

Just Trust and Jump!



*With Sister M. Emilie Engel
Schoenstatt Sister of Mary*

Imprimatur NO 1/2020

Vicar General Dr. Ulrich Graf von Plettenberg, Trier

According to the decree of Pope Urban VIII, we declare that the designation "holy" and the accounts of answers to prayers are strictly of private nature.

Sister M. Emilie Secretariat, © 2021

Schoenstatt Sisters of Mary

W284 N404 Cherry Lane

Waukesha, WI 53188

Telephone: 262-522-4200

Email: sremiliesecretariate@schrsmary.org

Excerpts and reproductions, including individual parts, only with permission.

Prayer requests and orders for this novena to the above address.

To make a donation to the secretariat, please visit our website at: schoenstattsisersofmary.us and click "Donate." Please add the remark "Emilie Secretariat" to your check or online donation. Thank you!

Sister Theres-Marie Mayer, Germany

Translated by Sister M. Victoria Heiderscheidt,
USA

“Just Trust and Jump!”

*With Sister M. Emilie Engel
Schoenstatt Sister of Mary*



Just Trust ...



Emilie Engel

1893-1955

Schoenstatt Sister of Mary

Every person needs trust – trust in themselves, trust in others, and trust in the world. “Those who have trust, have everything.” With these words, the founder of the Schoenstatt Movement, Father Joseph Kentenich, gives us a key to overcoming every difficulty. He knew from his own experience that “all things work for good for those who love God” (Romans 8:28). That's what moved Emilie Engel to set a high goal for herself: “I want to become a miracle of confidence.” She achieved this goal in the course of her life; she could say with conviction: “God is a Father, God is good – everything he does is good.”

*Miracle
of trust*

5

Her life shows what it means to go the way of deep trust in God's love for each person. Through many challenges both within and around her, Emilie Engel matured into a personality whom people can still trust today.

... and Jump!

Who is this woman?

Born in 1893 as the fourth of twelve children, she grew up on a farm in the small town of Husten in the Sauerland region of Germany. Her parents laid the foundation for a solid faith and for genuine love of God and others. Already at a young age, she was trou-



6 Emilie Engel as a young teacher

bled by the image of God that was preached in those days – that of a strict judge. The general concern with not being able to fulfill God's will perfectly met with her overly sensitive conscience, causing her fear and anxiety.

Outwardly, this fear was not so evident. As a dedicated teacher in a socially deprived area in the region of the Ruhr, she devoted extra time to the poor and needy. In 1921 she joined Schoenstatt. In the covenant of love with Mary, Mother of God, and under the guidance of Father Joseph Kentenich, she grew into a new spiritual world. Her image of God as a strict lawgiver, quick to punish, was corrected and supplemented by that of a merciful Father who loved her personally

and to whom she could entrust herself completely. Gradually she was freed from inner distress and fear.

In 1926, she became one of the co-founders of the community of the Schoenstatt Sisters of Mary, founded by Father Joseph Kentenich. Already as a young sister she offered her life to God with the readiness to bear all suffering so that this new community might give saints to the Church (cf. John 12:24). God accepted her consecration; already in 1935, her active engagement was hindered and impaired by pulmonary tuberculosis.

*She dared
to jump into
the arms
of God*

The years of her illness became a time in which she discovered God's love and wise guidance more and more clearly. She slowly detached herself from her own will and all her plans and surrendered herself unreservedly to God. She dared to jump into the arms of God and say, "Yes, Father," to her way of suffering and to an uncertain future. Detached from self, she was able to direct her attention to others with inner tranquility, giving them advice, consolation, encouragement, and strength.

7

In March 1946, the leadership of one of the first four provinces of her community in Germany was entrusted to her. Having personally experienced the fruits of a living faith in divine providence many times in her life, she wanted such faith to be alive also in the sisters of her province. She gave her province the name Providentia Province (Providence Province).

Despite growing helplessness, Sister M. Emilie possessed a tremendous radiance because she was convinced that God is love and goodness and always knows what is good for us.

On November 20, 1955, Sister M. Emilie Engel died in the Providentia House in Koblenz-Metternich, Germany. God accepted the sacrifice of her life.

8 Emilie's life has encouraged many people to entrust themselves to her with all their worries and needs, and like her, to dare the leap and say, "Yes, Father!" to the will of God.

In accordance with the process of beatification, the heroic virtue of the Servant of God Sister M. Emilie Engel was declared by decree of the Congregation for the Causes of Saints on May 10, 2012.

Just Trust ...



Allegories for Our Life

Anyone who has ever been to a big-top circus remembers the trapeze artists swinging through the air. The flyer courageously leaps off the platform with great momentum in order to land in the arms of a catcher. With new momentum, the catcher releases the flyer, who then leaps back on to the platform at an impressive height. These trapeze artists are simply impressive, and quite brave, too—

on the one hand, to trust in their own strength at such a height, but even more to trust in the one who catches them. Within a fraction of a second, the catcher has to grab the arms of the flyer unerringly so that the flyer doesn't fall. That requires rigorous training. Granted, there is a strong net below that catches the acrobat in case of need, but such an unexpected fall is not pleasant. Anyone who lets go of the trapeze needs a great amount of trust in the catcher.

*Trust in
the one
who catches!*

9

... and Jump!

Just Trust ...



A telling image for the reality of our lives?

The spectators of the trapeze artists usually applaud the flyers, and rightly so. The actual heroes, however, are the catchers, who are there at the right moment to catch the flyer. The image of such acrobats provides us with a few allegories for our life.

There is the release, for one thing. The flyers know they can only fly if they let go of the trapeze. Before they can be caught, they have to let go. Applied to us: This

*Only in letting go
can we gain new
security!*

10 willingness to let go is one of the challenges we have to face in our lives. This is true not only when we die, but also in our everyday life. Whether it's a person, a possession, a position, or our reputation – we cling vehemently to many things. But only by letting go can we gain new security. Only those who let go can be caught and find a new foothold.

It's about My Life

In our everyday lives, the first thing that matters is survival:

- the job interview,
- that the boss is satisfied with my work,
- controlling my health problems enough that I can manage without assistance,
- tests at school,
- mending the rift with my spouse,
- overcoming disappointment in the Church,
- unemployment.

Today, many people are also concerned about their survival in society. This begins already in kindergarten: Do others play with me or am I rejected? For young people, belonging to a group can be a question of survival. I am not independent either as an adult. It's a matter of my reputation in the neighborhood, in my women's group, at my place of employment, in the parish, on my sports team, in my circle of friends, with my colleagues ...

Life is complicated. How pleasant it is not to have to watch every step, every word, every action, so

... and Jump!

Just Trust ...



that I don't make a mistake. Similar to a trapeze artist, it is necessary to take risks again and again, to first let go and then be caught. We long for security, for familiarity, and above all, to be able to give trust and experience trust.

Those who want to know if they'll really be caught have to push off the solid platform on which they're standing; they have to dare to jump. A trapeze artist can only jump through the air toward their catcher if they let go. Without jumping it won't happen. But those who let go can experience landing in the strong arms of the catcher. Let us hear the call to "just trust and jump!"

12 We are often challenged in our spiritual life to dare this jump. Anyone who stands helplessly before some situation in life hoping for help "from above" needs to trust in the possibility of God's intervention. They need the willingness to accept new circumstances in life; then they can be given a new quality of life. Emilie Engel, too, was able to have this experience.

It's about HER Life

Trusting in the Mother of God and in the help of the Heavenly Father, Emilie gained a new perspective on life: overcoming fear to find security in God's heart. With this security she could manage anything. If she recognized something as the will of God, she would gather her courage and tackle decisions, overcome problems, and resolve unanswered questions. Thus she became a staff and support for others in their questions and uncertainties, in the ventures of their lives. They entrusted themselves to her.

*I know you
are in good
hands!*

A mother whose daughter was joining the community of the Schoenstatt Sisters of Mary brought her to Metternich. After her meeting with Sister M. Emilie, the mother said to her daughter: "I know you are in good hands."

13

Many people have experienced this also after Emilie's death: In their worries and needs, they are "in good hands" with her. Emilie is a committed

... and Jump!

Just Trust ...

intercessor before God. Those who entrust themselves to her, experience help and become more daring in their trust in God. They become more capable of bearing adversity and suffering. They can say yes to God's plans more easily. Emilie's life is, as it were, a call: "Just trust and jump!" Let us allow her to take us by the hand with the concern that moves our heart at the moment.

14



Tomb of Sister M. Emilie Engel

... and Jump!

Just Trust ...



1. "Jump" - *Climb Higher*

With their skillful control over their bodies, trapeze artists are impressive. Gracefully they enter the arena; gracefully they climb the rickety rope ladder up to the trapezes. Then they perform their feats. They climb higher. That's what's required of us, too: that we climb higher. The worries and needs I have right now reveal a certain powerlessness. Perhaps I'm praying for others who are at a loss, who feel helpless. There are difficulties that leave us perplexed – so much so, that we can't even pray about them.

Emilie Engel asked a co-sister: “Do you sometimes pray something out loud for her (her ill mother)? Often those who are ill ¹⁵ cannot pray anymore by themselves. So it does them good to hear something prayed out loud.”

We can intercede representatively with God on behalf of someone else. When we've reached our limit, we realize that we can't get further with

... *ոռս յտոբ!*



Climb higher

purely human means. In the figurative sense, it's necessary to climb higher – to climb a ladder, as it were, into the heart of God. Prayer is a ladder for this.

Emilie recommended to a young woman: “We want to pray fervently that everything will turn out right and that even in this difficult situation you will feel safe in the hands of Father and Mother.” Emilie had a favorite prayer that she said brought her great peace when she prayed it:

I know you are my Father,
In whose arms I am safe.
I will not ask how you lead;
I will follow you without worrying.
If you placed my life into my hands
so that I myself would direct it,
in childlike trust
I would lay it back into your hands.

17

This prayer draws me upward, allows me to climb higher, and at the same time, deepens my faith. I entrust my worries to the One who is greater than I am, who is my good Father. This

Climb Higher

prayer can accompany me in the days ahead. If I pray in this way with Emilie, she will take care that I also am filled with great peace.

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

18 Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, “I know you are my Father ...” (see page 55).

Just trust ...



2. “Jump” – *Pause for a Moment*

Before the trapeze artists swing through the air on their trapezes, they pause for a moment at the top of a small platform or stable bar. They wait for the right moment to grab the trapeze bar. This brief moment is important: making a pause to observe the conditions, assessing and evaluating the situation. My distressful situation also compels me to do this: Make a pause and observe what kind of suffering or need it is that moves me now. In doing so, it is quite helpful to ask the question: For what purpose do these concerns come upon me? It's crucial not to ask why but rather for what purpose. Asking for what purpose changes my perspective. “For what purpose” prompts me to ask about the goal toward which the suffering and distress should be moving me. 19

In the midst of the concentration camp of Dachau, Schoenstatt's founder wrote a profession of faith in verse form and prayed:

“Each suffering is a greeting from you
which lends wings to our souls,

... and jump!



Pause for a Moment

powerfully setting the course of our lives
and renewing the vigor of our striving.”

Suffering can lend wings to the soul. Isn't that a different perspective? Invisible wings are what the flyer needs when pushing off from the safe footing to perform feats in the air.

Likewise, our soul needs wings to cope with the present situation.

*The main task of our mind
is to recognize God.*

A song about Emilie Engel's life says: “Father, let my life be a journey to you...” So here, too, it is a matter of the soul setting itself in motion. The goal is clear: toward the Heavenly Father.

Emilie understood this, as she said: “The main task of our mind is to recognize God in as far as he can be known through things!”

I can allow myself to take a ten-minute break every day to pause and reflect. I can find a quiet corner of my home for this, light a candle in front of a crucifix and the image of the Blessed Mother, fold my hands...

Pause for a Moment

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, “I know you are my Father ...” (see page 55).

22



House Providentia in Koblenz-Metternich

Just Trust ...



3. "Jump" – *Live What's Essential*

In order not to miss the right moment to jump, trapeze artists use the brief pause to become completely concentrated. They must grasp what is important right now. If they get distracted, their performance will quickly fail. They will not be able to stretch out their arms towards the "catcher" at the right moment and will fall instead. That's why it's important for them to focus on what's essential at the moment. Everything else must be pushed out of their mind.

It's difficult to concentrate on essentials in our multitasked, everyday life. We have to cope with many demands. For example, I get a phone call while I'm making sure the meal doesn't burn, and at the same time my small child is screaming because he fell and wants to be comforted. It's similar at work: Many things have to be accomplished at the same time. Genuine multitasking is not possible, only switching back and forth quickly

23

... and Jump!

Live What's Essential

between activities. But precisely this rapid switching back and forth prevents us from focusing on essentials. But what can help us to live what's essential?

The following is reported from Sister M. Emilie's life: A sister in nursing school was struggling academically. She slogged away at it every free minute she had, awakening pity in those around her. Obviously this was not her area of strength. This became more and more apparent every day. Sister M. Emilie observed the situation for a long time.

Emilie's answer solves all her problems for years to come.

24

Then she spoke with the sister. She suggested that the sister discontinue nursing school because it probably was not the will of God. The sister saw the reasonableness of the proposal. But her feelings resisted the embarrassment. Genuinely and honestly she asked her provincial superior: "But what will the others think?" Emilie's response solved all her problems, even years later: "That won't be of any value to you at the hour of your death!"

Live What's Essential

In strenuous challenges, it is of no avail to let trivial things wear us down. What we need is to ask ourselves in a time of silence: “What's important now? What's essential in order to cope with what I'm facing concretely? Where am I wearing myself out? What can I omit because it isn't helping me reach my goal?”

The stanza “Each suffering is a greeting from you...” formulated by Father Kentenich in the Dachau concentration camp is followed by:

“It compels us to renew our decision
to be ready for Christ
until he alone lives and works in us
and in us reaches out to you.”

Prayer

25

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns.

Live What's Essential

You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, "I know you are my Father ..." (see page 55).



26

Sister M. Emilie Engel often prayed here:
Original Shrine in Schoenstatt.

Just Trust ...



4. “Jump” – *Trust*

Undoubtedly, trust in each other is a very important asset that trapeze artists must have. When the flyer lets go of the trapeze, he relies on the catcher not to let him fall. Through daily training, this trust in the catcher has to be proven.

“Trust,” so we say, “is the basis of everything.” Without the necessary trust, nothing works. In many things of our daily life, we trust as a matter of course. We live in a society where people depend on each other: on their spouse, the police, the doctor, the firefighters – or anyone who can do something we ourselves can't do. We board an airplane and trust the pilot to successfully get the plane up in the air and successfully land it at its destination. In the same way, when we go shopping, we trust that the item is exactly what it says it is. When I have a request and pray to God, am I confident that God hears my request? 27

We look at Emilie Engel. We know about the trust between her and Father Kantenich, who, through

... *and Jump!*

Trust

the Blessed Mother, gave himself and those entrusted to him completely to the Triune God. From this standpoint – the covenant of love – it becomes possible to understand the wonderful help Emilie received many times in her life to overcome her fears. She internalized the image of a merciful God, found her way to the right decisions in open questions, and went her way strengthened. Yes, Emilie was convinced of Father Kenenich's fatherly love. He was for her a transparency of God through whom she could experience the love of God.

28 Emilie's trust in divine providence was boundless. In October 1955, her health became very poor. For this reason the sisters made foot pilgrimages from Metternich to the Original Shrine in Vallendar. It was important for her to be able to tell the sisters beforehand:

“Let us make the pilgrimage in the proper spirit: on the one hand, with a childlike,



Trust

simple confidence that moves mountains, and on the other hand with the firm faith that the good God – if he does not let the miracle happen, or not yet – has something better in store for us ... Thus we want to do both: Pray for the miracle in childlike simplicity, and also offer the sacrifice of our life.”

This wish of Emilie allows us to look deeply into her soul. Let us ask for such admirable trust in God's loving providence. With Emilie we pray from the prayer book *Heavenwards*, which contains prayers Father Kentenich wrote in the concentration camp of Dachau:

30

“God, we believe that your might brought the world into existence. You are the one who sustains and governs it and wisely leads it to its goal. ...

We see you silently standing as a father behind everything that happens and embrace you with fervent love, going to you joyfully and in the spirit of sacrifice.”

Trust

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, "I know you are my Father ..." (see page 55).

Just Trust ...



5. "Jump" – *Dare*

"Only those who dare, can reap gain." This seems to apply to trapeze artists. The more daring their jumps between the trapezes are, the more they are admired, the more they are recognized as artists. They have the courage to ascend to dizzying heights and to execute their acrobatic feats in daring performances. In doing so, they also take the risk that they could fall at any moment. But it's their job to live with risk. It's their job to be daring.

Again and again, we're faced with situations that don't promise us an outcome that's one-hundred-percent certain. On the contrary: Those who can't dare to leave the past behind them can never make
32 a fresh start. Those who get married have the necessary trust, but not the certainty from the outset that the marriage will last forever. They must put themselves into it wholeheartedly for it to succeed. Only those who dare to take the step can experience the happiness of security, of carrying each other, and of going into the future together. Those who put their trust in God can experience his help.

... *and Jump!*



Dare

Emilie Engel was not a natural go-getter. Nevertheless, she said, “You have to dare things.” She truly dared much in her life. We need think “only” of her decision to give up her beloved teaching profession and make herself totally available for Schoenstatt. In doing so, she gave up a secure job and a steady income. She didn't know if the endeavor had a viable future. She was among the very first co-founders of

the community of the *The decisive factor for them was the will of God.* Schoenstatt Sisters of Mary. She was a member of the governing

body of her community – which was still in a developmental stage – and there were important

34 decisions to be made. She contracted pulmonary tuberculosis, spent years in hospitals and sanatoriums, and was given the task to care for the members of the community who were of ill-health.

In 1946, she took over the leadership of the Providentia Province, which at that time consisted of 38 houses. Despite increasing limitations due to her health, she remained the leader of this

Dare

province until shortly before her death. She dared much in her life. The decisive factor in all her ventures was the will of God as she recognized it through divine providence.

Emilie prayed:

“The wish and will of the Father should determine our actions and striving, not merely human thinking. Therefore we want

- to see your signs everywhere with the eyes of faith and follow them,
- to hear your voice everywhere and obey it,
- to look for the doors your hand opens for us, and to dare the death leap even through a crack you reveal to us.

We want to go through the day reflectively and discover your messengers even in the smallest things and experiences, especially in cross and suffering, embracing them with love. Every moment of our life should be a living 'Yes, Father.'”

With this, Emilie gives us guidance, as it were, as to how to discern the wish and will of God.

Dare

What insights can I gain for myself from this? What is our good God challenging me to dare? What is faith in divine providence telling me in my present situation with regard to the request I bring in this novena?

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

36 Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, "I know you are my Father ..." (see page 55).

Just Trust ...



6. "Jump" – *Let Go*

The bravest act of a trapeze artist is probably letting go. As long as the flyer is climbing the ladder, standing at the top, or swinging back and forth with the trapeze in hand, there is still something providing some security, something to hold on to. However, the real artistic feat consists in jumping through the air, somersaulting, or pirouetting in the air and landing again in the arms of the catcher. But to do this, the flyer must first let go. Only those who let go have both hands free to be caught.

Letting go. How difficult is that for us? Letting go. How often do we have to do that in our life? Often we want to hold on to what's old, even though we sense that letting go would be a better way. It isn't easy. Letting go is something we have to learn our entire life long. Parents have to let go of their children. When we move to a smaller home, we have to let go of possessions. It is especially difficult to let go of worries and anxiety. This was also a challenge for Emilie. For many years she suffered

37

... *and Jump!*



D-0785

Let Go

from anxiety. She could not overcome her anxiety with willpower alone. What helped her was the covenant of love with the Mother of God in the shrine. She testified:

“I did not know yet that the Mother of God had drawn me and guided me here to this place of grace to help me out of the great distress of my soul.”

The distress of her soul was the fear of God as a strict judge. Through the wise, fatherly spiritual direction of Father Kentenich, she came to the point where she could address her prayer to God the Father:

“From now on, I hang on the thread of your infinite Father love as a small, naive, loving, and trusting child over the abyss of my nothingness and my sinfulness. I am sure that you will not let me fall or sink, but draw me for eternity into your Father heart. I want to live and die in heroic confidence, if you demand this level of trust from your child.”

Let Go

Emilie let go of every purely earthly worry and gave herself completely into the hands of the Heavenly Father. In this she discovered the invisible thread that held her. In our concerns and intentions, let us ask for such trust and such courage to let go!

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns.

40 You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, "I know you are my Father ..." (see page 55).

Just Trust ...



7. "Jump" – *Jump*

The long jump and the high jump are Olympic sports. Using specialized techniques, athletes try to jump as far or as high as possible. This is exactly what trapeze artists attempt to do. Forcing off with great momentum, they attempt to swing far and high on the trapeze and perform their acrobatic feats, landing then in the arms of the catcher with one single jump.

As children, we may have once dreamed of being able to jump very far and very high, and probably tried it, too. As adults, when we make a decision about our future path in life, we have to make a completely different kind of leap. It's not uncommon that a jump into uncertainty is required, for example when we start a new job, when we are waiting for the diagnosis of an illness, or when we embark on a new endeavor. **41**

We have to make a leap when we want to gain mastery over ourselves, for example, when we have to trust someone we don't know or learn again to trust someone who has disappointed us, or when we have to undertake something that

... *and Jump!*

Jump

absolutely does not correspond to our abilities. There are so many situations that require us to jump – any time we feel insecure because we do not know the way out of something, such as in our prayer request in this novena.

In October 1955, when Emilie Engel sensed that she didn't have much longer to live, she wrote a farewell letter to the sisters of her province. It states:

“Our tasks are so great. We may not remain stuck in mediocrity or stop in front of a certain wall. This wall looks different for each one of us. The Mother of God will be so happy to help us make the leap over the wall. Take courage and go ahead! Do not delay.”

42

After Emilie's death, Father Kentenich pondered her path to sanctity and said with regard to her life:

“The wall over which she had to jump consisted of her exaggerated sense of responsibility that was deeply rooted in her soul from childhood on, as well as a lack of heroic childlike confidence. In other words:



Jump

The final remnants of her false, erroneous, and misleading image of God and the human person had to be removed by a certain deathleap. And the MTA (Mater ter Admirabilis = Mother Thrice Admirable) as the great educator had to help her make this leap. She dared to take this ultimate leap and courageously carried it out only by grasping her hand.”

Prayer

44 God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, “I know you are my Father ...” (see page 55).

Just Trust ...



8. "Jump" – *Caught*

Trapeze artists rely on each other. Without mutual trust, they cannot display their feats. They like to perform them before an audience, and they reap applause – which is usually meant for the flyer. But in reality the catcher is the actual hero. In a split second, as the flyer is flying toward the catcher with great momentum, the catcher has to be at the right place and grasp the flyer in the air. The flyer counts on being caught.

As little children play with their parents, they might suddenly call out, "Daddy, catch me!" The children stand at the top of a high piece of playground equipment and simply let themselves fall, convinced that nothing bad can happen to them. They believe there is someone there who will catch them. 45

In a figurative sense, adults have the same wish. In times of crisis, when things are not going well in life, when we've made mistakes, it's good to know that regardless of what happened, I'm supported within a strong marriage or by a strong family or friendship. When something happens to me and

... and Jump!



Caught

people stand at my side, I can be cheerful and happy, because love is knowing that strong hands will always catch you!

We look at the life of Emilie Engel: At the end of her life, Sister M. Emilie lived what was essential. She sensed her approaching death and focused completely on what was necessary. Due to progressive paralysis, she could hardly speak intelligibly. She recorded what was important to her in a last testament:

“Praised be Divine Providence in my life. Glorified be the mercies of God and our Blessed Mother ...! For all eternity I want to sing the song of praise of merciful Father love and Mother love and be a sacrifice of praise to their mercy.”

At the end of her life, she who had suffered for a long time from her limitedness and sinfulness had internalized that she had been caught by God's mercy. It wasn't a matter of her achievements; it was the mercy of God and the Mother of God that made her life so rich. Two days before her death, she added a paragraph to her farewell letter to the province:

Caught

“Let us never forget all that we owe to Father (Joseph Kantenich). Let us remain faithful to him and follow the ways of divine providence in his footsteps.”

Emilie knew that God bestows his love and mercy upon us through human instruments. She was grateful for the fatherly love of Father Kantenich.

Her experience can inspire us to think about *Praised be* where we have already *Divine Providence* experienced God's *in my life.* mercy.

48 In my worries and inner distress, how and by whom do I experience “being caught”? For whom does the Heavenly Father need me to be a “catcher”?

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of

Caught

suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, "I know you are my Father ..." (see page 55).



Just Trust ...



9. "Jump" – *Confidence*

Trapeze artists are team players. They work together for the great performance in front of the audience. Both of them have their own special role to play. The catcher has to catch. The flyer must jump, fly, do somersaults ... and at the most decisive moment, do nothing at all. Once the flyer's role has been played, he simply flies towards the catcher to finish. Now the flyer only has to stretch out his arms and hands and wait for the catcher to catch him and return the flyer safely to the platform. The flyer can be confident that the catcher will be there at the right moment and will not let the flyer fall.

50

God is also a team player. He wants us to do our part regarding the concerns we bring him. We like it best when we can do everything by ourselves. But we should turn to him and then confidently continue on our way. Now, too, I am invited to do this with my own concrete concerns. Our own actions are important and necessary, but we

... and Jump!



Confidence

should not overestimate them. God will accomplish what is actually needed; he is the catcher who catches us at the right moment. He will take care of us because he loves us. Scarcely anything spurs us on as much as the strength borne of confidence – the prospect that our problem will be solved. Have you ever noticed this?

Emilie Engel understood this, as she wrote to someone:

“In view of God, we don't need to value our actions so highly; often they are almost like a zero. But many zeros strung together represent a considerable sum when God puts a one in front of it. The more zeros, the higher the number, or, the more I keep from getting discouraged and begin ever anew, the greater the success in the end.”

52

This is a good strategy that allows us to be confident. It is a strategy that is the result of faith in God's love. In 1940, Sister M. Emilie confessed in a prayer:

Confidence

“Father, I believe that you have chosen me from eternity and for all eternity as your favorite.”

We may believe, also in the midst of our concerns, that God's love has said yes to us, that in his love he is with us.

Prayer

God, my Father, suffering and sorrow stir my soul. They force me to take a break in the midst of my daily life and all its demands. In the midst of suffering, Sister M. Emilie took time to reflect and could see it as an invitation to rise higher and to turn to you. I, too, come to you with my concerns. You will give me what is best for me.

Upon the intercession of Sister M. Emilie, I confidently ask you to hear my requests. With her I pray, “I know you are my Father ...” (see page 55).

Image credits:

Cover image: istockphoto.com and Sr. M. Hermia Schlichtmann

Trapeze artist graphic: OpenClipart-Vectors on Pixabay

p. 4 and 29: Sr. M. Hermia Schlichtmann

p. 6: Archive of the Schoenstatt Sisters of Mary, Koblenz

p. 14, 20, 22, 38, 43: Sr. Theres-Marie Mayer

p. 16: Danny Schreiner

p. 26: Sr. M. Maritta Zell

p. 33: Ginger Palmisano

p. 46: Rebecca Schönbrodt-Rühl

p. 49: Otto Wenninger

p. 51: Steve Lathrop

Text credits:

Quotes from Father Joseph Kentenich:

Schoenstatt Publishing House, Vallendar, 2010

Quotes from Emilie Engel:

Archive of the Schoenstatt Sisters of Mary

Prayer p. 55: Verses 1 and 2: Bernhard Bartmann,

Verse 3: Sr. M. Cordula Fladung



Prayer for each day

I know you are my Father,
In whose arms I am safe.
I will not ask how you lead,
I will follow you without worrying.
If you placed my life into my hands
so that I myself would direct it,
in childlike trust
I would lay it back into your hands.

I know you are my Father,
who gave your Son,
the Only-Begotten, Light from Light,
who in death gave us life.
So much have you loved the world!
How then could I still hesitate, tremble?
Even if you lead me down a dark path,
O Lord, I want to, I want to dare it.

55

I know you are my Father,
who put a Mother at my side,
the Three Times Admirable Mother,
so that I may walk with my hand in hers.
And like Mary, I silently speak:
Lord, your love will never deceive me.
Your will, O God, be done unto me,
I will as you will, as you ordain.



Prayer for the Beatification of Sister M. Emilie

God, our Father, Sister M. Emilie went through life like a child trusting in your wise and kind providence. Even in suffering and uncertainty she said her “Yes, Father,” to your wish and will and was freed from fear and inner distress. With power you showed your love and mercy in her life.

I ask you for the canonization of Sister M. Emilie to your glory, for the honor of the Mother Thrice Admirable and Queen of

56

Schoenstatt, and as a blessing on humankind. On her intercession hear my request in keeping with your kind providence. Amen.

We pray with you!





We pray with you!

Worries and difficulties move our hearts again and again. Many people entrust their intentions to Sister M. Emilie. She is a good intercessor before God.

We Sisters of Mary gladly pray in our Schoenstatt Shrine for you.

May Sister M. Emilie be a faithful companion for you.

Let us know your concerns.

Schoenstatt Sisters of Mary
W284 N404 Cherry Lane
Waukesha, WI 53188-9416
USA

Telephone: 262-522-4200

Email: sremiliesecretariate@schsrsmary.org



This biography of Emilie Engel is available for purchase from the Schoenstatt Sisters of Mary in Waukesha, Wisconsin. Please see the contact information on the previous page.

*“The only sure
means
that always helps
is securely trusting,
persistent prayer.”*

Emilie Engel