



A Catholic Women's League led mission on behalf of Divine Infant Parish, Orleans ON.

The Second Beatitude:

Blessed are those who mourn, for they will be comforted.

Presented by Agape Bible Study Group



The Beatitudes reveal the divine path and purpose for a life lived in the name of Jesus. They are statements of grace, not law, revealed to us by Christ Himself. Through them He makes known the spiritual attributes that, by God's Grace, will ultimately guide us to His Kingdom.



“The Beatitudes lead us from a life of material comfort and aspiration towards one of selflessness lead by the Spirit.” (Pope Francis, General Audience, Library of the Apostolic Palace, 29 April 2020)

Presented in a hierarchical fashion, the Beatitudes infer that each one builds systematically upon the foundation of the first: "Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) and ends with the eighth "Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me." (Matthew 5:11). (To see the progression of all eight Beatitudes, please see the diagram on the last page).

Over the next two months, this booklet will take you through a journey of learning about and living the **Second Beatitude**:
Blessed are those who mourn, for they will be comforted.

The challenges of the first month will focus on learning about this Beatitude. The challenges of the following month will focus on activities that help you live this Beatitude; to do things for yourself, your family, and our community.



2. Blessed are those who mourn

1. Blessed the poor in spirit

PART I. LEARNING ABOUT THIS BEATTITUDE

WEEK 1 CHALLENGE ~ POPE FRANCIS' REFLECTION

Let us first begin learning about the second Beatitude by reading Pope Francis' reflection. As you read this official document, please consider the two meanings of the second Beatitude.



POPE FRANCIS GENERAL AUDIENCE

Dear Brothers and Sisters, Good Morning,

We have started the journey of the Beatitudes and today, we will pause on the second one: *Blessed are those who mourn, for they shall be comforted.*

In the Greek in which the Gospel was written, this beatitude is expressed with a verb that is not in the passive form — in fact the Blessed do not endure this mourning — but in the active form: “*they afflict themselves*”: they cry but from within. It has to do with a teaching that has become central to Christian spirituality and which the Desert Fathers, namely the first monks in history, referred to as “*penthos*”, that is, an inner suffering that opens out to a relationship with the Lord and our neighbour; to a renewed relationship with the Lord and neighbour.

In the Scriptures, this weeping, can have two aspects: the first is for the death or suffering of someone. The other aspect is the tears for the sin — for one’s own sin —, when the heart bleeds for the suffering of having offended God and neighbour.

It is therefore a case of loving the other in such a way as to be bonded to him/her to the point of sharing their suffering. There are many people who remain distant, one step behind. It is important instead that others enter our heart.

I have often spoken about the gift of tears and of how precious this is. Can one love in a cold way? Can one love as a function, out of duty? Certainly not. There are some afflicted people who need comforting but sometimes there are also some comforted ones who need to be afflicted, reawakened, who have a heart of stone and have forgotten how to cry. There is also the need to reawaken those who do not know how to be moved by the suffering of others.

Grief, for example, is a bitter path but it can serve to open our eyes to life and the sacred and irreplaceable value of each person, and at that moment, one realizes how short time is.

There is a second meaning to this paradoxical Beatitude: crying *for the sin*.

Here we have to distinguish: there are those who become angry because they made a mistake. But this is pride. Instead, there are those who cry for the wrong done, for the good omitted, for the betrayal of the relationship with God. This is crying for not having loved, that springs from caring about the life of others. Here one cries because one does not match the Lord who loves us so much, and the thought of the good not done makes one sad. This is the sense of the sin. These people say: “*I have hurt the one I love*” and this causes them to suffer to the point of tears. May God be blessed if these tears arrive!

This is the issue of one’s errors that need to be faced, difficult but vital. Let us think about the weeping of Saint Peter which takes him to a new and much truer love. It is weeping that purifies, renews. Peter looked at Jesus and cried: his heart had been renewed. Unlike Judas who would not accept that he had made a mistake and, poor wretch, killed himself. To understand sin is a gift from God, it is the work of the Holy Spirit. We cannot understand sin on our own. It is a grace that we have to ask. Lord may I understand the evil I have committed or might commit. This is a great gift and after understanding this, comes the weeping of repentance.

One of the first monks, Ephrem the Syrian said that a face streaming with tears is indescribably beautiful (cf. *Sermo Asceticus*). The beauty of repentance, the beauty of weeping, the beauty of contrition! As always Christian life has its best expression in mercy. Wise and blessed are those who welcome the suffering that is bound to love because they will receive the comfort of the Holy Spirit which is the tenderness of God who forgives and corrects. God always forgives. Let us not forget this. God always forgives, even the worst of sins, always. The problem is within us who grow tired of asking for forgiveness. We withdraw into ourselves and we do not ask for forgiveness. This is the problem. But he is there to forgive us.

If we always remember that God “does not deal with us according to our sins, nor requite us according to our iniquities” (Ps 103 [102]:10), we will live in mercy and compassion, and love will appear within us. May the Lord grant us to love abundantly, to love with a smile, with closeness, with service and also with tears.

WEEK 2 CHALLENGE ~ SAINT NICHOLAS OF TOLENTINO

From personal mourning of the ones we love, to spiritual mourning due to the weight of sins against God, let us get to know this Saint a little better.



From: Catholic365.com

Saint Nicholas of Tolentino (1245-1305) was born to two devout Christians in Sant'Angelo in Pontano, a small town in the Marche region. His parents chose his name in gratitude to St Nicholas of Bari, to whom they had prayed because they could not have children. He is famous for his gift of healing, assisting the poor and particularly for invoking the liberation of souls in Purgatory.

He professed his solemn vows among the Hermits of Saint Augustine before he was nineteen. At 24, he was ordained a priest by St. Benvenuto Scotivoli. He was sent from one convent to another until, in 1275, he was transferred permanently to Tolentino (about twenty kilometres from his native town), where he lived preaching almost every day until his death thirty years later. He was called “the angel of the confessional” because of the time he dedicated to the Sacrament of Reconciliation, helping the faithful to come closer to God. He often took upon himself the burden of penance. He fasted four days a week on bread and water and kept vigil in prayer until late at night, sleeping a few hours on a straw mattress.

At the Second Council of Lyon in 1274, the Catholic Church formally defined the doctrine of purgatory during Nicholas’ lifetime. The doctrine teaches that when a person dies in God’s grace, he or she either goes straight to heaven or undergoes a state of purification before entering heaven called purgatory.

During his life, Nicholas is said to have received visions. Praying for the souls in Purgatory was the outstanding characteristic of his spirituality. Leo XIII proclaimed Nicholas patron of the souls in Purgatory in 1884

The Midwest Augustinians, a Catholic Order of St. Augustine, relates that Nicholas was asleep in bed one night when he heard the voice of a deceased friar he had known. The friar told Nicholas that he was in purgatory and urged him to celebrate the Eucharist for him and other souls there so that they would be set free by the power of Christ. After Nicholas did so for seven days, the friar again spoke to him, thanking him and assuring him that many souls were now with God. St. Nicholas Tolentino’s feast day is September 10th.

November is the month dedicated to the Holy Souls.

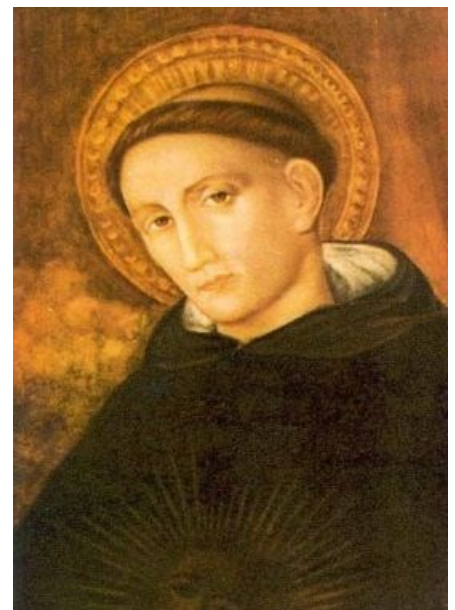
We ask St. Nicholas of Tolentino, Augustinian Friar and Patron of the Souls in Purgatory, to intercede on our behalf for friends or loved ones who have died.

Dear Saint Nicholas,

You were attentive to the pleas of many needy souls and, through your prayer and penance, you hastened their enjoyment of the vision of God. Look with compassion on our beloved deceased and obtain for them by your prayers the full forgiveness of their sins so that they may experience the happiness and peace of the Father’s presence.

AMEN

This prayer is from a bookmark prepared by St. Joseph’s Workers, Ottawa, ON.



WEEK 3 CHALLENGE ~ SCRIPTURE READING

Here is a passage for contemplation this week.

Psalm 51¹

Prayer for Cleansing and Pardon

To the leader. A Psalm of David, when the prophet Nathan came to him after he had gone in to Bathsheba.

*Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy,
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.*

*For I know my transgressions,
and my sin is ever before me.
Against you, you alone, have I sinned
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.
Indeed, I was born guilty,
a sinner when my mother conceived me.*

*You desire truth in the inward being;
therefore teach me wisdom in my secret heart.
Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
Let me hear joy and gladness;
let the bones that you have crushed rejoice.
Hide your face from my sins,
and blot out all my iniquities.*

*Create in me a clean heart, O God,
and put a new and right spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain in me a willing spirit.*

*Then I will teach transgressors your ways,
and sinners will return to you.
Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your deliverance.*

*O Lord, open my lips,
and my mouth will declare your praise.
For you have no delight in sacrifice;
if I were to give a burnt offering, you would not be pleased.
The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, you will not despise.*

*Do good to Zion in your good pleasure;
rebuild the walls of Jerusalem;
then you will delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.*

How do we, as sinful individuals, families, and communities, show the Lord our God that we love Him heart, soul, and mind?

Do we always turn to God to be consoled when we mourn in different ways? Do we ask him for the required Graces to surmount the losses we experience through life?

Part II will contain practical exercises to bring us closer to God and feel his blessings, as well as each other.

¹ The Holy Bible: New Revised Standard Version (Nashville: Thomas Nelson Publishers, 1989), Ps 51: title–19

PART II ~ LIVING THE BEATITUDE

WEEK 4 CHALLENGE ~ LIVING THE BEATITUDE AS AN INDIVIDUAL

Meaning 1 of the Beatitude - personal loss

1. **Emotionally support** someone you know who is mourning a loved one.
2. **Offer a Mass intention** for the deceased and the living members of the family.
3. **Assist** someone so they can be at a loved one's gravesite.
4. **Pray a rosary** for those who have died, for the souls in purgatory, including priests and religious.
5. Here is an example on YouTube: <https://www.youtube.com/watch?v=KYXwCa11m5k>

Meaning 2 of the Beatitude - spiritual rupture

Complete the Sacrament of Reconciliation regularly: Once a month, **minimum** once a year, at Easter.

Complete an examination of conscience before each Confession: Review the Ten Commandments to see where you might have offended God and separated from Him.

The information on the next page is taken from The Catholic Faith Calendar Copyright 2024.

Review the Ten Commandments: These are the commandments which God gave man to guide him to happiness in this life and the next.

- 1. I am the Lord thy God, thou shalt not have strange gods before me.**
 - a. Commands: to do things in faith, hope, love/charity, and worship God; reverence for holy things; prayer.
 - b. Forbids: idolatry, superstition, spiritism, tempting God, sacrilege, attendance at false worship.
- 2. Thou shalt not take the name of the Lord thy God in vain.**
 - a. Commands: reverence in speaking about God and holy things; the keeping of oaths and vows.
 - b. Forbids: blasphemy, the irreverent use of God's name, speaking disrespectfully of holy things, false oaths, and breaking vows.
- 3. Remember thou keep holy the sabbath day.**
 - a. Commands: going to Church on Sundays and holy days of obligations.
 - b. Forbids: missing Church through one's own fault; unnecessary servile work; public buying or selling; court trials.
- 4. Honour thy father and mother.**
 - a. Commands: love, respect, obedience on the part of children; care on the part of parents for the spiritual and temporal welfare of their children; obedience to civil and religious superiors.
 - b. Forbids: hatred of parents and superiors; disrespect and disobedience.
- 5. Thou shalt not kill.**
 - a. Commands: safeguarding one's own life and bodily welfare and that of others.
 - b. Forbids: unjust killing, suicide, abortion, sterilization, duelling, endangering life and limb of self and others.
- 6. Thou shalt not commit adultery.**
 - a. Commands: Chastity in word and deed.
 - b. Forbids: obscene speech; impure actions alone or with others.
- 7. Thou shalt not steal**
 - a. Commands: respect for the property and rights of others; the paying of just debt; paying just wages to the employees; integrity in public officials.
 - b. Forbids: theft; damage to the property of others; not paying just debts; not returning found or borrowed articles; giving unjust measure or weight or measure in selling; not paying just wages; bribery; graft; cheating; fraud; accepting stolen property; not giving an honest day's work for wages received; violation of a contract.
- 8. Thou shalt not bear false witness against thy neighbour.**
 - a. Commands: truthfulness, respect for the good name of others; the observance of secrecy when required.
 - b. Forbids: lying, injury to the good name of others, slander, talebearing, rash judgement, contemptuous speech, and the violation of secrecy.
- 9. Thou shalt not covet thy neighbour's wife.**
 - a. Commands: purity in thought.
 - b. Forbids: wilful impure thoughts and desires.
- 10. Thou shalt not covet thy neighbour's goods.**
 - a. Commands: respect for the rights of others.
 - b. Forbids: the desire to take, to keep, or to damage the property of others.

WEEK 5 CHALLENGE ~ LIVING THE BEATITUDE AS A FAMILY

Meaning 1 of the Beatitude - physical loss

Discuss with your family how death is an inevitable part of life and that our goal is to be with our Lord in Heaven.
Our time on earth is precious but fleeting.

As a family, request a Mass intention for someone who has passed away.

As a family, pray a rosary for the souls in Purgatory, including priests and religious.

Meaning 2 of the Beatitude - spiritual rupture

As a family, discuss the importance of the Sacrament of Reconciliation. The Church requires you to confess your sins once a year and receive Holy Communion during the Easter Season.

Teaching how to repair our relationship with God.

Source: 2023-2024 Sunday Missal

Examination of conscience guide on page 622.

Act of Contrition on page 624.

Review the Ten Commandments. How all of them restore our relationship with the Holy Trinity (God the Father, God the Son, and God the Holy Spirit).

What makes a good Confession?

What is absolution?

What could be considered a penance?

Memorize the *Act of Contrition*.

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Saviour Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

Excerpted from *Celebrating Reconciliation*
(Ottawa: Concacan Inc., 2006)

WEEK 6 CHALLENGE ~ LIVING THE BEATITUDE AS A COMMUNITY

Meaning 1 of the Beatitude - physical loss

Emotionally support those in the Parish mourning the loss of a loved one. Bereavement Group – Diane Jeamus
Contact the Bereavement group to see if they need assistance/volunteer.

Weather permitting, gather at the Parish Memorial Garden to **pray the rosary** for the souls in Purgatory, including priests and religious.

Meaning 2 of the Beatitude - spiritual rupture

On Saturday afternoon, organize an extended time for confession, so that our Church community can participate in the Sacrament of Reconciliation, followed by the Mass and Communion.

WEEK 7 CHALLENGE ~ BLESSINGS RECEIVED & CLOSING PRAYER

Reflect on the blessings you have received in living the second Beatitude, “Blessed are those who mourn, for they will be comforted”. How has God comforted you in your grief? Or your contrition? How has His mercy shone in your life to bring you closer to Him?



Heavenly Father, I find that I sometimes weep in sorrow and grief in this world so wounded by sin and infected by evil. As I labor in this world and struggle with sin and weakness, I can be overwhelmed by the darkness. Life has many shadows that threaten me and cause me anxiety and fear. That is why I turn to you now. There is no escape, only redemption. Jesus is the one who redeems and saves me.

Jesus entered this world just as it is. He touched all that is human and knows the breadth and depth of life. He remains with us in great love. Jesus embraces the world and holds it to His heart. When he does that, He is holding me close to His heart as well. He understands the sadness and the need. He has compassion and loves me and this fallen world where I live.

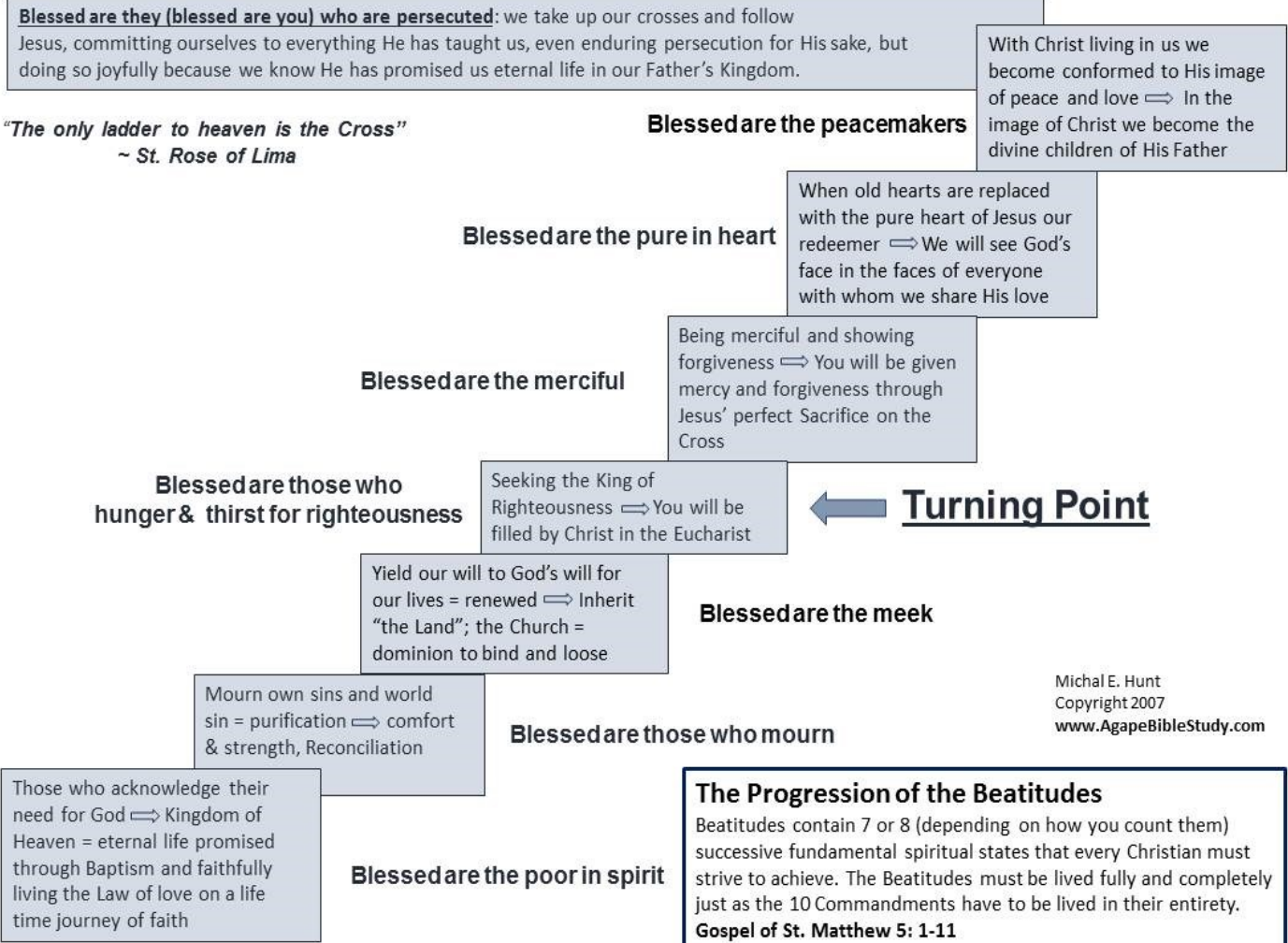
Taking my guilt to the cross, forgiving and pardoning sin, touching my pain and sorrow, sharing my journey and struggle, Jesus transforms my world and brings hope and joy to the dark corners of my heart.

My tears mingle with His as I pray in need. His tears mingle with mine as He embraces me in response. THEREFORE, I PRAY WITH HOPE. Tears of despair become tears of relief. Tears of sorrow become tears of gratitude as He holds me close with strong arms of loving protection.

DEAR LORD, THANK YOU FOR NOT LEAVING ME ALONE AND LIGHTING UP THE DARKNESS WITH THE LIGHT OF YOUR LOVE AND COMPASSION.

Prayer from: TEARS by Fr. Richard McAlear, copywrite 2007

THE BEATITUDE LADDER



To learn about the Catholic Women's League
please visit our parish website at
www.divineinfant.on.ca/cwl.html



Catholic Women's League
Divine Infant Parish
Orleans ON

FOUR WAYS TO BE A CATHOLIC WOMEN'S LEAGUE MEMBER

- Fully Active:** Attends meetings, serves on committees, and takes advantage of the personal and spiritual opportunities the League offers.
- Partially Active:** Is willing to help when able on a task by task basis, wants to be part of the League and wants to make a difference but has limited time to offer.
- Prayerfully Active:** Prays for the League and members
- Financially Active:** Both the prayerfully and financially active members may become more active in the future as their circumstances permit.

Membership fee is \$40

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Please pay \$40 for the CWL membership by cheque made out to 'Divine Infant CWL Council' or by cash or
by e-transfer CWLMembershipDivineInfant@gmail.com

Signature: _____

Please submit during membership drive, or mail this form along with your membership fee to:

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6658 Bilberry Drive Orleans, ON K1C 2S9

THANK YOU FOR SUPPORTING THE CATHOLIC WOMEN'S LEAGUE