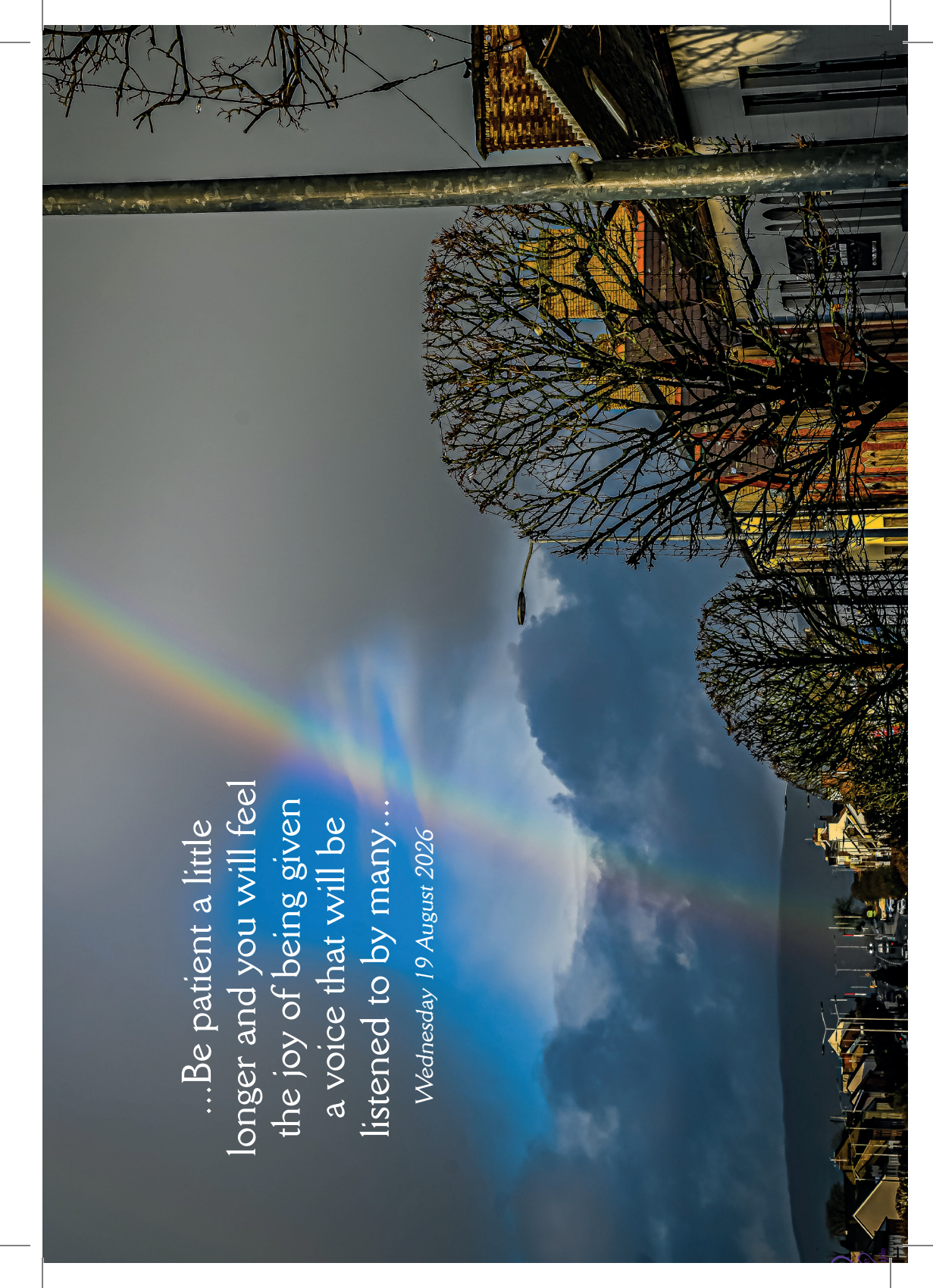


A vibrant rainbow arches across a cloudy sky over a city street. The rainbow's colors are bright and distinct, with red, orange, yellow, green, blue, and purple visible. The sky is filled with soft, white clouds. In the foreground, the silhouettes of bare trees and a street lamp are visible against the sky. The background shows a city street with buildings and parked cars.

...Be patient a little
longer and you will feel
the joy of being given
a voice that will be
listened to by many...

Wednesday 19 August 2026

An Invitation to Love Jesus Newsletter

Messages of Love August 2026 Issue 363

Editorial

The Messages

Jesus is, again, calling us to prepare. The time is close and He wants us ready. He reminds us what He has done, in His great Love, for each of us individually:

"...see Me as I hang upon the Cross of My Love. See Me in Truth, children. I do this for you, yes, you who read these Words. I hang upon the Cross for each one of you individually; I take your sins onto Myself and I pay the Price with My Blood upon the Cross of My Love for you..." Saturday 1 August 2026

Another thing that stood out to me in the Messages was the calling to prayer. Jesus says that He understands that we do not want to go to prayer because we are too busy, or we find it boring etc. This seems particularly sad given the previous Message where He tells us how He Dies for us.

However, He tells us that going to prayer, making that effort, is dying to self and it is how we prepare, it is how we come closer to Him.

Jesus also speaks of His Justice, it is in every country of the world now and we do not have much time left.

Patricks' Writings

A reader of our Newsletter wrote to the two Patricks with some

questions. They replied to the letter, through the knowledge and Teachings Jesus has given to them. We have included this letter in the Newsletter so that all can benefit.

Other Houses

A few servants went to Germany in August, continuing the work that had been started in June. There is an update on the progress made within this Newsletter.



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The Messages of Love

as given to the two Patricks

Saturday 1 August 2026

Look only to the Truth, My children, and see Me as I hang upon the Cross of My Love. See Me in Truth, children. I do this for you, yes, you who read these Words. I hang upon the Cross for each one of you individually; I take your sins onto Myself and I pay the Price with My Blood upon the Cross of My Love for you.

It is time, children, take up your cross every day and follow Me. Long, My children, have you waited and, you have lived through much persecution in this time for believing in My Truth. My Voice has been silenced by the liars, the deceivers, that lucifer has convinced to follow him, through greed and lust for power.

Prepare yourselves, children, for the Father of All will smite this earth with Justice for the sins that mankind has freely committed. The Justice of your God is

balanced again; all the sins that mankind has committed in this time of sifting. You have rejected your God, you have murdered the innocent through abortion and through many other means upon this earth. I see what your greed has done through medicines, food, the air that you breathe, the water that you drink, all has been polluted by the greed of this generation.

Nothing is hidden from Me, children, and the Justice of your God will be poured out in equal portions to what you have poured out upon My people and that of My Creation. Prepare yourselves as your science begins to fail you.

You blind and foolish generation! You have rejected your God in favour of the glitter that rots, decays and disappears. Repent of your evil ways and I will wash you clean in the Blood that I have spilt for you upon the Cross of My Love.

The choice is yours, generation. I Love you.

Monday 3 August 2026

Come to Me, children, and allow Me to guide you upon the Path of Love that I have set before you. This is not a new path but the Path that I taught by My Life, Death

and Resurrection. Trust Me, children, read these, My Words, as I have explained in detail how to walk this Path.
I Love you.

Tuesday 4 August 2026

My children, have faith in Me, your God, I have not deserted you. I have not forgotten My Promises to you. I will fulfil all My Words and this world will tremble at the Power of their God.

Trust Me, children, and know I am with you and know My Justice is at work in this world. My Justice is like miners who are undermining the walls of a great castle; all of a sudden the walls will collapse and the Truth will be exposed as the lies fall apart.

Prepare, children, the time is so close.

Trust Me and make ready.

I Love you.



Thursday 6 August 2026

Come to Me, children, know that I hear all your prayers, know that I answer all your prayers. Trust Me. Come, get to know Me, your God.
I Love you.

Friday 7 August 2026

My children, I am with you. I will not desert you; all that I have spoken is being fulfilled.

Trust Me.

I Love you.

Friday 7 August 2026

My children, look only to the Truth of My Words. I have spoken no new Words but, I have only reiterated the Words I have already spoken. I only repeat the Words of My Gospels. Look, I am the Word: I am the same yesterday, today and tomorrow; I do not change. As I have said, it is up to you to change, if you want to be a follower of Mine. I have spoken the Truth and now it is up to you to take on My Words of Warning or not.

Trust Me and try to prepare to take on the rapids that are ahead. I will guide My own through the days ahead; all those that are not willing to repent will not see this time through. This is the 'Time of the Great Cleansing,' the Chastisement that mankind has created through their sin.

Trust Me, children, and prepare.

I Love you.

Saturday 8 August 2026

My children, I, your God, am with you. I hear your cries as you ask Me for help as this world falls deeper into the darkness of sin. Trust Me, children, I am at Work in this world as I penetrate the hearts of those who block My Truth from My people. As Pharaoh was blinded to the Truth so, shall they

walk the same path because of what they have done to My people. Prepare, children, and believe in My Truth and walk this Path I set before you.
Trust in Me, children.
I Love you.

Monday 10 August 2026
The Father

My children, look at the Words I have given you in these times through My Prophets all over this world and prepare. Say My Chaplet of Life so that its secrets be revealed to you. The secrets are what My Son will reveal to you through His Life, Death and Resurrection, if you are willing to seek the Truth.

Trust Me, My children, and let Me guide you through My Son, Jesus, for He is the Word.

Jesus

Believe, children, if you are willing to take the time, then I will show you the Truth of My Life, Death and Resurrection.

Believe in the Words of My Chaplet of Life and you will find many secrets that I will reveal to those who seek Me in Truth.

Trust Me.

I Love you.

Tuesday 11 August 2026
Feast of Saint Clare of Assisi
Have faith, children. I am a God of Miracles, all that you see is not as it seems. Look around you and begin to see as I change this world. Look with the eyes of Truth and you will see. Look at time; can you not see as the days move ever faster?

Look around you, many changes have begun.

Come to Me in Truth and your eyes will open.

Trust Me and make ready.

I Love you.

Wednesday 12 August 2026

My children, have faith in Me and allow Me to Teach you in the Ways of your God. Look at this world as it becomes angrier as each day passes. Do not be a part of it: I say, love your neighbour, love your enemy, do good to those who persecute you.

Love is the only Path that I Teach and, you, as reward, will find Peace. Trust Me, My children, and I will guide you, if you let Me.

I Love you.

Thursday 13 August 2026

Come, children of Mine, come visit Me in My Most Holy and Blessed Sacrament for I am Truly Present, Body, Blood, Soul and Divinity: it is truly I, children. I chose to reveal Myself through the most humble of things, a simple piece of bread and the cup of wine as a sign to My followers what I expect of them.

Be humble, children, and love all that you meet. Trust in My Words and come visit Me. I wait with



great joy and excitement on your visits.

Believe, children, you are Mine and I Love you.

Friday 14 August 2026

Come to Me often, children, do not ignore the calls of your heart to visit Me in My lonely Tabernacle. I am calling to you, My children, in these days, to stay close to Me, get to know Me, your God.

I will not force Myself on anyone. I call each of you to have faith.

I give you the strength to follow Me.

I give you the faith, if you are willing to accept.

I will not step over the bounds of your free will.

Free will is My Gift to all My children to choose whether they want to be with Me in the Kingdom of Heaven or not and, you do this by the way you live your life on this earth. It is by your actions that you are judged, not your words:

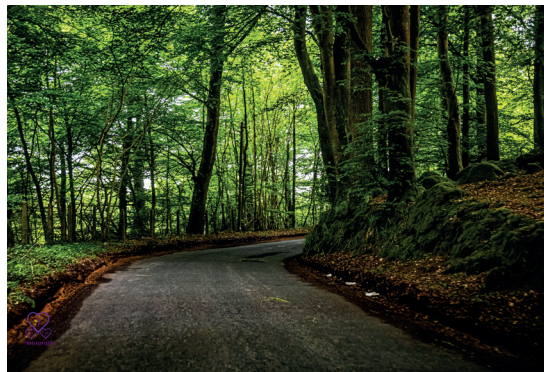
21 "Not everyone who says to Me, Lord, Lord, shall enter the kingdom of heaven, but he who does the will of My Father in heaven.

22 Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?'

23 And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'

Matthew 7:21-23

Come to Me, children, let Me guide you and you will know Peace.



I Love you.

Saturday 15 August 2026

Feast of the Assumption

My children, see Me in these, My Words of Truth. See the Love I pour into this world through My Words, given through Myself and My Mother. Trust Me, children, I do nothing without first informing this world through My Prophets. Look at how many Warnings have been given all over this world, through Myself and through My Mother but, so few are willing to listen so, I am left with a remnant. In Truth, the Justice of your God is at work in every country of this world and, already, the effects can be seen if, you have the eyes to see. Trust Me, children, and prepare. I Love you.

Monday 17 August 2026

My children, have faith in the One who speaks. Look around you, children.

Are My Scriptures not being fulfilled?

Have I not told you, within My Scriptures, the Signs to look for?

Have I not said, these things would not come to pass unless the great falling away has come into being?

Look around you, children. My Churches have emptied; fewer and

fewer believe as each day passes. The peoples of this world have been swept up in the lies of lucifer and can no longer see their God. My Scriptures are being fulfilled. If you can see the Truth, you will know time is very short. Make ready, children, for, all of a sudden, the Day will be upon you. Make sure you are prepared so that you will walk My Path. Stay close, children. I Love you.

Tuesday 18 August 2026

Come, children, take on My Words. See the Truth, these My Words are being fulfilled. My Mother's Words are being fulfilled, the Words of My Scriptures are being fulfilled and, still, the peoples of this world sit in slumber. Trust Me and believe in My Truth, children. All will be as I have said, whether you believe or not. It is up to you to prepare, children, I will not force you. Hear Me, mankind, it is your God who speaks. Trust only in My Truth. I Love you.

Wednesday 19 August 2026

My children, have faith in Me, your God, and see the Truth of My Words. Trust Me, children, I am with you. I see all that you suffer for love of Me. Be patient a little longer and you will feel the joy of being given a voice that will be listened to by many. Trust Me and prepare. I Love you.

Saturday 22 August 2026

Faith, children, have faith in Me, your God. So many Words I have spoken for you, My people, to guide you through this time of great need. Trust Me and take on My Words. I Love you.

Sunday 23 August 2026

Come, children, take on My Words, do not allow self to take you away from Me. I Love you.

Monday 24 August 2026

Children, do not give self a foothold by giving in to lethargy or complacency. When you give in to complacency and lethargy then self will freely walk the path of sin. You must be willing to fight. Be active in your daily life so that complacency is kept at bay. Trust Me, My children, you know these things yourself but, you must be willing to get up and fight. Trust Me and do as I say. I Love you.

Thursday 27 August 2026

Come, children of Mine, and see the Truth of your lives. Overcome the sin that you refuse to look at. I will show you if you are willing to see. Trust Me, My children, and walk the Path of Truth that goes against self. It is only through dying to self that you will truly find the Teachings of your God. Trust Me, My children, and come walk this Path with Me. I Love you.

Saturday 29 August 2026

Have faith in Me, have faith in the Words I speak and the Actions I take. The Justice of your God is at Work in this world. Watch and see; those who believe that they are untouchable, fall from their pedestals that they have built, through greed and lies.

Trust Me. I will show the Truth of all the liars of this world who have destroyed the freedom of My people through their lies, greed and lust for power. They, in their own arrogance and blindness, will topple themselves. I turn their own lies upon themselves so that they meet the True Justice of their God.

Prepare, children. Stay close to Me and do not let anger control you.

Trust Me: love your neighbour, love all those that you meet.

Trust Me: Love is your only weapon.

Trust Me.

I Love you.

Monday 31 August 2026

Have faith in Me, children, and trust in Me. Know that My Spirit is at Work in this world as He brings My Justice to bear. Believe in My Words and prepare.

Listen to Me; do not simply read these Words but act on them by dying to self. Remember, coming to Me in prayer is dying to self.

Self does not want to pray; self will tell you, prayer is boring and takes too much time out of your day. Fight these feelings and you will have stepped onto the Path of Preparing.

Trust Me, there is so little time left; the last grain of sand is falling and so few are ready.

Trust Me, stay close to Me.

I Love you.

We continue to rely on your help for the running of the Houses.

If you wish to donate, please see the details below:

WAYS TO DONATE

Our bank details: *Account Name:* An Invitation to Love Jesus

Sort Code: 950282 *Account Number:* 22798727

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We also have card facilities at Sacred Heart House of Prayer if you wish to contribute over the phone or via website with your debit or credit card.

Alternatively, if you wish to use **Paypal**, our email is:

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Sincere thanks for your continued support.

Writing from the two Patricks

QUESTIONS FROM A READER

A reader of our Newsletter wrote to us with some questions. We have tried to answer these questions as best we can, through the knowledge and Teachings that Jesus has given to us. We include this letter within the Newsletter so that anyone can benefit from the answers.

Hi,

Thank you for your letter and all the questions. I hope to answer some or all of them. I will answer as truthfully as I can within the bounds of the Truth that Jesus has given in the last thirty plus years. I can only answer in that Truth that He has given or, led me to. How I answer may not be what you wanted to hear but, I have answered, as I say, as to what Jesus is Teaching us and, the main thing that He Teaches is love.

You asked:

Has God, the Trinity, ever asked you both to tell Catholics to return to our traditional beliefs and, in particular, attend the Latin Mass?

No, Jesus has never spoken to either of us on this subject specifically. He has spoken of the

Mass and said that we must attend in a manner that gives Him respect and the Glory He deserves. He tells us that, while receiving Holy Communion, not to look around to see what other people are doing as this will cause judgement in our hearts as we are in the act of receiving what is Good and Holy and True. He tells us to participate in the Mass, in all the prayers etc., and our focus should be on Him in the Tabernacle at all times until the Consecration takes place. He Teaches that this keeps us from looking around and judging other people. As He says in Scripture:

23 Therefore if you bring your gift to the altar, and there remember that your brother has something against you, 24 leave your gift there before the altar, and go your way. First be reconciled to your brother and, then, come and offer your gift. Matthew 5: 23-24.

He has taught us a love for the Blessed Sacrament.

You might ask why He has not spoken on it. I could not answer that. Jesus speaks as He speaks. He has taught us that He speaks the Words He needs to speak for this particular mission. We can

ask questions but if He decides not to answer, He won't. We have seen this over many years. He only gives us what He decides to give. We cannot force Him to speak. The nature of this mission is Love, His Love and obedience to Him. We are only microphones and a microphone has no power to speak for itself. It would be pointless to receive all this from Him and go and do something different.

For example, when we first set up this House of Prayer as Jesus had asked, a lot of people were saying that we needed permission from the bishop. We asked Jesus what we should do. He answered and said to go and see the bishop, not to ask permission but, to tell him we were here. We found out later that if we had asked permission then they could close us down. The bishop, at the time, accepted this and told us he would call when he was passing that way. Jesus has His own way of doing things.

You asked:

After 31 plus years and hundreds, or even thousands of Messages that you have received and communicated to those of us who have read or listened, I feel deeply disappointed to not be hearing this in all that time...

I am sorry that you are disappointed in not hearing what you wanted to hear. We, in taking the Messages, cannot pretend to hear something that we did not hear or, make up something to please people. I hope you heard,



at least, some of the other things Jesus is saying. We all search for something that suits us, something that makes everything seem right. Consistently in Scripture, Jesus asks us to go against what we think we know. For example, the rich young man who practiced "all these things" from he was a child, was very disappointed when Jesus told him that his riches were keeping him from completing what he needed to inherit eternal life. This Message is about dying to self, dying to the things that actually keep us from God, things that block Him out. I do not say this to say you are wrong in what you believe, no, I am explaining what these Messages are all about, what Jesus is asking of us.

It seems to be part of this mission to "disappoint" people. Again, I do not say this to make you believe that you are wrong in your beliefs, I only say it because it is true of what this mission is.

66 From that time many of His disciples went back and walked with Him no more. John 6: 66. We cannot make Jesus say something, we simply take what He has said and communicate it to the world as best we can. For example, He has

told us secret things and He has asked us to keep these to ourselves. On hearing this, many people are disappointed because they want to know what they are. In obedience to Jesus, we cannot tell them and they walk away because they only want sensationalism and not the Message about dying to self which is what this Message is all about. People want to know what is coming, how it will end and etc., but this Message is about getting our priorities right, about doing what God is asking of us:

33 And He will set the sheep on His right hand, but the goats on the left.

34 Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world:

35 for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in;

36 I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Matthew 25:33-36.

Jesus is asking, in these Messages, to realise that if we proclaim to love Him, then we cannot but love our neighbour, for, in loving our neighbour, we love Him... Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Matthew 25:40.

You said:

Yes, I did manage to ask the above (first) question but received "which amounted to" that it did not matter which Mass was attended, it only mattered how it increased your love...

To be honest, there was no other way to answer this but the way it was answered. In the Light of what He has taught us; this was the right answer. This Message that He gives to us can be summed up like this: Hear, O Israel, the LORD our God, the LORD is one. 30 And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. 31 And the second, like it, is this: You shall love your neighbour as yourself.' There is no other commandment greater than these." Mark 12:29-31.

This Message is essentially about loving God. If you attend the Latin/Traditional Mass then the above Commandment still applies, as it does when you attend the Novus Ordo. Through this Message, He is Teaching us to love as He Loves.



You spoke about:

Vatican II, modernised Church,
disillusioned people, sacrilege,
Tradition, family and misleading
and etc.

It would be humanly impossible to try to answer all these things in this letter. There are just too many. All these things you have spoken of Jesus has spoken of too, or, implied them. The Words He spoke on these are in the Messages, thousands of them. He speaks of these and He knows about them and, we believe, He is in the process of taking care of them. As He keeps saying, Trust Me, I have not forgotten My Promises to you, I will not leave you orphans. In my heart, I see His asking us to trust Him and, even, begging for us to trust Him as summed up in this Scripture.:

24 Another parable He put forth to them, saying: "The kingdom of heaven is like a man who sowed good seed in his field;

25 but while men slept, his enemy came and sowed tares among the

wheat and went his way.

26 But when the grain had sprouted and produced a crop, then the tares also appeared.

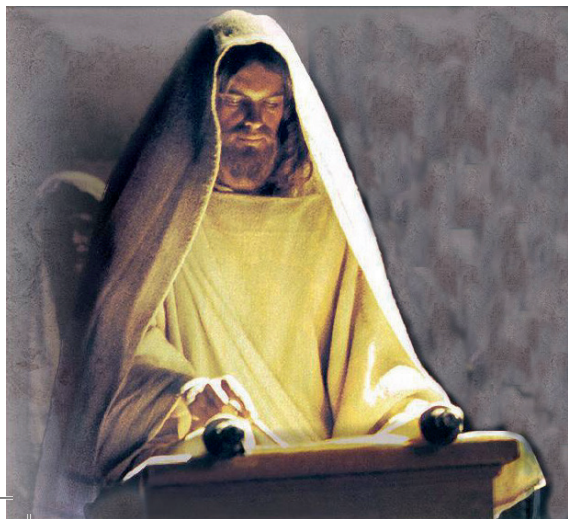
27 So the servants of the owner came and said to him, 'Sir, did you not sow good seed in your field? How then does it have tares?'

28 He said to them, 'An enemy has done this.' The servants said to him, 'Do you want us then to go and gather them up?'

29 But he said, 'No, lest while you gather up the tares you also uproot the wheat with them.

30 Let both grow together until the harvest, and at the time of harvest I will say to the reapers, "First gather together the tares and bind them in bundles to burn them, but gather the wheat into my barn.'" Matthew 13:24-30.

The Scribes and Pharisees were almost the equivalent to what we have today in our cardinals, bishops and priests. At the time, Jesus spoke to them, gave them a chance to change but, they did not change. He did not step in and destroy them there and then, no, He left them, even though they were destroying people's beliefs. He is telling us that we must have faith in HIM alone. He will do what He says and, we must allow Him to do it in His own time: 1 Then Jesus went out and departed from the temple, and His disciples came up to show Him the buildings of the temple. 2 And Jesus said to them, "Do you not see all these things? Assuredly, I



say to you, not one stone shall be left here upon another, that shall not be thrown down." *Matthew 24:1-2*. This prophecy did not come to pass until AD 70; this was approximately thirty odd years after Jesus Died and Rose again. It was the appointed time.

There is an appointed time for the things that you mentioned above. None of us can change that, only to let the tares grow with the good wheat. Meanwhile, we must live with what is happening and still remain faithful, as He tells us in Scripture and in the Messages and, not just these Messages. Either we believe or, we don't: 30 He who is not with Me is against Me, and he who does not gather with Me scatters abroad. *Matthew 12:30*.

We must live with the persecutions, the things we don't like because, as Saint Paul says, it strengthens us for what is to come. While these things continue to happen, seemingly without end, He tells us in *Matthew 24*: See that you are not troubled; for all these things must come to pass, but the end is not yet. *Matthew 24:6*.

This may not be the answer you want to hear or you may even say I am not addressing the issue. I could address the issue with my own opinions but how much of my opinion is His Truth? How much of my opinion or my wants is actually Jesus' Will? This would be, to me, like saying, my will be done, Lord, not Yours. So, I say, with Saint Peter:

29 But Peter and the other apostles

answered and said: "We ought to obey God rather than men.

30 The God of our fathers raised up Jesus whom you murdered by hanging on a tree.

31 Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins.

32 And we are His witnesses to these things, and so also is the Holy Spirit whom God has given to those who obey Him." *Acts 5:29-32*.

You listed many things:

All these things are a burden on your heart, I see you, I know where you are coming from as we, too, see them happening. At this time, we do not have the Power of the Holy Spirit to change these things, because we are in the world and are of the world; we can only pray and do what we believe Jesus is asking of us. What is He asking of us? Faith, faith in Him, faith to the end.

We, the Patricks, believe that we are only a few steps from His chastisement of the world. As Jesus Himself said:

36 "But of that day and hour no one knows, not even the angels of heaven, but My Father only.

37 But as the days of Noah were, so also will the coming of the Son of Man be.

38 For as in the days before the flood, they were eating and drinking, marrying and giving in marriage, until the day that Noah entered the ark,

39 and did not know until the flood came and took them all away, so also will the coming of the Son of Man be.

40 Then two men will be in the field: one will be taken and the other left.

41 Two women will be grinding at the mill: one will be taken and the other left.

42 Watch therefore, for you do not know what hour your Lord is coming.

43 But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into.

44 Therefore you also be ready, for the Son of Man is coming at an hour you do not expect. *Matthew 24:36-44.*

We need to be living our lives for Him every day, dying to self because the Power of the Holy Spirit is in the dying to self. The more we rid ourselves of the sin in our lives, the anger, resentment, lust, greed etc., the more we open ourselves to the Holy Spirit, the more we gain the power to prevail against the things that are happening. Self influences us to love God and His Ways less, self influences us to be angry, resentful. Sin keeps us from God as we know and we must not allow self to win but be in a constant battle against it:

12 For we do not wrestle against flesh and blood, but against principalities, against powers,

against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand. *Ephesians 6:12-13.*

And again:

17 But now, it is no longer I who do it, but sin that dwells in me. *Romans 7:17.*

You said:

The list goes on and on and on. You know most of what I write from your own personal experience. Maybe a few things I say could be new to you. I ask the basic question because I care both for the success of your work and Traditional belief.

Please read the Messages from 2006 and others to show you what Jesus has told us about the Church and the world and what will happen and, indeed, what has happened. Jesus states many things and what He will do in the end. These things are very important to know and should be known. But, please note, that within the Messages are very clearly also the things that He specifically tells us on how to deal with living in these times. These are, arguably, more important because they tell us HOW to get through these times, HOW to behave while we are going through them. They are, essentially, instructions on how to deal with the world. He

quotes Scripture because the same instructions that He gives to His Apostles, Disciples, are the same instructions He gives to us now. Why should His Instruction change?

On reading the Messages, we see only, it seems, the sensational, the dramatic, and, we miss out the bits that tell us how to behave in these times, because, it seems, they do not suit us. Dying to self seems boring to us but fire coming from the sky is sensational. These things that Jesus said WILL and ARE coming to pass. But do we sit and wait for them? Do we not PREPARE for them?

Fire in the sky is one thing but, what happens after the fire? What happens when the calm falls around the world again? What happens when I am face to Face with the Master, the Lord? Did I: Love the Lord, my God, with my whole heart? Did I feed the hungry? Did I forgive as He has Forgiven me?

As I said at the beginning, I can only answer these things as Jesus has taught us, anything else would be a betrayal of His Teachings to us.

If you go to the Traditional Mass, then go, and, keep on going but, remember the other things that Jesus has taught on how to behave at Mass, about Love, obedience to His Commandments, about how to behave, as His follower, how to prepare with all our hearts for His Coming. We receive Him Body, Blood, Soul and Divinity, and, I believe, His Heart, which is a Heart of Compassion and Love. This means, in my opinion, to love Him and love our neighbour in the fullest sense that He, Himself, means it, as the Saints have done since Jesus left us.

I hope this answers, at least, some of the things you asked. I answered your questions in the light of what He has taught us.

The two Patricks





RECENT WORK ON THE HOUSES OF PRAYER

Back to Germany

Exactly three months after my first trip to Germany this year I was heading back there on my travels again.

It was decided to split the time between myself and another servant, Cathal, as we were needed there for over two weeks while the work carried on and this helped us fit it in with family commitments. Bridie and John were able to stay for the full time there while the work was being done.

I met Bridie and John in Poland at the airport and we hired a car from there. We stayed at Saint Stanislaus House of Prayer in Poland and then travelled to Saint Nikolaus House, Germany, on the Sunday. We weren't long in before Jim, Anton and Mario landed. They had driven all the way from London and were staying for two weeks to carry out the work.

The temperature while there was

very hot and reached over 36°C at one point. I was glad to have air conditioning in the car at least and, thank God, the Houses remained cool inside most of the time.

Plastering

On the Monday, John and Mario started the plastering. One of the larger bedrooms was plastered which completed the rooms inside that needed doing. Then they began outside at the back. The scaffolding had been already put in place for the roofers who were due to start but couldn't begin until the following week. John and Mario were able to use the scaffolding to do the plastering outside.

The attic

Jim and Anton started work in the





attic. Preparing it for three new bedrooms and a bathroom. The window spaces had to be made bigger for the new velux windows. There was a lot of dirty and dusty work to be done in the clearing of the attic before they could proceed with the work. It wasn't long before Jim had the framework up for the rooms!

The floor in the attic was very dangerous in parts and needed to be replaced. Jim showed us the bad state the floor was in, parts of which were rotten. We went with him on a trip to the timber yard and ordered the wood needed to renew the flooring.

There is also to be a dormer in the attic but it's not known yet what it will be used for. Jim had to change some of the beams in the attic roof to make it higher so that it could be incorporated.

A lot of hard work

A lot of hard work was carried out by the men and it wasn't easy in that heat! Myself and Bridie kept to our prayer in the morning and

again at 3pm. Also popping into the Prayer Room on other occasions when possible. During the day we often shared our thoughts on some of the mornings Scripture readings and Messages we had been reading.

I also did the driving while I was there and myself and Bridie did the shopping, cleaning and cooking.

Tools in a tool box

I was sad to leave after nine days but it was time for Cathal to take over. It's like we are tools in a tool box and Jesus takes us out and uses us when He needs us. Then we are put away until the next time He needs us.

It is such a privilege to have the chance to be part of what Jesus is doing in the Houses. It's very exciting and we may never know what our little part in this work



is doing. I also think that those who pray, sacrifice or support us financially are also part of building the Houses and preparing for what Jesus needs them for. I tell my husband that he is also helping, even though he hasn't visited the House in Germany as he is taking care of the family while I'm away. We can't see spiritually what we are doing but, Jesus knows! Thank You, Jesus, once again for allowing me to be Your servant and going to help at Your Houses.





SonLight in Fatima

ones.

One of the lovely things about the pilgrimage was joining with the people from the parish in prayer in joy at all the different sacred places and getting to

know everyone.

A privilege

We were asked by the local parish to attend their annual pilgrimage in Fatima to be their music ministry. It was a privilege to be asked to sing for the parish as for many years we have sang regularly at Mass, funerals, weddings etc.

Most sacred moments

Not being from the parish, when you are asked to sing at these occasions, you are singing for families whom you are not familiar with and have never met. I often think when we are singing at the happiest and saddest moments of people's lives that it is a privilege to serve them in their most sacred moments which are deeply personal to them, whilst not knowing them. I think it is our duty to try not to just sing for them but to pray with them, for them. To feel happy for them, sad with them and, ultimately, in some way, through song, to pray with, and, for them and for their loved

I didn't 'know' Jesus

I had been to Fatima once before when I was twenty years old, not long before I joined the Way of the Sacred Heart. I had not intended to go there as I was on a 'girls' holiday' but my friend's mother was going and we went really just for the day out. I didn't 'know' Jesus or the Blessed Mother at the time. I respected them but I didn't have much interest. I thought I was a good person and probably thought all the penances and going up and down the concrete mall on their knees was a bit mad.

Lighting a candle

I remember lighting a candle when I was there for my mother and that I would get the strength to cope when she would pass away. She wasn't sick at the time but, as she was my only present parent, I always had a fear of her dying and how I would live without her.

In Fatima, I reflected on how close

a time it was between me being there and then taking on Jesus' commitment. Perhaps it was the Graces received there that helped me on the journey towards here, who knows. When you are young, one or two years feels like a lot and, now that I am older, perhaps not.

The care of the Blessed Mother

My mum is now sick and was having a particularly bad time before we left for the pilgrimage. I felt nervous leaving her but I did what I would have done when going away with SonLight when my children were younger, I entrusted her to the care of the Blessed Mother. During the procession, I thought of the moment, over twenty years ago, when I lit the candle and I felt a peace about the whole situation which is more of a reality now than it was then.

Eucharistic Miracle

One of the standout moments for me was visiting the Church which still holds the host from the Eucharistic Miracle. The priest told the story about how, after a lady tried to steal the Host for some type of witchcraft after her husband had wronged her, the Host began to bleed profusely. Seeing the Host and how it is so delicately and reverently

preserved, tucked up a flight of tiny stairs high behind the altar, was amazing.

Knowing that there is no time and space with God, I tried to imagine Jesus' burning Heart, suspended there and, we were singing our love and praises to Him from the side of the altar.

Simplicity

I was also very touched by the parish church of the children with its simplicity and the original tabernacle from where the children made their First Holy Communion which they so desired.

Jacinta's own words

We, collectively, in the House of Prayer, read the book about 'Fatima: In Lucia's Own Words,' years ago and, before we went, I read it again to refresh myself. As we did the Stations of the Cross in the morning to avoid the sweltering heat, I was reminded so many times, as I was throughout the trip, that those children denied themselves even a drink of water! They gave away their lunch and made many sacrifices every day out of love for Jesus and Our Lady in reparation for sinners.

An amazing example

Their example, their diligence and their unfaltering faith is such an amazing example.

Thank You, Jesus, for everything. You are so Good to us.



Anger



Jesus has spoken in recent years about anger. He has Warned us not to get caught up in the anger of the world at this time. We thought this was a good article that could help us to overcome this sin.

How To Identify and Overcome Sinful Anger by Jen Arnold

Anger is an emotion that is prevalent in culture these days. We live in a society that is polarized on everything – religion, politics, the media and, how one is to be charitable to one's neighbour. There is even polarity within the Church at times. In our climate today, there seems to be a reflex to be angry toward those with whom we disagree rather, than a desire to seek understanding through civil dialogue. In addition to these external factors, we all have our own individual situations that stir up anger, whether with family members, friends, coworkers, and perhaps even our priests, bishops, and others within the Church. If you have not experienced some level of anger in the last couple of years, then you are certainly on a path to heroic virtue and should keep up the good work. However, I suspect that the vast majority of

us have experienced at least some struggle with anger in recent years.

Clarify that anger is a feeling

Before determining what sinful anger is, we must first clarify that anger is a feeling and feelings are neither inherently good nor bad. Feelings, inasmuch as they are at their base level, are neutral. They are gifts from God that stir something within us in response to something outside of us. Our feelings inform our minds and our hearts about what is happening around us and they help to shape our conscience so that our response may be as virtuous as possible, depending on our personal spiritual development. We know that Jesus, in His human form, experienced the whole spectrum of feelings that we experience. He knew joy, frustration, sorrow, fear, satisfaction, and, of course, anger.

Make a whip

The Passover of the Jews was at hand, and Jesus went up to Jerusalem. In the temple he found those who were selling oxen and sheep and pigeons, and the money changers sitting there. And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money

changers and overturned their tables. And he told those who sold the pigeons, "Take these things away; do not make my Father's house a house of trade." (John 2:13-16)

As we can see in this scripture passage, Jesus was not just angry, He was angry enough to make a whip and flip tables. Can you relate?

Anger becomes a problem

So, if anger, in and of itself, is not a problem, what is? There is a distinction between righteous anger and sinful anger. Anger becomes a problem when it becomes sinful. If you recall, one of the seven deadly sins is wrath. Wrath is an extreme form of anger. Rather than being a mere feeling, it is all-consuming, standing in the way of your relationship with God and the peace He brings to your heart. The Catechism places its definition of sinful anger under the Fifth Commandment of "Thou Shalt Not Kill," saying:

Anger is a desire for revenge. "To desire vengeance in order to do evil to someone who should be punished is illicit," but it is praiseworthy to impose restitution "to correct vices and maintain justice." If anger reaches the point of a deliberate desire to kill or seriously wound a neighbour, it is gravely against charity; it is a mortal sin. The Lord says, "Everyone who is angry with his brother shall be liable to judgment." (CCCC 2302)

In other words, anger becomes sinful when it causes you to wish ill on someone or when it causes you

to be consumed with a desire for justice as you see fit, as opposed to leaving perfect and eternal justice to your Father in Heaven. Notice, however, that the Catechism states that anger can be praiseworthy if it is corrective in nature. Think of a parent being angry with a child's actions and imposing an appropriate consequence, a person setting a boundary with a spouse, a friend that safeguards against a repeat problem, or Jesus flipping the money changers' tables to make the point that His Father's house was not a marketplace.

Offering up your anger as a sacrifice

Once you have identified that your anger may be crossing the line into sinful anger, calm down and ask yourself why you are angry. How significant is the issue in the grand scheme of things, especially when you consider the eternal perspective? How badly do you feel the need to hang onto this one particular thing versus finding a way to let it go? Consider offering up your anger as a sacrifice for your sins and view it as a cross to carry. You can give your anger to the Lord. As often as your feelings of anger come up, you can continue to offer them back to the Lord. Like any of our crosses, the Lord desires to help us carry them. Allowing Him to do so lightens our burden. So, as many times as it takes, hand it over to the Lord.

Forgiveness is also key

Forgiveness is also key in dealing with sinful anger. Forgiveness is not condoning or making excuses for someone's bad behaviour.

Nor is it forgetting. So, what is forgiveness? It is to give up ill-will or resentment toward the one with whom you are angry and to desire good for him. You do not hold a grudge but act in charity toward him as your neighbour. You've heard it said that forgiveness is for you and not for the person you are forgiving. While it may be cliché, it is also very true. It is entirely possible, and in some cases probable, that the other person involved does not even care about whether or not you forgive them but, that is not the point. The point is for you to let the grudge go so that it does not consume you and interfere with your own path to holiness. Ultimately, it is an overcoming of pride and a turning of the heart toward humility and charity, a disposition of virtue.

Channel your anger

It is important to note that forgiveness can go even further when we pray for those with whom we are angry and want to forgive. If sinful anger is wishing people ill, then righteous anger is wanting the best for them, despite what they've done or what they might deserve. As Christians, we want everyone, including those who anger us, to be with us for all eternity in heaven. Channel your anger into praying for their good, even if it means you never witness their remorse for yourself in this lifetime.

Turn your anger to praise

Finally, turn your anger to praise and thanksgiving to God for all the good He has bestowed upon

you. When we are consumed with gratitude for all the blessings in our lives, it is much harder to make room for anger and resentment. God has a will for our lives and sometimes that includes putting challenges in front of us that make us angry. Be thankful. Yes, be thankful for the thing that makes you angry and allow it to strengthen your resolve to overcome it with His help. All these things can be used for your own good.

Saint Francis de Sales

Saint Francis de Sales was a saint known for his struggle with anger. He worked very hard to overcome it. One day, his protégé, St. Jane Frances de Chantal, told her mentor that he should be angrier about the opposition to the start of a new religious order. St. Francis replied to her, "Would you have me lose in a quarter hour what has taken me twenty years' hard work to acquire?" Anger is a very real human emotion – one with which even our greatest saints struggled. What steps can you take to let go of something that might anger you? How can you turn your anger into praise and allow it to consume your heart with peace? How can you move beyond your anger and find ways to forgive those people and things that have made you angry? Surely these actions will help you grow in virtue and draw you closer to God.

<https://spiritualdirection.com/2026/05/21/how-to-identify-and-overcome-sinful-anger>

Wisdom

John Paul II

THE REDEMPTION OF THE BODY AND SACRAMENTALITY OF MARRIAGE (THEOLOGY OF THE BODY)

*From the Weekly Audiences of His Holiness John Paul II
from 5 September 1974 - 28 November 1984*

THE FULLNESS OF INTERPERSONAL COMMUNICATION

DECEMBER 19, 1979

What is shame and how can we explain its absence in the state of original innocence, in the depth of the mystery of the creation of man as male and female? From contemporary analyses of shame - and in particular of sexual modesty - we can deduce the complexity of this fundamental experience, in which man expresses himself as a person according to his own specific structure. In the experience of shame, the human being experiences fear with regard to his "second self," (for example, woman before man). This is substantially fear for one's own "self." With shame, the human being manifests almost instinctively the need of affirmation and acceptance of this "self," according to its rightful value. He experiences it at the same time both within himself, and externally, before the "other." Shame is a complex experience. Almost keeping one human being away from the other (woman from man), it seeks at the same time

to draw them closer personally, creating a suitable basis and level to do so.

For the same reason, it has a fundamental significance as regards the formation of ethos in human society, and especially in the man-woman relationship. The analysis of shame clearly indicates how deeply it is rooted precisely in mutual relations, how exactly it expresses the essential rules for the "communion of persons," and likewise how deeply it touches the dimension of man's original "solitude." The appearance of shame in the subsequent biblical narration of chapter 3 of Genesis has a pluri-dimensional significance. It will be opportune to resume the analysis in due time. The meaning of original nakedness, this dimension absolutely cannot be disregarded. This participating in perception of the world - in its "exterior" aspect - is a direct and almost spontaneous fact. It is prior to any "critical" complication of knowledge and of human experience and is seen as closely connected with the

experience of the meaning of the human body. The original innocence of "knowledge" could already be perceived in this way. However, it is not possible to determine the meaning of original nakedness considering only man's participation in exterior perception of the world. It is not possible to establish it without going into the depths of man. Genesis 2:25 introduces us specifically to this level and wants us to seek there the original innocence of knowing. The dimension of human interiority is necessary to explain and measure that particular fullness of interpersonal communication, thanks to which man and woman were naked and were not ashamed. In our conventional language, the concept of communication has been practically alienated from its deepest, original semantic matrix. It is connected mainly with the sphere of the media, that is, for the most part, products that serve for understanding, exchange, and bringing closer together. On the other hand, it can be supposed that, in its original and deeper meaning, communication was and is directly connected with subjects. They communicate precisely on the basis of the common union that exists between them, both to reach and to express a reality that is peculiar and pertinent only to the sphere of person-subjects. In this way, the human body acquires a completely new meaning, which cannot be placed on the plane of the remaining

"external" perception of the world. It expresses the person in his ontological and existential concreteness, which is something more than the individual. Therefore the body expresses the personal human "self," which derives its exterior perception from within.

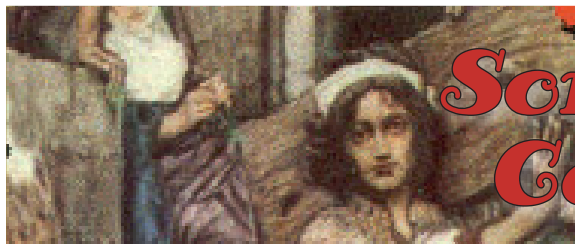
The whole biblical narrative, and in particular the Yahwist text, shows that the body through its own visibility manifests man. In manifesting him, it acts as intermediary, that is, it enables man and woman, right from the beginning, to communicate with each other according to that *communio personarum* willed by the Creator precisely for them. It seems that only this dimension enables us to rightly understand the meaning of original nakedness. In this connection, any "naturalistic" criterion is bound to fail, while, on the contrary, the "personalistic" criterion can be of great help. Genesis 2:25 certainly speaks of something extraordinary, which is outside the limits of the shame known through human experience. At the same time it decides the particular fullness of interpersonal communication, rooted at the very heart of that *communio*, which is thus revealed and developed. In this connection, the words "they were not ashamed" can mean in *sensu obliquo* only an original depth in affirming what is inherent in the person, what is "visibly" female and male, through which the personal intimacy of mutual communication in all its

radical simplicity and purity is constituted. To this fullness of exterior perception, expressed by means of physical nakedness, there corresponds the interior fullness of man's vision in God, that is, according to the measure of the "image of God" (cf. Gn 1:17). According to this measure,

man "is" really naked ("They were naked" - Gn 2:25), even before realizing it (cf. Gn 3:7-10).

We shall still have to complete the analysis of this important text during the meditations that follow.

Continued next month



Song of the Carpenter

The following is a serialisation of the 'Song of the Carpenter,' a novel inspired by Jesus and written down by the two Patricks. It is about the Life of Jesus and is full of spiritual teachings as well as a simply fantastic read.

If you cannot wait to read it all, then you can order it from the Sacred Heart House of Prayer. It costs £6.99.

Elizabeth could not remember where Anne lived for the town had grown since the last time that she was here. She made a few inquiries from a woman carrying a water jar on her head.

"Do you know where Anne lives? Her husband Joachim is dead and she has a daughter called Mary."

"Ah yes, I know Anne and Mary. Anne brings food to the poor. They live in the Street of Lights in the upper end of the town. Come with me, I am going part

of the way. You are not from Nazareth yourself?" The woman turned into a street that led uphill. Tamar carried John in her arms while Elizabeth led the donkey.

"No. I am from the hill country in Judea, a little village near Hebron."

"You have come a long way," said the woman. She was a tall thin woman in her thirties.

"Yes, but we saw the most beautiful countryside on the way here. Israel is very beautiful."

The street that they were in was quite long and steep and they had to stop and catch their breath a few times. John had wanted to walk and Tamar had him by the hand. He was trying to run up the hill but Tamar would not let go of his hand. They met a woman coming down the hill. She spoke to the woman with the jar. Two men came up behind the little troop and overtook them.

The houses on the street were

mostly two storied. Some were painted white and some were being left to decay. They could smell the spices of the evening meals being prepared inside and felt their own hunger pangs. A few lights twinkled here and there as the day prepared for night.

About halfway up the woman indicated a small street that turned off to the left and went slightly downhill and curled in on itself. John finally broke free from Tamar's hand and began running up the hill with little squeals of delight. She ran after him. He ran about ten yards before she caught him.

"This is where I live so I must leave you here," the woman said, stopping. "If you carry on to the top here you will see that the road ends and branches off into two smaller roads. Take the road to the left and about halfway down it you will come to a one storied house that sits back from the road. I think there is an olive tree in the garden. If you get lost knock on the doors of some of the houses and they will help you. Well, I must get on. I hope you find it."

"Thank you so much for all your help. You are so kind. May the Lord be with you and bless you." The woman waved at them and disappeared down the street to the left.

Left alone again, the two women rested and let their breath settle.

Elizabeth said, "Do you still think that this is a good idea? Look at this hill!"

Tamar laughed. "We'll make it.

The sun is beginning to go down, it must be about the eleventh hour."

"Let us go then."

They climbed the rest of the hill and only stopped once for it seemed to level off a little as it got nearer the top. They found the fork in the road easily enough and proceeded down the one to the left.

The small house was set back from the street as the woman had said and this allowed it to have a somewhat larger garden than the others that surrounded it. Elizabeth could see the olive tree and recognition began to dawn on her.

"I know why I did not know the streets. When I was last here with Zechariah, we came from this direction," she said, pointing on down the small street. "We did not come up that hill."

They stood in front of the worn gate. Elizabeth called out, "Anne... Anne. Are you there?" There was no answer to her calls. She called out again and banged on the gate.

"I do not think that there is anyone here, Elizabeth. We had best wait. Let us make ourselves comfortable here outside the gate. I'm sure that she will be along soon."

"I think that you are right, Tamar, we will sit down and rest," answered Elizabeth with a sigh. "John, my son, come and sit with me and we will have some bread."

Continued next month

The Plight of Others

SAFE ABORTION?

'Safe abortion'

As you may be aware, there has been a bit of debate going on in Northern Ireland regarding the lighting up of a government building to promote 'safe abortion'. As we continuously say, abortion is not medical care, abortion is never a safe option. Not even taking into account that a baby is murdered, or all the physical complications there can be, there are the psychological and spiritual effects that, very often, go unnoticed or ignored.



Testimonies from women

Over the past few issues of this Newsletter, we have included testimonies from women who have experienced these effects. It is not like these are few and far between, there are thousands of them. Women (and men, but here we are primarily dealing with women) are hurt and damaged by

abortion. The evidence of this is as overwhelming as it is ignored. Sadly, Stormont voted in favour of lighting up the City Hall to promote safe abortion. Below is another testimony from a woman who has first hand experience of what abortion does to women and her journey to healing.

The article captures, not only what abortion does, but the great Love and Mercy of Jesus who just wants to reach out to us all and heal and Forgive. He is always there, as our Father, righting our wrongs and fixing our mistakes.

Yes, Stormont can light up a building for safe abortion but I would echo Jesus' Words here, 'Father, Forgive them, they know not what they do'.

The following article was submitted to the Catholic Advance through the Catholic Diocese of Wichita's Project Rachel Ministry.

I was 15

I had an abortion when I was 15. I had been raised in a secular home and truly believed all the lies, including "It's not really a life, it's just a clump of cells." My family's intense pressure convinced me

abortion was my only way to avoid being disowned. Not only was I convinced it was the best and only course of action, I also honestly believed it was the right thing to do, the correct approach to my “problem.”

The abortion was completed within three days after I told my parents I was pregnant. Not one adult spoke to me about choosing life.

Move forward and forget

Although I tried my best to move forward and forget the whole experience, shortly after the abortion I came upon the testimony of a pro-life speaker whose own mother had planned to abort him before his grandmother convinced her to choose life.

He stood before me, this living, breathing human being, who was once a clump of cells, and the veil was lifted from my eyes. With absolute clarity, I finally understood what I had done, and in that moment, I felt my heart shatter into a million pieces.

The outright horror was more than I could process. I buried the trauma so deep that not even I could bridge the connection between my uncontrollable grief and the abortion. In hindsight, I can see how this was actually a great mercy from the Lord.

Plague me

The depression and anxiety developed immediately and defined my teen years. They continued to plague me throughout adulthood, as I wrestled with depression so severe that I often despaired of

life itself. A search for healing prompted me to try everything I possibly could, though my conscious mind remained unaware of my sickness’s actual source. I sought the help of doctors, therapists, a variety of religions, medications, and an endless supply of self-help books and practices, but nothing brought lasting healing. I knew there was something desperately wrong within me, but I wasn’t sure I could survive facing it.

For 36 years, I desperately guarded this wound of my heart. I guarded it fiercely because I knew I was walking a fragile line between life and death. After all, how can a mother live with the weight of such guilt? I also believed all the enemy’s crushing lies. Deep down, I didn’t believe God would forgive me, not for this. I couldn’t even forgive myself.

Learn about Jesus Christ

As years went by, I came to learn about Jesus Christ. Growing in faith eventually gave me enough courage and trust to consider a Rachel’s Vineyard retreat. At the time, I was a practicing Protestant who was not only terrified to attend a retreat but also apprehensive about anything that had to do with the Catholic Church. I met with Project Rachel Coordinator Stephanie Nemechek to share these concerns and her gentle humility and loving guidance reassured me to surrender those fears and move forward.

Over the course of one weekend, I was able to revisit and unpack

the abortion and face it in the most compassionate embrace of the Lord. I felt so secure in His Arms as I finally allowed myself to grieve. My fears and doubts dissolved as I came face-to-face with His love and mercy. It was truly a transformative experience that not only brought me healing but also brought me into the fullness of the faith.

The Catholic Church

After more than three decades of a fruitless search for healing and forgiveness, it came swiftly and abundantly through the ministries

of the Catholic Church, Project Rachel and Rachel's Vineyard.

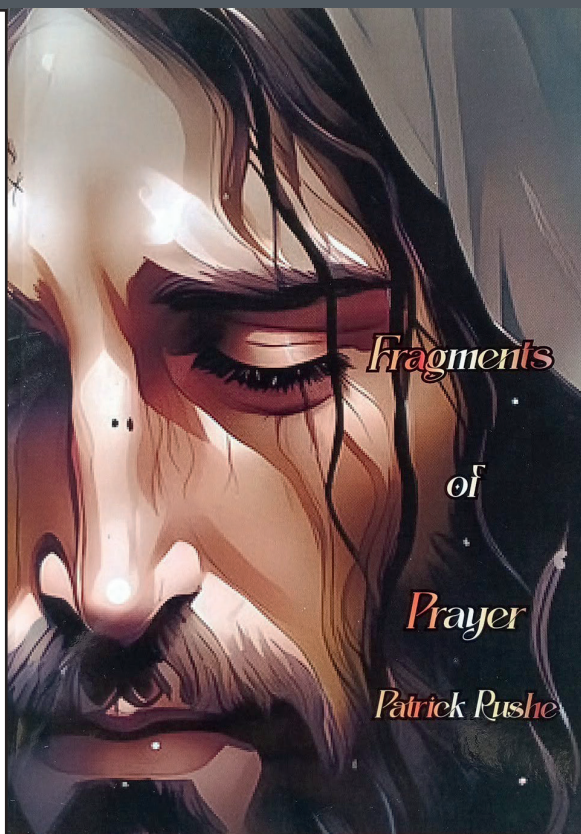
I can honestly say that I have never been more certain of anything in my entire life; I was lost but now I am found. Although my life remains far from perfect and the journey of healing has only just begun, I am making my way into the Catholic Church, knowing that my feet are now planted firmly on solid ground. When I look back on these experiences, the words of Job resonate within my soul: "I had heard of you by the hearing of the ear but now my eye sees you."

Fragments of Prayer

These are poems written after prayer, as a response to it. In the prayer and, the reason why we go to prayer, is that we communicate with God. Prayer can become simple and, if we surrender to God, prayer becomes more about God than just asking God for things; it can become a relationship that allows God to change us so that prayer is a giving, rather than a taking. I wrote the poems as a response to prayer, trying to understand, in my own way, what was happening to me in that relationship with God.

I hope that those reading the poems as a meditation, might search deeper into their hearts to know that prayer is much deeper than we know if we surrender to God in prayer. This book could be used as a companion to prayer.

Price £4.99, Plus P&P



*Fragments
of
Prayer
Patrick Rushe*

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SAINT MICHAEL CHAPLET

The Feast of the Archangels

This month we celebrate a very special Feast Day in the Houses of Prayer, the Feast of the Archangels. The Angels are very important to us. They are our spiritual friends, guides and helpers but we must ask for their help or their hands are tied. There is a lovely account of the creation of the Archangels in Song of The Carpenter Book 2 page 72.

A wealth of spiritual assistance

In these times we don't hear much regarding the Angels but there is a wealth of spiritual assistance out there including prayers and sacramentals that may have been forgotten about or are unknown. In these days we need all the help we can get to fight our spiritual battles.

As Saint Paul said:

For our wrestling is not against flesh and blood; but against principalities and powers, against the rulers of the world of this darkness, against the spirits of wickedness in the high places. Ephesians 6:12

Interesting stories

There are some interesting stories regarding Saint Michael.

In the year 492, Saint Michael appeared on Mount Gargano,

Italy, and said to the local bishop, "I am the Archangel Michael and I am always in the presence of God. The cave is sacred to me. In this opening in the rock, the sins of men can be forgiven. What will be asked here in prayer will be granted. Go therefore to the mountain and dedicate the cave to Christian worship."

The bishop delayed in following Saint Michael's command. When he finally arrived to dedicate the grotto as a place of worship, Saint Michael appeared again and said, "It is no longer your task to consecrate the Basilica I built. I, who founded it, I, myself, consecrated it."

Since that time, the grotto has affectionately been called the "Celestial Basilica" as it is the only Christian church not consecrated by human hands. In 1656, during a time of terrible pestilence in Italy, in answer to the prayers of the local bishop, Saint Michael appeared and instructed him to bless the stones of the grotto, adding, "Anyone who devotedly keeps these stones with him will be immune to the plague."

The Archangel's promise was fulfilled and it was at this time that

the Sanctuary of Saint Michael at Mount Gargano distributed stones more widely than before. These are popular relics/sacramentals that are used to invoke the powerful intercession of Saint Michael to protect God's people from the spiritual snares of the Devil, as well as from physical harm. Saint Padre Pio loved this sanctuary and often directed his penitents to go there and seek Saint Michael's intercession in their battle against sin.

(Source: theabbotscircle.com, Fr Norbert Wood O. Praem)

THE HISTORY OF THE CHAPLET OF SAINT MICHAEL

In 1751, a Portuguese Carmelite Nun, Sister Antonia d'Astonac, had a vision of Saint Michael who told her to honour him, by nine salutations to the nine Choirs of Angels.

By this devotion, He promised her that:

"Whoever would practice this devotion in his honour would have, when approaching Holy Communion, an escort of nine angels chosen from each of the nine Choirs. In addition, for the daily recital of these nine salutations, he also promised his continual assistance and that of all the holy angels during life, and after death, deliverance from Purgatory for themselves and all their relations."

Chaplet of Saint Michael

On the Feast of Saint Michael and the Archangels we pray the Chaplet of Saint Michael at the House of Prayer but it can be said

as a personal devotion at any time: This chaplet is available from the House of Prayer or you can easily get it online.

Many other prayers

There are many other prayers, sacramentals and devotions, too many to write about here including a forty day Consecration to Saint Michael ending on 29th September, Holy Oil consecrated to Saint Michael, an Act of Consecration Prayer and a Scapular of Saint Michael you can be enrolled in. We must always remember that, although we can ask the Angels to help us through prayers and sacramentals, we must also make an effort daily in the dying to self which will play a big part in the spiritual battle. We can also pray for the Angels. Thank you, Saint Michael and the Heavenly Hosts, for your guidance and protection always.



Here is an excerpt of the meditation on day seven of the forty day consecration to Saint Michael:

GREATNESS OF SAINT MICHAEL IN HIS CHARITY TOWARDS GOD

God has given Angels perfect gifts. They are perfect in their science, for in every cause, they see effects; they are perfect in their nature,

because they are without stain, without fault, and without defect; perfect in their power for they could destroy the world in one single instant; perfect in their will, for they long unceasingly for the sovereign good, that is to say, that they are very rich in charity.

As soon as Saint Michael came out of God's hands, he turned towards his Creator, and said in his heart: "My God, I love Thee, for Thou art my strength, my support and my shelter. Whom could I give my love to but Thee alone? Who, more than Thou, must be honoured, blindly obeyed, and sincerely loved? No one!" Saint Michael's love for God surpassed that of all the other Angels put together.

Love is always related to knowledge, the greater the knowledge of the object, the greater also your love for it. Now, Saint Michael had a greater knowledge of God and His perfections than any other Angel, greater than you can even imagine. As soon as he was created in the first moment of his existence, he started loving God. And one can only imagine what his charity must've been like when he was admitted into the Beatific Vision of the Divine Nature. He became the closest to God, occupying the place of fallen Lucifer. Saint Michael is a Seraph of Love; a love no other Angel could surpass.

Works are the proof of charity; and Saint Michael's works show his charity towards God.

Lucifer set a war in Heaven to dethrone God. It was a time of danger and trial. Then, Saint

Michael showed all the ardour he was consumed with. He heard the battle cry, watched the revolt, and observed Lucifer, who made an attempt on God's honour; though St Michael was still inferior to Lucifer, his heart was consumed with love and, uplifted by this charity, he attacked him with courage, telling him: "Mi- ka- El! Who is like God!"

God is the principle with no beginning; the Fallen Angel, on the contrary, had just come into being. God is infinite in His attributes: simplicity, immensity, eternity.

He is infinite in His intelligence, in His will and in His perfections.

You, O Lucifer, and those who have served you, have a finite and limited spirit and will never be able to resemble God.

God is all-powerful, with an infinite goodness, with no weakness, righteous without any severity, a merciful and sovereign master, knowing all things in light and possessing all goods.

You have raised yourself against the All-Mighty but you will not be able to defeat Him, no one is superior to Him.

Then, in union with his Angels, St Michael attacked Lucifer and his followers, defeated him, and drove him from Heaven.

Immediately peace and serenity were restored, God's honour was defended, the Creator glorified, and a great part of the Angels were saved.

What a great love! The Archangel worked for God, won and triumphed.

Sacred Heart House

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Events to Come

Monday
14 September
THE EXALTATION
AND TRIUMPH OF
THE CROSS
Prayers begin
at 12pm

Wednesday
23 September
FEAST OF
SAINT PIO
Prayers begin
at 12noon

Tuesday
29 September
FEAST OF THE
ARCHANGELS
Prayers begin
at 12noon

FIRST FRIDAY
VIGILS
from 10pm
- 2am:
2 October
and 6
November
2026



Thursday
1 October
FEAST OF SAINT
THERÈSE OF THE
CHILD JESUS
Prayers begin
at 12noon

Friday
2 October
FEAST OF THE
GUARDIAN ANGELS
Prayers begin at
12noon

Sunday
4 October
HOUSE OF
PRAYER
CLOSED
FOR A PRIVATE
RETREAT

Thursday
15 October
FEAST OF SAINT
TERESA OF AVILA
Prayers begin
at 12noon

Friday
16 October
FEAST OF SAINT
MARGARET MARY
Prayers begin
at 12noon



Weekend
with the
Patricks

Friday 16 to Sunday
18 October 2026

Walk
Against
Abortion

On Saturday
17 October,
gathering at 2.45pm





Letters to the HoP



A GREAT GIFT

To the Sacred Heart House of Prayer, Dear ...,

This card of thanksgiving is well due. I've received the Newsletter and the prayer cards. It was a great gift to receive on Saint Patrick's week when my heart was filled with gratitude to the Sacred Heart House and to the two Patricks and all the suffering they endure for our sake. May God continue to Bless their mission. I'm enclosing ... towards the prayer cards and the Newsletter. I ask for your prayers to endure all the trials that come

my way in my family.
Thank you, Yvonne

BEGINNING OF SOMETHING GREAT

Dear Patricks,
Thank you both for the hope you pass on to people.

I love this Prayer for Life from God the Father. It indicates the beginning of something great. At last, things are going to change.

I don't know about Northern Ireland but it could not be as bad as USA.

The Lord's Blessing on you both.
Maura

CHAPLET OF LIFE AUDIO

An audio recording of the Chaplet of Life is now available on thetwopatricks.org website. To listen to it, go to the website, click on the tab Prayers and Chaplets. From there you can listen or download.

It is also available to stream on Spotify, iTunes, Amazon music etc.

A CD will also be available soon.



Grace

What is Grace
But Love,
A Touch, a fulfilment
Of Gods finished Work.

For no Grace, pulsed,
In perfect time,
Through the Heartbeat
Of Gods Perfect Son,
Is ever unfinished
From the moment
Of its unbegotten birth.

Its substance is Fire
And Love,
And Pain,
And Calling,
And is born, already consummated,
To a perfect end.

And the Fire,
Carried on the Wings
Of the Spirit,
Pierces
Creates,
And sings a new Fire in the heart
Of the receiver,
Bursting forth in Springs
Of Living Water.

And God saw everything that He had made,
and indeed it was very good.
Genesis 1: 31