



## To Be Jesus Crucified

The "retreat notebook" of Venerable Conchita

*Retreat Directed by  
Archbishop Luis M. Martínez – 1928*

While there are many themes that the discerning reader will discover in this "retreat notebook" of the Venerable Conchita and that the introduction calls our attention, I would like to call particular attention to two motifs that emerge in a striking way in this notebook as well as in many other of Conchita's writings: that of the offering of Jesus to the Father and that of the offering of oneself in union with Him. These topics are absolutely fundamental to the Christian life and to Catholic worship. Indeed, ever since the publication of the Second Vatican Council's constitution on the Sacred Liturgy there has been great emphasis on the active participation of the faithful in the Church's liturgy, especially the holy sacrifice of the Mass.

The Venerable Concepción Cabrera de Armida (December 8, 1862 – March 3, 1937), or Conchita, as she was lovingly called, was a lay woman, wife, mother of a family of nine children, a widow, and a spiritual writer.

Concepción Cabrera de Armida first contemplated the Cross of the Apostolate in January 1894. It is the symbol that sums up the Spirituality of the Cross, which animates and gives life to the Works of the Cross. Jesus explained to Conchita that "This Cross is a priceless treasure which is the gift of His goodness to the world. It will keep away the devil, spread virtue, cure souls and bodies and will make many miracles. It will bring fire to the earth by means of the Holy Spirit."

Archbishop Luis María Martínez (1881-1956), was Conchita's spiritual director for the last twelve years of her life.

ISBN:0-8189-1354-1 128 pages \$12.95

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