

Father Guanella
A thought for every day

**CRY: “FATHER!”
AND YOU WILL SEE**

Daughters of St. Mary of Providence
Rome 2011

N.B. The thoughts presented here are from the *Opera Omnia* published to date by the Guanellian Studies Centre - Nuove Frontiere Editrice. They are mainly from Volumes I and III, with the exception of those from the work of L. Mazzucchi and other writings that have not yet been included in the *Opera Omnia*.

INTRODUCTION

On March 28, 1982, John Paul II addressed these words to the Guanellian Family: "We must listen to and accept the Saints! They, especially enlightened by the Most High, with their life and their intuitions, are the answer to our questions and our problems... The specific message that Fr. Guanella left is that of God's 'paternity', that is, His love, His providence, His affection and mercy present in the vicissitudes of men".

INTRODUCTION

These words of the blessed pontiff John Paul II are the reason for the “gift” of this little daily diary to the friends of Fr. Guanella and his Institute, in this year in which the Church proclaims him a Saint.

It is a small diary that can follow us step by step, say good morning to us every day, bear us aloft on the wings of hope and confidence in God the Father, and enable us to walk safely on paths bordered by flowers of love and of christian holiness.

We offer our best wishes to all who decide to treasure this little gift, whose sole aim is to bring a

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ray of sunshine into their daily lives.

The Daughters of St. Mary of Providence



BRIEF BIOGRAPHY

FATHER ALOYSIUS GUANELLA

Fr. Aloysius Guanella was born at Fraciscio in Campodolcino, Sondrio, on 19 December 1842. He was ordained a priest on 26 May 1866. He exercised his ministry in various parishes of the Diocese of Como but felt that this was not his vocation: it was the poor, the abandoned and the suffering who were calling him. He therefore gathered around him a

FATHER ALOYSIUS GUANELLA

little group of sisters and priests: the Daughters of St. Mary of Providence and the Servants of Charity. He was convinced that a world without charity is like a desert without water.

Short of funds but certain of the Lord's Providence, Fr. Guanella established the first of his foundations in April 1886 in Como and the next one in Milan. His dream was to reach Rome, to be close to the Pope.

Indeed, from Rome, the heart of Catholicism, his Institute extended to the ends of world with the desire to bring "Bread and the Lord" to everyone.

FATHER ALOYSIUS GUANELLA

God is our Father! Fr. Guanella's pedagogical method and mission of charity were founded on God's fatherhood, which explains his boundless trust in Providence.

Fr. Guanella died on October 24, 1915 in Como. Pope Paul VI beatified him on October 25, 1964 and Pope Benedict XVI proclaimed him a Saint on October 23, 2011.



Eracisio, Sondrio; Fr. Guanella's birthplace.

JANUARY

1

This is the first day of a new year. Stand before the altar of your God and say: “You are my Lord. You are my Savior”.

2

Entrust yourself to God’s power, entrust yourself to God’s wisdom, entrust yourself to God’s goodness, and focus all your heartfelt affections on Him.

3

The Lord has before Him your

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present, your past and your future so as to take the greatest care of it, as though He had you alone to think of and was not obliged to think of others at the same time.

4

The Lord looks at you with sighs of love, even deeper than those of a father who counts the heartbeats of his sleeping child.

5

God's grace must be the whole treasure of our hearts.

6

Jesus, King of glory, is ready to

do good to all, to the shepherds as to the Magi, to the poor as to the rich, to the ignorant as to the wise. Admire your Lord's great goodness and meanwhile place all your trust in Him.

7

The Lord your Father is one alone and He alone loves you more than all human beings. Love Him because He has boundless love for you.

8

Ask God affectionately: "Help me, O Lord". The Lord is generous to all who call on Him.

9

The One who supports and comforts you is the Lord who created you. Hope in God and live in happiness.

10

That you are in great need does you no harm; indeed, God in His goodness will be moved to minister to your needs with even greater love.

11

How true it is that the Lord has made you great! Praise Him throughout your life and praise

Him especially on the anniversary
of your Baptism.

12

The most august Trinity loves you
as a chosen creature and cherishes
you as a holy and beloved child.

13

How good the Lord is! You
should smile at the Lord several
times an hour on the same day,
just as a little child smiles at the
face of his/her beloved parent.

14

Let us trust in Heaven, because

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the human being who looks at God is a blessed child.

15

It is better to be poor than to be a sinner.

It is better to die than to offend God. One loses everything, but not God's grace.

16

The Lord is called "Father of mercy" and "God of all consolations".

17

Beloved soul, the Lord will not abandon you.

You are a child of saints, rejoice!

18

God Our Father looks at us with love. Why should we be so frightened? Let us entrust ourselves to Him, entrust ourselves without reserve.

19

Let us imitate the good example of the simple child: look at our Father in order to trust in Him and rely on Him.

20

Let us stand before God with complete trust. He will certainly be tenderly concerned with our good.

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21

While we are here below, let us go on our way as the Father commands us, in accordance with the laws of His holy commandments. This is a constant proof of our love.

22

Love the Lord, and for love of the Lord, all our brothers and sisters.

23

Parents, if it pleases you to imitate God's compassion, treat your children with that same mercy and holy love with which the Lord treats everyone on earth.

24

We are the children of a most holy Father. Let us follow His inspirations. He makes Himself understood through many features of His Providence. He makes Himself understood in every single one of the least important events of life.

25

I recommend peace to you above all. It is what our heavenly Father recommends to us.

26

We are the Lord's children, He

loves us. With His love, our hearts rest in peace.

27

The Lord is your Father. We are children of God and our inheritance will be God Himself.

28

The Lord does not look at the quality of actions but at the feelings with which they are done. Nor does it bother Him if someone has offended Him in the past.

29

Oh, with what divine tenderness

does the Lord look at His troubled children here below!

Under the tiles it is dark, we should look up above them.

30

We are traveling on a route that is long, dangerous and complicated... If we call on God to help us, He will look after us. And if He looks after us, we are certain to be safe.

31

For esteeming His holy words, the Lord will bring happiness to our soul with paradise.



*Gualdera in Campodolcino, Sondrio:
the pasture land and chalet
of Fr. Guanella's Grandfather*

FEBRUARY

1

This is the wish: love the Lord.
No one loves and benefits us
more than God.

2

If we are to be saved one day, we
will be saved by Mary's mediation!
How many graces does our Blessed
Mother grant to us each day!

3

It is a great joy to be able to say:
"I do my Father's will in all
things".

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4

When the Christian knows he has benefited, he feels an indescribable joy in his heart. Love of neighbor is the comfort of life.

5

The source of holy love is in Jesus Christ. The charity of Jesus Christ is a remedy for all life's evils.

6

Jesus is the Friend who never abandons us.

Your soul is very dear to Him. So come close to Jesus and listen to

His words that are words of eternal life.

7

When the Lord opens up a path, one must not delay in following Him.

Do not be afraid; the Lord will graciously hear you if, in all that you do, you do not trust yourselves but trust only and entirely in God.

8

Providence in whose hands human destiny lies, is calling me to be a religious in this Congregation.

9

The way of the evangelical counsels is a way to be desired for its own sake. It is a path on which, if God calls you, you will be fortunate. Chastity is a chosen bride. Those who possess her are blessed.

10

A grain of trust is worth more than a hundred grains of human foresight and provision.

11

O Immaculate Virgin, obtain for us that we love you with all our

heart, and that we love your divine Son, Jesus Christ, Our Redeemer.

12

Let us love the Lord for He alone can fully satisfy our hearts.

Let us love Him with all our strength, like a happy child in his father's arms.

13

You belong totally to the Lord, therefore with your mind you must think of Him and with your body you must express your feelings of adoration.

14

Kindle the flames of divine love in your heart and in your will.

15

Whatever are the goods that the world promises us? Those that the Lord holds up to us are far greater.

16

Lucky are those who help the poor as though they were helping Jesus Christ.

Faithful soul, tend the poor, offer shelter to orphans and care for the

sick whom God in His mercy calls you to assist.

17

Let us delight in recalling that the Lord judges persons and things with a better judgment than that of men and women.

18

We are only as much as God considers us in His view, no more and no less.

19

A man who abandons a wanton child is not a good father, but one

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who reprimands him and converts him is.

20

Like a puny adolescent, you stumble at every step. How humble you must feel! But be comforted in remembering that God is your Father.

21

Even if you were to fall into the abyss of the gravest sins, a deep groan would suffice for God to come rushing to save you.

22

God treats you with fatherly ten-

derness. He teaches you with the divine books of the Holy Scriptures.

23

Your security is not in trusting yourself, but in trusting God for your salvation.

24

Don't you know that God delights in hearing Himself called: "Father, Father"? The child who tenderly abandons himself to the guidance of his Father will always find His helping hand.

25

Your duty is to call frequently on the Lord to help you.

One reaches the Lord by shouting “Father! Father!” and going on one’s way. And by sighing with tender love until one sees God.

26

God is full of good will for you. Just remember that He came down to earth from heaven to save you.

27

The Lord does not only count

your steps, He also counts your minutest thoughts, the most secret affections of your heart.

28

So remember: “God sees me”, and do all the good you can. Always be attached to the virtue of simplicity.

29

If you regret your sins, believe that God will hear you tenderly. God forgives, God forgives!



*ristio, Sondrio:
sius Guanella's
oom, now used
chapel.*

MARCH

1

In an excess of love, God created
man innocent, in an excess of love
He redeemed him from guilt. In
an excess of love God continues
the great work of sanctifying man
on earth.

2

What God wants from you is your
heart.

3

Your greatest comfort here on

earth is to look to God and call Him: "Father! Father!".

4

To pray and to suffer. To weep and to do good: in this the sinner finds comfort.

5

The Lord decided that as long as man lives, he should be treated with mercy. Good Lord, how great you are in your mercies!

6

You must not bother about the misfortunes of life, illnesses or

death. Make yourselves victims for God and for God's work.

7

The Lord is the friend who wants to save you. To save you He gave His own Son.

8

Remember the forgiven adulteress, Mary Magdalene absolved, remember the feasted prodigal son and see for yourself how truly God forgives.

9

The sweetest of thoughts: "I am

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God's, as I have been every moment of my life!".

10

To be God's always, what a great grace! What great love the Creator has for His creature!

11

You come to rediscover the heavenly Father. Come, come! How beautiful your steps are! And how delighted your Father will be when you have reached him!

12

Jesus has come to you in the

desert of this earth. On finding you, the Son of the Eternal Father said in the raptures of His joy: "Let us go to the Father! Let us go to the Father! I will go with you".

13

To climb the mountain of holiness you must lean on Jesus' right side.

14

Just as the appetite is satisfied at a joyful banquet, so in the heavenly Father's Kingdom human beings will see their every desire gratified. In God they will find the source of all bliss.

15

Pray with all your heart: “Our Father who art in Heaven”, and you may be sure that you will soon reach the embrace of the Lord and Father.

16

The best loved prayer that rises to Heaven is the prayer of the *Our Father*.

17

Quickly spread the wings of affection and fly towards Heaven, and God the Father will come to meet you.

18

Call from your heart: “*Abba!* Father, O Father!” and you will see. The child who in crying out calls to the Father is safe.

19

Let us turn with holy confidence to glorious St. Joseph. Let us present our spiritual and temporal needs to him.

20

Lean on Jesus’ right side and cry: “Father! Father!”.

21

Murmur this beloved name with the guilelessness of a loving child and this will give immense pleasure to God the Father.

22

Jesus Christ, your elder brother, did not refuse the agony in the garden or the far more excruciating agonies of the Cross in order to find you and bring you to the Father.

23

Jesus wants to be called “Father of mercy”.

24

Jesus Christ has demolished Satan's kingdom, He has established His Kingdom and we are blessed.

25

Jesus Christ, the true Son of the Eternal Father and the Son of the Virgin Mary is Our Father and our Pastor. We must be deeply attached to him.

26

Jesus Christ is the good vine that gives life to its branches so that they will bear abundant fruits.

27

Jesus offers you His Blood to drink and says to you: this is how the Father loves His Son".

28

On this earth, Jesus in the most Blessed Sacrament exclaims with divine love: "I am your father and you are my children. I am here to save all. Come close, O children, that I may embrace you".

29

Imagine a mountain of the purest gold dotted with hundreds of crystal clear springs. That mountain is

the figure of Christ; those springs are the graces of the Sacraments that flow from the open side of the divine Redeemer.

30

Jesus is on the tormented bed of His Cross... With the loving devotion of a child, lick those most holy drops of blood that drip from the Cross.

31

Have affection for the Lord and He will take care of you. Let yourself be attracted by the loving Heart of Jesus and you will be saved.



*Cisano, Sondrio:
house in which
Fr. Aloysius
Guanella was born.*

APRIL

1

May the Lord grant to all, throughout their life, the joys of the Easter Alleluia!

2

The struggle of the Cross cost Jesus but in the end He triumphed and we are saved.

3

Brothers: do not the sufferings that the Savior suffered on earth now constitute Jesus' glory in Heaven?

APRIL

And this will also happen to us and to every human person.

4

Let us rise from the death of sin and glorify God by detesting the sins we have committed.

5

At dawn on the third day, the most holy soul of the Redeemer, like a heavenly light, entered into Jesus' Body to give Him life, and He rose glorious and triumphant.

6

We are in the joy of Easter Day. Our hearts exult with spiritual joy.

7

Jesus who rose from the dead appears lovingly, with His Savior's Heart. All are attracted by the Risen Jesus and He welcomes them.

8

Jesus, I listen to your voice and I realize you speak the truth. You multiply the loaves, you heal the sick, you raise the dead, and you forgive the sins of the world. Jesus I adore you. You are the true Son of God, you are the Almighty, you are the merciful Redeemer.

9

The heart of the Risen Jesus delights, for through him all men and women are set free.

10

Rejoice, for like Jesus one day, you too will rise in glory.

How great will be your joy when you shine out as gloriously as Jesus!

11

The Lord Our God is the all of our soul. He is eternal. The Lord is good and wise, He is the

Almighty. What great joy we will feel one day, when we find ourselves face to face with the Most High!

12

The grace of Our Lord Jesus Christ, which the priest communicates to us, is like the sun in the middle of the afternoon, it is like an angel of blessing who accompanies us.

13

What insanity is that of human beings who, even with the glory of the Risen Jesus before them,

continue to lower their eyes to the earth of so much wretchedness and suffering!

14

Paradise: here is our Father's house!

15

We will praise God in the house of Paradise. We will praise God without ever tiring. We will praise God and be happy.

16

It is impossible to see God without loving him. It is impossible to

love him without praising him.
Long live Jesus!

17

Blessed are the steps of the priest who saves souls. The priest leads us to the Heart of Jesus and then accompanies us to Paradise.

18

Prayer and praise here below are the sacrifices that bring about the world's conversion.

19

Jesus, Our Lord and Our Father, is in our midst and we are in His

presence. Let us take care not to offend Him in any way but to express to Him the sentiments of an affectionate and devout heart.

20

Let us trust, and Jesus will save us.

21

God the Father is the author of holiness. Paradise is a Kingdom that all can conquer.

22

We must do good and then trust totally in God.

23

The best loved glory we can give to God is to say to him: “I trust in you, who are my Father and my Savior”.

24

Let us rejoice in considering the grace that Jesus won for us. Let us bless the Lord who has saved us.

25

The grace of the Holy Spirit is like a river of living water. What consolation! Water that flows into rivers for the whole of the earth.

26

The rivers of grace of the Holy Spirit rise in the centre of Catholicism and flow out into the hearts of the Christian faithful.

27

May the rivers of living water of the Holy Spirit flow in our hearts! What a great consolation it is to drink from the water of such rivers!

28

May the rivers of grace of the

Holy Spirit flow within us and through us, spread to every human soul!

29

God lavishes grace upon souls. The grace of the Holy Spirit is a ceaseless current that will flow for ever and ever, to the end of the world.

30

Let us comfort ourselves by profoundly adoring the Third Person of the Trinity, the Holy Spirit.

*Guadalupe in Campodolcino,
Sondrio; memorial
of our Blessed's vision
on the day of his First
Communion, 8 April 1852.*



MAY

1

We deeply love Our Holy Lady of Providence: we should love Mary and speak to everyone of Mary, for she is Mother to all.

2

Blessed Mary always came running with the purest affection every time that her God called her.

3

Mary went to the temple as swiftly as though she had winged feet.

You should walk swiftly to church and, keeping your gaze on God, call Him by the sweet name of “Father”.

4

Pray: “O Blessed Virgin, if you see that God is calling me, make me obey Him promptly”.

Pray to Mary that she will be your companion in praying well.

5

Mary does not speak of herself, she praises the Most High.

In imitation of Mary, you must

glorify God for every good thing that you possess.

6

Mary Most Holy, in the loving loneliness of Nazareth, talked with the incarnate Word..., whom she delighted with the liveliness of her affection.

7

Faithful soul, you have a mother in Heaven. She is an august Mother and universal Queen.

What an ineffable comfort to think of the beloved Mother!

8

Greet Mary by saying to her: “You are my Mother and I am your daughter. Mother, save me!”.

9

Mother, be with us in the dangers of life and in the anguish of death. Our Mother, we will be with you on earth and in Heaven, won’t we?

10

Here is our prayer: “You who are our Holy Mother, have mercy on us miserable creatures. Hail, Mary!”.

11

The Virgin of Nazareth descended from the royal lineage of David, yet she was a poor woman. She had to work with her hands in the evenings... But she adapted to it patiently. If you want to be strong for yourself and effective for others, practice patience very often.

12

As soon as Mary heard Jesus say a word, she immediately began to meditate upon it to act in the most perfect way possible. Therefore, you should be prepared to listen to Jesus too.

13

Immaculate Virgin, open our eyes and guide us, so that we may understand properly the miracles of Divine Mercy and love the ineffable mysteries of Divine Love.

14

Repeat with the Virgin: “Everything I have that is good is a gift from my Lord”.

15

Mary Most Holy was busy with all the tasks of the mother of a family. While she did them, she

thought fervently about God, in order to love Him.

16

Did the world matter to Mary? And should the world matter to you? Think of one thing only: save your soul.

17

Blessed Mary looked at Jesus, the perfect example: He alone is the Way, the Truth, and the Life.

18

If you too pray to Jesus through Mary, how many benefits you will

obtain for this life and for eternal life!

19

Anyone who finds Mary has found the way to salvation. Indeed, God wants the Virgin to be hailed in the world as Gate of Heaven and Mediatrix of salvation.

20

How great was Mary's fortitude in bearing the sacrifice of her divine Son! You too, embrace those crosses that Providence entrusts to you daily.

21

Just as Mary in the Upper Room prayed with the Apostles and entrusted herself to the influence of the Holy Spirit, so it is right that you too, with deep affection, invoke God's Spirit. He must take you by the hand.

22

Mary, as universal Mother, treats everyone with immense tenderness, she provides for her children and obtains all things for all.

23

Let us be mirrored in Mary: she is

a crystal that shines with every beautiful color, every quality. Just as Mary Immaculate is like the whitest of lilies, so your soul should be the purest of pure.

24

Holy Church, who loves you as a mother, points out Mary to you and tells you: "Call affectionately on the Blessed Virgin, who is the Mother of Jesus and your Mother, because a mother's inmost heart is merciful.

25

The good little child lets himself

be gently guided by his Mother's voice.

26

Run, run to Mary... With affection too great to be described, she gives us Jesus, she gives us Jesus who saves us.

27

Mother Most Holy, save me, save my brethren, save the whole Church!

28

Mary is the Help of Christians. With what loving care does she

procure our salvation! And if Mary speaks in our favor, she certainly obtains what she asks for.

29

We have in Heaven a compassionate Mother: Mary most Holy. We are devoted to her and she will give us the virtue that we so badly need.

30

Mary loves us with the same love with which she loves God; consequently, she loves us with an intense love, a sincere love.

31

Let us always rejoice with Mary. We entrust ourselves to Mary because she dries our tears with compassion and with kindness comforts our hearts.

To belong to Mary is an indescribable joy, and to possess her means indefectible security.



Fraciscio, Sondrio: the River Rabbiosa.

JUNE

1

Who sows in your heart the inspiration to turn to God always, to entrust yourself totally to him? I answer you that it is God. Let us, therefore, obey the Most High. If He calls us it is a sign that He loves us, a sign that He ceaselessly wants to help us.

2

Let us lift up our hearts! We trust in God. Has anyone who trusted in the Lord ever been disappointed?

3

Out of the house with fear! Let us usher in as a lady Christian hope, and expect from her every good.

4

Before God we are poor children. But I do not doubt that if we trust in our Heavenly Father peace will fill our hearts.

5

Enter the open side of the Savior by receiving Jesus in the Sacra-

ment of the Eucharist in your own heart. Jesus in the Eucharist is the sun of the earth, He is the life of the world.

6

Just as the sun brightens every corner of the earth, so in every part of the world, O God, you look at me to come to my help.

7

To extricate you from sin, God works marvels of power, miracles of mercy.

8

Walk confidently up to the throne of Jesus' mercy. He is there to hear you.

9

What great wrong is done to a divine lover by fleeing (from Eucharistic Communion) because of a misunderstood fear. Draw close to Him, for love desires a response of love.

10

How humble you must be with

the majesty of your Lord, how obedient you must be with God who speaks to you!

11

Jesus prepares for His followers the table of God the Father's will. It is a table that makes you live by God's life and transforms you into a creature who is close to the Lord.

12

The heart of Jesus is a father's heart. A child is safe when he finds himself in his father's arms.

13

The Heart of Jesus is the fount of holy love. If from time to time you talk to Jesus as a friend, you will feel your heart brimming with joy.

Try it and you will see. He will instill peace in your heart, the peace of a child who abandons himself to his father's will.

14

The center of all pious devotions is the adoration of the Blessed Sacrament, the heavenly sun that gives light and warmth.

15

The church, the temple of God, is our paradise on earth. Let us visit Jesus in the most Blessed Sacrament.

16

The Spirit of the Lord is sweeter than honey. Blessed are you if you deserve, even for a moment, to taste the beloved sweetness of the Heart of Jesus.

17

Oh, how He loves you, how much God loves you! It is really true that God is rich in mercy.

comfort Jesus with the love in your heart.

23

Like a thirsting deer, run to the Lord's stream. Dive into that pure water and revive your soul.

24

You need meekness or patience at every moment of your life. The divine Savior says: "Learn from me, for I am meek and humble of heart".

15

The church, the temple of God, is our paradise on earth. Let us visit Jesus in the most Blessed Sacrament.

16

The Spirit of the Lord is sweeter than honey. Blessed are you if you deserve, even for a moment, to taste the beloved sweetness of the Heart of Jesus.

17

Oh, how He loves you, how much God loves you! It is really true that God is rich in mercy.

18

O most sacred Heart of my Jesus, be open to me for I want to enter your blessed side. I hasten to that throne and implore your mercy upon me. Then I want to stay there until the end, to implore you, O Jesus, to extend your salvation to all human beings for whom you came.

19

Stand in the divine presence and listen to what God suggests to you. Talk to the Most High about your eternal salvation.

20

Divine mercy knows no bounds. Even if your sins are many and numerous, God forgives you for them. It suffices that you say: "I have sinned, Lord". Glory lies in recognizing one's own wretchedness.

21

Do not delay in running to Jesus. Hasten your steps while He lovingly stretches out His hand to you.

22

Make a spiritual Communion and

comfort Jesus with the love in your heart.

23

Like a thirsting deer, run to the Lord's stream. Dive into that pure water and revive your soul.

24

You need meekness or patience at every moment of your life. The divine Savior says: "Learn from me, for I am meek and humble of heart".

25

Love Him, love Jesus passionately and, enveloping you in His grace, He will make you worthy of Him.

26

Are you sick? Jesus is a doctor and will heal you. Do you lack virtue? Jesus is an inexhaustible source of virtue, He will make you virtuous.

27

Are you cold? He is the divine fire come down from Heaven that

burns without consuming and He will kindle His love within you.

28

Are you a sinner? Jesus loves the humble, He lifts them if they stumble and clasps them to His Heart. Run to Him with full trust, and the purity of a lily will be restored to you.

29

The Church of Jesus Christ is our one and only Mother. Oh, how she loves us! She loves her children to make them holy.

O, Church of Jesus Christ, my mother, I want to belong to you!

30

The Pope is our Pole Star. O Supreme Pontiff of the city of Rome, I venerate you as God's Vicar and, together with God, as savior of the earth!

*ciscio, Sondrio: panoramic view
the Guanellas' family home.*



JULY

1

The Lord has no need of anyone. He needs our heart alone. Only one thing satisfies Him: the heart of His creatures, baptized and raised in the flow of His Blood.

2

In all charity. Charity is the bond that binds hearts. Charity is the bond that ennobles hearts and makes them greater.

3

Christian hearts cannot but be

JULY

deeply wounded in view of all the good that has yet to be done.

4

The spiritual person must spiritualize his/her acts.

5

It is necessary to trust in Providence. It is necessary to pray with hope.

6

Confidence and love, these are two good rules.

7

A spirit of joy is essential. Joy in

God: for we are His creatures, redeemed by Him and called to live by His life.

8

A spirit of joy with our neighbor: we must seek the way to comfort our neighbor and please our neighbor in all things.

9

May your heart rejoice in thinking of your Lord and Father.

10

Repress reactions of anger and offer your adversaries signs of benevolent affection.

11

A joyful expression gives great pleasure; good and happy people attract many people to them.

12

The joy of a clear conscience should be jealously guarded.

13

Obstacles to joy stem from the character that must be corrected. And from pride, that saddens the soul at every observation.

14

The lack of prayer also makes the spirit arid and melancholic.

15

The most serious impediments to joy come from sin.

16

Those who call on Mary in temptation need not fear that they have sinned.

17

In this time when evil is rife, let

JULY

us join forces more closely to do a little bit of good.

18

It is right to guard against jealousy, envy and other moral faults.

19

We should pray that God will send good priests and good women religious.

20

We should deserve Providence:

by firmly believing in her, by waiting for her times and her ways; by warding off anxieties, by working with a will.

21

Remember that God alone is the Master of your life.

22

Long live the Lord's saints, destined to shine like brilliants in eternity!

23

The purest souls are also the most tempted. Virtue, St. Paul says, is perfected in weakness.

24

Prostrate yourself at Jesus' feet, implore him to quench your thirst for evil passions. Draw close to the wounds in Jesus' hands and pray to him to intensify your thirst for every good act. Then, enter in spirit into the wound in Jesus' side and nestle against the Savior's Heart. And never move from it, for in that source of divine

grace you will henceforth have found happiness.

25

Those who receive Communion of the Body and Blood of Jesus Christ are strengthened with God's strength and win their battles against concupiscence, the world and the devil.

26

Blessed are the pure in heart, Jesus Christ promised, for they will see God. Holiness will save the world.

JULY

27

The Lord is good! O how good the Lord is!

28

Father, your heavenly throne is in the space of infinity. I turn my gaze to heaven and I rejoice with you.

29

Christ, your companion on the journey to virtue, is the compassionate doctor of your souls.

30

Open your hearts to the divine

Guest. He will come to you full of love and kindness, to spread many graces in your hearts.

Prayer, vocal or mental, is the food of the soul. Holy Mass and the Most Holy Sacraments are also food of the soul.

31

May God bless the little that is given from the heart.

We are made to help one another. Let our neighbor be the apple of our eye. Touching the heart of our neighbor is like touching the eye of God Himself.

*"Pizzo Stella", Vallespluga, 3,163 m.:
mountain so dear to Aloysius Guanella.*



AUGUST

1

Father you are richer than the sea,
you are immense like the sun, yet
you turn your loving gaze to me,
as though you had me alone to
think of.

2

Vanities have fled and are no
longer. True wisdom is what
unites the human being with God.

3

If we make edifying discourses

AUGUST

we will do ourselves good and procure salvation for all.

4

God has placed us in the time of this life so that we may make ourselves holy.

Rejoice! The garden of the Blessed Sacraments is the treasure of your heart. In it the waters of the merits of the Passion and death of Our Lord flow as brooks. In this blessed garden souls are born to grace.

5

Pray to Mary and say to her: "Sweet Heart of Mary, be my sal-

vation". Those with a true devotion to Mary will be saved.

6

However good a piece of land may be, it will not be fertile unless God sends forth rain from Heaven... This is what the Lord's grace does in the heart of a soul. Without it, our soul is like land without water.

7

The Lord impresses in your soul a light that makes you recognize the good you must do and the evil you must flee from. Follow that light and you will be dear to God.

AUGUST

8

Turn your gaze to God and entreat Him as the Lord, saying: “O, you who created me, have mercy on me!”.

9

Keep the light of faith constantly alive until death.

10

Work and pray, and then do not be anxious about anything.

11

Do not leave the Lord in Heaven to follow the idol of the world.

12

The divinity of the world is the idol of gold, pleasures and vain-glory. The just person lives by faith.

13

Do not let yourselves think about what your friends say about you. Take care that God can praise you.

14

Mary is the Mediatrix who also wants to save sinners, she is the Co-Redemptrix who wants to save everyone.

15

The Immaculate Virgin, consumed by a fire of heavenly love, prepares herself to enter Paradise where she will be seated on a throne of peace.

16

Let us rejoice because in having found Mary, we have found our eternal salvation.

17

Mary is our Blessed Mother who has such a great love for us. In all of life's encounters, let us commend ourselves to this great Mother.

18

Beloved soul, enter the shrine of your heart, speak with God and rest sweetly in him. Then turn your eyes to the universe and you will see how beautiful it is. Now exclaim with joy: “God is great!”, and you will contemplate all that God in His goodness has brought about within you and outside you.

19

Just as a son stays close to his mother's right side in order to reach the royal throne of his parents, so you should accompany Mary, saying to her: “Hail, O Mary...”.

AUGUST

20

Mary is the house of the Lord. Let us rejoice!

Then continue to smile at Mary's face like a tender child and be certain that you will not have to wait long to see the Face of the Father.

21

Holy Mass is like the sun of this earth. Sunday is the Lord's Day and it is a blessed day. Rise from the earth and enter into communion with God.

22

Jesus is the sun of salvation. Mary

is the moon that receives her full splendor from that sun.

23

Pray and trust. Thus you may be sure that God will save you.

24

Mary's Heart is a flame of love: she loves us because she is our Mother, she loves us because we are her poor children; she loves us with the same love with which she loves Jesus her Son and the Son of God.

25

Blessed are you if you convince

yourself that the vanities of the world are all foolishness. You are even more blessed if you induce yourself to give them up.

26

The One who came down to visit you to save you was not a heavenly angel but the Lord of angels and of Paradise.

27

Just as the father sometimes puts on a severe look with his little child, so the Lord sometimes treats you. If you do not cease to call on him with affection, then you are blessed!

28

If you are in peace with God, you are happy.

29

Prayer chases fear away and gives courage.

30

The Lord arranges for us so many means of salvation to give us proof of His love.

31

Talk to God all the time. The Lord will be a wise teacher to you.



Fraciscio, Sondrio: the fountain outside the Guanellas' home.

SEPTEMBER

1

We are on the road that leads from earth to Paradise... in the meantime let us act rightly, as Jesus Christ shows us with His example.

2

Jesus Christ is eternal wisdom who scrutinizes all things, takes in all things with His look.

3

Those who obey to please God have obtained a queenly virtue for

themselves whose handmaids are humility, purity and patience, as the excellent dowry of the virtues of faith, hope and charity, which immediately lead us to God.

4

This time of life is a fleeting shadow. One thing only is necessary: to save your soul.

5

If you are anxious to listen to everything that concerns God and Paradise, it is a sign that you love light and that one day the light will gladden you.

6

The divine Word brings life but you must love it with your heart, profess it with your tongue and carry it out with your acts.

7

A true Christian is one who works and then trusts in God.

8

Mary! We have found you, we have found salvation. Those who find the Mother, easily find the salvation of the Son.

9

With God's help, the Christian can do everything. God sees and provides.

10

Those who sin through weakness can in an instant return to God. Those who sin through wickedness have a lot to think about in order to return to God.

11

Here is the Lord! He is with sinners to embrace them, if they desire it.

12

O Mary, O dear and holy name.
Hail Mary!

13

All the care that mothers can have for their children is far inferior to the concern with which Mary provides for her children.

14

The Cross will certainly be dear to you if the Crucified Jesus is very dear to you. The good Lord changes material and moral contradictions and adversities into golden rain.

SEPTEMBER

15

If you are eager to please Mary,
seek to love the Savior's Cross.

16

Mary Most Holy spoke trustingly
to God as is proper for a daughter
in speaking to her father.

17

In every circumstance of life pray
God as Mary did and then trust...
Pray with the fervor of a simple
child.

18

Stupid are those who, when they

can be filled by the grace of God, are slow to fling themselves into His arms.

19

Pious souls who find themselves in some kind of trouble ask: "Where is the Lord?". Righteous souls, what do you fear? The Lord is here. He is within you!

20

Forgive, O brother, as God forgives. Forgive and you will be forgiven. Forgive and you will be saved.

21

No Christian can be content with thinking and providing for himself alone; he also has to think and provide for the good of his brothers and sisters and, among them, for those who are most in need of physical and spiritual help.

22

It is impossible to stop as long as there are poor people to provide for.

23

How many stupid people put God after man! Do not let us do this.

24

Visit poor children, orphans, the elderly and sick men and women, and offer to them all the health of peace, the balm of comfort and a gift that brings them joy.

25

Charity on this earth is a sample of love and heavenly bliss, it is a heavenly gift that one receives in abundance when one is close to Jesus Christ.

26

Only the charitable person can

think of the future with a peaceful mind and a tranquil heart.

27

When the Christian knows he has benefited, he feels indescribable joy in his heart. Isn't this an excellent remedy for the afflictions of our poor hearts?

28

Even we can convert a sinner, strengthen the weak and impel a good Christian to rise even higher, can't we? Of course we can. So courage, what are you waiting for?

29

Like angels, we are called to know God, to love Him and to serve Him with praise.

30

The greatest grace that you can receive from on high is to be able yourself, through Jesus and with Jesus, to be a savior of souls. Let us prepare ourselves for the task of saving a soul.

*St Peter's, Rome, 25 October 1964:
Beatification of Fr. Alphonsus Giànnella.*



OCTOBER

1

O holy Church of Jesus Christ,
how holy you are!

O love of Jesus Christ, you have
conquered the world and lead
souls to the triumph of your sacri-
fice to lead them on to the tri-
umph of glory.

2

Blessed God, who made us only a
little less great than angels.

3

Good Lord, how great you are in
your mercy! How generous you

are in rewarding us! For a few years in this life you, O God, give us the highest recompense that lasts for eternity.

4

There are no limits to charity. Our boundaries are those of the world.

5

Receive in your heart the honey of meekness and accompany it with the nectar of holy Christian humility. We ascend to God with a humble heart.

6

The whole the world is your

homeland. You who have left your homeland, your relatives and everything you had in order to follow Jesus Christ will receive a hundredfold and will be given the gift of eternal life.

7

O Queen, Star of the sea, watch over my sleep, you who are always a beacon of eternal brightness.

8

In the evening, before the Most Holy Sacrament, or at home with the family in front of a holy image, half an hour of good prayer

with the holy Rosary in your hand
will be a true blessing.

9

Jesus is glad that you imitate Him
in every way that you can. Be
humble with yourself, be sweet to
others, even you can do this.

10

The yoke of Jesus is the yoke of a
father who desires to save.

11

Jesus is at the door of your heart.
He is knocking with the rhythm of
remorse and calling with the voice

of inspiration. Open to Him... You will find yourself instantly in Jesus' sight. You will invite Him to your table and He will come.

12

Let us love God for He who created us supports us and provides for us.

13

The Lord will never let those who give up all for the love of God lack anything.

14

If you trust in God, your Father, you should not doubt that He

wants to reward you with His inheritance.

15

I approach the books of Sacred Scripture with a respectful hand. They contain the word of God. How lucky we are! In His sacred Books, the Lord addresses His letters to us and speaks to us heart to heart, as a father to his child.

16

God speaks in silence to the hearts of His faithful.

17

A person prays well whose mind

is filled with thoughts of God and whose heart is filled with love for the Lord.

18

With the light of faith, Christians do not delay in recognizing God the Father who has adopted them and Mother Church who nourishes them.

19

Those who work for love of God enrich their hearts with merits.

20

Let us not be shocked by the

weakness of others, nor discouraged by our own weaknesses.

21

We should learn from our shortcomings to be humble and then trust in God's goodness.

22

We must detest wickedness but love sinners to lead them to salvation.

23

Do you want a rule for living happily on this earth? The rule is to let yourself be governed by God.

24

A Christian heart that believes and feels cannot pass by the wretchedness of the poor without going to their aid. It is by this that true disciples of Jesus Christ are recognized: if they are charitable to the poor and the suffering in whom the image of the Savior is most vivid.

25

How good it is to be in the essence of light, Jesus Christ, who illuminates all humankind here below!

26

The desire of God constitutes our

happiness. It is not those who do much who are good, but those who love much.

27

What is supremely comforting to all good Christians in the hour of death is the treasure of the good works they have done in the past.

28

More than the great of the world, Jesus loves the lowly of the earth. It is among them that are found the majority of those who worship Jesus.

29

Among the Christian people mem-

bers of the faithful are to be found who always have this beautiful thought on their lips: "Nothing that God wants is ever too much". And with these words they comfort themselves in every event of life.

30

Even if all the Saints in Heaven were to cry to me: "You are lost", if Mary were to say a word in my favor I would have no fear.

31

What will it be like when my soul, lightened of the burden of this body, flies up to be with God and the Virgin, established with eternal joy in the bliss of Heaven?



Fraciscio, Sondrio: the Guanellas' house, interior.

NOVEMBER

1

Let yourself turn to the saints. They are in heaven with God. They are powerful at the throne of the Lord. They who have experienced the same sufferings as us, are great hearted in helping us.

2

The dead are our brothers, they know our needs and come to our rescue. We offer them a prayer for the repose of their souls and alms and they give us the strength of resignation.

3

Always stay in the hands of the Lord. God will always look after you, but especially in the most urgent moment which is the hour of death.

The city of Heaven is a better dwelling place than the earthly city.

4

Divine Providence is the natural and most tender mother of her children. Have faith: the Lord who feeds the birds of the air and clothes the lilies of the field with splendor will surely feed and clothe you properly.

5

The poor, the destitute and fledglings are the Benjamins of Providence. Do not wrong Providence by giving the last place to those who must be first, for the Lord Himself is the custodian of the poorest and the most abject and abandoned persons

6

The Lord sends forth His heavenly consolations to the hearts of His suffering children. He even throws open the doors of Heaven for their greater comfort.

7

The voice of a contrite heart is a heavenly joy. "But who knows, can I be saved?" You want it and you will save yourself; the fear that distresses you is the torment that purifies you. Fear of God keeps sin at bay.

8

The moment of death is not the time to prepare for it, but you need to have already prepared for it.

9

The one who walks with God is a

happy traveler, the one who obeys His commandments walks safely.

10

We are like chicks under the wings of their mother, Divine Providence. How lovely to live and die under the wings of Divine Providence!

11

The blessed Virgin of Divine Providence is our own dearest Mother, who loves to be called by this title so as to be ready to come to our help.

12

Never mistrust God's Providence. Mistrust prevents the intervention of Providence.

13

By doing little things well, the heart learns fortitude. The smallest of good works revives the spirit of faith. Let us do a little bit of good. Let us do even more, if we can.

14

Pleasing people with virtue in or-

der to lead them to God is praiseworthy behavior.

15

Let us shoulder the burden of our neighbor's defects. To obey the law of our divine Savior, we must peacefully put up with our neighbor's weaknesses.

16

Fleeing from tribulation is like fleeing from salvation.

Are you in tribulation? Pray. Are you suffering greatly? Pray even more. The good Lord is close to you with His help in life and death.

17

Will you always succeed? If you let God guide you, there is no doubt about it. But you must trust in God absolutely and not at all in man.

18

An immense gain is saving a soul. The grace comes from God and it's up to you to ask for it.

19

Whoever humiliates himself very sincerely, greatly trusts. Whoever recognizes himself as a poor and

weak creature, recognizes that he must trust God all the more.

20

If you want to be wise think of God, of the soul and of the Gospel maxims. Meditate on the principles of holy religion. Turn the holy doctrines of the faith into blood of your blood and life of your life.

21

Let us beware of subjects that may wound the love of our neighbor.

NOVEMBER

Let us excuse people's intentions when we cannot excuse their acts.

22

May your heart be a temple resounding forever with praise for the Lord.

23

Our guide is our conscience. It warns us continually. It ceaselessly lights us on our way.

24

Be patient. Tribulations will not

last forever. The school of tribulation is God's most effective way of teaching us.

25

A feast day is a glimpse of heaven, the Lord's feasts prepare us for the joy of the Lord's feasts in heaven.

26

Let us all hasten to follow in the footsteps of the martyrs, the virgins and the confessors. It is they whom we must follow, not others.

27

The Lord is the Father... how He loves His children! And He certainly hears those who pray to Him.

28

Never speak badly of Divine Providence. The Lord is rich in mercy, sublime in counsel. He often permits an evil in order to bring about a greater good. Admire the power and goodness of this heavenly doctor, this provident Father.

29

Our soul is eternal because it is

immortal, Paradise is eternal because it is the house of the Lord. Let us give bread and Paradise to the poor.

30

The more serious your difficulties are, the more the Lord's help will comfort you. Always hope in God.

May God bring peace to your heart and accompany you.



Mary, Mother of Divine Providence

DECEMBER

1

Applaud the Most High. Our help
is in the name of the Lord.

2

Ours is the song of the pilgrim
who sees he is saved from immin-
ent ruin.

3

The Church of Jesus Christ is sta-
ble, despite all the persecutions.

DECEMBER

4

Stay away from sin, for it is the greatest stupidity.

5

Cling to life, to love and to the glory of the Most High.

6

One degree of glory in Heaven is worth more than all the kingdoms of the world.

7

Mary is the gate to Heaven. Happy are they who trust in her.

8

In an excess of love God said: "Let Mary exist, and let her be immaculate. Let her be the link between Heaven and earth, because it is she who will give birth to the Savior".

9

We are children of God and brothers and sisters in Jesus Christ. Let us try to live in God, in the grace of our Lord Jesus Christ.

10

He who gives to God, receives from God.

11

Those who save their brothers and sisters guarantee their own salvation.

12

Here is the divine Savior who comes down from Heaven and saves humanity.

13

Blessed is the light that comes from Heaven and gives to us the Spirit of the Lord.

14

Be clothed in kindness and pa-

tience, as a chosen daughter, holy and beloved by God the Father.

15

Let us approach the tabernacle of the Blessed Sacrament with reverence, because God said: "There is Jesus, my Only-Begotten Son".

16

The Lord has adopted you as His son [daughter], through Jesus Christ.

17

If you want to be crowned by favors from God, the one condition is that you pray.

18

The Lord gives lavishly to all who call on Him.

19

At the stable of Jesus Our Savior, let us ask that love for God be increased within us.

20

Let us hasten to Bethlehem. On that manger, shining with the purest emeralds, is written: "*Hic natus est Jesus*".

21

Jesus, King of glory, appeared in Bethlehem and in the Grotto He is ready, as an affectionate servant, to do good to all. Admire His goodness and put all your trust in Him.

22

Before Jesus Christ everyone bends his knee: in Heaven, on earth and in the abysses.

23

From Bethlehem comes the light that illumines the world, the bread that sustains the life of men and women.

24

May your heart rejoice, for the Savior has been born in Bethlehem. Let us celebrate Holy Christmas at home, let us pray, worship the Infant Jesus and comfort the poor, a delight of the divine Heart.

25

Let us never take our gaze from the stable of Bethlehem! Here is the Infant Savior, the heavenly Child in whose Heart is the torrent of eternal bliss...

26

We draw close to the Grotto of

Bethlehem; let us implore grace from the Lord and we will obtain it.

27

The sign of God's forgiveness is Jesus, the true Son of the Eternal Father, who appeared in Bethlehem to visit His own in order to bless them.

28

Bethlehem has become the holy town, the famous town. From it shine out rays of radiant light, as from the heart of the brightest, burning sun.

29

Jesus, true Sun of Justice, shines to illumine everyone. He came into the world to take back to the Father His lost children.

30

An angel said to the shepherds: "You will find a child wrapped in swaddling clothes. He is the Messiah, our Savior, worship Him. Like the shepherds, come to the crib of Jesus and adore our Savior.

31

It is right to honor Mary, Mother of the Savior.

PRAYER

O Fr. Guanella, live among us
once again in spirit,
visit with mindful thought the
crowds of your poor,
give the mercy of goodness to the
friends of your name and your
heart, and
prepare for all a seat beside you
for the days of eternity.

Amen.



In the photographs
Fr. Aloysius
Guanella

Como 1866



Milan 1906



Como 1910



Como 1913

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Daughters of St. Mary of Providence
Centro Stampa
Piazza S. Pancrazio, 9 - 00152 Rome
www.cgfsm.org

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Viale di Valle Aurelia, 105
00167 Rome - Tel. 06.3972.4606
E-mail: tipo@3fphotopress.it

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