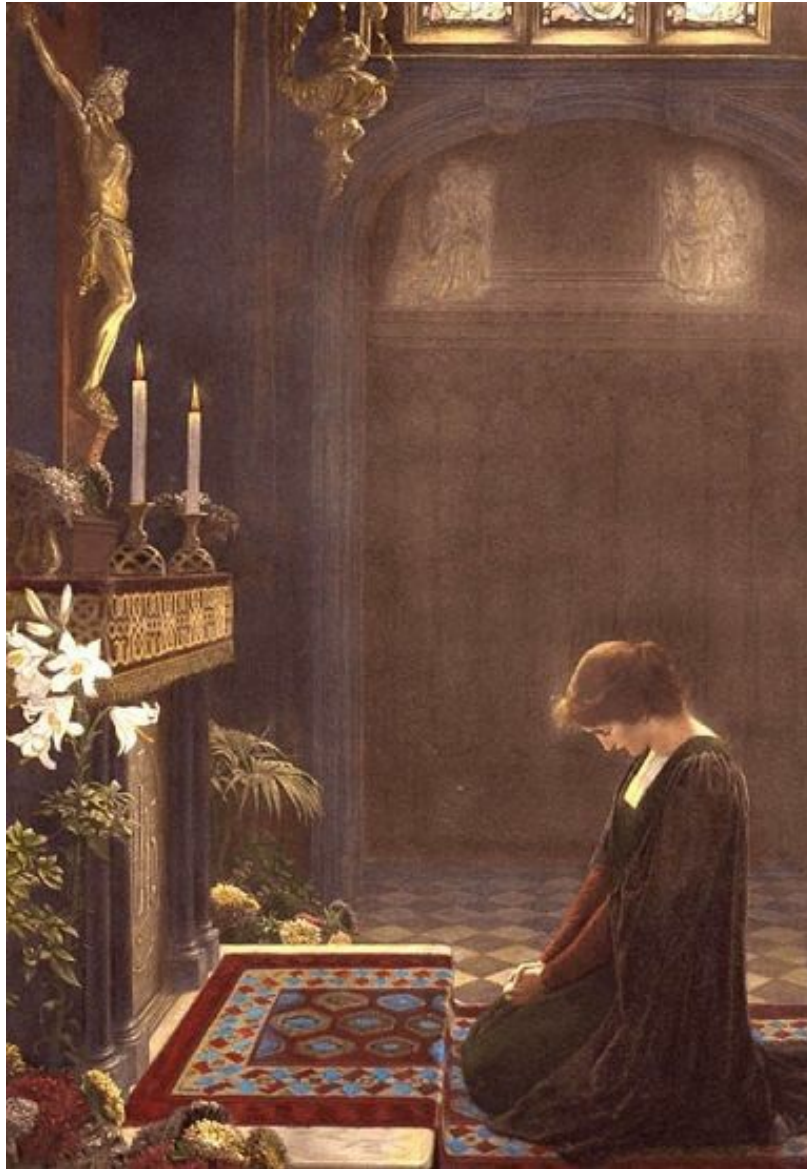


# Rewards of silence..

[truthhimself.blogspot.com/2017/11/rewards-of-silence.html](http://truthhimself.blogspot.com/2017/11/rewards-of-silence.html)

**Your beauty ... should be that of your inner self,  
the unfading beauty of a gentle and quiet spirit,  
which is of great worth in God's sight. - I Peter 3: 3,4**



**“Would you like me to teach you how to grow from virtue to virtue and how, if you are already recollected at prayer, you can be even more attentive next time, and so give God more pleasing worship? Listen, and I will tell you.**

**If a tiny spark of God’s love already burns within you, do not expose it to the wind, for it may get blown out. Keep the stove tightly shut so that it will not lose its heat and grow cold. In**

other words, avoid distractions as well as you can. Stay quiet with God. Do not spend your time in useless chatter."

## **St. Charles Borromeo**

Italy ~ 1538 -1584

Archbishop of Milan, Cardinal

Towering figure of the Catholic Reformation

Key player - Council of Trent

Lived life of great humility and austerity,  
always striving for holiness

Patron saint of catechists and seminarians

**FEAST DAY - November 4**

Painting above: Grenville Manton (1855-1932): "Jesus, mi Senor, mi Dios"

*St Charles Borromeo offers some wise and beautiful words to Seminarians and Priests (and others can 'listen in' and merit too):*

**"My brothers, you must realize that for us churchmen nothing is more necessary than meditation.** We must meditate before, during and after everything we do. The prophet says: *I will pray, and then I will understand.* When you administer the sacraments, meditate on what you are doing. When you celebrate Mass, reflect on the sacrifice you are offering. When you pray the Office, think about the words you are saying and the Lord to whom you are speaking. When you take care of your

people, meditate on the Lord's blood that has washed them clean. In this way, all you do becomes a work of love. This is the way we can easily overcome the countless difficulties we have to face day after day, which, after all, are part of our work: in meditation we find the strength to bring Christ to birth in ourselves and in other men." (Office of Readings, November 4)



**[Click here: Saint Charles Borromeo - November 4 - YouTube](#)**

**(1 min)**

**St. Charles Borromeo, pray for us!**