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RESOLUTIONS I MAKE AT THE END OF THESE
SPIRITUAL EXERCISES

Here I am, Jesus my love, by your grace at the close of my Spiritual Exercises. You called me to this Retreat because you wanted to speak to my heart and grant me exceptional graces. A thousand times I bless your immense charity and the exquisite gentleness you have shown me these days, and from the depths of my heart I warmly thank you for all that you have done for me. I thank you for the remorse you stirred in my conscience, so that I may make amends, for the light given to my understanding, so that I may know your Will, for the many ways in which you have graciously called me, inspired me and strengthened my heart so that it may be wholly consecrated to you. Grant that your Most Holy Will be fulfilled in me. Receive in your Heart the resolutions that I am about to make, so that I may remain always faithful to you.

1st I resolve to apply myself with the utmost diligence to prayer; in particular, to never let a day pass by without having done an hour and a half of Meditative prayer. When I cannot do it during the day, I will do it at night, and if I cannot do it on my knees, I will sit down for it, but I want to do it without fail. In prayer I will devote myself to deep reflection on the Heart of Jesus, and I will do my best to remove all obstacles in order to let Jesus Christ work more freely in me.

2nd To succeed in this, I will seriously practise self-denial: I will especially restrain my passions, desires and senses and offer in sacrifice all that Jesus will be pleased with. Every day I also want to do some bodily penance, according to what I shall be allowed in Obedience.

3rd Regarding charity towards my neighbour, I want it to be my favourite virtue. I want to be tireless in doing good to the youth and to my companions, in helping the poor, looking after the sick, praying for sinners and for the souls in purgatory, and when I feel tired or fainthearted I will cast a look at the Crucified Lord laying down his life to save his creatures, and try to regain courage by keeping my eyes on Him. With this aim in mind, I will also look after my health, and avail myself of all the care kindly offered by those over me, so that I may then use it entirely for the good of my neighbour.

4th I will wage war on my self-love and my pride: I really want to crush it under the feet of everyone, and whatever I don't like, what I don't feel like doing or saying, even if I have to toil at it the hard way, and make it a point to disclose it, whatever it may cost me, I will do it because I know that this passion is a real poison to devotion, and unless I get rid of it I will never attain to perfection.

5th I will never rely on myself: I will always keep in mind that of myself I can do only what is bad; but at the same time I will have an unbounded trust in God. I will undertake with courage whatever I am commanded, however demanding,

hard and difficult it may be, knowing that God can do everything and that he protects in a special way those who abandon themselves entirely in his hands. And so I will have no fear regarding the Institute, either. I will have great hope, and the more unfit I find myself to be for such a great undertaking, all the more will God's own power shine out in all its splendour.

6th I will cultivate a special devotion to Mary Most Holy. I will place my whole trust in her, next to Jesus. I will often call on her, I will love her as a daughter, I will pay her homage day by day and do my best to instil devotion to her in the hearts of the youth.

Mary Most Holy, receive these resolutions of mine, keep them in your own care and present them to your Jesus. Watch over me always. Dear St Aloysius, pray much for me, ask Jesus to give me all your virtues, and to render me pleasing to his gracious Heart. Amen.

SOME RESOLUTIONS

(made in occasion of Spiritual Exercises)

On the first Day. My God, I resolve to build up my holiness on the solid foundation of holy humility, which is, in fact, the virtue I need most badly: I will do my best to practise it day by day, by doing concrete acts, as opportunities present themselves.

Second Day. By God's grace I resolve to be more watchful, particularly on thoughts of pride or impurity, by driving them away instantly, never relying on myself just because they make no impression on my senses at times.

Third Day. By God's grace I resolve to strive for a complete detachment from all the things of this world, each day as if I were about to die. Twice a week I will do my Meditation on Death, Judgement, Hell and Heaven, to have them more deeply imprinted on my mind and in my heart.

Fourth Day. From today on I will, with God's help, renew my will to carry out all my resolutions, no matter how hard or wearisome I may find it at times; when I feel diffident or weighed down in spirit, I will at once make an act of trust in God.

Fifth Day. To make sure I do the Will of God, I resolve to live, from today on, in perfect submission and obedience to my spiritual Superiors, by conforming my will wherever possible to their will, and in that way humble my pride as well.

Sixth Day. With God's help I will do my best to receive Holy Communion always with the right dispositions, living in a way that will not make me unworthy to be nourished day by day with this heavenly food. I will never again omit Holy Communion or my Meditation just because I feel spiritually dry or afflicted, but instead be ruled by obedience to my Director.

Seventh day. Humility and charity will be the virtues I will in particular strive to practise because in these I commit the most faults. At home especially I will be gentle and caring, particularly with my mother, never showing ill-humour or using harsh or resentful words. I will be very kind to everybody, especially to those with whom I don't feel quite at ease.

Eighth Day. As a fruit of these Spiritual Exercises I resolve, by God's grace, to be more diligent in following my Method of Life, and also the suggestions made by my spiritual guide; in particular, I will do with great care even the tiny little things, and if possible in a more orderly way. I will try to devote a little more time to meditative prayer, and to keep greater tranquillity of mind so that my heart may become a kind of retreat where I can frequently seek refuge. I will strive to be

deeply convinced of God's immense Goodness, in order that I may have an ever-greater trust in him. I will abandon myself entirely to God's designs, seeking to accept gladly whatever he is pleased to do of me.

Amen.

PRAISE BE TO THE MOST HOLY TRINITY
LOVE AND HOMAGE TO MARY AND TO ST ALOYSIUS

RESOLUTIONS AT ANNUAL CONFESSION

2 July 1829

“My good Jesus, my heart overflows with deep gratitude as I ask your charity itself to thank you for the infinite mercy shown to me over this year. Alas! If I had responded well to it, Bortolamea would no longer be what she is, but a Saint.

I have done nothing for your sake, my delightful Jesus, I admit; in fact, I have even dared to offend you in a serious way and to displease you greatly. No, you did not deserve to be treated so badly ... Forgive me, I beg you; in future, not to continue to soil my soul that has been washed clean in your most precious Blood, I resolve by your grace to carry out the following:

1. I will fix in my mind the thought that this is truly and precisely the last year of my life and so I will make it a point that I do everything as if it were to be the last, just before I die. Every day, every hour, every minute, I will keep this thought in mind in order to rouse myself and do the right thing.

2. I will dedicate myself in a particular way to holy prayer. I will assign as much time as I can to it: day and

night, and even in the midst of my work, I will always remain in the presence of my God. I will diligently examine myself and see what is disturbing this holy exercise, and after telling my Confessor, I will carry out his recommendations with the utmost care. I will pay a spiritual visit to my Jesus in the Blessed Sacrament every time I hear the church bells ringing or striking the hour.

3. I will try really hard to give up my own will in order to carry out solely Jesus' will. Every single thing, down to the most ordinary, I will accept gladly from his hands. I will do my very best to attend to the smallest things faithfully and thoroughly well. I will cherish the hidden virtues that grow at the foot of the Cross: simplicity, graciousness, right intention, humility, poverty, absolute detachment, obedience, gentleness, inner quiet; I will do my utmost to please God alone in everything, to seek only his glory, and to desire nothing else besides Him.

4. Charity, for your sake, is what I want to practise as much as I can. I will do my best to carry out my vow of charity in every detail, but in order to blend this virtue with holy humility, I will try to make it a point that whatever is likely to attract attention and popularity, I will let it be done by others. From now on I will seize those opportunities of doing what is likely to gain for myself only fault-finding, derision, poor response, rudeness, etc. Lord, I sincerely beg you to humble my pride.

5. So many times I have said that I want to become a saint, but I have never done anything about it. From now on, I

want to make sure that all my actions are holy; No more do I want to miss so many opportunities to do good. Yes, I want to become a saint, whatever it may cost me. But, for charity's sake, my Jesus, help me in my weakness, redouble your graces, knowing that Bortolamea is entirely in your hands, so please look after her: I do not deserve it, Lord, but all the merit is yours. Give me just a gleam of your holy love, and I will do everything, I am sure of it.

Most Holy Mary, I place myself in your care. You are a Mother to me, a tenderly-loving Mummy. Help this poor daughter of yours, who has trust in you.

Dear St Aloysius, make me a gift of all your virtues. Yes, what you have done I too want to do. I commit myself to your charity. Remember that in all ways and means I want to be pleasing to the beautiful Heart of my Jesus. Be you my Advocate, I beg of you: I will always be grateful to you for it.

Jesus and Mary, impart on me your holy Blessing.

HAIL SACRED HEART OF JESUS
AND HIS MOST HOLY CROSS

9 June 1831

IN OCCASION OF THE ANNUAL CONFESSION

Lord, here is again your poor Bortolamea. May your Sacred Heart thank you for so many graces you have granted me throughout this year. I deeply repent of the poor way I have served you and of the ingratitude I have shown in return for your graces! ... Forgive me, most compassionate Heart of Jesus, my Beloved, and help me once again that I may give myself entirely to you. I therefore resolve:

1. To look on the world as a real desert-place for me. Not to seek in it anything else whatsoever except God and his glory, the good of my neighbour, and also crosses and sufferings. For the rest, I will totally die to everything. I will not allow myself as much as a word, thought, affection, look, step, movement or any action whatsoever that has nothing to do with God and his will. The place where I seek rest and joy, tranquillity and refreshment will be the Sacred Heart of Jesus. It is there that after toil and on every occasion I will withdraw to be restored.

2. Holy prayer will be my ceaseless nourishment. In it I will seek nothing except the will of God; but on my part I will remove every obstacle to any grace that God wishes to grant me. I will especially arm myself against my pride and self-love: I will strive to weaken them, nor will I miss any opportunity to do so, not even once.

3. My dear Spouse, I consecrate myself to the Cross. From this moment I accept whatever you want to give me: or rather, I beg you to give me a noble and generous heart and then make me suffer as much as you want, for I am asking you for it, I crave for it, though I know I am not worthy.

4. I will do whatever I can for the youth. I promise you that I will shake off my laziness; I will not spare myself any trouble. Help me, I beg of you.

Lord, I want to have done with the world and with myself; I am no longer the owner of anything except the will to love you. But I pray you, do not leave me to my own resources, otherwise I will betray you. My dear Mummy, remember me. Beloved St Aloysius, pray for me.