

**Prayer to Mary, Our Mother  
and Queen of the Most Holy Rosary**

O Most Holy Virgin, who is standing before the throne of the Most Holy Trinity, and to whom it is granted at all times to pray for us to the most beloved Son, pray for me in all my necessities; help me, combat for me, give thanks for me, and obtain for me pardon of all my sins; help me especially at my last hour and, when I can no longer give any sign of the use of reason, then encourage me, make the sign of the cross for me, sprinkle me with holy water, and fight for me against the enemy.

Make in my name a profession of faith; favour me with a testimony of my salvation, and never let me despair of the mercy of God. Help me to overcome the wicked enemy; and when I can no longer say, "Jesus, Mary and Joseph, I place my soul in your hands", say it for me: and when I can no longer hear human words of consolation, then I pray that you comfort me. Leave me not before I have been judged; and if I have to expiate my sins in purgatory, O pray for me instantly, earnestly, and beseech my friends to procure for me a speedy enjoyment of the blessed sight of God. Lessen my sufferings, deliver me speedily, and conduct my soul into Heaven with you that, united with all the angels and saints, I may there bless and praise my God and you for all eternity. Amen Say 3 Hail Mary.

**"God does not require you to succeed, He only requires that you try. Not all of us can do great things. But we can do small things with great love."**

**A Prayer to Mary, Mother of Jesus  
and Our Mother Mary.**

Mother of Jesus and my mother, moved by a burning desire to live in the closest union with you possible in this life, so as to more surely and fully come to union with your Son, and with you to discover the mystery of His thirst for our love, I resolve to keep this covenant of consecration with you as faithfully and as generously as I am able to with your help.

Since Jesus from the cross gave you to me, I take you as my own. And since Jesus gave me to you, take me as your own. I entrust myself and all I do entirely to you, that you may share your life and heart with me. I give you complete power over me and all that belongs to me, both material and spiritual, that as a mother you may nourish Jesus' thirst within me.

Mary, I depend on you totally as a child on its mother, that in return you may possess me, protect me, and transform me into Jesus. May the light of your faith dispel the darkness of my mind; may your profound humility take the place of my pride; may your contemplation replace the distractions of my wandering imagination; and may your virtues take the place of my sins. Lead me deeper into the mystery of the cross that you may share your experience of Jesus' thirst with me.

O most pure heart of Mary, allow me to enter your heart, to share your interior life. You see and know my needs, help me to do "whatever Jesus tells me" ... that my human needs may be changed into love for God alone. I desire to discover, satiate, and proclaim Jesus' thirst, but I know all too well my weakness, nothingness, and sin. Mother, may this covenant of consecration with you be the hidden strength in my life that you may use me to satiate your Son to the full. Let this be my only joy ... and you will be the

cause of that joy. My chalice will be filled with love, sacrifices made all for you. Evermore, I will quench your thirst, Lord. Evermore, I will quench your love, Lord, for souls: in union with Mary, our Queen, I will quench thy thirst.

Do not let the past disturb you—just bury everything in the Sacred Heart and begin again with joy. Make a real effort to grow in true love, reparation, and forgiveness. Try to make your home a place where Our Lord can come and rest for a while with you. Jesus has promised to write in his heart all those who spread devotion to his Sacred Heart. Jesus cannot deceive us—our names are written in his heart. Let us ask one very special grace from the Sacred Heart: Love for Our Lady through all the work we do for Jesus, with Jesus, and to Jesus. Ask him to deepen our love so that it is more personal and intimate.

### **Three Reasons to go to Confession**

Many men are embarrassed or afraid to go to confession. They avoid it as long as possible, and make excuses for not going. If that's you, here are three reasons you should go to confession as soon as possible.

1. A new beginning - No matter what you've done (think of the worst thing you could possibly do), you can find mercy and healing in the sacrament of penance. When you walk out of the confessional, you are as sin free as you will ever be. Why would you not want that gift?

Even if you haven't committed any serious sins, going to confession is like taking a bath. While they don't kill us spiritually, venial sins wound our soul and make it dirty, so to speak. Don't let your soul become smelly and dusty with venial sins. Go to confession!

2. Concrete forgiveness - Our Lord does not keep us guessing about whether or not we are forgiven. When the priest utters the words of absolution, your soul is instantly and completely healed. Sacramentally, Jesus is present in the confessional in the person of the priest. If he were here on earth, wouldn't you ask him for forgiveness? If you want to experience the Divine Mercy in a real way, confession is the way to do it.

3. You receive graces - There is a mistaken notion that confession is just getting rid of our sins. But that's not true. We not only have our sins taken away and cast into the bottom of the sea, we also receive graces from Christ that we desperately need to live a holy life. The more you go to confession, the more graces you receive.

### **WHAT ARE YOU WAITING FOR?**

Please go to confession. While you may not always feel like it, this sacrament is a great gift. Don't let fear, guilt, or embarrassment dissuade you. Jesus is waiting in the confessional for you, and his heart longs to grant you his mercy in abundance. What are you waiting for? **Go to confession!**

## **WHY should You have MASSES OFFERED?**

Just as you should assist at the Holy Sacrifice of the Mass with the proper dispositions, so also you should have the Holy Sacrifice of the Mass offered for yourself, for your own intentions, for your loved ones-both living and de-ceased-and for the Poor, Suffering Souls in Purgatory.

Here are a few points to consider.

1. At the hour of death, the Holy Masses at which you have piously and devoutly assisted and those which you had offered for yourself and others, will be your greatest consolation.
2. By every Holy Mass, you can diminish the temporal punishment due to your sins, or of less, according to your religious fervor.
3. Every Holy Mass will go with you to the your Judgement when you stand before the Just Judge. These Holy Masses will plead for pardon for you.
4. By piously and devoutly assisting at the Holy Sacrifice of the Mass, you render the greatest act of worship which is possible to each of the Three Persons of the Holy Trinity.
5. Through the Holy Sacrifice of the Mass, Jesus Christ supplies for many of your negligences and omissions.
6. Through the Holy Sacrifice of the Mass, Jesus Christ forgives you all of your venial sins which you are sincerely determined to avoid. Christ forgives you all of your unknown sins which you never confessed in the Sacrament of Penance.
7. Through the Holy Sacrifice of the Mass, the power of Satan and other evil spirits over you is diminished.

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your loved ones-both living and de-ceased-and for the Poor, Suffering Souls in Purgatory. Here are a few points to consider.

8. By piously and devoutly assisting at the Holy Sacrifice of the Mass, and by having as many Masses as possible offered for the Souls in Purgatory, you obtain the greatest possible relief for the Poor, Suffering Souls in Purgatory.
9. Devoutly assisting at just one Holy Mass, or having one Holy Mass offered for yourself during your life, will be of more benefit to you than many (Some say as many as one thousand!) offered for you after your death. Of course, the more Holy Masses, the better!
10. By piously and devoutly assisting at the Holy Sacrifice of the Mass, or by having the Holy Sacrifice of the Mass offered for yourself, you are preserved from many dangers and misfortunes which would otherwise have befallen you.
11. Your time in Purgatory will be shortened by the number of times at which you piously and devoutly assisted at the Holy Sacrifice of the Mass and the number of Masses which you had offered for the Poor, Suffering Souls in Purgatory while still in this life.
12. During the Holy Sacrifice of the Mass, you kneel amid a multitude of Holy Angels who are present at the Most Adorable Sacrifice with reverential awe. It is said that there are 3,000 Holy Angels present just from the Choir of Thrones!
13. By piously and devoutly assisting at the Holy Sacrifice of the Mass and having the Holy Sacrifice of the Mass offered for yourself and your loved ones and the Poor, Suffering Souls in Purgatory, you are blessed in your temporal affairs and material possessions.

**THE HOLY EUCHARIST:  
MY BODY and MY BLOOD**

***Jesus Speaks:***

I wish to tell you how. In the Blessed Sacrament, I still suffer torment in my mind and will, in My body, and in My heart. Although I am imprisoned in the tabernacle. My eyes pierce the veils that hide Me, so that I see not only those of My subjects who are present in the church, but also those who are not there. By disobedience, those who should be present at the Holy Sacrifice, but do not attend, outrage My will by getting theirs against Mine. The mental anguish which I endure when My authority and wisdom are questioned, is beyond description.

Those, who come into My Eucharistic Presence through coercion or fear of punishment and who remain there just long enough to fulfill the minimum obligation, cause Me great mental pain. My mind is tortured also by those who do not understand My wishes because they do not want to. Even among My chosen souls, there are those who wound Me thus. My body, which is truly present in the tabernacle, still suffers from the treatment that it receives. I suffer, indeed, the pain of being imprisoned and unable to move without the assistance of My creatures.

My body suffers from the insults of physical assault upon the Host. My body suffers when the Eucharist is kept in unclean places, when it is roughly and carelessly handled. My body suffers when it is given into an unclean mouth, but it suffers more if it is given into an unclean soul.

What shall I say of the sufferings of My Heart? The coldness and indifference of men whom I love, for love of whom I annihilate Myself, pierces My Heart and causes Me untold anguish. Those who receive Me merely to fulfill an

obligation - not because they want Me or love Me, break My Heart with their thoughtlessness and lack of love. Ah yes, though My Passion is over, let it be remembered that I am God, and that time means nothing to Me.

The past, the present, and the future are one before Me, and so I can truly be said to endure these torments now, which seared My Mind.

My Body, and My Heart during My earthly pilgrimage. Love Me. then, and comfort Me. My agony continues, and long for someone to share it with Me.

***Our Prayer to Jesus:***

My Lord Jesus Christ I believe that You are really here in this Sacrament. Night and day You remain here compassionate and loving. You call, You wait for, You welcome everyone who comes to visit You. I thank You, Jesus my Divine Redeemer for coming upon the earth for our sake and for instituting the Adorable Sacrament of the Holy Eucharist in order to remain with us until the end of the world. I thank You for hiding beneath the Eucharistic species Your infinite majesty and beauty, which Your Angels delight to behold, so that I might have courage to approach the throne of Your mercy. I thank You dear Jesus, for having become the priceless Victim, to merit for me the fullness of heavenly favors. Awaken in me such confidence in You that their fullness may descend ever more fruitfully upon my soul. I thank You for offering Yourself in thanksgiving to God for all His benefits, spiritual and temporal which He has bestowed on me. Grant me grace and perseverance in your faithful service.

## WHAT is DIVINE MERCY?

### TRUST - COMPLETELY TRUST IN JESUS

Trust in Jesus is the essence of the message of mercy. When we go to a public fountain, we can draw water from it as long as we have a vessel or container of some kind to put the water in. If our vessel is small, we can only bring back a little water; if it's large, we can bring back a lot. And anyone with a vessel can draw water from the fountain. The water is there for us, and no one is excluded. All we need is a vessel. So it is with God's mercy. In repeated revelations to St. Faustina, Our Divine Savior makes it clear that the fountain is His Heart, the water is His mercy, and the vessel is trust.

**I have opened My Heart as a living fountain of mercy. Let all souls draw life from it. Let them approach this sea of mercy with great trust (Diary, 1520). On the cross, the fountain of My mercy was opened wide by the lance for all souls — no one have I excluded! (1182). I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: "Jesus, I trust in You" (327). The graces of My mercy are drawn by means of one vessel only, and that is — trust. The more a soul trusts, the more it will receive (1578).**

In the Diary of St. Faustina, we hear Our Lord reminding us that we can depend upon His love ... that He alone is worthy of our trust: **I never reject a contrite heart (1485). Sooner would heaven and earth turn into nothingness than would My mercy not embrace a trusting soul (1777).**

But there is more to trust than just believing that God is trustworthy. We have to act upon that belief. Trust involves a turning back to God, a real conversion of our whole lives to God,

repenting of our sins and forgiving others. ***Trust is a living faith.***

Trust means that we agree to let God be God, instead of trying to be God ourselves. (Trust is the antidote to the first sin of Adam!) It means that we agree that God can write the script of our lives, instead of insisting on our own script. It means that we agree with the great pledge we make in the Our Father: "Your will [not mine] be done on earth as it is in heaven." It means that even in our moments of agony we agree with the cry of Jesus in the Garden, "Not my will, but Yours be done" (Lk 22:42).

God is Mercy itself, and we are called to ***practice the ABC's of mercy*** (Ask for His

Mercy, Be merciful to others, Completely trust in Jesus). As we do, our trust in Jesus is the vital ingredient. We don't simply ask for mercy, nor do we simply try to be good to other people. We ask with complete trust, and Our Lord fills us with grace so that we can be merciful as our Heavenly Father is merciful.

**I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces that it cannot contain them within itself, but radiates them to other souls (1074).**

## PRAYER FOR FORGIVENESS V

Dear Heavenly Father, I thank you for Your love and kindness toward me. It is Your kindness that has led me to repentance, turning from all my sins and turning to you.

I admit that I have not been kind, patient and loving to others when they have offended me. I have allowed bitterness and resentment to grow in me, separating me from others and You, Father. At times, I have forgotten this unforgiveness in my heart. This unforgiveness festers deep within me, at times beyond my conscious reach. This affects every aspect of my life and gives the enemy a right to torment me as stated in Matthew 18. I confess that this unforgiveness and bitterness is affecting my life and relationships today. Because of these past hurts, I acknowledge the inability to love or trust others.

I understand that forgiveness is not an emotion but an act of my will. I now choose to exercise my will to forgive others as You, Father, have forgiven me. Father, I know that You are a searcher of the heart. I ask You to search my heart. Reveal to me any hidden and secret unforgiveness or bitterness toward others that have hurt or offended me. I choose not to be ruled by a spirit of bitterness. I choose to forgive and have a spirit of peace and love in my heart. I repent, forgive and release these people right now.

I ask you, Heavenly Father, to forgive me and restore me as I forgive those who have offended me. Jesus promised that the Holy Spirit would bring everything to our remembrance.

Dear Holy Spirit, I am asking You to bring to my remembrance anyone I have to forgive and I will forgive them in Jesus' name. Amen.

## Prayer for Everyone.. (Difficult but Beautiful)

Respect everyone, Christ resides in everyone. Be sensitive to others, they are your brothers and sisters.

Think well of everyone - think ill of no one. Try to find something good even in the worst of circumstances. Always speak well of others - do not cast a slur on anyone. Repair any harm resulting from an uttered word.

Do not provoke strife between people.

Speak to everyone in the language of love.

Do not raise your voice. Do not swear. Do not vex others. Do not provoke tears. Reassure others. Show a kind heart.

Forgive everyone everything. Do not hold grudges. Always be the first to extend your hand as a sign of reconciliation.

Act always to your neighbor's advantage. Do good things to others, as you would like them done to you. Never give a thought to what others owe you, but always to what you owe them. Be actively compassionate in time of suffering. Be quick to offer consolation, counsel, assistance, kindness.

Work conscientiously - others benefit from the fruits of your labor, just as you benefit from the labors of others. Be active in your community.

Be open to the poor and the sick. Share your goods.

Try to see the needs of those around you. Pray for everyone, even your enemies.

Stefan Cardinal Wyszyński

## Daily Meditation Asking God & God's Giving

I asked for Strength, and God gave me Difficulties to make me strong.

I asked for Wisdom, and God gave me Problems to solve.

I asked for Prosperity, and God gave me Work

I asked for Courage, and God gave me Danger to overcome.

I asked for Love, and God gave me Troubled People to help.

I asked for Favors, and God gave me Opportunities to do good works.

I received nothing I wanted. I received everything I needed.

### JESUS, HELP ME!

In every need let me come to You with humble trust, saying: Jesus, help me! In all my doubts, perplexities, and temptations: Jesus, help me!

In hours of loneliness, weariness and trials: Jesus, help me!

In the failure of my plans and hopes, in disappointments, troubles and sorrows: Jesus, help me!

When others fail me, and Your Grace alone can assist me; Jesus, help me! When I throw myself on Your tender Love as Saviour: Jesus, help me!

When my heart is cast down by failure, at seeing no good come from my efforts: Jesus, help me!

When I feel impatient, and my cross irritates me: Jesus, help me!

When I am ill and my head and hands cannot work and I am lonely: Jesus, help me! Always, always, in spite of weakness, falls and shortcomings of every kind: Most Sacred Heart of Jesus, help me and never forsake me!

## **SERIES ON THE MASS**

### **PART 1: Is Skipping Mass a Grave [Mortal] Sin? Confession?**

Catholics need to be continually reminded of the importance and seriousness of our obligation in love to offer the Holy Sacrifice of the Mass every Lord's Day and Holy Day of Obligation.

NOTE: **the phrase "skip" Sunday Mass, rather than "miss"**- thereby indicates the difference between **missing Mass for a grave reason** (e.g. being in the hospital, serious illnesses) and **skipping Mass for no good reason** (e.g. simply sleeping in, some sports activity).

**It is God's third commandment** and one which is emphasized by the Precepts of the Church which oblige Catholics to:

- attend Mass on Sundays and holy days,
- confess sins at least once a year,
- receive Holy Communion during the Easter season,
- observe the prescribed days of fasting and abstinence,
- obey the laws of the Church in regard to marriage,
- to support the Church conscientiously according to their means.

The third commandment—"Remember to keep holy the Lord's Day"—not as an obligation in a negative way but as an obligation in love. Our motive for worshiping God and giving Him thanks, which we do in a perfect way through Holy Mass, is one of love and not just obligation.

Unfortunately, some Catholics today regard the "Sunday Obligation" very lightly and skip Mass when they are out of their normal circumstances as when on vacation. What is worse is that they continue to receive Holy Communion even without repenting and having gone to Confession first. This simply compounds their

guilt and sinfulness, for to receive Holy Communion unworthily, that is, in the state of Mortal sin, is what is called a sacrilege and a further serious sin. It is of course more challenging to attend Sunday Mass when we are traveling or otherwise out of our normal circumstances, but there is the old adage—"Where there is a will, there is a way." It is even easier today than in the past to make plans and arrangements ahead of time since through the internet we can easily find Catholic churches and Mass times, and GPS gives us directions to them. We plan ahead for lodging and meals and entertainment. Why should we not do the same for our obligation to God?

**Now, what about Confession?** If the Holy Father goes to Confession, shouldn't you? It is such a serious obligation that the Church has always taught that to neglect it through our own fault constitutes a grave (Mortal) sin, which must be confessed as soon as possible in order to be restored to God's grace and be able to receive Holy Communion worthily again.

### **PART 2: Skipping Sunday Mass?**

"But Father, I only Skip a Sunday Mass occasionally."

NOTE: **the phrase "skip" Sunday Mass, rather than "miss"**- thereby indicates the difference between **missing Mass for a grave reason** (e.g. being in the hospital, serious illnesses) and **skipping Mass for no good reason** (e.g. simply sleeping in, some sports activity).

Thus, it is the teaching of the Catholic Church, that it is always a mortal sin intentionally to skip Mass on Sunday or on a Holy Day without a serious reason. Catholics are obligated to attend Mass either on Sunday itself, or on the Saturday evening before. A sin is mortal if it is grave

matter and committed freely and knowingly .... skipping Sunday Mass is grave matter. It is good here to recall that the Catechism teaches that "anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion." (CCC 1385) The doctor of moral theology and patron of confessors, St. Alphonsus Liguori, states simply that the precept of attending Mass on Sundays and Holy Days (as well as abstaining from unnecessary servile work) binds under pain of mortal sin. According to the current law of the Church, this obligation is fulfilled by attending Mass any time from the preceding evening until midnight of the day - thus, a Saturday evening Mass (whether for the Sunday or for the Saturday, or a wedding Mass, etc.) will fulfill the Sunday obligation. There are certainly circumstances which would excuse a man from attending Sunday Mass - as the obligation is grave, only a grave cause could excuse and certain grave circumstances do exist.

Why is it a Mortal Sin to Skip Mass on Sunday? The great St John Paul II states, "**The Code of Canon Law** of 1917 for the first time gathered this tradition into a universal law. The present Code reiterates this, saying **that 'on Sundays and other holy days of obligation the faithful are bound to attend Mass'**. This legislation has normally been understood as entailing a grave obligation: this is the teaching of the Catechism of the Catholic Church, and it is easy to understand why if we keep in mind how vital Sunday is for the Christian life." (Dies Domini, 47)

Here, the Saintly Pontiff indicates why it is that the Church obliges the faithful to attend Mass on Sundays and Holy Days under pain of mortal sin: Mass attendance is truly necessary for the Christian life. Participating in Sunday worship is of such great value and necessity to the soul,

that the Church holds the faithful bound to this participation by a grave obligation. We must admit that the following of this precept is of the greatest advantage to the Christian soul, which will quickly perish without the help of common worship, orthodox preaching, and the grace derived from the Sacrament of the Altar.

Furthermore, we must stress that it is the primary duty of the creature to honor his Creator. If God had commanded that every day should be given wholly to him, he would have been within his rights - for the whole man, together with all his time and energies, belongs entirely to God. However, God is most generous in demanding (through his Church) only Sundays and a very few other days which must be given to divine worship. It is such a small demand in his part, and those who fail to do even this little amount are guilty of an extreme boldness.

Missing Sunday Mass is a gross injustice against our very generous and loving God. He gives us 168 hours a week and He just asks for an hour to spend with Him in the Mass. If you are a grateful soul who acknowledges God's abundant blessings and if you believe in the True Presence in the Holy Eucharist you will NOT miss Sunday Mass.

**For the love of God, please don't skip Sunday Mass.**

### **Part 3: When You Miss 1 Holy Communion**

It is well for you to consider what you lose every time that you pass up Holy Communion.

1. You miss a personal visit with Jesus, Author of all spiritual energy and of all holiness;
2. You lose a special increase of sanctifying grace, which makes your soul more pleasing to God;

3. You lose a quota of sacramental grace which entitles you to special help in times of temptation and in the discharge of your daily duties;
4. You lose a precious opportunity of having all of your venial sins wiped away;
5. You miss the special preserving influence which each Holy Communion confers against the fires of passion;
6. You miss the opportunity of having remitted a part, or all, of the temporal punishments due to your sins;
7. You lose the spiritual joy, the sweetness and particular comfort that come from a fervent Holy Communion;
8. You lose a part of the glory that your body might enjoy at its resurrection on the Last Day;
9. You lose the greater degree of glory you would possess in Heaven for all eternity;
10. You may lose: a) complete victory over some fault or passion; b) some particular grace long prayed for; c) the conversion or salvation of some soul; d) deliverance of a relative or friend from Purgatory; e) many graces for others, both the living and the dead.

Will a few extra minutes of sleep repay you for all these losses? What riches hundreds of thousands of Catholics deprive themselves daily by neglecting Mass. It in itself is the best preparation for Holy Communion. **At the hour of death our greatest consolation will be the Masses we have heard and the worthy Holy Communion received.**

### **What do we place on the Paten and in the Chalice at Mass?**

We offer our day and our lives: All-loving Father, I place myself on the paten with all that I am: my soul, my body, my intelligence, my will. I offer myself totally to You. On the paten, I lay my joys, my sorrows, my work with its fatigue, my successes and my failures. I also place on the paten all those I love, those who help me and those who have done so, those who cause me sorrow, wilfully or not, those who suffer in body or in soul, all those who have asked me for prayers. May this offering, united to that of Jesus, be agreeable to you, Lord, and obtain for me and for all souls graces of sanctification and salvation.

United in Christ the drop of water mixed with the wine in the chalice represents my share of the offering. May my life, Lord, be thus sanctified and deified by the Blood of your Son, to become praise to the adorable Trinity. In the chalice, I also place the life and sufferings of all those who do not think of offering them, to unite them to the offering of Christ who has lived and suffered like them and who died for them.

May my life, united to that of Jesus, become a thanksgiving to you, all-loving Father, and obtain the salvation of my brothers and sisters who, like me, place their hope in your infinite mercy.

I unite myself fervently to all the masses celebrated throughout the world. Thus I wish to remain, always in a state of offering before you, Lord, who has given me all that I have and pardoned me.

## WHY DO WE SAY, "LORD, HAVE MERCY"?

God is always pouring down His love upon everyone; the holy and the wicked all receive freely of His love. God's mercy, though, is a different matter. God's mercy releases us from severe judgment and condemnation even though we might deserve it, but **God gives His mercy only to those who ask for it with humble and contrite hearts.**

Nevertheless, some people believe that their claiming to accept Jesus as their Savior guarantees their entrance into the Kingdom of Heaven. Because of this, they also believe that all of their sins, while an offense to God, have already been forgiven in Jesus while He was on the Cross. Consequently, they conceptualize all this as a matter of God "overlooking" their sins. Yet the truth is that God does not "overlook" our sins as a matter of course. Through His death on the Cross, Christ paid for our redemption. Redemption (sometimes called justification) is God's gift to us. It's a gift completely unmerited on our part. It's a gift that pays the mystical penalty for our Original -Sin. This penalty, which no person by his or her own efforts can ever pay, was paid through the sacrifice of Christ.

Consequently, all souls have been redeemed by the mystical sacrifice of Christ, **but every soul individually needs to accept that redemption by repenting its sins and living a holy lifestyle.** The salvation of any soul requires a profound, life-long personal battle against evil and to do this, we need to cry out to God for mercy.

In making this cry for mercy, we in effect say to God, "Lord, we have done nothing to merit the redemption you offer us, but we are willing to do the hard work to accept that gift. Look upon us with compassion as we, wretched sinners that we are, take up this struggle to accept and make good use of your gift. "

Yet when many of us say, "Lord, have mercy," we are not really speaking from a place of profound heartfelt contrition and we aren't trembling at the battle before us; instead, we are thinking, "Lord, go easy on me." In thinking like this, we show ourselves to be too lazy, too arrogant, and too self-indulgent—too lukewarm—to be willing to surrender ourselves completely to divine love.

Therefore, we look for any easy way. Like a convicted criminal, we cry out, "Mercy!" hoping to get off easy without losing anything.

***I do not want to punish aching mankind, but I desire to heal it, pressing it to My Merciful Heart. I use punishment when they themselves force me to do so; my hand is reluctant to take hold of the sword of Justice. Before the Day of Justice I am sending the Day of Mercy.... / cannot punish even the greatest sinner if he makes an appeal to My compassion, but on the contrary, I justify him in My unfathomable and inscrutable mercy.... Tell sinners that no one shall escape My hand; if they run away from My Merciful Heart, they will fall into My Just Hands.*** —told to Saint Faustina by Jesus, Diary (1588, 1146, 1728)

*To trust in The Divine Mercy is to believe in the reality of sin and to tremble before the Divine Justice that punishes all unrepentant sin. To say, "Lord, have mercy" in full spiritual honesty means that you are begging God not to be easy on you but to give you the life experiences that will break you and humble you— not humiliate you—and crack open your hardened heart.*

***I desire that these souls distinguish themselves by boundless trust in My mercy. I myself will attend to the sanctification of such souls. I will provide them with everything they need to attain sanctity. The graces of My mercy are drawn by means of one vessel only, and that is—trust. The more a soul trusts, the more it will receive.***—told to Saint Faustina by Jesus, Diary (1578)

**A Genuine Plea for Mercy:** O LORD, I am weak and broken, surrounded on all sides by corruption and perversion. LORD have mercy on me: protect me from my enemies who would devour me, and guide me in the Way of Perfection. No matter what happens around me, whether it be attack or seduction, may my love for You protect me from falling into sin. May I live a holy life no matter what others do around me.

## WHAT DOES TRUST IN GOD MEAN?

Every sin inflicted on anyone is inflicted on Christ, and Christ alone has the power to administer true justice for all injury. So put your wounds in His hands and trust in His justice. After acknowledging and feeling the pain, resisting the temptations to revenge, and letting the pain pass through you, then pray. To give the pain to God is to stop trying to take matters into your own hands—by hiding your pain, by dwelling on resentments - instead to pray for those who hurt you and to pray that you will learn to approach God in humility, so as to accept the true and perfect healing He offers us. So pray for your enlightenment and pray for the repentance of those who hurt you.

For healing, you need to acknowledge your helplessness and weakness, recognize the resentments that lurk deep within your unconscious, reject the urges for revenge that tempt you and make the conscious and humble decision to trust in God's mercy and justice and then pray for purification. Real spiritual healing is hard work.

Full trust in God is composed of two separate but interrelated components: trust in God's justice, and trust in God's providence.

Trust in God's Justice. We have all encountered individuals who commit offenses and seem to "get away with it." Although the irritation that we feel is justified, we can also be drawn into the desire to take matters into our own hands and get revenge. If we remember, however, that every crime—every sin—every offense against love—that a person commits is an offense against God that will be accounted for during his or her judgment at death, and will be paid for either in Purgatory or hell, then we can understand that no one can evade God's perfect justice. To trust in God's justice, then, is to set aside our anger for the injuries inflicted on us and to let God administer His own justice according to His will.

Trust in God's Providence. Some individuals have the mistaken belief that "trust in God" means to sit around doing nothing in the expectation that God will do everything for us. But this false belief is based in an avoidance of our taking full responsibility for living holy lives that bear spiritual fruits. To trust in God's providence, therefore, does not mean that we do nothing; it means that we believe that, in answer to our prayers, God will guide, protect, and encourage us as we take responsibility for developing and using our talents to serve God.

## VOCAL PRAYER — LORD, TEACH ME TO PRAY!

When one of His disciples said to Jesus, "Lord, teach us to pray" He taught them a very simple vocal prayer: the Our Father. It is certainly the most sublime formula possible and contains the whole essence of the most elevated mental prayer. However, Jesus gave it as a formula for vocal prayer: "When you pray, say ..." This is enough to make us understand the value and importance of vocal prayer, which is within the reach of everyone—even children, the uneducated, the sick, the weary.... But we must realize that vocal prayer does not consist only in the repetition of a certain formula. If this were true, we should have a recitation but not a prayer, for prayer always requires a movement, an elevation of the soul toward God. In this sense, Jesus instructed His disciples: "When you pray, enter into your room and having shut the door, pray to thy Father in secret... "

Therefore, in order that our vocal prayer to be real prayer, we must first recollect ourselves in the presence of God, approach Him and make contact with Him. Only when we have such dispositions will the words we pronounce with our lips express our interior devotion and be able to sustain and nourish it. Unfortunately, inclined as we are to grasp the material part of things instead of the spiritual, it is only too easy in our vocal prayer to content ourselves with a mechanical recitation, without taking care to direct our heart to God; hence we should always be vigilant and alert. Vocal prayer made only by the lips dissipates and wearies the soul instead of recollecting it in God; it cannot be said that this is a means of uniting us more closely to Him. Never permit it to be thought right, my God, that those who come to speak with You do it with their lips alone. "When we approach You, then, let us try to realize who You are, with whom we are about to speak....."

We cannot approach a prince and address him in a careless way. Shall less respect be paid then to You, my Spouse, than to men?" Let us come in prayer with the realization that it is You, O Lord, that we are addressing. Lord, teach me how to pray!

## TEN SIGNPOSTS ON THE HIGHWAY TO HEAVEN

The purpose of our life is to get to heaven. Our catechism teaches us very clearly: "We are created to know God, love God, and serve God in this life so as to be happy with Him forever in heaven." "Man is created to praise God, reverence God, serve God and by means of that to save his soul". In concrete terms, this really means that all of us—none excluded—are called to become saints! "Be holy as your heavenly Father is holy!" This is not whimsical or simply wishful thinking, but rather this is an imperious command given to us by the Savior Himself.

Therefore, this being the case, all of us must make a concerted effort to make it to heaven (and this means that we must strive to become saints). God, of course, will give us the necessary means that we must use so as to arrive at our eternal destiny which is heaven. Worldliness and distractions can very easily pull us off the straight and narrow course that leads to heaven and misdirect us on the wrong road, which is wide, spacious, appealing, seductive, tantalizing, and pernicious, and eventually leads us into the eternal suffering of hell. This we want to avoid at all costs!!!

SIGNPOSTS that can be of eternal value for all of us to arrive at the end and ultimate purpose of our eternal destiny and that is HEAVEN!!!

1. **PRAYER.** All of us should make a concerted effort to both pray more and pray better. Advice on this: read a good book on prayer; find a set time for prayer and a quiet place.

2. **PENANCE.** Jesus said very clearly: "Unless you do penance you will not enter the Kingdom of God." Advice on this: Every day decide to offer some form of sacrifice as an act of love to the Hearts of Jesus and Mary, who suffered so much for the salvation of our immortal souls!

3. **HOLY COMMUNION.** Of course the most efficacious means for all of us to grow in holiness and to attain eternal salvation in heaven is faith-filled, fervent and frequent reception of Jesus in Holy Communion.

4. **CONFESSION.** Another most efficacious means to make it safe to heaven is by the practice of frequent confession. Jesus gave us this Sacrament Easter Sunday night in the Upper Room with the Apostles when He breathed on them and said these words: "Receive the Holy Spirit; whose sins you forgive will be forgiven; whose sins you bind will be held bound." The normal means by which our sins are forgiven after Baptism is by the reception of the Sacrament of Confession, also called Reconciliation, or the Sacrament of God's Mercy, with the priest who represents Jesus the Healer or if you like, the Divine Physician. Frequent Confession serves as curative medicine as well as preventive medicine.

5. **SPIRITUAL READING.** An extraordinarily great help is for us to get into the habit of doing some good spiritual reading on a daily basis, for at least fifteen minutes and if possible for half an hour. What should I read??? The response: talk this over with your pastor or a friend. With their help you will find the best literature for you to read so that you can cultivate your mind spiritually!

The purpose of our life is to get to heaven. "Man is created to praise God, reverence God, serve God and by means of that to save his soul".

6. **BE MERCIFUL.** In the Diary of Divine Mercy In My Soul, Jesus speaking to St Faustina invites us to do at least one act of mercy every day. Our merciful Savior offers three

suggestions: 1) Pray for someone; this is mercy; 2) Words—speak kindly to someone; 3) Deeds—finally, we should express the mercy in our hearts by external actions.

7. **CORPORAL WORKS OF MERCY.** In fact, we will be judged on our love for God by the way we treat people who are created in the image and likeness of God. Feeding the hungry, giving drink to the thirsty, clothing the naked, welcoming the stranger, visiting the prisoner and the sick, as well as burying the dead—all of these are what we call The Corporal Works of Mercy.

8. **INSPIRATIONS OF THE HOLY SPIRIT.** If you are baptized and striving to live in the state of grace and practice recollection—meaning maintaining a certain amount of silence in your exterior life and interior life, then you will be open to hearing often the gentle but insistent voice of the Holy Spirit. These are called heavenly inspirations. However, these can present a real challenge and it is this: even though we may hear these inspirations, we might decide to put them off until later or simply dismiss them as unimportant or irrelevant. If we do that, we sadden the Holy Spirit within us. The desire of our hearts should be the prayer of the young Samuel: "Speak, O Lord, for your servant is listening."

9. **ENCOURAGE OTHERS!** Another very important practice for those who really want to become saints and make it to heaven is the practice of trying to encourage people. Of course, we should first start with our family because charity begins at home! How? A smile, a kind word, an act of service, a compliment, a thumb's up or even a high five. When you see anybody who is discouraged say a kind word, offer your Holy Communion for them, tell them that you are praying for them and will continue to pray for them.

10. **OUR LADY: THE QUEEN OF ANGELS AND SAINTS!** Invite Our Lady, Mary most holy, the Queen of the Angels and Saints, the Queen of the Universe, into our conversation. Some ways that we can grow daily in our love and devotion to Mary:

- READ good literature on Mary; you cannot love her if you do not know her. We would suggest two Marian classics: The Glories of Mary by St. Alphonsus Liguori and True Devotion to Mary by St. Louis de Montfort.

- THE HOLY ROSARY. Never allow a day to pass without praying the prayer that Our Lady loves most—the most Holy Rosary!

- IMITATE MARY. Not only should we pray to Mary and promote devotion to Mary, but we should try to imitate her virtues. St. Louis de Montfort in his classic True Devotion to Mary highlights ten virtues of Mary.

- IN DISTRESS, CALL ON MARY. We all go through tough times in life. In these bleak, dark, and even hopeless times we should turn to Mary, talk to Mary, and entrust our cares to Mary. Remember the words of the Hail Holy Queen: "Hail Holy Queen, mother of mercy, our life, our sweetness, and our hope..." Let us entrust our worries, cares, and sufferings to Mary; she will never abandon us!

- DIE IN THE ARMS OF MARY. When all is said and done in life, the only thing that really matters is for us to make it safely home to Jesus and Mary. The most important moment in our life is the very moment that we die. This will determine for all eternity our eternal destiny—either heaven or hell. Let us entrust our dying moments into the arms of Mary with these words: Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

## **JESUS SAW You FROM THE CROSS**

### START OF HOLY WEEK

This is the beginning of the most holy of weeks, the week that changed the world forever. At His entry into Jerusalem, Jesus was wanted, welcomed and hailed triumphantly. The Apostles were all there when Jesus entered Jerusalem but only one of them was present at the Cross. If you had been there, where would you have been? Have you ever stopped and thought about it? Do you hope you would have been there, do you hope you would have stayed with Jesus as a good and holy soul?

Jesus saw you but you are thinking that was more than 2000 years ago. How can this be? It is hard for us to imagine because we only know how to measure things by time. However, God is timeless, not limited by time and space as we are for God is infinite, time does not exist in eternity it's all the "Eternal Now".... there is no beginning - there is no end. All Now!

At the Crucifixion, Jesus saw you from the cross - He nailed your sins, all your sins, on the cross and He embraced you with His saving arms. He saw your entire life and He willingly died for you no matter what has happened in your life. Now it is up to you to accept His forgiveness, move on. learn from your past experiences and through your faith, make the world a better place.

Now consider this! During the Passion, Jesus instituted the Eucharist because He wanted to remain with us until the end of time. Jesus took the bread, said the blessing, broke it and gave it to the Apostles, saying, "This is my body, which will be given for you; do this in memory of me." Three Key Words that we sometimes miss:

Do - This - Memory. Jesus is really saying to the Apostles (His Priests'). Do [Take, Bless, Break and Give]; This is My Body [Make Me Present in the Eucharist at every Mass] and the Greek word for Memory, anamnesis, means to bring the past into the present and the present into the past.

\*\*\*"The Eucharist is the miracle of miracles. Time and space do not exist for the Lord and at the moment of the Consecration at Mass, we are all taken to the foot of Calvary at the instant of the Crucifixion of Jesus Christ." Our eyes cannot see but we all are there at the very moment when Jesus is being crucified. Yes, Jesus saw you from the cross just as He sees you now. So want Him, welcome Him, hail Him and allow Jesus to touch you each week -right here at Mass!

We adore you O Christ and we praise You because by Your Holy Cross You have redeemed the world!

## THE MOST HOLY ROSARY

In honor of Our Lady of Fatima, In honour of Our Lady of the most Holy Rosary.

Our Lady first appeared in Fatima. Portugal, on May 13, 1917 to the three shepherd children: Jacinta, Francisco, and Lucia. This year, we mark the 100th Anniversary of Our Lady's appearance at Fatima.

She revealed her identity: "Our Lady of the Rosary" and she insisted that we pray of the Rosary.

Two immortal sayings to memorize: "A world at prayer is a world at peace." Then the most famous: "The family that prays together stays together." How these resound as true, today now than ever!

The Rosary is a Biblical prayer. Most of the 20 Mysteries of the most Holy Rosary are taken from some Biblical passage or Biblical scene.

Saint Louis de Montfort compares the Rosary to the composite nature of a human person. The human person has both soul and body; so does the Holy Rosary. The body of the Rosary are the vocal prayers; the soul, is the contemplation of the mysteries of the Rosary. If prayed and contemplated, the Rosary is a prayer of monumental importance and strength.

The favorite prayer of Our Lady is the HAIL MARY. Better yet! The favorite prayer of Our Lady is the most Holy Rosary—a bouquet of fifty roses offered to the Heart of our Heavenly Queen.

Many complain that they have no time to pray and much less to pray the Holy Rosary. Priorities! Let us put Jesus, Mary and prayer in the center of our lives!

The key to praying the Rosary: "To contemplate the FACE of Jesus through the eyes and heart of Mary."

May is the month of Mary and October is the month of the most Holy Rosary.

Have the habit of praying the Holy Rosary on a daily basis. Let us try to follow the advice of this great saint; this will help us to get to heaven to be with Our Lady as Queen and Jesus as King.

Every family should set aside a time, a place and form the habit of praying the most Holy Rosary every day for their eternal salvation!

The most precious gift that we can give Our Lady is THE ROSARY!!! Every Hail Mary is a rose sent up to heaven that fills Our Lady with immense joy!

May Our Lady of the Rosary bless you, your family, your loved ones and the whole world with her loving maternal gaze and burning Immaculate Heart!

### **SOME WISDOM FROM ST. FRANCIS DESALES**

Do not look forward to the trials and crosses of this life with dread and fear; rather look to them with full confidence that, as they arise, God, to Whom you belong will deliver you from them.

He has guided and guarded you thus far in life. Do you but hold fast to His dear Hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in His Arms.

Do not look forward to what may happen tomorrow. The same eternal Father who cares for you today will take good care of you tomorrow and everyday of your life.

Either He will shield you from suffering or give you the unfailing strength to bear it. Be at peace, then, and put aside all useless thoughts, vain dreads and anxious imaginations.

Take courage, and turn troubles, which you cannot remedy, into material for progress and maturity.

Think often of the Lord for He will enable you to bear your troubles patiently. All troubles will be powerless to move you if only you remember that you have such a Friend.

Do everything calmly and peacefully. Do as much as you can as well as you can.

Strive to see God in all things without exception, and consent to His Will joyously. Do everything for God, uniting yourself to Him in word and deed.

Walk very simply with the Cross of the Lord and be at peace with yourself. You shall steer safely through every storm so long as your trust is fixed on God.

Do not loose your inner peace for anything whatsoever, not even if your whole world seems upset. If you find that you have wandered away from the shelter of God, lead your heart back to Him quietly and simply.

Do all things in the name of God, and you will do all things well. Whether you eat or drink, work or sleep, you will profit greatly before God by doing all these things as God wants them done.

Whatever happens, never let go. Hold steadfastly to God in peace, trusting in His Everlasting Love for you.

### **ACT OF CONSECRATION TO THE HOLY SPIRIT**

On my knees before the great multitude of heavenly witnesses, I offer myself, soul and body to You. Eternal Spirit of God. I adore the brightness of Your purity, the unerring keenness of Your justice, and the might of Your love. You are the Strength and Light of my soul. In You I live and move and am. I desire never to grieve You by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against You. Mercifully guard my every thought and grant that I may always watch for Your light, and listen to Your voice and follow Your gracious inspirations. I cling to You and give myself to You and ask You by Your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds and trusting in His Precious Blood and adoring His opened Side and stricken Heart I implore You. Adorable Spirit, Helper of my infirmity, so to keep me in Your grace that I may never sin against You. Give me grace O Holy Spirit, Spirit of the Father and the Son to say to You always and everywhere "Speak Lord for Your servant heareth." Amen

### **THE SEVEN GIFTS OF THE HOLY SPIRIT**

O Lord Jesus Christ, Who, before ascending into heaven, did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples - deign to grant the same Holy Spirit to me, to perfect in my soul the work of Your grace and Your love.

Grant me the Spirit of Wisdom - that I may not be attached to the perishable things of this world, but aspire only after the things that are eternal.

The Spirit of Understanding-To enlighten my mind with the light of Your divine truth.

The Spirit of Counsel- that I may ever choose the surest way of pleasing God and gaining heaven.

The Spirit of Fortitude - that I may bear my cross with You, and that I may overcome with courage all the obstacles that oppose my salvation.

The Spirit of Knowledge - that I may know God and know myself, and grow perfect in the science of the Saints.

The Spirit of Piety - that I may find the service of God sweet and amiable.

The Spirit of Fear- that I may be filled with a loving reverence towards God and may avoid anything that may displease Him.

Mark me, dear Lord, with the sign of Your true disciples, and animate me in all things with Your Spirit. Amen.

## DOING THE WILL OF GOD

### Speak Lord, your servant is listening

We will all say that we want to do God's Will, but the reality is most of us really do not want to do God's Will; in fact, we want to do our own will rather desperately. Consequently, when God asks us to do something that is contrary to our will, we do not do it because we only want to do God's Will when it is convenient: "When God is asking the same thing that I already want to do, well, then I'll be happy to do it. But if God is going to ask me to do something that I don't want to do, or that wasn't in my plan, well, forget it then." That obviously is the wrong attitude.

**Remember always that what God wants is what is the best** and He is going to ask us to do things that are not going to be easy and are not going to be the way we would have done it. We need to learn simply to accept and to allow the Lord to lead. That is very hard for us because we like to control our own lives. By now we should have given ample proof to our own selves that leading our own lives is quite a mistake. It does not work — it never has and it never will. But for some reason, which is beyond human comprehension, we still think we can do a better job than God. We need to learn to let go.

*Are you willing to drop what our plans were to do His? That is really what we have to ask. How are we going to find out? **The only way is to pray.*** Obviously, we can just simply carry on in our lives and deal with what gets dropped in our laps, but we have to remember that the devil is going to be more than happy to drop things in our laps too in order to get us running around in circles - especially in order to make sure we are not doing what God's Will really is. That is why we need to bring it all to prayer and ask the Lord to show us what He wants and we have to be willing to let go of anything; whatever God wants us to let go of, that is what we have to let go. That, again, is something rather frightening to most of us because we are attached to some of these things.

So we really need to ask ourselves: Am I willing to go before the Lord and tell Him that I will do His Will? Am I willing to look at the Lord and say, "Speak, Lord, Your servant is listening"? Or are we planning simply to go to prayer and say,

"Listen, Lord, Your servant is speaking"? It does not work very well that way. We need to learn to open our hearts, to hear the voice of God speaking in the silence, to be willing to let go of our plans and to do whatever it is that He tells us to do.

## HOW long is JESUS present in the EUCHARIST after we've received Communion?

"We have to pay proper respect to Our Lord"

The great treasure of the Catholic Church is the Eucharist — Jesus himself hidden under the appearances of bread and wine. We believe, as the Catechism states, that "In the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained'" (CCC 1374).

Additionally, this Real Presence of Christ in the Eucharist does not end immediately when we receive him at Communion time. The Catechism goes on to explain how, "The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsist" (CCC 1377).

What does that mean when we receive him into our mouths? How long does Jesus' Real Presence remain in our bodies? There is a famous story from the life of Saint Philip Neri that helps answer that question. One day while he was celebrating Mass, a man received Holy Communion and left the church early. The man appeared to have no regard for the Presence within him and so Philip Neri decided to use this opportunity as a teaching moment. He sent two altar boys with lighted candles to follow the man outside of the church. After a while walking through the streets of Rome, the man turned around to see the altar boys still following him. Confused, the man returned to the church and asked Philip Neri why he sent the altar boys. Saint Philip Neri responded by saying, "We have to pay proper respect to Our Lord, Whom you are carrying away with you. Since you neglect to adore Him, I sent two acolytes to take your place." The man was stunned by the response and resolved to be more aware of God's presence in the future.

It is generally assumed that the Eucharistic species of bread remains for about 15 minutes after reception. This is based on simple biology and reflects the Catechism's statement that the presence of Christ "endures as long as the Eucharistic species subsist." This is why many saints have recommended offering 15 minutes of prayer after receiving the Eucharist as a Thanksgiving to God. This allows the soul to savor the presence of God and have a true "heart-to-heart" with Jesus.

In our fast paced world it is often difficult to remain long after Mass, but that doesn't mean we can't at least pray a brief prayer of thanksgiving. The main point is that we need to remember Jesus' presence in the Eucharist stays with us for several minutes and presents us with a special time when we can commune with our Lord and feel his love within us.