

Beautiful, pure, good...you! ...

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"During the course of the day, recall as often as possible that you are in God's presence. Consider what God does and what you are doing.

You will see His eyes turned toward you and constantly fixed on you with incomparable love." - St Francis de Sales

"As mountain hares become white in winter because they neither see nor eat anything but snow,

so by adoring and feeding on beauty, purity and goodness itself in the Eucharist you will become altogether beautiful, pure, and good."

St Francis de Sales

Bishop and Doctor of the Church
France ~ 1567-1622

Author of *Introduction to the Devout Life* (MUST-READ!)

and *A Treatise on the Love of God*

Co-Founder of Sisters of the Visitation

Patron of authors, writers, deaf persons

a.k.a. the "**Gentleman Saint**"

(due to his patience and gentleness)

Feast Day - January 24

"After having conferred Holy Orders on a pious young man, St Francis de Sales noticed that the newly ordained priest hesitated before a door as if to let someone pass before him. 'Why do you pause?' asked the

saint. 'God favors me with the sight of my guardian angel,' replied the priest. 'Before I was ordained to the holy priesthood, my angel always remained at my right and preceded me. Now he walks at the left and refuses to go before me.'



Such is the great veneration which the angelic spirits show even God's ministers because of their reverence for the Blessed Sacrament.'

~ From *The Guardian Angels: Our Heavenly Companions*

[Click here: St. Francis De Sales - YouTube](#) (2 mins

[Click here: On Re-reading St. Francis de Sales - Crisis Magazine](#)

St Francis de Sales, pray for us!

