

JMJCAJ

Adèle Advises Us to Prepare Well for Christmas

(based on *A Retreat with Adèle* by Eilee J. Cehyra, FMI)



Adèle de Trenquelléon was inspired by

her love for Mary, Mother of Jesus. She remembered the day the Angel Gabriel came to Mary and invited her to cooperate in God's eternal and loving plan.

Mary's yes touched Adèle's heart. The future

Foundress of the Daughters of Mary Immaculate marveled

at Mary's humility. *Was there ever a creature more humble than Mary?A God has emptied Himself and taken the form of a slave. Whom does He choose to accomplish this? A humble Virgin.*

Humility leads us to love. Mary sets the example. She learns about Elizabeth's pregnancy and goes through the hill country to help her cousin. She brings to Elizabeth the Messiah. Adèle comments: *After receiving the gift of our Lord in the Eucharist, we too can cry out: I have more reason than Elizabeth to exclaim, "How have I deserved this happiness, that my Lord should come to me?Dear friend, let us imitate the love of Mary. Like her, let us render to all our bothers and sisters the corporal and spiritual services in our power. God considers as done to Himself what we do to others....*

Adèle realizes that it is Mary's humble love that enables her to sing the Magnificat of praise to God for all His grace and love. If Jesus is to be born of Mary in our hearts, then Adèle calls for humble love like Mary's. *Have we allowed Jesus to be born in our hearts? Have we eradicated all that could displease His eyes? Has the fire of divine love consumed every earthly affection? If all this has not happened, my dear friend, let us bemoan the fact. Let us hope that our tears of repentance may soften and incline toward us the heart of our God, justly angry with us if we have not prepared ourselves properly to give Him birth in our hearts.*

On January 10, 1828 as Adèle, Mere Marie de la Conception, lay dying, she received the Sacred Host for the last time and offered her Magnificat song: *Hosanna to the Son of David!*

During this Advent we prepare for the celebration of the Birth of Jesus, it may be profitable to pick up the booklet, *A Retreat with Adèle*, and ponder in our hearts this sacred mystery of Jesus, the Son of God becoming the Son of Mary in order to bring us the Father's love.

Have a wonderful Christmas!

Books are available at NACMS (North American Center for Marianist Studies)