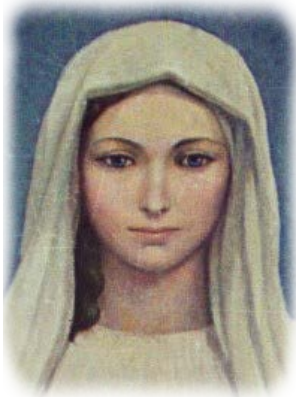


QUOTES OF MOTHER ADELA ON VIRTUES

(taken from the Letter for Lent 2014)



"A virtuous life is a life that reveals in all its splendor, the beauty, the truth and the goodness of holiness. Virtues reveal the elevation of our humanity, the beauty of our humanity, the maturity of our Christian commitment to be conformed to Christ. Virtues are a visible expression of a redeemed, healed, delivered and matured humanity. *Virtues are particular dispositions in our hearts, character and personality that reveal the effects of Christ's redeeming power in us. They are habitual and firm dispositions to do what is good, beautiful and true, and to strive to do it at all costs, at all times, in all situations and with all people.*"

"Virtues bring forth the greatest beauty of the human heart. All the potentialities of the human person are brought to completion through the exercise of a virtuous life. Virtues beautify our hearts, souls, personalities, relationships, our way of serving and ministering... Vices are a distortion of our true dignity, a distortion of humanity, an obstacle to the greatness of the human person... Vices reflect the woundedness and brokenness of the human heart and foster disorder, lack of peace, sinful ways of relating, of acting. *Vices reveal the areas in which sin, imperfection or slavery to the flesh are still active in our hearts.* Vices destroy and virtues build! Vices are true obstacles to our growth in the holiness... Virtues are the triumph over vices... the true triumph of grace in our disordered fallen nature. Therefore, virtues are a visible and tangible expression of true healing, deep deliverance and authentic freedom... the freedom of the children of God that opens wide the path of holiness in our lives."

"This desire for holiness cannot be just an ideal or a theoretical principle left in the abstract... we must choose virtues in very concrete, sometimes difficult ways. We must not excuse ourselves, or be blind about our vices. We must be *deeply committed to make very concrete choices, practical steps towards achieving the virtues that we need to live according to the beauty of our vocation as human persons...* We must understand that holiness requires a sincere disposition to allow Jesus to increase in us, to abandon our old self, our old ways of being, to mortify our passions, to eradicate our vices, disorders and sinful tendencies, and to order our sentiments... all that is an obstacle to our communion with the Lord and with one another, all that stifles our growth."

"This is the reason why we must decide to seek a virtuous life, with a clear and honest plan of life, because virtue is *a state of character concerned with choices, the fruit of our choices and always depending on our choices to cooperate with grace...* We are to look like Him! We must resemble the beauty and the holiness of Christ and of Our Lady, so as to be living witnesses, living images of Their Hearts and Faces...*Make, therefore...every effort to live a virtuous life, to have a beautiful heart, a beautiful character and personality, a beautiful presence before God and before others...* Only holiness and a virtuous life are attractive, because only beauty can attract the human heart to God. We are called to holiness, to a virtuous life to grow in full human and Christian maturity, but we are also called to holiness to be more credible witnesses to the power of God's redeeming love..."



Blessed Mother, teach us to seek a life of virtue, to reflect in all its splendor the redeeming power of your Son's love in our lives!