



CATHOLIC SPIRITUALITY  
FOR THE INCARCERATED  
FROM THE ORDER OF MALTA,  
CANADIAN ASSOCIATION

# The Serving Brother

ADVENT 2011 – WINTER 2012

A Message to the Serving Sisters and Brothers from Father Myles Sheehan, SJ

## Finding Spiritual Health Through the Sacred Heart

When I was assigned to the full time job as a Superior in the Jesuits two years ago, I gave up working as a doctor, which I had been doing for 28 years. I am content with this new job, but I miss some of what I used to do, like listening to the hearts of my patients.

When I would examine a person and use my stethoscope, I was comparing what I saw, touched, and heard with the ideal: What I had learned to be the right and healthy way for a heart to behave.

Now, if you think spiritually, the Sacred Heart of Jesus is the ideal image of Christ's love for us. It takes in the love of the Father, mixes it with the grace of the Holy Spirit, and pumps out Christ's lifeblood: love and concern for each one of us.

How might your heart and my heart sound if we were to be examined by the Divine Physician, and our hearts compared to the ideal: the perfect Sacred Heart of Jesus?

Does your heart beat strongly or regularly out of love for God and others? Or is our spiritual pulse weak and irregular and chaotic?

Does the love of God flow cleanly through our hearts, refreshed by the Spirit, and sent out to strengthen us to do God's work? Maybe there are problems, spiritual heart murmurs that need repair. We receive God's love but it might be our heart is weak, a valve leaks, or it has become narrow and clogged.

And so, to bring our hearts closer to the perfection of the Sacred Heart of Jesus, we may pray:

*Divine Physician, fix my heart to be like your Sacred Heart:*

*Fill it with your love, give it the oxygen of your Spirit, let its beat be strong and in step with the rhythm of your heart.*

*Make my heart like yours: loving, free, and open.*

Father Myles N. Sheehan, SJ, was installed as the Provincial of the New England Province of Jesuits on the Feast of Saint Ignatius, July 31, 2009.



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Address Correspondence to:  
The Order of Malta  
1247 Kilborn  
Ottawa, ON K1H 6K9



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A Spiritual Message from Father George

## Finding Peace in the Sacred Heart

Imagine that at the center of all reality, there is not just atoms and space, but Love.

That's what the Sacred Heart teaches us: Everything that exists is a result of God's infinite love! And that no matter how dark a place we might find ourselves at certain points of our lives, no matter how alone we feel or how hopeless things seem to be, in reality there is always the heartbeat of God beating quietly: Mercy and compassion and love that gently hold all things together.

Our own heartbeats, created in the image of God, are our reminder that it is God who gives us life; that God keeps us alive and keeps our hearts beating. It is God, not ourselves who gives us our next breath of life.

The beauty of the image of the Sacred Heart of Christ is that we are surrounded by His love and mercy every moment of our lives – from the second that our tiny hearts began to beat inside our mothers' wombs, until that day when God will choose to stop our hearts and call us home to Him.

Every second, every heartbeat is a reminder to us that the One who knows us more deeply than we even know ourselves is with us, and in fact is inseparable from us. Saint Paul writes of this in his letter to the Romans:

I am sure that nothing can separate us from God's love—not life or death, not angels or spirits, not the present or the future, and not powers above or powers below. Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord! (Rm 8:38-39)

The Sacred Heart of Christ is also a wounded heart – pierced by the guard's spear on the Cross, broken by the human selfishness and violence. Yet through this broken heart, the light of God pours out on all of us.

Seven years ago a man I knew well from his many stays at the Boston City Jail was ambushed late at



Painting by Pompeo Batoni (1708-1787)

## Mass readings for the winter

WEEK	MON	TUES	WEDS	THUR	FRI	SAT	SUN
<b>Nov 28-Dec 4</b>	Is 2:1-5 Mt 8:5-11	Is 11:1-10 Lk 10:21-24	Rom 10:9-18 Mt 4:18-22	Is 26:1-6 Mt 7:21, 24-27	Is 29:17-24 Mt 9:27-31	Is 30:19-26 Mt 9:35-10:8	Is 40:1-11 2 Pt 3:8-14 Mk 1:1-8
<b>Dec 5-11</b>	Is 35:1-10 Lk 5:17-26	Is 40:1-11 Mt 18:12-14	Is 40:25-31 Mt 11:28-30	Gn 3:9-15, 20 Eph 1:3-6, 11-12 Lk 1:26-38	Is 48:17-19 Mt 11:16-19	Sir 48:1-4, 9-11 Mt 17:9a, 10-13	Is 61:1-11 1 Thes 5:16-24 Jn 1:6-8, 19-28
<b>Dec 12-18</b>	Zec 2:14-17 Lk 1:26-38	Zep 3:1-2, 9-13 Mt 21:28-32	Is 45:6b-8, 18, 21b-25 Lk 7:18b-23	Is 54:1-10 Lk 7:24-30	Is 56:1-3a, 6-8 Jn 5:33-36	Gn 49:2, 8-10 Mt 1:1-17	2 Sm 7:1-16 Rom 16:25-27 Lk 1:26-38
<b>Dec 19-25</b>	Jgs 13:2-7, 24-25a Lk 1:5-25	Is 7:10-14 Lk 1:26-38	Sg 2:8-14 Lk 1:39-45	1 Sm 1:24-28 Lk 1:46-56	Mal 3:1-4, 23-24 Lk 1:57-66	2 Sm 7:1-16 Lk 1:67-79	Is 52:7-10 Heb 1:1-6 Jn 1:1-18
<b>Dec 26-Jan 1</b>	Acts 6:8-10; 7:54-59 Mt 10:17-22	1 Jn 1:1-4 Jn 20:1a, 2-8	1 Jn 1:5-2:2 Mt 2:13-18	1 Jn 2:3-11 Lk 2:22-35	Gn 15:1-6; 21:1-3 Lk 2:22, 39-40	1 Jn 2:18-21 Jn 1:1-18	Nm 6:22-27 Gal 4:4-7 Lk 2:16-21
<b>Jan 2-8</b>	Jon 1:1-2:2-11 Jn 1:19-28	1 Jn 2:29-3:6 Lk 10:38-42	1 Jn 3: 7-10 Jn 1: 35-42	1 Jn 3:11-21 Jn 1: 43-51	1 Jn 5: 5-13 Lk 3: 23-38	1 Jn 5:14-21 Jn 2:1-11	Is 60:1-6 Eph 3: 2-3a, 5-6 Mt 2:1-12
<b>Jan 9-15</b>	Is 55:1-11 Mk 1:7-11	1 Sm 1:9-20 Mk 1:21-28	1 Sm 3:1-20 Mk 1:29-39	1 Sm 4:1-11 Mk 1:40-45	1 Sm 8:4-22a Mk 2:1-12	1 Sm 9:1-4, 17-19; 10:1 Mk 2:13-17	1 Sm 3:3b-19 1 Cor 6:13c-20 Jn 1:35-42
<b>Jan 16-22</b>	1 Sm 15:16-23 Mk 2:18-22	1 Sm 16:1-13 Mk 2: 23-28	1 Sm 17:32-51 Mk 3:1-6	1 Sm 18:6-9; 19:1-7 Mk 3: 7-12	1 Sm 24:3-21 Mk 3:13-19	2 Sm 1:1-27 Mk 3:20-21	Jon 3:1-10 1 Cor 7:29-31 Mk 1:14-20
<b>Jan 23-29</b>	2 Sm 5:1-10 Mk 3:22-30	2 Sm 6:12b-19 Mk 3:31-35	Acts 9:1-22 Mk 16:15-18	2 Tm 1:1-8 Mk 4:21-25	2 Sm 11:1-17 Mk 4:26-34	2 Sm 12:1-17 Mk 4:35-41	Dt 18:15-20 1 Cor 7:32-35 Mk 1:21-28
<b>Jan 30- Feb 5</b>	2 Sm 15:13-14, 30; 16: 5-13 Mk 5:1-20	2 Sm 18:9-10, 14b, 24-25a, 30; 19:3 Mk 5: 21-43	2 Sm 24:2-17 Mk 6:1-6	Mal 3:1-4 Heb 2:14-18 Lk 2:22-40	Sir 47:2-11 Mk 6:14-29	1 Kgs 3:4-13 Mk 6:30-34	Dt 18:15-20 1 Cor 7:32-35 Mk 1:21-28
<b>Feb 6-12</b>	1 Kgs 8:1-13 Mk 6:53-56	1 Kgs 8:22-30 Mk 7:1-13	1 Kgs 10:1-10 Mk 7:14-23	1 Kgs 11:4-13 Mk 7:24-30	1 Kgs 11:29-32; 12:19 Mk 7:31-37	1 Kgs 12:26-32; 13:33-34 Mk 8:1-10	Lv 13:1-2, 44-46 1 Cor 10:31, 11: 1 Mk 1:40-45
<b>Feb 13-19</b>	Jas 1:1-11 Mk 8:11-13	Jas 1:12-18 Mk 8:14-21	Jas 1:19-27 Mk 8:22-26	Jas 2:1-9 Mk 8:27-33	Jas 2:14-26 Mk 8:34-9: 1	Jas 3:1-10 Mk 9:2-13	Is 43:18-25 2 Cor 1:18-22 Mk 2:1-12
<b>Feb 20-26</b>	Jas 3:13-18 Mk 9:14-29	Jas 4:1-10 Mk 9:30-37	Jl 2:12-18 2 Cor 5:20:6:2 Mt 6:1-6, 16-18	Dt 30:15-20 Lk 9:22-25	Is 58:1-9a Mt 9:14-15	Is 58:9b-14 Lk 5:27-32	Gn 9:8-15 1 Pt 3:18-22 Mk 1:12-15

night and beaten to death. It was a tragic end to a good man who struggled with his addictions. It was both my sad duty and great honor to celebrate his funeral Mass. What I remember most clearly was the assurance that I felt that as he lay dying in a church parking lot, the last thing he saw on earth was a statue of the Sacred Heart of Jesus a few feet from where he died. A devout and proud Catholic to the end, I'm also sure that when he opened his eyes in heaven, the very first thing he saw was the Living Sacred Heart of Christ, welcoming him

with arms outstretched and with infinite compassion and mercy.

As Catholic Christians we are so blessed to have these powerful images of God's love for us as part of our spiritual tradition. May you experience today the love that God has for you that is so beautifully symbolized in the image of the Sacred Heart.

Fr. George T. Williams, SJ is Chaplain of San Quentin State Prison. Opened in July 1852, San Quentin is the oldest prison in California, and houses over 6,000 men, including more than 700 on death row.

# On Humor in the Spiritual Life

Excerpts of Remarks by Fr. James Martin, SJ  
Annual Dinner of the Order of Malta's American Association, November 11, 2011

Joy, humor and laughter are underappreciated values in the spiritual life. They are desperately needed – not only in our own spiritual lives, but also in the life of the church. Joy is not a waste of time; far from it! Joy is what we will be sharing when we are welcomed into heaven. Indeed, the most joyful people are those closest to God.

Now it's not clear to what extent joy and laughter have been deemed as inappropriate in Catholic circles, but I'm sure that you've all met Catholics who seem to think that being religious means being deadly serious all the time. But you know, if you're always deadly serious, you're probably seriously dead, too!

It's worth considering why we don't think of Jesus as a humorous fellow. Humor is both culture-bound and time-bound. If you know someone from a different country, sometimes you might not get his or her jokes. Some of the movies

from the 1930s that were funny then, aren't funny now.

In Jesus' day, some of the parables would have been seen to have been funny. Not just clever or interesting, but "ha ha funny!" As one scripture scholar told me, the idea that someone would have a plank in their eye while criticizing someone else with only a speck of dust in their eye would have been seen as hilarious. But we miss that. Another problem is that we've heard the stories so many times that they cease to be funny.

Today we seem to be embarrassed by humor. While some quarters in the church may have downplayed the role of humor in Christian history, many of the saints never did. Most of the saints were joyful. The saints were deeply attractive people that others wanted to be around.

**First, joy, humor and laughter are constant threads that run through the lives of the saints.** St. Theresa of Avila

herself spoke out against that kind of deeply serious Catholicism saying "A sad nun is a bad nun. I am more afraid of one unhappy sister than a crowd of evil spirits." (Of course, you can substitute bishop, priest, brother or sister in that thought.) "What would happen" St. Theresa said "if we hid what little sense of humor that we had? Let each of use it to humbly cheer one another up."

Stories about the humor of the saints reach back to the early Roman martyrs. In the third century, St. Lawrence, who was burned to death on a grid iron over hot coals, famously called out to his executioners "Turn me over and take a bite. I'm done on this side!" Or St. Augustine, who famously prayed "Lord, give me chastity...but not yet!" Sainthood continues up until modern times.

The most well-known contemporary example is Blessed John XXIII whose most famous joke came when a journalist innocently asked "Your Holiness, how many people work in the Vatican?" He responded: "About half of them!"

In the 1940's when John was still the papal nuncio to France he was at an elegant dinner party in Paris and was seated across from a woman wearing a very low cut dress. His secretary turned to him and said "Your Excellency, what a scandal!" John, who used to refer to himself as a simple peasant, replied "What's the scandal?" The secretary replied "That woman! Everyone is staring at her dress!" John said: "No one is staring at her dress. Everyone is staring at me to see if I am staring at her dress!"

**Second, the saints knew that there are some serious reasons for joy, humor and laughter in the spiritual life.** Joy evangelizes. Joy shows your faith in the risen Christ. An essentially positive outlook shows people that you believe in God.

When I was a Jesuit novice, the Father General of the Society of Jesus visited. We each had the opportunity to ask him one question. Mine was "Father

General, what is the best way to increase vocations?" He responded by saying "Live your own vocation joyfully." Of course, why would anyone want to join a group of miserable people?

.....  
*Loving God,  
You know that I believe in you,  
You know that I trust in you,  
You know that I love you.*

*But sometimes life is so painful,  
Your way impossible to understand,  
And your world so confusing.*

*Sometimes I am overwhelmed with pain,  
Sometimes I feel tempted to despair.  
Sometimes I give way to hatred.  
Sometimes I doubt even you.*

*In times of pain, give me comfort,  
In times of despair, give me hope,  
In times of hatred, give me love,  
In times of doubt, give me trust,  
And even when I feel far from you,  
Be close to me,  
Loving God.*

– James Martin, SJ

.....  
Joy is an outgrowth of service and attracts others to service. Anyone who has performed the corporal works of mercy knows a secret about the spiritual life: Service can lead to joy.

Why is that? First there is the joy of knowing that you are following Jesus' invitation to help the poor. Second, Jesus told us that as you do to the least of our brothers and sisters you do to Him. So in that service you enter into a deeper relationship with Christ. When we move outside of our comfort zone, when we work with the poor and the sick, we are more open to meeting God. When we are vulnerable and our defenses are down, God can break in more easily.



Adoration of the Shepherds by Giuseppe Vermiglio, c. 1635

We can meet God in new ways that we could have never imagined before.

Working with the poor can remind us of our shared humanity. We are all the same. We are all dependent upon one another and upon God, our creator. And this realization of our shared humanity is a great grace that can lead to joy.

**Three, humor is a tool for humility.** We can tell jokes about ourselves to deflate our egos, which is a good thing – especially for anyone working in an official capacity within the church, or as part of a faithful group like the Order of Malta. Poking fun at ourselves reminds us of our essential poverty of spirit.

Humor deflates puffed up egos. It says don't take yourself with such deadly seriousness. This is important for everyone – especially those at the very top.

For example, once Pope John XXIII got a letter from a little boy named Bruno saying "Dear Pope, I am undecided. I don't know if I want to be a policeman or a pope. What do you think?"

"Dear Bruno," wrote the Pope, "If you want my opinion, learn to be a policeman. For that cannot be improvised. As regards being Pope, anyone can become the Pope. The proof is that I have become one. If you're ever in Rome, please stop by and we will talk all of this over." Humor can remind us of our essential poverty of spirit, which is one way that the saints used humor as a tool in their quest for humility.

**Four, humor shows Christian courage.** St. Lawrence's taunt to his executioners while roasting on the grill was a pointed challenge to them as well as a profession of his faith. In that same vein, St. Thomas More in the sixteenth century, as he climbed up to the chopping block, said to his executioner: "I pray that you help me on the way up. As for coming down...I will take care of myself." That says: "I do not fear death. I know that my Redeemer lives!" It is a kind of prophetic humor.

**Five, humor welcomes.** Hospitality

is an important virtue in both the Old and the New Testaments. In the New Testament, the act of welcoming Jesus into one's home is a sign of acceptance of Jesus. Jesus is always showing hospitality, always welcoming people from the margins. Jesus is God's hospitality.

Humor is a way of showing hospitality. Maybe the easiest way to get people to feel at home is to get them to laugh. If you're ever in a difficult or tense situation, you know that when people can laugh, they can relax. Are we able to use humor in our ministry to get them to relax and welcome them? That's not to say that everything is funny, but can we lighten the atmosphere and welcome people into our lives with some lightheartedness?

**Six, humor is healing.** Physicians and psychologists know that humor helps the healing process in the physical body. Laughter reduces stress.

If we take seriously St. Paul's image of the church as the body of Christ, we might consider whether the same holds true for that body, which is the Christian community. In the midst of some difficult times for our church, the People of God could use, from time to time, a little laughter. That is not to say that one laughs about pain or what the Holy Father called "sin inside the church."

Rather humor can sometimes give us a little break and help us, like the body, to heal. It can also help to lighten some difficult situations.

**Seven, humor opens our minds.** When we laugh, our body releases endorphins and we can relax. Psychologists say that when we relax and feel less threatened, we are more able to listen and to learn. Laughter helps to get your message across.

Fr. James Martin, SJ is the Culture Editor of America Magazine and an author. He recently released a new book entitled: *Between Heaven and Mirth: Why Joy, Humor, and Laughter Are at the Heart of the Spiritual Life.*

## What is a Serving Brother?

The Order of Malta is one of the oldest institutions of Western and Christian civilization. During its early history as a military force, the Knights of Malta required the support of many helpers. One such group of helpers was known as "Serving Brothers."

These men assisted the Knights when called to fight, and also served the Chaplains in tending to the sick. While not members of the Order, they fully embraced its values and lifestyle. Anyone may spiritually participate as a Serving Brother or Sister by actively participating in the life of the Roman Catholic Church, including regular attendance at worship services, keeping up with seasonal bible readings, saying the rosary and the Divine Mercy Chaplet, studying our Faith and staying true to the admonitions of our Lord Jesus Christ, guided by the teachings of the Church.

### An introduction to the Sovereign Military Hospitaller Order of Malta (SMOM)

The SMOM is an international religious order recognized by a decree of Pope Pascal II in 1113. Led by the Knights of Justice who are professed Friars, its Grand Master holds the rank of Cardinal. Most of its 13,000 Knights and Dames are not under vows, but are devoted to developing their spirituality, serving the faith and caring for the sick, poor and outcast.

The influence of the Order in Canada dates back to the colonial era, when several Knights inhabited Acadia and New France. The first Governor General of New France, Huault de Montmagny, was a professed knight of the Order. The Canadian Association was incorporated as a not-for-profit corporation by federal charter on January 27, 1953.

## Give your brain a workout!

### Sudoku Puzzle

4	5		3			9		2
1			8			7		
	9			2	5		6	
	7		6			8		
		9			1		2	
	8		4	5			9	
		4			9			8
9		6			8		4	3

Sudoku Directions – Fill each square with the numbers 1-9. No number can appear twice within the same row, the same column, or within the same frame of nine squares.

ANSWERS ON BACK PAGE

### Brain Teasers

A magician claims he can throw a ping-pong ball, which goes a short distance, comes to a complete stop, and then reverses itself. Yet the ball doesn't bounce off anything, and there is no string tied to it. How does he do it?

You go to the barber shop, and there are two barbers. One has neatly groomed hair, while the other's hair is a sloppy mess. Which should you choose for your haircut?

A pitcher faces exactly 27 batters, and strikes every one of them out. Even though none of those batters gets on base, his team loses 1-0. How can this be?

Name four days of the week that start with the letter T.

## Message of the Divine Mercy from Dr. Bryan Thatcher

# The Power of the Sacred Heart

Sometimes I get asked about the similarities and differences of the Sacred Heart and Divine Mercy devotions, and my short answer is that they both emphasize the love and mercy that Jesus has for us. Both are relevant in today's broken world, and it doesn't matter which devotion leads us to a deeper relationship with Jesus, for Jesus only had one heart, and it is that heart filled with love that is clamoring for souls.

When Our Lord appeared to St. Margaret Mary Aloccoque in the 17th century, Jesus told her that He wanted mankind to know and love Him, and that it was from His Merciful and Sacred Heart that many divine treasures flow. He asked that His Image with Our Lord and His Heart of flesh exposed be venerated and honored, and also wanted a deeper veneration of the Eucharist, reparation done (a deed done to make up for a wrong committed) for the sin of mankind, such as honoring Him through Mass, Adoration, prayer, or acts of reparation on nine consecutive First Fridays.

In the Divine Mercy, Jesus has the rays of Blood and Water emanating from His pierced Heart, and also said



that many graces would flow from the Image. In contrast to personal acts of reparation, however, Jesus called for works of mercy to others that are to arise out of love of Him.

So, in one way we are to know Jesus through His Sacred Heart and do acts of reparation for our sinfulness, and in the Divine Mercy message, we are to let the rays of Blood and Mercy radiate out to us and then out to a hurting world. The Sacred Heart devotion calls for us to come to know of Jesus' great love and mercy, and in the Divine Mercy message we are to accept and trust in His mercy, and then radiate it out to others. We are to Ask for His mercy, Be merciful to others, and Completely trust in His mercy.

In some ways the Divine Mercy is an extension of the Sacred Heart devotion, as both emphasize God's great love and mercy; in the latter we are then to reach out with that same love to our fellow mankind.

Bryan Thatcher MD is the Director of the Eucharistic Apostles of The Divine Mercy, 10016 Park Place Ave, Riverview, FL 33569 (877)380-0727 eadm@marian.org

### Puzzle solutions

- (1) He throws the ball straight up in the air.
- (2) The barber with the sloppy hair, since he cuts the neat barber's hair.
- (3) The starting pitcher in the game allowed a home run.
- (4) Tuesday, Thursday, today and tomorrow.

4	5	7	3	1	6	9	8	2
8	9	3	7	2	5	4	6	1
1	6	2	8	9	4	7	3	5
3	7	5	6	4	2	8	1	9
2	1	8	9	3	7	6	5	4
6	4	9	5	8	1	3	2	7
7	8	1	4	5	3	2	9	6
5	3	4	2	6	9	1	7	8
9	2	6	1	7	8	5	4	3