

# Elizabeth Seton

## 1774-1824

Wife, mother, convert, American, educator, foundress, saint

1. Be children of the Church.
2. Faith lifts the staggering soul on one side,  
Hope supports it on the other,  
Experience says it must be  
And love says let it be.
3. When all the wintry storms of time are past, we shall enjoy the delights of an Eternal Spring.
4. May we never, never leave God's sheltering wing but, dwelling now under the shadow of the Cross, we will cheerfully gather the thorns which will be turned hereafter into a joyful crown.
5. Continue to give me your soul-cheering presence. In life or in death let me be your own.
6. Leave all to him; all you need do is *pray, pray!*
7. The Father most tender, Father of all, my immense God—I his atom!
8. The gate of heaven is very low; only the humble can enter it.
9. Parents should take great care about the people with whom your children associate. We are inclined by nature to follow what is worse rather than what is better.
10. Cheerfulness prepares the mind for all the noblest acts of religion: love, adoration, praise and every union with our god, and also for duties, charity, happy zeal, useful concern for our neighbor.
11. I will go peaceably and firmly to the Catholic Church for if Faith is so important to our salvation, I will seek it where the true Faith first began, seek it among those who received it from God himself.
12. The accidents of life separate us from our dearest friends, but let us not despair. God is like a looking glass (mirror) in which souls see each other.
13. God is more within us than we are in ourselves.

14. When you awake in that world [heaven[, you will find nothing could tempt you to return to this [earth].

15. When you are excited to impatience, think for a moment how much more God has to be angry with you than you can have for anger against any human being; yet how constant is his patience and forbearance.

16. Keep soberly and quietly in his presence, trying to turn every little action to his will

17. To praise and love [God] through cloud and sunshine is all my care and study.

18. Yes, prayer—and preparation too!

19. You are children of eternity; your immortal crown awaits you, to reward your duty and love. You may indeed sow *here* in tears, but you may be sure *there* to reap in joy.

20. Did not our savior track the whole way [to heaven] with his tears and blood? And yet you start [wince] at every pain.

21. There is no greater error than to imagine that the very things God gives us to do shall force us to forget him while we are engaged in doing them.

22. One who runs through a whole city, carrying God in his thoughts, is much more pleasing in his sight than one who lets his thoughts run around while kneeling at an oratory.

23. [When they preach,] priests hold the honor of God on their lips.

24. All, he asks of us is our good will.

25. He is the Physician who pays the patient.

26. Our love of God is always opposed by our self love.