

† Praised be Jesus, Mary, and Saint Joseph, now and forever! †  
Please pray for the lady who in her great kindness provides the information from *My Daily Bread* and the information about the Saints.

Taken from:  
*My Daily Bread*  
**Chapter 1**  
**Man's Purpose On Earth**  
**Christ:**

My child, the highest goal of your life is union with me in Heaven. Let your intentions throughout the day be guided by this truth. In all things be sure to stay on the path which leads to Heaven. Do not become too deeply interested in the passing desires and brief enjoyments of this earthly life.

2. I have given you everything that you are and everything that you have. All things come to you from Me, the Supreme Good. Whatever comes, accept it, use it, enjoy it, as I wish and as much as I wish.

3. If you think only of satisfying yourself, without considering My approval, your mind becomes confused and your will becomes weak. Mistakes and sins rob you of peace on earth and of unending happiness in Heaven. In all things, therefore, keep your eyes on Me.

4. Happy are those who desire only what I want, trying steadily to do My Will. Such people do not let themselves become completely absorbed by their daily activities. They frequently offer their activities to Me. They see the brevity of human contentment on earth.

5. Examine your motives in your daily words and actions. Find out how you may please Me more, and avoid everything which may draw you away from Me.

**Think:**

I was created for eternal happiness with God in Heaven. Everything else must take second place in my life, because if I lose Heaven, I will lose everything. The sure guide to Heaven is God's holy Will. If I follow it in my daily life, every moment on earth will be a sure step toward the perfect happiness which my heart craves.

**Pray:**

My God and loving Father, grant me the wisdom to think, speak and act each day as You want me to. May I never be such a fool as to disagree with Your supreme goodness and wisdom. Nothing on earth can bring me any lasting happiness. Therefore, let me never sin for the sake of anything. I want to live for the perfect happiness for which You created me. Amen.

**October 27<sup>th</sup>**  
**Saint Frumentius**

## Bishop and Apostle of Ethiopia (†383)

Saint Frumentius was still a child when his uncle, a Christian philosopher of Tyre in Phoenicia, took him and his brother Edesius on a voyage to Ethiopia. In the course of their voyage the vessel anchored at a certain port, and the barbarians of that country slew with the sword all the crew and passengers, except the two children.

Because of their youth and beauty they were taken to the king at Axuma, who, charmed with the wit and sprightliness of the two boys, took special care of their education, and later made Edesius his cup-bearer and Frumentius, who was a little older, his treasurer and secretary of state. The king, on his deathbed, thanked them for their services and in reward gave them their liberty.

After his death the queen begged them to remain at court and assist her in the government of the state until the young prince came of age; this they did, using their influence to spread Christianity. When the young king reached his majority, Edesius desired to return to Tyre, and Frumentius accompanied him as far as Alexandria. There he begged Saint Athanasius, its Patriarch, to send a bishop to the country where they had spent many years; and the Patriarch, considering him the best possible candidate for this office, in the year 328 consecrated him bishop for the Ethiopians.

Vested with this sacred character he gained great numbers to the Faith by his discourses and miracles, and the entire nation embraced Christianity with its young king. Saint Frumentius continued to feed and defend his flock until it pleased the Supreme Pastor to call him home and reward his fidelity and labors, in about the year 383.

We may note that the date of October 27<sup>th</sup> is also the feast day of a king of Ethiopia, Saint Elesbaan, who after overcoming the enemies of Christ, sent his royal diadem to Jerusalem in the time of the Emperor Justinus, and embraced monastic life. He died 250 years after Saint Frumentius, in 523.

Source: *Little Pictorial Lives of the Saints*, a compilation based on *Butler's Lives of the Saints* and other sources by John Gilmary Shea (Benziger Brothers: New York, 1894).

### **A Prayer by Saint Francis**

All-highest, glorious God, cast Thy light into the darkness of my heart. Give me true faith, firm hope, perfect charity and profound humility, with wisdom and perception, O Lord, so that I may do what is truly Thy holy Will. Amen.

### **Closing Thought**

The real measure of a man's wealth is what he has invested in eternity.

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