



SBC Conference 2015

The Consolation of Dying as a Slave

by Sister Maria Philomena, M.I.C.M. - October 16, 2015

Two Kinds of Preparation

Remote (what we do when the goal seems far away)

Proximate (what we do when the goal is approaching, near, right in front of us)

Two Tools

Meditation

An Inspiring Devotion

Steps for Making a Meditation

- 1) Presence of God
- 2) Ask for light
- 3) Think about the subject & talk to God about it (use Four Ends of Prayer)
- 4) Make a resolution (personalize – concrete – more practical the better)
- 5) Thank God for light

Four Ends of Prayer

T - Thanksgiving

R - Reparation (includes Contrition)

A - Adoration

P - Petition

Lesson Learned:

- 1) The importance of preparing for death – at least making a monthly preparation.
- 2) That shock therapy doesn't replace solid virtue. And everyone needs to find a devotion that helps them to live a full – Catholic – life. I recommend Mother Mary Potter's Devotion for the Dying (it's not a new devotion – but she encapsulates it beautifully for slaves). For me – this is the most powerful motivator.
- 3) Gratitude for my vocation

Points to Remember

Death is certain.
Judgement is without parole.
Heaven and Hell are for all eternity.

Roughly two people in the world die every second.

Detachment from the things of this world frees us to be attached to the things of the next!



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We would be presumptuous to count on a last-minute conversion for ourselves.

The best preparation for death is a good life. This is what we call remote preparation.

The type of death isn't what makes it a holy, prepared death or not. It is what state our soul is in.

Make it personal! Meditation is your time to talk to God.

Brother Hugh, M.I.C.M.: "If you keep these twenty-two little rules, when you die, Our Lady will place you as a lily before the throne of God."

What is true for me as a religious is true for each of you in whatever capacity you are a slave. Our Lady will be your guide. She has been through life and death – she knows what it is like – she knows what we need – and she can put anything and everything that we need at our disposal – if we just rely on her. What a consolation that is!

If you would like to get the reference sheets that go with this talk (with links to books, articles, and videos on all aspects of preparing for death), please send an e-mail to Sister at smph@catholicism.org – May God bless you!