



November is the month dedicated to the Holy Souls (souls in purgatory). Most people go to purgatory after they die to be purified of their sins so that they can enter Heaven. The souls in purgatory can no longer pray for themselves or do good works to shorten their stay there. The good news is that we can do something for them to get to Heaven faster.

Here are five things you could do during the month of November for the Holy Souls:

1. Take a trip to the cemetery:

Take a trip to your local cemetery to pray a Rosary. Take some flowers to place on the graves. You could do this with your praesidium.

2. Say an extra prayer:

Make a list of your family and friends who have died. Each night, say an extra prayer for them.

3. Light a candle for the Holy Souls:

After Mass light a candle for the Holy Souls.

You can also decorate a special candle at home. Add some pictures of your deceased relatives and friends around it. If you don't have pictures, just make a list.

4. Offer it up!

Don't forget to offer up your bad days, your difficult jobs, or your painful times. If you offer these bad things as a prayerful sacrifice to Jesus, He can turn them into good for the holy souls.

5. Give it up!

Give up something you love, eg. don't have a desert and offer that up as a sacrifice for the souls in purgatory. Think of other things you can give up.

Our Lord taught this prayer to St. Gertrude. It releases 1000 souls from purgatory each time it is said: ***Eternal Father, I offer You the Most Precious Blood of Your Divine Son Jesus, in union with all the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.***

The greatest thing we can do for the Holy Souls is to offer a Mass for them. In November legionaries all over the world have a Mass offered for all deceased legionaries. ***"In the month of November each year, each praesidium shall have a Mass celebrated for the souls of the legionary dead."*** Legion Handbook, p. 103, Chapter 17 ***"The Souls of our Departed Legionaries"***.