

And yet, as much as we would like to do so, we find it most difficult to divest ourselves of these sinful habits. NOW is the time to start working on them. We can start anew to come back to God, to our family and friends, and to live in love and sweetness.

But remember the key, for we *must* call upon the help of God and allow *Him* to accomplish this. There is nothing that He wants more than *your troubles*. He wants to bring you around to His love, and to your health of body and soul. CONFESS and PRAY, and He will show you the way to come back to Him, and to be happy in being who and what you are.

You might hate being nasty, fat, a drunk, a smoker, a promiscuous person, a lazy lout, etc. You might *say* that you *do not hate* that bad habit, but in reality you do hate it, and sometimes you hate yourself because of it, for *you know that others hate that habit about you*.

Everyone wants to be loved, and to love and give sweetness to others, but that can only happen with God in our lives. He waits for our plea and our confidence.                   + + +

### GO TO CONFESSION

Forgive all injuries and offences for in proportion, as we forgive others, God forgives us. Go to confession. This sacrament does more than "just" rid us of our sins; it gives us a tremendous increase in sanctifying grace. It wins for us a higher place in Heaven, with increased union with God. Each time we go to confession, we are preserved from many dangers and misfortunes which might otherwise have befallen us. A devout confession helps us to hear the inspirations of the Holy Spirit, and to hear and follow the advice of our guardian angels. If you are having difficulty confessing, ask the Souls in Purgatory to help you, especially if you have a very difficult problem. Never forget the Souls as they can do nothing for themselves, but they are able to do something for us who are Still living in exile.                   + + +

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## *Impatience and Anger*



***Offer your penance for the Souls in Purgatory,  
and ask THEM to help you  
WITH A SPECIFIC MATTER...***

**THESE SOULS ARE YOUR FRIENDS,  
IF YOU HELP TO RELEASE THEM NOW,  
WHENEVER YOU NEED THEM THEY WILL ASSIST YOU.**

## ***IMPATIENCE AND ANGER***

by Rosalie Turton

At my last confession, I *AGAIN* confessed my sins of anger and impatience. Poor Henry, he is so kind and I really like him, but yet in one day alone, I lit into him three times! Am I an impossible shrew?

Again to confession *with the same sins*, again seeking remedies, again repenting... and still we fall. It is a grave situation... and not a minor one, as we may think that it is. Such sins as anger beget hatred on both sides, and hatred is the joy of the devil.

Ah, but in this confession, the priest mentioned a different approach. He gave a penance, and then he suggested that I offer that penance for the Souls in Purgatory, and ask *them* to help me *specifically in this matter...* and I did.

Shortly afterwards as I was doing the Stations of the Cross, at the Station where Veronica Wipes the Face of Jesus, I understood in my heart, the following words (and I believed that they came from the Souls in Purgatory), "*Accuse yourself. You are the one to blame!*"

Think about what they said, and begin to realize that in each situation, a good deal of it was *probably our own fault*, and not the other person's. Perhaps we did not explain what we wanted, perhaps we did not sufficiently check the progress of the work, perhaps we presumed that the person understood the process that we wanted, etc.

Later on when I saw Henry, once again something happened that I wanted to raise my voice at him, or to make a face, or throw up my arms... but this time, *first I looked into myself* to see if I caused the misunderstanding... and sure enough, I found an action or word in my behavior, assumptions, or directions that may have caused confusion.

Truly, what the souls said was indeed the case. "*Accuse yourself. You are the one to blame.*" We discovered our fault. It is too soon to say that we have corrected the problem, and we are still struggling, however, it is a valuable enlightenment.

### **ARE WE TOO LAZY TO CHANGE?**

But, do you know something? Now comes the hard part. We know the problem, and we are aware of a good solution, but are we willing to

employ the self discipline necessary to effect a change... and to change *permanently*? Will we control our behavior *without any exceptions*, or are we too lazy to make the necessary sacrifices?

Are we addicted to nastiness, as some people are addicted to overeating, smoking, shopping, drugs, telephones, television, etc.?

Are we too "comfortable" with our sins to do anything about them? I fear, that is the way it is with many folks. Even if they do change, or lose weight, quit smoking, or whatever, they often revert back to the same problem... and often, it then becomes even worse than it was before. Are we dispelling the seven devils, and then allowing a "legion" of them to come back into us?

All right. Each of us has come a long way when we: 1) recognize the problem, 2) find a possible solution, and 3) struggle to solve the problem, but now... we must allow our love for God, love for neighbor, and love for ourselves, to make us firm in our repentance and correction.

We must resolve to avoid, *without any exceptions*, what could VERY EASILY take us back, *even lower*, into that ugly pit.

Now my friends, we have the beginning of sainthood. If a firm purpose of amendment is not present — a sincere determination to eradicate the problem — we are then working our way toward hell, both in this life and the next.

I might add, that if you think that you can remove "legion" on your own, you are quite wrong. Predominant sins within us, can only be expelled with the help of God. So deeply are they entrenched into our hearts and minds, that such devils can only be removed by prayer and fasting."

Your good resolve alone cannot be sufficient to fight and destroy them. These kinds of sinful habits need to be cut out, as a surgeon removes a cancer. Our "surgeons" are God, the Saints, and the Holy Souls, and unless we have recourse to Them, once infected by these ugly sins and habits, they can be eternally within us, and terminal as well... and we can be lost.

My friends, these are not light matters. We may even be causing people to hate us because of our nasty tongue, obesity, laziness, uncleanliness, unfaithfulness, and our addictions to drugs, stealing, smoking, watching TV, computers, pornography, swearing, etc., etc. We are entertaining the devil royally when we forgive ourselves of these "**seemingly**" unserious and unimportant sins.