

Blessed Catherine of St. Augustine overcame her fears and temptations to serve the Lord in Canada. She prayed for and loved the Canadian people and even ministered to the Indians she was afraid of. Her life characterized these words of St. Paul to the Romans:

*“Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, endure in affliction, persevere in prayer. Contribute to the needs of the holy ones, exercise hospitality. Bless those who persecute you, bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation. Do not repay anyone evil for evil; be concerned for what is noble in the sight of all. If possible, on your part, live at peace with all. Beloved, do not look for revenge but leave room for the wrath of God; for it is written, ‘Vengeance is mine, I will repay, says the Lord.’ Rather, ‘if your enemy is hungry, feed him; if he is thirsty, give him something to drink; ... Do not be overcome by evil, but overcome evil with good.” Romans 12:9-21.*

“My God, I adore Your divine perfections;  
I adore Your divine justice; I abandon  
myself to it with my whole heart.”

Blessed Catherine of St. Augustine



Resources for this pamphlet:

[www.holyspiritinteractive.net](http://www.holyspiritinteractive.net)

[www.magnificat.ca](http://www.magnificat.ca)

[www.osa-west.org](http://www.osa-west.org)

Rev. Msgr. Richard M. Figliozzi  
Secretariat for the New Evangelization  
P.O. Box 9023  
Rockville Centre, NY 11571  
Tel: (516) 678-5800 x309  
Fax: (516) 594-0064  
email: [rfigliozzi@drvc.org](mailto:rfigliozzi@drvc.org)  
**Evangelization and the Lives of the  
Saints**

**Blessed Catherine of St. Augustine  
Vol. I, Issue 9**

## Evangelization and the Lives of the Saints

### Blessed Catherine of St. Augustine



**May 8**

Office of New Evangelization  
P.O. Box 9023  
Rockville Centre, NY 11571  
Tel: (516) 678-5800 x309  
Fax: (516) 594-0064  
E-mail: [rfigliozzi@drvc.org](mailto:rfigliozzi@drvc.org)

## *A Life of Sacrifice*

Most of us, when faced with material, emotional and spiritual hardships, would have a difficult time continuing in our chosen vocation. Blessed Catherine of St. Augustine, however, chose one of the darkest moments of her life to make an even deeper commitment to what she believed God wanted her to do.

Born in 1632 in the small village of Saint Saver, France, Catherine de Longpre grew up watching her grandparents tend to sick and handicapped people in their own home. Obviously affected by their deep piety, she was just sixteen when she took her final vows as a Sister of St. Augustine. Her family originally objected when she asked to be sent to Canada, then a mission territory, but she was very adamant in her desire and they eventually agreed.

Sister Catherine was assigned to work in a hospital in Quebec, cooking and caring for the sick. She loved her work and was loved in return for her sweet disposition. But deep inside she was consumed with spiritual suffering, fear of the Iroquois Indians, and emotional fatigue. She prayed for help from St. John Brebeuf, a Jesuit priest who had himself been killed by the Iroquois. She “heard him speaking to her in her heart, telling her to remain”. She stayed, but still struggled with the cold, hunger, spiritual dryness and feelings of abandonment.

It was then, when she was only 22 and still in the midst of terrible temptations, that she made a vow to never

leave Canadian soil. She truly believed with all her heart that God had chosen her to be there. She knew the only way to persevere was to turn even more fully to Him. Catherine remained in Quebec until her death fourteen years later. Still faced in her last years with many spiritual trials, she remained faithful and even cheerful throughout. After her death, her Superior said of her: “Her outward bearing had a charm that was the most attractive and winning in the world: it was impossible to see her and not love her. Her nature was one of the most perfect that could have been desired: prudent, with simplicity; keen of perception, without curiosity; sweet and gracious, without flattery; invincible in her patience; tireless in her charity; amiable to all, without undue attachment to any; humble, without being mean-spirited; courageous, without any haughtiness.” Here are some thoughts on the spirituality of Blessed Catherine of St. Augustine:

- Catherine was wise enough to seek out a faithful spiritual counselor and confessor, the Jesuit Paul Ragueneau, who understood her and helped her in her darkest times. It was he who encouraged her prayer to St. John Brebeuf. We do not have to face our problems alone. Christ gave us his Church, and we are all part of his Body. If you are struggling in your faith life, talk with a trusted spiritual friend. Ask the Holy Spirit to guide you to someone who you can speak freely to. The Sacrament of Reconciliation is also a wonderful and necessary way to bring healing to your life.
- Her Superior’s description of Blessed Catherine contrasted each virtue with an opposing vice. Often we can overcome our own vices by asking God for

help in perfecting the virtues that are opposite them. For example, if you have a critical nature, ask for help with the virtue of charity. Or if you struggle with rivalry and jealousy, pray for a spirit of generosity. By trying to perfect our virtues, we are following the Bible’s command to “overcome evil with good” (Romans 12:21).

- Blessed Catherine saw Christian faith in action as she watched her grandparents tend to the sick in their own home. Surely that had a great influence on her life. How do we influence our own children and grandchildren? Do we show them by our lives that we put Christ first, and our own desires last? Do we try to live our faith even when it goes against what society tells us? Let us be mindful that children watch us carefully and mimic what they see, not only what they hear us say.
- Today, there are Sisters of St. Augustine still active in North America who live by the same values that Blessed Catherine did. They state: “Each of us, whether we are aware of it or not, is continually and insatiably drawn toward God. We are drawn by that natural longing which, God himself, as a wise Creator, has placed in our hearts. ‘You have made us for yourself,’ wrote Saint Augustine, ‘and our hearts are restless until they rest in you, O Lord’...We witness to this search for God, which is rooted in the heart of every human being...we share in the prayer of Jesus that ‘all may be one’ in the life and love of our heavenly Father.” ([www.lampslight.org](http://www.lampslight.org))