full earnest, there is no substitute for kneeling. Our Lord himself did it. We know this from the Gospels. The apostles followed his example and the first martyr, Saint Stephen, did the same. The first witnesses of the Resurrection, the holy women, were quick to kneel down when they saw the Risen Christ. However the practise is threatening to disappear.



***Kneeling is a perfectly natural and human expression*** of particular sentiments. From time immemorial, people go down on their knees for two reasons: first, when they want something desperately: forgiveness for a wrong done, pardon from someone who has the power to punish, healing for oneself or a loved one, deliverance from mortal danger. Second, when someone is passionately in love, as when a man goes down on his knees to beg the hand of his beloved in marriage. Of course, in all of these cases the kneeling must be unforced and voluntary. Nothing is so degrading as when

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one human being is forced to kneel by another, as when a child is made to kneel as punishment or a prisoner forced to kneel in order to humiliate him, or indeed when a whole people is forced to its knees by an occupying army as a sign of subjugation. The latter are an affront against human dignity, a crime against humanity.

*But to kneel before God is different.* To kneel in adoration of the Eucharist is an expression of our heartfelt need for God, a way of signifying that we cannot live without the divine friendship in time and in eternity. To kneel before the Eucharist enhances our dignity and enables us to stand before others with confidence and without fear.



*Pope Benedict has written on this matter* with a clarity and love that deserves our consideration. He writes:

"Here I would like to refer to the gesture which is central to worship, and one which is threatening to disappear, namely, the practice of kneeling. We know that the Lord knelt to pray (Lk 22:41), that Stephen (Acts 7:60), Peter (Acts 9:40) and Paul (Acts 20:36) did so too. The hymn to Christ in Philippians 2:6-11 speaks of the cosmic liturgy as a bending of the knee at the name of Jesus, seeing in it a fulfillment of the Isaian prophecy (Is 45:23) of the sovereignty of the God of Israel. *In bending the knee at the name of Jesus, the Church is acting in all truth; she is entering into the cosmic gesture, paying homage to the Victor and thereby going over to the Victor's side.* For in bending the knee we signify that we are imitating and adopting the attitude of him who, though he was 'in the form of God', yet 'humbled himself unto death'. In this way, by combining the prophetic word of the Old Covenant and the manner of life of Jesus Christ, the Letter to the Philippians has taken up the sign of kneeling, which it regards as the appropriate posture for Christians to adopt at the name of Jesus, and has given it a cosmic significance in salvation history. Here, the bodily gesture attains the status of a confession of faith in Christ: **words could not replace such a confession**" (Emphasis added) -Joseph Cardinal Ratzinger in *The Feast of Faith*. ●

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MUDDY BOOTS and Moments of grace  
*By Pat Keller O.F.M. Cap.*



*Sir Alec Guinness* did not have an easy start in life. He never knew who his father was and spent his early years bobbing about in the wake of his mother's chaotic voyage from one disastrous relationship to another. After finishing his secondary schooling he tried his hand at a few lines of work and failed. He found his feet on the stage. From there he made it into the world of cinema. During World War 2 he considered being ordained for ministry in the Anglican Church but put the idea aside. Deep down he felt a strong attraction to the Roman Catholic Church but equally deep were the anti Catholic prejudices in which he had been marinated at school. He see-sawed for a number of years.

## *How things came to a head in 1954 ...*

Things came to a head in 1954. He was in France playing the role of a Catholic parish priest in a movie being shot on location in the outskirts of a small town in Burgundy. One evening filming finished late and feeling too exhausted to face into costume change and makeup removal he decided to avail of the cover of night to slip back to his hotel in town unnoticed. Making his way through a warren of dimly lit back streets and looking forward to a warm shower, a quiet dinner and an early night his natural British reserve took a bit of a knock when a little boy ran up to him out of the shadows, casually took him by the hand and skipped along beside him prattling on and on in rapid fire French about some adventure or other. Sir Alec didn't speak French but brought his acting skills to bear and nodded understandingly. Mercifully they reached the well-lit town square in no time and the impertinent little fellow waved a cheery bye-bye and ran off full of the joys of innocence. Then the penny dropped. Standing there in the streetlight Sir Alec suddenly remembered he was wearing his clerical outfit from the film set.

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## *'The priest' ... Someone he could trust to see him home safely!*

The little lad had been afraid walking alone through the dark lane ways but had taken heart when he saw 'the priest'..... Someone he could trust to see him home safely. For Sir Alec, the reluctant convert, it was a moment of grace. He described how the years of ingrained prejudices evaporated and he knew that all he lacked was trust. Just over a year later he was ready to take the plunge.

## *Sir Alec on cloud nine ...*

In preparation for his reception into the Church he went on retreat to a Cistercian monastery in England. He knew the place from previous visits and had great time for the monks... many of them Irish. He liked their down to earth style. They did not suffer from too much piety. They were men of God but also sons of the soil as much at home in the cow stalls at milking time as in the choir stalls at prayer time. It was Sunday. Solemn High Mass....pre-Vatican 2 style. Beautiful Gregorian chant, billowing incense, the ceremony dapple lit by the rich reds, greens and blues streaming from the east window afire with the early morning sun. Sir Alec was in seventh heaven, on cloud nine. Rome here I come. He was making the right decision. After High Mass the priest monks retired to the sacristy and a few minutes later came back out vested and fanning out around the abbey church each man took his place at a small side altar to offer his 'private Mass'.

## *Savouring the atmosphere ... and cow dung on our boots!*

Sir Alec sat there savouring the atmosphere. It was quiet and prayerful. Then he spotted something that burst his bubble and brought him crashing back to earth. The priest at the altar nearest to him was wearing a pair of work-worn hob-nailed boots caked in fresh cow dung. Sir Alec was disgusted.....and then another moment of grace. It struck him that we all have cow dung of one sort or another on our boots. We are incarnate creatures... in the very act of reaching towards heaven our feet are mired in this world. We are pilgrims and strangers making our

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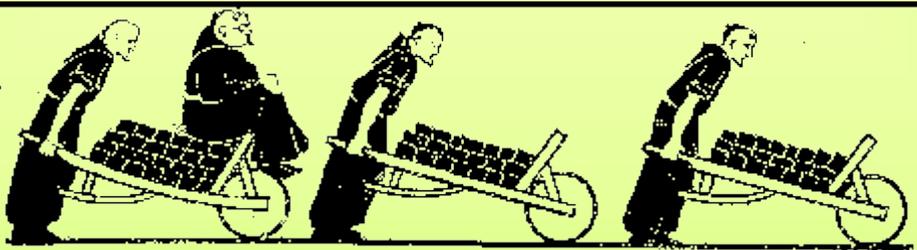
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way through the world and it can be a messy place.... just scan the headlines or take a look into your own heart. At prayer, at Mass, when reading the Scriptures we can sometimes experience a little bit of heaven on earth but earth has a long way to go to heaven. But it will get there and so shall we - muddy boots and all - just as long as we don't lose heart or give up.

### *A letter from his wife, Merula with a happy surprise ...*

A year after his reception into the Church Sir Alec was in Sri Lanka for the filming of Bridge on the River Kwai. He got a letter from his wife Merula who had grown up in the Jewish faith...she had the surprise news for him that she had been baptised into the Catholic Church. They would remain faithful to one another and to their religious practice until cancer claimed them both two months apart in 2000. From his early teens and all through life Sir Alec began each day by reciting his favourite passage from the psalms:

In the morning let me know your love  
For I put my trust in you.  
Make me know the way I should walk:  
To you I lift up my soul.  
(Psalm 142 : Night Prayer, Tuesday)



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## Camino de Santiago – A Life Changing Experience *By Breda Coady*



\* *See the much acclaimed new movie, “The Way”, in which an American father (played by Martin Sheen) travels to France to recover the body of his estranged son who died while traveling “El camino de Santiago” from France to Santiago de Compostela (Spain).*

After 25 years in the catering industry and a further stint as a secretary I set out in February to walk part of the Camino de Santiago. This was prompted by a desire for a life change, a disturbing sleep pattern and a general discomfort with my life as it was. In other words, I needed to move on. A friend had recommended it to me, she was doing it in stages over a year and I thought I might do the same.

I donned the rucksack and flew to Biarritz, the nearest airport to St. Jean Pied de Port, one of the official starting points of the French Camino de Santiago. It's a beautiful old village in the foothills of the Pyrenees, where you cross a drawbridge to enter the old town with its narrow cobbled street leading up to a fortress overlooking the valley, and it lies just a few kilometres from the Spanish border.

This journey would be a complete departure from the norm for me and proved to be a life changing experience. Not intending to walk for more than a week I collected the official passport. This is a small booklet that needs to be stamped twice a day and entitles the pilgrim to stay in the Albergues (official hostels) which cost € per night.

### ***No stereotypes - and some surprises...***

From the outset the range of people walking the route surprised me. The diversity in age and nationality was huge. There were no stereotypes, everyone seemed so different and were there for many different reasons. Two other things surprised me: how few obviously religious people were walking the Camino; and the large number of young men. I had never anticipated they would be a category of people I would encounter on a pilgrim way. There was

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one thread that connected everyone; all were there for a definite reason. Whether it was time out, a life change, a break from their environment, or a spiritual journey and all experienced it differently.

By the time the first week was up I had met up with new friends and decided to continue, complete with foot blisters, aches and pains. A few phone calls were made to deal with time and financial constraints, and after much manipulation I managed to continue on my way, or should I say “The Way”, allowing six weeks to complete the journey.

## *Majestic Storks: The “Angels of the Camino”.*

Though I set out on this walk on my own, I was never without company in every sense of the word. I met every possible nationality, many without a word of English but somehow we managed to communicate. For the most part I encountered Spanish, Italian, French, Korean, Polish and a few English and Irish. High above us flew the majestic storks busily feeding their young, with nests that looked as large and as ancient as the church steeples they rested on. They are commonly referred to as the "Angels of the Camino".

We walked through almond groves where the farmers leave part of their crop on the trees for the passing pilgrims in winter and are ready to get off their ancient Massy Fergusons for a chat with the slightest encouragement. Rioja was still frozen as we passed through but the vines stood in perfect formation like regiments of soldiers waiting for nature's instructions. This didn't stop us enjoying a glass of their wonderful nectar at the end of a day's trek. As we walked through Rioja, we passed Bodegas Irache which had two taps on the outside wall where pilgrims could help themselves to a glass of wine or water as they pass. There were olive groves, the wide open spaces and corn fields of the meseta, Roman bridges, ancient villages, towns, churches and castles set against a backdrop of rolling hills and spectacular scenery. But it's all about the people you meet and the friendships you make along the way, combined with an inner journey into self and quite a bit of soul searching.

## *Answers to questions...*

For me it was an inner journey into self, at times it proved difficult and the testing road added further to the challenge but slowly over the weeks answers seemed to appear out of nowhere. Questions like this seemed to pop up: “what was wrong in my life?”, or “why had things turned out the way they

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did?", or "what were the influences in my life that I was unaware of?" Answers to these questions started to filter through and from that point, decisions could be made.

It was a huge spiritual encounter arriving in Santiago de Compostela four weeks later. From the moment we set foot in this old, sun-drenched city, the music from the Gaita (a wind instrument similar to bagpipes) wafted through the air like a welcoming Cathedral of Spirits. Winding through the medieval maze of pedestrianised narrow cobbled streets, worn smooth by centuries of constant traffic, the atmosphere of the city rose up to meet us. The intimate streets were lined with lively cosmopolitan cafes and bars where hundreds of pilgrims of every nationality mingled with locals and enjoyed a well deserved rest on their way to Obradoiro Square, the purpose of their visit. There's a special Pilgrim Mass every day at 12.00 noon in the Cathedral and this is when the famed "Botafumeiro" (the largest incense burner you have ever seen) is swung from one side of the church to the other by 8 men simultaneously pulling large ropes. This practice originated to fumigate road weary travellers after many weeks and months travelling to the city. Then it was into the Pilgrim office beside the Cathedral to receive a scroll which is the official compostela with our names and starting point, when we presented the stamped passport. Following this we dispersed to our respective accommodation with arrangements to meet later.

## *What now?*

Standing on the steps of the Cathedral I encountered two sets of emotions, there was a wonderful sense of achievement along with a slew of friends to finally relax and share the accomplishment. But there was also the sense of "What now?", nothing had changed but everything had changed. There was a sense of beginning anew and that it would be up to me to harvest the fruits of the experience.

Most parted company the following day, some walking a further three days to Finisterre (finis- terrae meaning the end of the world) on the coast and others heading home.

*Without exception all were glad they had done it. ●*

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## New Bishop in Mongu *Noel Brennan, OFM Cap*



Ordination of Bishop Evans Chinyama Chinyemba OMI on Sat. 28th May 2011. Evans was born in Lukulu and baptized there by John Grace, one of our own Irish friars, former Vicar General still ministering in the diocese.

The Ordination day happened to be the 32nd anniversary of the burial of Bishop O'Shea OFM Cap. in Lukulu! Both he (and "Fr. Flynn", i.e. Killian) got honourable mention in the many speeches at the end of Mass.

A wonderful day for the Diocese. Over 1,000 people, in the open, behind Lourdes church. Nine or ten bishops. Five-hour ceremony! Bishop Evans, in his homily, vowed to pursue the peace & justice efforts of Paul Duffy and to take practical steps to try to engage Government in a process of reconciliation after the painful events of recent months in Mongu.

Bishop Emeritus Paul Duffy OMI was too weak to attend the Mass. He flies home to Texas tomorrow. James Connolly read his speech at the end of the Mass. James is still hanging in there (as VG) for the moment.

*Fr. John Grace, former V.G., writes ...* Some two years ago the then Bishop of Mongu, on reaching seventy five years, submitted his resignation to the Holy Father. His resignation was not accepted and he was asked to remain on as Bishop until a suitable candidate could be found. Earlier this year he again tendered his resignation, and this time it was accepted. The Holy Father had found a suitable successor in Fr. Evans Chinyama Chinyemba, an Oblate of Mary Immaculate, who, at the time he was chosen, was the Zambia Oblate Delegation Superior.

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Fr. Evans was born in Lukulu, near Sancta Maria Mission. Lukulu was a former Capuchin Mission. It was founded by the late Bishop O'Shea in 1935, and was handed over to the Oblates in 1984. I was in Lukulu during this period, and I was the one who received the first Oblates to arrive there. Bishop Paul Francis Duffy (then Fr. Paul Duffy) was among the first group to arrive in Lukulu. At this time the future Bishop was schooling in Lukulu, and I had the privilege of baptizing him in January 1984

On completing his secondary education, he entered the Oblates, and after his ordination he was stationed in Shangombo Parish on the Zambia / Angola border. This parish was established by our own Benignus and was dedicated to St. Leopold Mandic. After a short spell there, he was elected Delegation Superior of the Oblates in Zambia. ●



Back: L-R: Archbishop Nicola Girasoli, Apostolic Nuncio; Bishop Evans Chinyemba (Mongu diocese). Front: L-R: Deacon Nawa (Mongu diocese); Bishop Charles Kasonde (Solwezi diocese).

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Deep in conversation ...



*Brother Kevin, Director of the Capuchin Day Centre, Church Street, Dublin, meets Her Majesty Queen Elizabeth II*

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*A new edition of the Missal is being introduced this year. But what is the Roman Missal?*



These Q&A's are part of a set prepared by Julie Kavanagh and Fr. Paddy Jones for the Irish Bishops' Conference.

The term 'Missal' refers to the book that contains all the prayers and instructions for the celebration of the Mass. The Scripture readings used at Mass are also part of the Missal but are published separately in the 'Lectionary'

The Missal is first written in Latin and this Latin text is then translated into the particular language of the people. In this way, while the Mass may be celebrated in many languages across the Roman Catholic world, it is the same core Latin text that is being prayed by the Church.

In Ireland we have been using our current Missal since St. Patrick's Day, 1975. A new edition, the Third Edition of the Roman Missal, is coming into use in Ireland and in other English speaking countries in Autumn 2011.

### *When & why are we getting a new Missal?*

The Third Edition of the Missal will come into full use over a period of time between September and the First Sunday of Advent 2011. The new edition is necessary for a number of reasons.

Firstly, in the years since 1975 when our current Missal was published, a number of additional texts have been made available for use in the Mass. These include additional Eucharistic prayers and Masses for over 20 new Feasts of Saints, for example St. Pius of Pietrelcina (Padre Pio), Edith Stein, Maximillian Kolbe. These and other new material need now to go into the Missal so that they can be used in our celebrations.

Secondly, in recent years Rome gave new directions for the translation

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of Latin texts. Translators were asked to make the English text follow more closely the original Latin in its wording and structure. They were also asked to strengthen the Biblical language and images in the texts and to re-introduce some theological vocabulary that may have been lost over the years.

Across the English speaking world the Third Edition of the Roman Missal will, therefore, include both new material and a new style of translation.

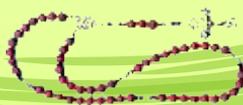


## *Is the Mass Changing?*

The structure of the Mass is not changing. Its order and the actions of the Mass remain unchanged. The readings at Mass are not changed.

However, with the introduction of the new edition of the Roman Missal we will notice a change in how the Mass sounds. The translations from the original Latin of a significant number of our prayer texts have changed – sometimes by just a change in a particular word or in the word order.

Prayers that we have become used to reciting by memory will need to be relearned. Prayers that we are used to hearing the priest say will sound different to us. The style of language we will hear may seem more formal to us and perhaps, in parts, more complex. But over time, with the praying of these texts, the sound of the Mass will again become familiar to us (More in next edition). ●



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## Angels and Demons The True Story *Fr. Joe Delaney*



“It was to undo all that the devil has done that the Son of God appeared” (1 Jn 3:8).

*This is Part 2 of the series entitled “Angels and Demons”, by Fr. Joe Delaney of the Diocese of Ossory.*

*Anyone wishing to be informed about this matter can read the CTS booklet “Exorcism. Understanding exorcism in scripture and practice”, by Fr. Jeremy Davies, who is exorcist in the Diocese of Westminster since 1985 (priced at €2.50 in Veritas bookshops in Ireland). Fr. Jeremy was a medical doctor before becoming a priest. CTS booklets aim to “explain the faith, teaching and life of the Catholic Church ... provide authentic Catholic teaching” ... Editor.*

If you were asked why did the Son of God become man, how would you answer? In the first letter of St. John, the author gives us his answer to this question. He makes this momentous statement: “*It was to undo all that the devil has done that the Son of God appeared.*” (1 Jn 3:8). In other words, Jesus Christ came on earth precisely to restore man's relationship with God (which the devil had broken). In other words, the reason for the Incarnation, the coming of the Son of God, can be expressed in this way: to undo all that the devil has done. I think we often overlook this. If we remember this reason – that Jesus came to undo all that the devil has done - we more easily understand why the Gospels begin the public life of Jesus by telling us of his encounter with the devil in the wilderness. “Then Jesus was led by the Spirit out into

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the wilderness to be tempted by the devil.” (Mt 4:1).

Ultimately, the force of the temptations was to offer Jesus the chance of winning back the world on Satan's terms and without going to the cross. Jesus knew that without the obedience that led to the cross there would be no eternal hope for redeemed sinners. Understanding the position that Satan holds with respect to this world helps us to understand the mission of Jesus Christ on earth. When we are united with Christ through baptism and faith we are in the same position before God as Jesus himself. Our sin is atoned for and we are adopted by him into his family to share in his glory. The shed blood of Jesus through his sacrifice on the cross is sufficient, and we are redeemed out of the control of the devil! The devil is already conquered. We have triumphed thanks to Christ. What amazing grace!

However, what Jesus Christ won for everybody each of us has to claim for ourselves. According to St. Matthew's Gospel, St. Joseph, in a dream, was told by the angel that Jesus would save his people from their sins. However, these words do not imply that there is automatically a free pardon for all, come what may. Remember that God still respects the free will of each person. The free pardon is for those who freely choose to believe. If a person chooses not to believe he will share the fate of Satan.

## *Satan's Tactics*

What are Satan's tactics? Satan's tactics are usually divided into two kinds: his ordinary activity and his extraordinary activity. His ordinary activity is temptation. Temptation enables Satan to influence us without revealing that he is at work. This is his preferred tactic. If he can get people to think that he does not exist this suits him best of all. Everybody is subject to temptation. If we are to win the spiritual battle we must learn how to cope with it.

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First, a word about Satan's extraordinary activity. His extraordinary activity is when his presence becomes manifest or observable. This is when demonization becomes evident. Most of us fortunately never experience visible manifestations of his presence. That is why so many go through life unaware that it exists, and hence are lulled into the belief that he does not exist either.

### *“Deliver us from evil”...*

The exorcist for the Catholic diocese of Rome, Fr. Gabriele Amorth has written two books about his work. His recent one is called 'An Exorcist: More Stories'. He makes many valuable and helpful points. He advises that direct dialogue with the demon can be dangerous to anyone without due authorization of the Church. This is why the Church now insists that exorcists are priests duly authorised by a bishop. It is for the protection of the exorcist. In the early Church anybody was free to do exorcism. Prayers of deliverance are a different matter. Fr. Amorth recommends that parents can say such prayers for their children at family prayer. They can use a blessing with holy water and the presence of a Crucifix. Such prayers do not have a set format. They can even be offered privately by the victim, alone or in the company of some friends or prayer group. To Fr. Amorth's account I add this personal note. Ever since I became aware of these things I never let a day pass without saying a prayer for deliverance for myself, especially when I am asked to pray for deliverance for others. I might add that the best prayer for deliverance is the one given to us by Our Lord himself, which concludes with the words “and lead us not into temptation but deliver us from evil”.

### *Church guidelines...*

Fr. Amorth makes a special point of emphasising how helpful charismatic renewal groups are to him in his work as an exorcist. He says that charismatic renewal groups have providentially promoted and developed prayers of deliverance. However, he says these groups

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often lack experience. For this reason the Church has given them guidelines (See: Letter of Congregation for the Doctrine of the Faith, 29 Sept. 1985).

## *What about Satan's ordinary activity?...*

When I was taught my catechism in Primary School I was taught that our spiritual enemies are of three kinds: the world, the flesh and the devil. The situation has not changed since then. I think modern psychology is saying the same thing but with a different vocabulary. Of course it does not give any role to the devil. But it has its own vocabulary for the other two: the flesh and the world. It uses the terms, nature and nurture for them, that is, our human nature and society.

## *What psychology ignores...*

The first cause of the evil that we do is what my Primary School Catechism called 'the darkness of the understanding, the weakness of the will and our inclination to evil'. Psychology would call this simply 'human nature'. St. Paul calls it 'the flesh'. St. John calls it 'the sensual body, the lustful eye, pride in possessions'. The second cause of evil is the bad influence of the world around us, or society, also called 'peer pressure' or 'social sin'. The third cause is the one which psychology ignores, namely the devil. Our faith teaches us that the power of these to lead us astray can be traced back to what happened in that first encounter between the serpent and our first parents.

So, the devil would be entitled to think that he could sit back and say he had done his work in his first encounter with Adam and Eve. But he does not sit back. He is so filled with hatred for God that he cannot bear to see any of us remain faithful to God. His favourite strategy is to ride in on our own human weaknesses. So, where ever our own weakness shows up he is right there adding to our problems – with his own temptation.

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The first keys to deliverance will always be confession and repentance. But we also need prayer for deliverance because all sin gives a foothold to Satan. If all sin, especially deliberate and serious sin, is an invitation to Satan, who can say that Satan has no foothold in his or her life? It is a good working principle to assume that Satan has some foothold in the lives of each and every one of us.

### *Limits to Satan's power..*

There are limits to Satan's power. After all he is a creature; he is not equal to God. For instance, he cannot act directly on our higher faculties of intellect and will. The devil however can act directly on the body, on our senses, and particularly on the imagination and the memory. The will, however, as St. Thomas Aquinas remarks, remains ever free to give or refuse consent. No matter how extensive the power of the devil over our faculties, there are limits set to it by God, who will not allow him to tempt us beyond our strength. 1 Cor 10:13: "You can trust God not to let you be tried beyond your strength, and with any trial he will give you a way out of it and the strength to bear it."

What is our defence? We have a huge array of weapons at our disposal, provided by a loving God. There is no excuse for us to fail, or even to feel in any way inferior. They can be summed up in one word – grace. We have the Holy Spirit. We have the Scriptures and the Church. Put simply, all that defends us from sin protects us against the invisible enemy at the same time.

The traditional teaching on this subject is still very relevant. Like this advice: live a sacramental life with the Church, especially the sacraments of penance and the Eucharist. Undoubtedly, our greatest safeguard lies in the Holy Sacrifice of the Mass and the reception of the Lord in the Eucharist. With the merits of our Lord's passion poured out on us in the Mass, and his presence with us, body, blood, soul and divinity when we receive the Eucharist, how can we fail? How can a

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demon survive?

*Stand up to him!..*

Lest we become frightened by hearing of the devil's power, it is extremely important to know the following: We have a host of saints, living and dead, all on our side and interceding for us. As if that were not enough, there are literally millions of angels helping us, including one special one assigned to each of us by God. ●

**\* Fr. Joe is willing to share the full text of his eight talks by email with any interested person. Simply contact him at [josephdel@eircom.net](mailto:josephdel@eircom.net)**

'They shall bear you upon their hands, lest you strike your foot against a stone' (Ps 90/91:12). St. Peter has said it all in words that form part of the Night Prayer of the Church: "Be calm but vigilant, because your enemy the devil is prowling round like a roaring lion, looking for someone to eat. Stand up to him, strong in faith" (I Pet 5: 8-9).



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Take time to laugh, it is the music of the soul.  
(From Old English Prayer: Author Unknown)  
By James Harrington OFM Cap.



◆ Mick O'Brien started to go bald. He went to the pharmacy to get some hair-restorer. "Do you want a large or a small bottle?" asked the pharmacist. "Just the small bottle I don't like long hair."

◆ Little Tommy is sitting on a park bench eating a whole box of chocolates when an old lady comes over to tell him off. "Son, don't you know that eating all those sweets will rot your teeth and make you sick. "My grandfather lived to be 105 years old, replied Tommy. "Did he always eat a whole box of chocolates in one go?" the old lady enquires. "No" answers Tommy "But he did mind his own business."

◆ A drunk driver was pulled over by the Garda. When the cop opened the car door the driver fell out. "You're drunk!" exclaimed the Garda. "Thank God for that" said the man, "I thought the steering had gone."

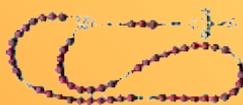
◆ An Italian guide was showing a group of American tourists the volcano Vesuvius. Then he said "Now don't tell me that you've got anything like that in the USA?" One of the tourists said " No, but we've got something called Niagara Falls that could put it out."

◆ A fellow came home really drunk, and no money left from his wages. His wife said "What did you do with the money?" He replied "I bought something for the house." She said "What did you buy for the house that cost €80.?" He said "fifteen rounds of drinks.!"

# The Capuchin

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- ◆ A group of OAPs listening to a lecture on improving their lifestyles were told "We can all live to be 85 if we improve our diets and take a little more exercise." "But who wants to live to 85?" came a voice from the back. "Someone who's 84," came the prompt reply from the front.
- ◆ It was Christmas Eve and the judge was in a very merry mood so he asked the accused, "What are you charged with?" "Doing my Christmas shopping early", came the reply. "That's no offence," said the judge. "How early were you doing this shopping?" "Before the shops had opened", replied the accused. ●



## Praying with the Mystics (St. Faustina)

+ Holy Hour. – Thursday. During this hour of prayer, Jesus allowed me to enter the Cenacle, and I was witness to what happened there. However, I was most deeply moved when, before the Consecration, Jesus raised His eyes to heaven and entered into a mysterious conversation with His Father. It is only in eternity that we shall really understand that moment. His eyes were like two flames; His face was radiant, white as snow; His whole personage full of majesty, His soul full of longing. At the moment of Consecration, love rested satiated – the sacrifice fully consummated. Now only the external ceremony of death will be carried out – the external destruction; the essence of it is in the Cenacle. Never in my whole life had I understood this mystery so profoundly as during that hour of adoration. Oh, how ardently I desire that the whole world would come to know this unfathomable mystery! (Diary of St. Faustina, 684).

### *Saint Faustina's Prayer for Healing ...*

*“Jesus may Your pure and healthy blood circulate in my ailing organism, and may Your pure and healthy body transform my weak body, and may a healthy and vigorous life throb within me, if it is truly Your holy will” (Diary 1089)*

