



Quotes of Mother Seraphina –The Foundress of the Institute of CFMSS

1. "Be generous, grow in holiness and remember the favours the Lord has bestowed on you." – Mother Seraphina
2. "Pray... for prayer can obtain even the impossible." - Mother Seraphina
3. "Devote time for your studies and other curricular activities as if you have to sit for an examination at the end of the day." - Mother Seraphina
4. "Whosoever desires to acquire knowledge should first commit himself / herself to the study of virtue." - Mother Seraphina
5. "Remember that modesty, candour, and purity are the most beautiful ornaments of a student." - Mother Seraphina
6. "The youth should not neglect prayer, fully aware that the health of the soul is the unique one among all the goods." - Mother Seraphina
7. "Intellectual development without the development of character will defeat the very ends of education." - Mother Seraphina
8. "Never speak an untoward word or commit an unbecoming act in the presence of others." - Mother Seraphina
9. "One's conversation should be prudent and to the point focusing more on academic or other useful topics." - Mother Seraphina
10. "We learn a lot in silence, while noise tends to dissipate the spirit." - Mother Seraphina
11. "An educated child retains his/her delicacy even at play and lets go of his/her own wishes." - Mother Seraphina
12. "The training one has had is revealed more at recreation than anywhere else." - Mother Seraphina
13. "The youth should accustom themselves to quietness at times – a medium so essential for the youth to come to grip with themselves and to stand before God in silent wonder." - Mother Seraphina
14. "It is in such small tasks that one unfolds his/her bent of character." - Mother Seraphina
15. "The exterior cleanliness indicates interior purity." - Mother Seraphina
16. "The students should confide in their teacher their pains and joys; they should, however, be vary of revealing their personal matters to all and sundry."
- Mother Seraphina
17. "Oh, how sweet and gentle is the inner whispering of grace!"- Mother Seraphina
18. "I have an unquenchable thirst for becoming holy. Everything else counts for nothing." - Mother Seraphina
19. "The ways of God are incomprehensible to men. Human language has no apt words to describe the ineffable sweetness of His love." - Mother Seraphina
20. "O Jesus, may you be honey in my mouth, music to my ears and delight to my heart." - Mother Seraphina



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21. "How poignantly sweet it is to spend some days alone with God: to forget whatever is around us and whatever we have to leave behind!" - Mother Seraphina
22. "Nothing is small in God's eyes because He sees our intentions." - Mother Seraphina
23. "The most insignificant act done for God's sake becomes noble with God's own nobility." - Mother Seraphina
24. "It is truly a great and wonderful thing to know oneself and to know Jesus: a boon that rains down streams of celestial consolation." - Mother Seraphina
25. "In comparison with the deprivation of God's love, I consider sweet all the torments, the cross and whatever tortures human cruelty can invent." - Mother Seraphina
26. "What is repulsive becomes pleasant when one discerns God's will." - Mother Seraphina
27. "May God's will be done. We are His and may He have His way with us and with all that we have." - Mother Seraphina
28. "Oh, what good could an unheeded inspiration have produced." - Mother Seraphina
29. "My sole desire is to be able to do the impossible for the benefit of the poor." - Mother Seraphina
30. "Those who stand by you today might turn against you tomorrow." - Mother Seraphina
31. "Be holy. Forget the past and sanctify the present." - Mother Seraphina
32. "Detach your heart of all creatures if you want to build therein a temple for the living God." - Mother Seraphina
33. "O that I could make you know and taste the ineffable joy of gifting oneself to God!" - Mother Seraphina
34. "Abandon yourself into the hands of Jesus and he will do what is best for your soul." - Mother Seraphina
35. "Heroic charity is acquired in learning to bear with people of all temperament." - Mother Seraphina
36. "Peace is unique treasure in life. Learn to abandon yourself into God's hands and you will enjoy abiding peace." - Mother Seraphina
37. "Strive for holiness through self-denial, interior silence, the fulfillment of your duties and love of God." - Mother Seraphina
38. "True holiness does not consist in doing a lot of things, but in doing well what one does and doing solely what Jesus wants." - Mother Seraphina
39. "Carry on trusting in Providence and Jesus will never fail to help you." - Mother Seraphina
40. "If your spirit is broken, if you are assailed by temptations, if your body is worn out, everything will be turned into wholeness and love when you receive the Lord." - Mother Seraphina
41. "It is impossible to crave for what one does not value, to love a person whom one does not know." - Mother Seraphina
42. "Be generous, grow in holiness and remember the favours the Lord has bestowed on you in your childhood." - Mother Seraphina



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43. "Don't lose heart because of your failures, but humble yourself before Jesus recalling that you cannot do anything without his help." - Mother Seraphina
44. "Do you wish to see Jesus? Be very humble. True humility will give you faith and faith will enable you to have the vision of Jesus living and true as He is in heaven" - Mother Seraphina
45. "I beg you never to omit meditation so that you may draw light and strength from it." - Mother Seraphina
46. "Be an inexorable judge over yourself and have great charity for the others." - Mother Seraphina
47. "Have faith and you'll work miracles... we would be happy to occupy ourselves for the good of our neighbor." - Mother Seraphina
48. "The Lord communicates in the seclusion of one's heart, away from the company of others." - Mother Seraphina
49. "Where there are sick persons, there heaven's blessings are found." - Mother Seraphina
50. "Whoever is negligent in small things show lack of fervor and can hardly do any real good." - Mother Seraphina
51. "For the renewal of the world, love of God should be manifested not only in words but also in deeds." - Mother Seraphina
52. "Jesus comes to the aid of those who trust in Him alone." - Mother Seraphina
53. "Take care of yourself. But duty comes before all else." - Mother Seraphina
54. "It is better not to do a thing at all, rather than doing it badly." - Mother Seraphina
55. "How edifying is modesty in a youth while affected manners and speech are absolutely repugnant!" - Mother Seraphina
56. "We can never give to others what we have not instilled in ourselves in the first place." - Mother Seraphina
57. "Unless we mould ourselves perfectly, unless daily aspire to be holy, we can never lead others to perfection." - Mother Seraphina
58. "Let us gladly march forward on the path of perfection, fighting off our predominant passions: anger, laziness, envy or tepidity." - Mother Seraphina
59. "Nothing can be achieved without sacrifice. Nor can one conquer without virtues." - Mother Seraphina
60. "Virtue is acquired through facing hardships and struggles." - Mother Seraphina
61. "When we are oppressed, disheartened, or sad let us run to Jesus in order to be comforted, strengthened and consoled." - Mother Seraphina
62. "Greater will our satisfaction be for the good done, if our *work* is spiced with some sacrifices." - Mother Seraphina
63. "What is life without sacrifice? It will merely be a garden without flowers, a sky without stars." - Mother Seraphina
64. "Discipline is the reflection of *one's* interior formation." - Mother Seraphina
65. "Gentle manners charm the heart and delight the soul." - Mother Seraphina
66. "It is much easier to be loyal to a person than to an ideal." - Mother Seraphina



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67. "Strive for perfection each day so that others can be led to holiness." - Mother Seraphina
68. "Example is far more efficacious than any eloquent precept. For examples work miracles. ." - Mother Seraphina
69. "We are in the school of Jesus and he will teach us what we should accomplish and what we should avoid." - Mother Seraphina
70. "The greatest outrage against God's infinite goodness that one can commit is to have diffidence in Him." - Mother Seraphina
71. "Even if your fault or ingratitude is greater than all the iniquities which inundate the world, a sigh of earnest love is enough to cancel out everything and to call down God's glance on you." - Mother Seraphina
72. "May the Virgin Mary be your Teacher, and the Guardian Angel your invisible companion." - Mother Seraphina
73. "To love the enemies, those who disagree with us, to tolerate, sympathize and bear with the defects of others, to keep their failings a secret, to toil leaving the credit to others is the real charity that generates a delicious peace." - Mother Seraphina
74. "Learn to hide whatever is not praiseworthy in others, to always see the good in others, and the defect in ourselves." - Mother Seraphina
75. "Silence is the safeguard of internal recollection, provided that it is linked with stillness of mind and heart." - Mother Seraphina
76. "Let there be spiritual love among us which is a powerful means for amending our ways." - Mother Seraphina
77. "Our consolation lies in knowing the will of God and fulfilling it." - Mother Seraphina
78. "Tribulations make us more pleasing to God; therefore let us thank Him for having sent us new crosses." - Mother Seraphina
79. "Jesus who has drawn me to Him in such an uncommon way that he alone can do, is so close to me. I feel Him deep within me; I savour Him. I wish to love Him, repeating unceasingly: " Jesus, I love you." - Mother Seraphina
80. "Only in bearing with persons of various characters can one acquire charity." - Mother Seraphina