

Lynch, Helen M.  
On Wings of Love  
ADT 8014

# On Wings of Love



Short Meditations

29

by

Mother Helen M. Lynch

Religious of the Cenacle

For Youth and the Young of Heart



# ON WINGS OF LOVE

for

Youth and the Young of Heart

By

HELEN M. LYNCH

Religious of the Cenacle

THE PAULIST PRESS

401 WEST 59TH STREET

NEW YORK 19, N. Y.

*Nihil Obstat:*

JOHN A. GOODWINE, J.C.D.,  
*Censor Librorum.*

*Imprimatur:*

✠ FRANCIS CARDINAL SPELLMAN,  
*Archbishop of New York.*

*March 13, 1956.*

The nihil obstat and imprimatur are official declarations that a book or pamphlet is free of doctrinal or moral error. No implication is contained therein that those who have granted the nihil obstat and imprimatur agree with the contents, opinions or statements expressed.

**Deacidified**

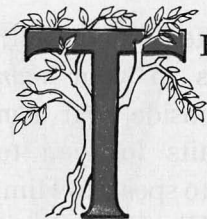
## Foreword

CHRIST wishes us to remain as little children. Does that mean we must never grow up, never get taller and stronger, never stop going to school? No; it means we must go to Him always as children, in innocence, in confidence, in love. He knows each one of us, knows our faults, knows each thing we do and each thought we have. But He not only knows us, He loves us and, because of that love, He can understand whatever we want to say to Him. He is eager that we go to Him, little children that we are; and the author of this booklet shows us how we may do so, sanctifying each day.

JOHN J. BURKE, C.S.P.



## TALKING WITH OUR LORD




HERE is a picture of Christ that we all love. Our Lord is sitting under the shade of a great tree. Little children are gathered about Him and His arms are extended in welcome and blessing. The little ones are talking to Our Lord. They are sharing secrets and telling their wishes. They are thinking in His presence. This is what grown-ups call meditation.

We can be just as close to Our Lord as they were, if we will. We can *talk to Jesus* all the day long on the waves of prayer. His Heart is our “receiving station.”

*Say often through the day:*

Oh, teach me, Lord, to talk to Thee—  
And keep You loving company.

## HEARTS

 WOULD you like to find God? Well, God is in your *own heart*—right inside your own soul. He waits for you to answer Him, to speak to Him, to think of His Holy Spirit living in you, to breathe His holy Name, “Jesus”, to call Him “Sacred Heart”, “Heart of Goodness”, “My Helper”—and every other sweet name your love can think of.

Every thought you give Him will cause Him to grow in you until the happy moment comes when you, too, can repeat St. Paul’s words: “I live — now, not I, but Christ liveth in me.”

*Say often through the day:*

God’s Holy Spirit is in my heart  
And Heaven is where, my God, Thou art.



## WHY?



WHEN you make something all by yourself, don't you love it and take great care of it? We all love the things we make.

God loves us because He made us. Why did He make us? Because He wanted us to be happy in knowing Him, loving Him, serving Him, and living in His company. What a blessing to understand *why* I am in this world and what I have to do here!

*Say often through the day:*

I do not have to puzzle why I'm here,  
I know, dear Jesus; You have made it clear!

## THE GOOD SHEPHERD




WHEN I was baptized, I entered the safe and happy fold of the Good Shepherd. You, dear Jesus, have determined to give me Your personal care and love. I know that no matter how wilful and like a “runaway” I am, *You will always come looking for me.* Since by baptism I am marked with Your sign, You will pick me up on Your shoulder and tell me how unhappy and lonely You are when I wander far away from You.

It is sin that takes me away. But You will not rest until You *bring me back.*

*Say often through the day:*

O dear Good Shepherd, I love Your Name;  
For me—Your lamb—to earth You came.

## EXCHANGE

“HILD, give me thy heart.”  
Listen to Jesus pleading for your love, telling you He needs you for His friend. If your Mother gave you everything but her love—pretty clothes, presents, parties—you would enjoy these things for a little while, but soon you would say, “But there is no love! I want my Mother to *love* me.”

No gift will satisfy Jesus unless *you give Him your heart*. In exchange *He will give you His Heart*, His love, His joy, His peace.

*Say often through the day:*

For my poor heart, a gift so small,  
My loving Jesus gives me *all*.

## YOUR OLD GARMENT



WHEN the priest puts ashes on your forehead on Ash Wednesday, he reminds you (in Latin) that you are made of dust. But your body of dust is the less important part of the REAL YOU. As though this body were an old garment, you put it off for a while and go alone to God. You will find God a loving Father if you loved Him and tried to please Him here; and some day you will put on again this same garment made gloriously new and beautiful by your love and daily sacrifices, like going to Mass and Holy Communion, making little visits to the Blessed Sacrament and by denying yourself some little pleasure, such as good things to eat

*Say often through the day:*

My bridal robe for Paradise  
Is won by love and sacrifice.

## ENEMIES



HAT is the biggest thing I have to do in life? To win God and Heaven. "Winning" implies effort and struggle.

There are evil spirits always struggling for the possession of my soul. But I have God's wonderful gift to me of *free will*—the power of choice. I can choose to do right or to do wrong. If I choose to do wrong, I lose Heaven—I make myself the *enemy* of my own soul.

*Say often through the day:*

I shall like a warship be—  
On watch for my soul's enemy.

## CHAINS



NO one would be so foolish as willingly to let any one take him away to be a slave! Yet if we are not watchful, *bad habits* will form a chain and, before we know it, we shall be slaves of our enemy the devil. We must stop him from gaining power over us. This we do by calling on St. Michael, our Guardian Angel and all the Good Angels to stand by us. "All ye Holy Angels, pray for us." "Our Lady, Queen of the Angels, pray for us."

*Say often through the day:*

Jesus! I need Thy grace all days  
To free me from my evil ways.

## LOYALTY



ATAN was very bold with Jesus in the desert. He is bold with us, too. He suggests nasty, wrong things to us. He tells us no one will know if we do them. When He was tempted, Jesus replied: "Begone, Satan."

Jesus wants us to be quick in saying: "Begone, Satan—leave me alone—I belong to Jesus." When we treat the tempter so, we become dearer to Jesus than if we had never been tempted. He sees we are *loyal* to Him. Learning when to say NO makes our souls strong.

*Say often through the day:*

Begone, Satan, for you I'll never sin  
I fight for Heaven; by God's grace I'll win.

## HORSE-BREAKING



W **ID** you ever watch a jockey trying to break in a young colt for the race track? How hard he works to subdue the wild antics of the mettlesome animal! 'Round and 'round they go—battling with each other on the way. The horse *must* be made to obey.

Your body is like the young colt—your soul is the rider. *The body must be trained to obey the soul.* How? By not letting it have everything it wants. Are you the master of your body?

*Say often through the day:*

Little self-denials win God's grace  
And make my soul the leader of the race.



## THE DIVINE MENDER


**D**AYS there are when all things seem to go wrong. We make mistakes, we displease others, we get angry or pouty and say and do things we are so sorry for afterwards.

Is there any way to mend mistakes we have made—to mend hearts we have hurt, to undo tangles and knots that nobody on this earth can undo for us? Yes, Our Lord is the *Divine Mender!* He mends even while we sleep. He loves to be asked to “*repair*” for us. Such miracles He will work for you if you show Him what needs mending!

*Say often through the day:*

Jesus, Repairer, repair for me,  
Mend my mistakes whatever they be!

## SEPARATION

 UP to the very last moment of my life, I am always in danger of losing Heaven by mortal sin—of being *separated* from Jesus forever. This separation is Hell.

If I commit a mortal sin, I put myself on the path that leads to Hell. The way to *come back again to the path that leads to Heaven* is to tell Jesus *at once* I am sorry. Then *just as soon as I possibly can* I will make my Confession so that the priest can take away my sins.

When I have done this, I have got hold of Jesus' hand again. I am safe!

*Say often through the day:*

Jesus, I was made for Thee—  
Never let us parted be!

## LITTLE INSTRUMENTS



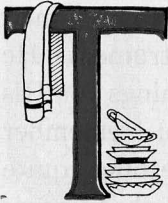
OUR LORD wants us to be saints. Saints are the instruments He uses to do great things for His glory. Don't you remember times when something quite small—a pin, perhaps—was ever so useful to you, just because it was the one thing you needed at that moment?

God may need to use us at any moment. Often tell Him that you have only one wish, to be a useful little *instrument* in His hands, and always ready to serve Him in any way He chooses.

*Say often through the day:*

Jesus! I wish to be useful to You,  
An instrument tiny, but oh, so true!

## SERVICE



O do something to *help another* is a wonderful way of showing Our Lord that we love Him.

When we offer to go on an errand, to help with the dishes, to give up some of the time we had saved for reading or writing, and do this in the spirit of love for Him, Jesus smiles. His Sacred Heart is made happy. He knows we remember His own words: "Whatever you do for others is done unto Me."

*Say often through the day:*

O Jesus make me quick to see  
That service which is dear to Thee!

## OBEYING



“ I AM certain that God will give me my own way in Heaven, for I have never done my own will on earth.” This was the Little Flower’s way of saying: “I have always obeyed someone.” Was it easy for her to obey? No, but it pleased the One she loved best. She kept thinking of how Jesus obeyed in His Nazareth home for thirty years and of how He grew in wisdom and grace.

We, too, can grow in grace by more perfect obedience at home and in school.

*Say often through the day:*

Jesus, obedient all Your life through,  
Oh, give me the grace to grow like You!

## REVERENCE



SUPPOSING we heard someone say of us: "That child has a reverent soul." The remark would make us quite happy. We would know we had succeeded in cultivating one of the most beautiful seeds in the garden of our soul—the seed of *reverence*.

Reverence places us in an attitude of loving respect before God and man. It is a most sweet and winning virtue and the best reward that we can offer to those who have watched over and trained us.

*Say often through the day:*

Through Church and Priests God speaks to me.

Oh, may my reverence perfect be!

## THANKSGIVING




MY God, sometimes I feel I cannot stop thanking You! It makes me so happy just to keep repeating, "I *thank* You. I want to *live* thanking You, and please let me *die* thanking You." I love to count up all the things I should be grateful for—to please You by composing my own Litany of Gratitude.

Some of the favors are Your secrets and mine. I will keep thinking about them. I will look often at the crucifix. I will remember You were nailed to the Cross to save *me*.

*Say often through the day:*

Oh, I'd like to be a thanksgiving song,  
Singing to Jesus the whole day long!

## KINDNESS

UPPOSING everyone were kind! Wouldn't this world be a happy place to travel through? Kindness speaks of Heaven and the joy of the life to come. If our hearts are not kind hearts, how can Jesus or anyone else love them?

To think well of everyone, to wish all well, to speak well, to do well—this is the happy mission of *kindness*. “Little deeds of kindness, little words of love, make this earth an Eden like to Heaven above.” Our Lord has promised that He will reward our kindness to others *as though we had been kind to Him*.

*Say often through the day:*

O Jesus, make me very kind:  
With kindness fill my heart and mind!



## SEARCHLIGHTS



LIGHTHOUSES play them across oceans and harbors and rivers and bays—lovely streams of purest light: Wouldn't you like to be a searchlight for Jesus in the night of this world—pointing by glowing faith to the Heaven of His love?

“Yes, dear Jesus, I want Your light to shine through me. I know when I sin the light goes out and will not shine again till I am sorry. Please, Jesus, *help me to keep my searchlight shining.*”

*Say often through the day:*

Oh, make me a little searchlight bright  
Shedding about Your Heavenly light.

## RAIN

**L**ET us suppose it is a rainy day and our windows open on a lovely garden. We see the trees, the plants, the grass, the flowers drinking in the welcome drops. When the rain stops and the sun shines again, the garden is lovelier than ever. The flowers look perky and fresh and happy.

When, through “little visits,” aspirations, and prayers, we hold our hearts up and open to God, the *rain of His grace* descends upon us. We are refreshed like the flowers of the garden.

*Say often through the day:*

My heart is open, Lord, to Thee;  
Pour in Thy grace abundantly.

## GROWING



HAVE you ever watched God's gracious care in a garden, watched tiny buds unfolding? How warmly they are covered in babyhood! Then, little by little, they are prepared to weather wind and sun and rain. Slowly, oh, *so* slowly, one by one, the mantles are lifted—a little today, a little more tomorrow, until the blossoming of the flower.

Our souls are God's most precious buds. How tenderly He watches us *grow!* How lovely *He* was in His growing time! It is He Who knows when we are ready to bear the strong sun of love or the wind of difficulty or the rain of sorrow.

*Say often through the day:*

Grow in my heart, O Jesus mine;  
Make it now and forever Thine.

## THE LITTLE DOOR



OUR LORD tried so often to teach us that the entrance to Heaven is through a very *low* door. If we grow proud and important in our own eyes, we cannot get through to His Paradise. “Unless ye become as *little children*, ye cannot enter the kingdom of Heaven.”

How are we to remain children in His sight? There is only one way. By always keeping tight hold of our Heavenly Father and *asking Him to show us all the stupid things we do and help us out of them.*

*Say often through the day:*

As older I grow, my heart must remain  
Childlike and humble if Heaven I'll gain.

## BELONGING

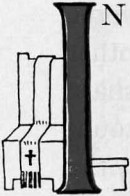
**E**VERY year thousands of people come to our land from other shores. They come to share the blessings of our dear country. They look forward to the day when the Government will accept their desire to be America's adopted children. Finally, as a proof and sign that they belong to these United States, they are given what we call "naturalization" papers. Americans now, they share in all our rights.

Just so are we the "naturalized" children of God, sharing His nature, *belonging* to His country—Heaven.

*Say often through the day:*

O, Thou art mine and I am Thine;  
Thy Cross is both my proof and sign.

## RETURNING



IN that beautiful Parable of the Prodigal Son, Our Lord tells us of the young man who took his fortune and left his home to go with bad companions. He fell into sin and poverty. Oh! but that was a blessed moment in the boy's life when he made up his mind to go back to his father! What greeted him on arriving? Love—the love of a tender, forgiving father!

By Confession, we *return to Our Father*. His kiss of peace is given. Once more He gathers us into His arms in a loving embrace.

*Say often through the day:*

O Jesus, give me true contrition;  
This, today, is my one petition.

## LOVING



OUR LORD said of St. Mary Magdalen, "Many sins are forgiven her because she hath loved much." What a thrill of joy must have shot through the heart of this great penitent-saint as the words fell from His Divine lips! Now she cared no more for wrong things; she wanted "only Jesus". "What shall I do for Him Who has done so much for me?" was her daily love-song.

Can we not make that *our* love-song, too?

*Say often through the day:*

Jesus! You've done so much for me,  
I'm in Your debt eternally!

## HAPPINESS



UP into a high mountain Our Lord took three of His Apostles. He wanted to have them all to Himself, so that He could show them His glory. "His face shone as the sun and His garments became as white as snow." A voice was heard—yet, looking up, the wondering three saw no one, but *only* Jesus. When they saw Him as He *really* was, they cried in their exceeding joy: "Lord, it is good for us to be here."

That cry was an act of perfect happiness. It tells us that *happiness* is being with and *possessing* Jesus.

*Say often through the day:*

I have a secret, Lord, for Thee:  
Thou art all Happiness for me.



## A WINNER



“WHICH of the twelve Apostles is your man?” asked a Sister of a little boy to whom she had been explaining a picture of the Last Supper. “Peter,” came the ready answer. “He lied about Jesus, but he was sorry on the spot. He drew a big sword to defend Jesus in the Garden; and he jumped into the sea when he saw Jesus walking on the water. ‘Lord, save me!’ he cried. And Jesus made him the rock on which He built the Church.”

“Sorrow and love always win,” said Sister. “If we have these in our hearts, Jesus will build on us, too.”

*Say often through the day:*

Jesus! I need Thy holy grace  
To help me every day and place.

## CHANGING SCENES




OW dreadfully foolish it is to be entirely taken up with this fleeting world—where everything is changing and moving on. It is all passing away just as quickly as the pictures on the movie screen. *Human hearts* are sadly liable to *change*, too, as we are reminded in the Passion of Our Lord. On Palm Sunday, those who hailed Him as King and greeted Him with glad hosannas were the very ones who, four days later, mocked and abused Him and cried: “Crucify Him!” There is only One Heart that *never changes* and *always loves*, and that is the Sacred Heart of Jesus.

*Say often through the day:*

Oh, Sacred Heart, *I place my trust in Thee!*  
I know that always You will care for me!

## BARGAINING

“WHAT will you give me for Him!” was the dreadful question on the lips of the Apostle Judas as he bargained with the Chief Priests for Jesus.

The devil is always asking us to betray Jesus. Do *we* answer, “*What will you give me if I disobey?—if I lie, if I keep impure thoughts?*” Do we believe his answer when he whispers: “I will give you happiness?” The devil *is the father of lies*. How can we be happy if we betray Jesus? There never was such an unhappy man as Judas.

*Say often through the day:*

Jesus! Give me a loyal heart  
Where sin will have no smallest part.

## HIS GIFT


**L**ET us be generous in giving Our Lord acts of perfect love for these precious anniversaries: The Last Supper and the First Mass—and our First Communion.

We will often visit our parish church to adore Jesus hidden under a veil of bread, to thank Him for giving us the Blessed Sacrament and becoming the very Food of our souls. O, Jesus, I thank you with all my heart for this gift of Thyself. “By Thy Presence in all the Tabernacles of the world, have mercy on us.”

*Say often through the day:*

You knew I'd hunger, Lord, for Thee,  
So You found a way my Food to be!

## IN A GARDEN

N A GARDEN our dear Lord began His Sacred *Passion*. It was the vision of our sins that caused Him to cry, "Father, if it be possible, let this chalice of suffering pass from Me—but Thy will, not Mine, be done." For Our Lord trusted His Heavenly Father and accepted all that He sent Him.

When sorrow comes to *you*, as it surely will, remember your loving Father sent it, and He makes no mistakes. He sends, always in love, the thing that is best for you.

*Say often through the day:*

"Thy will be done," I'll quickly pray,  
As soon as sorrow comes my way.

## THE GREATEST LOVE



JESUS, the soldiers who nailed You to the Cross, afterwards sat and watched You, to mock You. When I look upon the Cross, what can I do but kneel and watch You, loving You for giving Your life for *me!* Oh, those three long hours of terrible suffering! They were the supreme price You paid to open Heaven for me. And You do this all over again for me in every Holy Sacrifice of the Mass.

Now what shall I do for You, my dearest Jesus? I will *love You immensely* — more than I love anyone else. And every day I will kiss Your Sacred Feet, nailed to the Crucifix, as a sign that I will cling to You, and hold You and never let You go.

*Say often through the day:*

I love You, Jesus, on that Tree  
Where lovingly You died for me.

## FORGIVING

“**F**ATHER, forgive them for they know not what they do!” I picture myself there on the hill of Calvary as Our Lord speaks His beautiful words from the Cross. “His Tongue was all that was left for Him to use”—and He is using It to *plead for me* and for His *enemies*.

O Jesus, if only I could learn from You to forgive all who hurt and injure me! Please fasten Your words onto my heart; then I shall remember to *forgive* and to forget.

*Say often through the day:*

O Jesus, give me for my part  
A tender and forgiving heart!

## REMEMBER



HOW wonderful will be that moment when we can thank Our Lord face to Face for His gift to us of His most dear Mother. By His third word on the Cross, “Behold thy Mother,” He gave us Our Blessed Lady who is our life, our sweetness and our hope.

“Remember, O most loving Virgin Mother”, we say to her when we need her help. And we know well that “*Memorare*” (the Latin word for “remember”) is all that we need to say in order to get her heavenly aid.

*Say often through the day:*

Oh Mary, thy mantle my refuge will be.  
I love you and thank you for caring for me.



## TRUST


“**L**ORD, remember me,” cried the Good Thief, as he saw how patiently Our Lord suffered on the Cross beside him. And immediately came the glorious answer to the poor robber’s trustful prayer: “This day thou shalt be with Me in Paradise!”

Can we think of this Heavenly little conversation on Calvary without having our poor, frightened hearts filled with *trust* and confidence in Our Lord’s mercy? There is no limit to His goodness. One cry for help when our sins discourage us and the King of Peace will lift us up into the Paradise of His love!

*Say often through the day:*

Remember me, dear Jesus, too,  
That I may be in Heaven with You.

## PATIENCE

OMETIMES we feel very lonely and all about us is very, very dark. We feel that nobody cares and that even when we pray, Our Lord does not hear us. Jesus on the Cross knew a sad time like that. He felt that His Heavenly Father had deserted Him. "My God, My God, why hast Thou forsaken Me?" He cried aloud. Then came the deep silence of His loving patience.

In our time of loneliness we should cry out to Our Heavenly Father and then wait patiently for His Divine Help.

*Say often through the day:*

God's holy Will be done in all,  
Will be my cry when shadows fall.

## LONGING

“**I** THIRST” was Our Lord’s fifth word from the Holy Cross. We know what it is to suffer from thirst and we know how the dying soldier on the battle-field must suffer. But we can only *dimly guess* how terrible was the thirst suffered by our dear Lord.

“I thirst” expresses the desire of Jesus to atone for sin. “I thirst” also voices His *longing* for our personal love. Let us answer by giving Him our love and by asking Him to increase our love for Him.

*Say often through the day:*

O Jesus, loving from the first,  
For Thee my longing soul doth thirst!

## PROVING



IT is only when we do something hard for the One we love that we taste the joy of loving. When Our Lord said, "It is finished", He meant that He had offered a perfect sacrifice for us. He gave His very life to show us how far His love would go.

Since we are so very dear to Our Lord, we must expect that He will give us many opportunities to bear hard things for Him. If we bear them well, we will know joy at life's closing, for we will have given proof of our love.

*Say often through the day:*

Jesus! Who lived and died for me,  
I want to live and die for Thee!

## SURRENDER



H, the sweetness of Our Lord's very last prayer from the Cross: "Father, into Thy hands I commend My spirit!" What a beautiful night prayer for us as we pillow our tired heads for God's wonderful gift of sleep!

Every night's sleep is a rehearsal for our last falling asleep — into life everlasting. In our waking hours a little prayer of *self-surrender* to Jesus will help us to taste the sweetness of giving ourselves up to Him in trust and confidence.

*Say often through the day:*

Into Thy Hands I commend my soul  
Jesus my Love, my Life, my Goal!

## MOTHER OF SORROWS



OUR Blessed Mother knew deep Sorrows, as well as great Joys, and these we also share with her. Today let us look tenderly at Our Lady of Dolors standing in sorrow at the foot of the Cross. We see Our Mother sharing the torments of Jesus, embracing His dead body, kissing Him, adoring Him.

Oh, let us hasten to her with pure and loving hearts. Under her lovely blue mantle let us hide for a moment of prayer. This *loving remembrance of her Sorrows* will be precious and sweet to Mary, who is waiting in Heaven to “show us Jesus.”

*Say often through the day:*

O Mother of Sorrows, I grieve with thee,  
And beg forever thy child to be!

## EXPECTING




WHEN one whom we love very much has been away and we know the time of his return, how eager we are for the happy hour to arrive! We see that everything is ready, we prepare surprises, we wait at the window or watch at the door, full of joy because soon we will again look on the face of our dear one.

In the first glorious mystery of the Rosary, we picture Our Blessed Mother expecting Jesus on the day of the Resurrection. This reminds us of how often we get ourselves ready to receive Jesus in Holy Communion at Holy Sacrifice of the Mass.

*Say often through the day:*

O Jesus and Mary expecting me,  
I hope with you in Heaven to be.

## FACE TO FACE

OME day I shall behold Jesus as my Judge. His very glance will say "Passed"—or "Failed." Oh, the eternal pain of failing in His school!

When I go to Confession, it is as if Jesus placed my Life Book with its spotted pages in my hands, saying, "Child, erase the marks now!" O Jesus, help me to do this so carefully and sincerely that when in my last hour Holy Church in her parting prayer says "Go", I will hear Thy first loving word—"Come!"

*Say often through the day:*

"A little while and I will see you again"—  
O Jesus! I love to answer "Amen."



