



'...I CANNOT HELP YOU, CHILDREN,
IF YOU DO NOT LISTEN.
IF YOU DO NOT PREPARE,
THEN YOU WILL NOT BE ABLE
TO FIGHT THE LIES...'
THURSDAY 10 FEBRUARY 2022

An Invitation to Love Jesus Newsletter

Messages of Love February 2022 Issue 309

Editorial

The Messages

There is a lot going on in the world at the minute and many people feel anxious or worried. We can't trust the main stream media or any of the current sources of information to bring us the Truth. The Truth cannot be found.

But, what we do have is Jesus and He, brothers and sisters, is all that we will ever need. It is prudent not to worry about the events of this world for God has them all in His Hands. He is in control.

And, it is wise to do as Jesus is Instructing us. He doesn't waste His Words. Each Word has its meaning and its purpose to fulfil. Each Word is to be lived. When we read the Messages this month, let us be aware that they are personal instructions to each of us who read them. Let us live them!

Back Cover

On our back cover we have included a personal prayer by a Jesuit priest, Father Gawronski.

He was born in Brooklyn, his family were of Polish origin. In 1977, he joined the Society of Jesus. He was widely praised for his role in forming priests and providing insights into Ignatian Spirituality. He had been inspired by Pope Saint John Paul II to become a priest and, like him,

he spoke seven languages, he joined seminarians on hikes in the mountains and led discussions about the 'Godfather' on seminary film nights. He was always joyful. He was diagnosed with cancer and 40 days later he died, on 14 April 2016, at the age of 65.



As it is Lent, we would like to remind you about SonLight's music album "From Gethsemane to Golgotha" (2019).

This album contains original material written by each of the band members and Patrick Rushe and can be used as a reflection during Lent, for Holy Week or at any time of the year, allowing us to ponder and meditate on what Jesus did for each one of us. "Salvation is the Price!" It can be purchased for £10 (plus P&P).



The Messages of Love

as given to the two Patricks

Tuesday 1 February 2022

Oh! Mankind, you think with your technology you understand. You have destroyed yourselves; you have listened to the father of lies and murdered your own children and used their bodies to fuel the lies lucifer has fed you.

Now you inject the blood of the murdered innocent into your bodies to increase the chance that you will live longer. You have accepted and listened to the lies of lucifer and now you lie to cover up your mistakes for you can see that your vaccines do not work and are killing many but still you do not see what you have done.

You have created a pandemic that cannot be stopped. You blind and foolish generation! You have unleashed a tidal wave of death that can only be overcome by turning to Me in Truth.

Prepare, mankind, it has begun. Trust Me and come to Me in

Truth and I will cleanse you.
Believe.
I Love you.

Wednesday 2 February 2022

Trust Me and believe in the Words I speak and stay close to Me and My Laws for there, within you, you will find safety. Do not listen to the deceivers that only try to destroy your faith in Me. I have told you many things in order to guide you and keep you safe. I will not force you to believe. I will simply tell you and it is up to you whether you choose to follow Me or not.

I have told of the great deception and how they force you to believe in their lies in order that you accept the mark of sin. I have told you it has begun and that My Justice will destroy their towers of lies.

I have called you to remain safe by staying close to Me by dying to self and, now, I will tell you of the time to come when My Love shall flourish, once again, on this earth. A time when all the evil men and women have been removed and there is no one left to spread the lies of lucifer. This will be a Time of Great Wonder, a Time of Discovery when man will marvel at the wonders of creation. I shall return many Gifts that were lost

through man's greed.

I tell you, I will provide help for mankind through creatures that were given to help, guide and be mankind's friends. They are the creatures of Love and were given through Love to man. I will provide all the needs of My people.

Do not think I will desert you, My children, I am with you always, even to the end, and then to guide you into the Kingdom of Love, your Heavenly Home.

Trust Me, children, for in trust you will find the Gifts of Love that My Spirit will use, through you, to help your brothers and sisters. Trust Me and come walk this Path with Me.

Believe.

I Love you.

Thursday 3 February 2022

My children, look and see the Truth: this world is falling deeper and deeper into the darkness of lucifer. It is now on the path to its own destruction brought about by the sin of this generation.

You are a barbaric generation!

You say you look to protect the rights of others; you say you do not want to offend anyone.

You look to remove such things as male and female because you do not want to offend those who are blinded by sin.

You say you protect but you only open a clear path to hell for yourselves and your brothers and sisters.

It has come to the point that I must intervene for everything that

I created in Love will be destroyed. Never has there been such an evil generation. I tell you; you have little time left to repent before I put an end to your evil ways.

Repent and return. These are your last Warnings before I begin to reclaim My people and My Creation away from your lies. I will separate the wheat from the chaff and the chaff will be cast into the eternal fire.

Be Warned, generation, I am your Creator, your God, and I Love all of you. Listen now and repent.

I Love you.

Friday 4 February 2022

Trust Me, My people, and do not allow self to control you. I have been guiding you through these Words of Truth so that you will be safe in this time of great darkness when the leaders of My Church have deserted Me and My people in favour of the wealth and glamour of this world.

My Church is now led by a man of lies who only believes in himself and sees himself as a great king that serves his people in the ways of true gentleness and understanding. Yet he only leads My people on a path to hell that he himself walks in free will.

Open your eyes and see the Truth of what is happening around you. Die to self so that you can look and see the Truth and all the lies that are promoted as truth by the leaders of My Church and this world. All will become clear.

Come follow Me in Truth; die to self and see what is truly

happening.
Trust Me.
I Love you.

Saturday 5 February 2022

Trust Me and believe in the Words I speak. Trust Me, My children, and be obedient to My Words. Fight the sin in your lives and come away from the temptations of this world. I am with you, My children, and when you turn to Me, I will guide you.

Trust Me, children, and do not let this world guide you away from Me with its glitter and false truth. Trust in Me and let Me be your Guiding Light. I have given you much to guide you on the Path of Truth.

Trust Me, My children, I am the One who Loves you.

Trust Me.
I Love you.

Sunday 6 February 2022

Believe, children of Mine, and do not be dismayed by the events that are taking place in this world. Simply know My Justice is bringing the Truth to the fore and all that has been hidden is being shown as it is. Trust Me, children of Mine, and believe in the Words I give. Do as I say: prepare for the Coming of My Spirit for He will build your faith, if you have prepared. Trust Me and do as I say.

Trust.
I Love you.

Monday 7 February 2022

Trust Me and believe in My Words.

I Come to bring Freedom to My people. I Come to bring Justice to this world of lies, of darkness. I will cleanse this world of the lies; I will show all the Truth of those in power. I will break the shackles that the leaders have enslaved My people with for they have become liars who deny and avoid the Truth to stay in power.

I am Coming as a God who will reclaim all of My Creation in a chastisement that has never, nor will ever, be seen on this earth again because your generation is so corrupt, so evil.

You, who are willing to listen, I say: repent for the countdown has begun to the collapse of all that you know and understand for I will put an end to the false knowledge. I will show you all how little you truly understand about My Creation.

Prepare, children of Mine, time is short.

I Come.
I Love you.

Tuesday 8 February 2022

Trust and believe in the Words I speak and know that there is little time left to prepare. I have Warned you what would happen if you did not listen to Myself and My Mother. We have spoken so many Words that have been spoken through many thousands of Messengers around this world but so few have listened.

Trust Me, children, die to self, fight the sin in your lives and come, follow Me in Truth for I am about to change everything you

know and understand. Science will see and understand how little they truly know. I will give all a chance to return and repent.

Trust Me, children of Mine.

I Love you.

Thursday 10 February 2022

Believe, children of Mine, and do not fear for your God is with you. I have spoken many Words and told you of the events to come but still so few of you listen and prepare. You allow the world and its ways to control you.

I have told you lucifer only wishes to destroy all that I have created and now he has destroyed so many for they have accepted his lies as truth. I cannot help you, children, if you do not listen. If you do not prepare, then you will not be able to fight the lies that lucifer has put into this world and so many now accept them as truth.

Look at My Church and see there is little time left, it is all but destroyed and I must step in before it is totally destroyed for I will fulfil My Words and the gates of hell will not prevail against My Church.

See and listen, children, and prepare. It is almost time and you have not prepared. Trust Me and come walk this Path: die to self by removing sin from your lives so that you can see.

Trust Me.

I Love you.

Friday 11 February 2022

Feast of Our Lady of Lourdes

Trust and believe in the Words

I give to guide you through this time of great evil when mankind has forgotten their God. Trust Me for I am about to change everything that you think you know and understand. I am your God and you have grieved Me by your evil actions, your lies.

Do not think I do not see what goes on behind closed doors. I see all the lies, the deceit of mankind and it is time for your lies to be seen. I will show what you, leaders, have done. I will show them all your plans and this world will be shocked when they see what you have done.

Trust Me now and return to Me before it is too late.

Trust Me.

I Love you.

Saturday 12 February 2022

Look to the Truth, My children, and see what is happening in this world. Look and see how you are being deceived by those who have listened to the lies of lucifer and now try to force you to believe their lies as Truth.

Look! You have rejected My Commandment, "...thou shalt not kill..." You murder your own children and now inject their blood into your veins. Yes, you will say it is not blood but, blood is the building block of life and you have developed your medicines, your vaccines and many other things from the bodies of aborted children. You use their cells and so, their blood.

I have Warned you in My Scriptures and now you must

accept the consequences of what you have done. The blood of the innocent cries out to Me from within your bodies and so, now, you have entered a spiritual realm that you do not understand. You have blocked My Light from entering your souls and so you are walking a dark path when you accept these things into your bodies in free will. Trust Me and come away from these things and I will cleanse you. Trust Me: this is a call for you to return, a chance for you to be saved from eternal death. Come follow Me.
Trust Me.
I Love you.

Sunday 13 February 2022

Trust Me, My children, and be obedient to My Words. I have told you the way it will be and that only My Light will be able to guide you through this time. Now, be obedient to My Words for you cannot realise or understand what lucifer has planned for mankind. You have walked straight into his traps, his plans, in free will. You have given him all that he needs to destroy your world many times over.
How blind you have become, children!
You no longer listen to your God and now believe I do not exist. It is time to show this world the Truth. It is I, who keep all in balance, even though man has destroyed almost everything with their sin. If it were not for My remnant, this world would be already destroyed through the influence lucifer has

over you.
Prepare, it has begun.
Trust Me.
I Love you.

**Tuesday 15 February 2022
Feast of**

Saint Claude de la Colombière

Believe, children of Mine, and walk this Path I set before you. Believe in My Words and simply obey the Instructions of dying to self.
Remove the sin from your lives. Trust Me, children, and follow. You will begin to see the Truth if you follow My Instructions.
Trust Me.
I Love you.

Wednesday 16 February 2022

Believe, children of Mine, and know I am with you. Believe in what I ask of you. Do not reject My Words of Truth for it is only in dying to self that you will truly understand the meaning of My Words.
Believe, children, for Justice is among you and more and more you will see the effect of this Truth as more and more, that that was hidden is brought into the light. Believe and be obedient to My Commandments, My Words of Truth, My Laws. Through obedience, you will find Eternal Life.
Trust Me.
I Love you.

Thursday 17 February 2022

Believe, children of Mine. The reclaiming has begun, the Spark

of Truth has ignited and soon will begin to consume the darkness as My Truth is given freedom within My people, once again.

It has begun, children, are you ready, have you prepared? If not, prepare now, die to self, remove the sin from your lives so that you can see the Truth.

My priests, you who remain loyal to Me, your freedom comes. You, too, must prepare; fight the sin in your lives. The more you fight, the more you will see and understand as the scales fall from your eyes.

Trust Me. My Spirit is at work in this world. I have not left you and, now, it has begun. Feel the excitement of Truth as it begins to seep back into this world.

Trust Me, My children, I have not forgotten you.

Trust Me.

I Love you.

Friday 18 February 2022

Be what I have called you to be, My children, be the Warriors of Love. Love your neighbour, love your enemy, love all who persecute you. Love is the only weapon you need to overcome the evil of this world.

Trust Me, all is about to change in a way that you would not believe possible. My Power will be seen once again in this world. Trust Me, My children, and prepare.

Trust Me.

I Love you.

Saturday 19 February 2022

Trust Me and believe in the Words I speak for I am truly among you,

My people. The God of Justice has come to His people and Truth shall be seen. I shall blind the high and mighty and they shall reveal their lies in their own arrogance and pride.

Trust Me, My people, for Truth will be seen in every country of this world.

Trust Me and let My Love penetrate your hearts.

Trust Me, your God.

Trust.

I Love you.

Sunday 20 February 2022

I have not forgotten you, My children, I have not forgotten My promises. I tell you the Truth: I am Coming to put an end to the lies that surround Me and My Truth. You speak of Truth but, so many times, you only allow self's desires to cloud My Truth and so it becomes a lie.

Trust Me and live My Truth, speak My Truth and this world will hate you for, it first hated Me. This world will laugh and mock you for following Me but this, I have already told you.

Look at what you believe is truth and remove self from it and you will find Me. It does not matter who rejects you for following Me as long as you have Me and walk the Path of Truth I set before you. Believe, children of Mine, believe.

I Love you.

Monday 21 February 2022

Come to Me, children of Mine. Feel My Presence for, truly, I am with you. So many have rejected

Me in this time, so many enter the gates of hell every day. So, so many are lost to Me.

Pray much for your brothers and sisters for, each time you pray, I send Grace to help open their eyes to the Truth. The more you pray, the more I will be able to help My children.

Trust Me for I can use your free will to help others. Do as I say and many will be turned away from the path of hell.

Trust Me.

I Love you.

Tuesday 22 February 2022

Trust and believe, children of Mine, your time of exile is coming to an end. The peoples of this earth have been sifted like wheat and have been found wanting in faith. Only a few have stood by their faith in Me in this time of trial and persecution.

I tell you, unless man repents of his sin there shall be a Great Chastisement and the countries that see themselves as great will fare badly for it is they who have promoted sin and destroyed a great part of their people through abortion.

Repent, man, for your God is about to strike you down. I speak to you who have blinded yourselves and walk the path of evil. Do not justify your sin for I can see the Truth and none will be spared that continue to walk the path that lucifer has set before them.

I Come, children.

My Prophets begin to stir, to awaken and the Power of My

Spirit shall flow through them. My army is in every country and they shall reclaim many before the Day of Cleansing. Trust Me and let Me guide you through this time.

Trust Me, children of Mine.

I Love you.

Thursday 24 February 2022

Believe, children of Mine, and let My Truth penetrate your hearts. Let My Love guide you through the trials of life. Love one another; do good to those that persecute you and Love your enemy.

Love is the greatest weapon I give to you. Love is your shield; Love is your armour and Love is your sword.

Love all that you meet and you will be truly following Me. I have told you what this world has done to itself by accepting the blood of the innocent into their bodies and you must prepare so that you can help your brothers and sisters when they are in need.

Trust Me and prepare, die to self, remove the sin from your lives and follow Me in Truth, this is how you prepare.

Trust Me.

I Love you.

Friday 25 February 2022

Believe, children of Mine, and do not fear the events of this world for I am in control. Trust Me, I am showing this world the error of its ways. My Justice is slowly seeping into every dark place and all that has been hidden will come to the fore.

Trust Me and believe and prepare for the Coming of My Spirit. He will guide you on the Path of Faith, if you have prepared.
Trust Me.
I Love you.

Saturday 26 February 2022

Trust Me and believe in the Words I give you. I have not led you wrong but have guided you upon the Path that leads to Heaven and Eternal Life. Open your eyes and prepare, children of Mine, for little time is left.

Already My Prophets begin to awaken in all the countries of this world. I tell you the Truth: you do not know what is coming, children, and you must be prepared. Trust Me and begin, now, before it is too late.

Trust Me and begin.
Trust.
I Love you.

Sunday 27 February 2022

Believe in Me and fight for My Truth in your life. Do not doubt that I am with you for when you enter this Journey of Truth then you are bound to Me as I am to you. Believe, children of Mine, and always know I am with you. Do not fear the events of this world. I have told you, man is falling into his own traps designed by lucifer in order to destroy him.

Trust Me, children, I am in control. I will not let you fall into the traps of lucifer when you are with Me. I will bring Freedom to My people. I will show this world the Truth and I will remove all that have

chosen to continue to follow evil. Believe and trust in Me.
Believe.
I Love you.

Monday 28 February 2022

Trust Me, children of Mine, and do not be afraid. Do not listen to the media and those in power for what you hear are truths twisted into only lies. I come to undo what they have done. I come to hold all to account for their actions both within My Church and without. All will have to account for what they have done to My people with their lies that lucifer has inspired them with for they have become his followers by their own actions. Trust Me, children, and stay close to Me. I will guide you. I will look after My own.

Trust Me.
I Love you.



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APPEAL UPDATE

We wish to thank all of you who have supported our mission here at An Invitation to Love Jesus during the year and indeed for many years. We also thank you for your response to our latest appeal.

We are still having some problems with our printing equipment and finances are still needed in order to progress with getting suitable machines, which we hope will sustain us for many years to come. At this stage our finances, unfortunately, dictate as to the best way to move forward. Please keep this all in mind and in your prayers. The printing equipment is of vital importance in the Mission which Jesus has asked of us through An Invitation to Love Jesus.

Again, we sincerely thank you all for your continuing prayers and financial support.

DONATIONS

Ways to donate:

If you wish to contribute to our appeal via bank transfer, all donations received will be deposited in this bank account:

Account Name: An Invitation to Love Jesus

Sort Code: 950282 *Account Number:* 22798727

Bank: Danske Bank, Cookstown

For those outside the UK:

IBAN: GB27 DABA 9502 8222 7987 27

Cheques or Postal Orders please make payable to:

“An Invitation to Love Jesus”

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: goodnews@thetwopatrick.org

Sincere thanks for your continued support.



SACRIFICE

All religions

Throughout history, all religions, even paganism, have been based around worship; worshipping something or someone. The heart of that worship, again for each religion, is sacrifice! In Catholicism we have Jesus, giving Himself Body, Blood, Soul and Divinity on the altar at the Holy Mass. "Through Him, with Him and in Him, in the unity of the Holy Spirit, all glory and honour is Yours, almighty Father, forever and ever."

At each Mass we partake in, we can unite our Sacrifices to Jesus at this time of His Sacrifice being offered to the Father through the Holy Spirit.

"...See My Passion in the Mass as I pour out my Love again and again as the Greatest Sacrifice ever to be held on this earth. It is to My Father's Glory that I do it..." Monday 21 June 1993

Lent is approaching

As Lent is approaching we can think of the sacrifices we desire

to do for Jesus. We can think of the sin and the self we so desire to die to. However it is important to remember not to be discouraged when we fall. We will fall, however it is with Gods Grace and Mercy we will be able to forgive ourselves and rise again fighting harder, knowing our temptations and triggers from our previous falls and prepare for them.

Dethroned self

I recently read in 'God Calling,' a book by A.J. Russell, that we can dethrone self. However a self dethroned still has the ability to come back even fiercer than ever and so we feel discouraged in our fight and wonder why we even tried giving up in the first place. However Jesus Teaches a higher law, a dead self. We know this as He continually encourages us to die to self in the Messages of Love. However in this specific Message from the God Calling book, what stood out to me was that when we try to die to a bit of our sinful self we need to put, in its place, good food, spiritual food, the Word of God, service to others. As self is being attacked by killing the first thought, beat it down even more by doing an act of kindness or reading a passage from Scripture. If you are a parent in the throws

of a busy household, read it aloud!
The spoken Word has power!

"...Do not fear. Remember how I faced the devil in the wilderness, and how I conquered with "the Sword of the Spirit which is the Word of God". You too have your quick answer for every fear that evil may present – an answer of faith and confidence in Me. Where possible say it aloud..." (God Calling by A.J. Russell; July 1.)

Fill that emptiness with God

Knowing this and thinking back to all the times I have tried to die to self, thought I was successful, then being deeply discouraged when, all of a sudden, it's back with a vengeance, I can see that I didn't try to fill that emptiness with God, therefore self was able to creep back into the room I had worked on emptying in myself.

"And when an unclean spirit is gone out of a man he walketh through dry places seeking rest, and findeth none. Then he saith: I will return into my house from whence I came out. And coming he findeth it empty, swept, and garnished. Then he goeth, and taketh with him seven other spirits more wicked than himself, and they

enter in and dwell there: and the last state of that man is made worse than the first. So shall it be also to this wicked generation." (Matthew 12: 43-45)

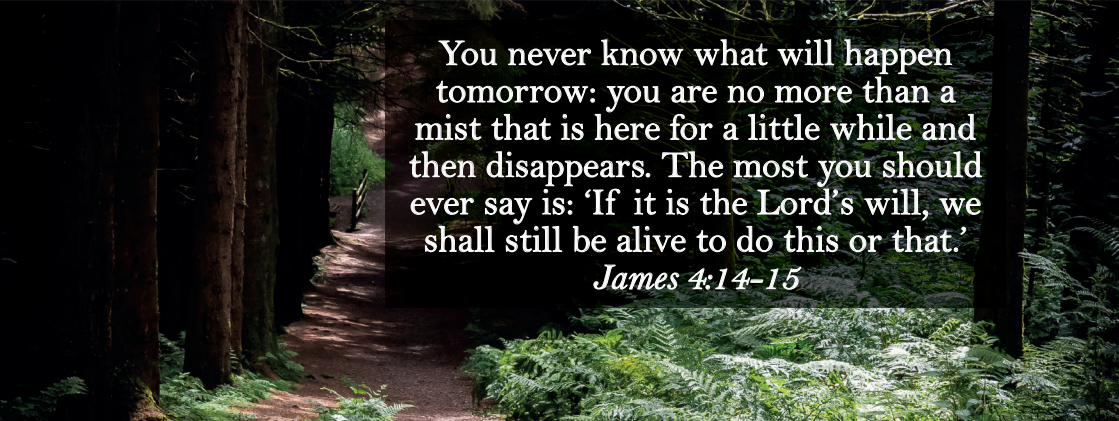
KILL self

Before Lent, let us each go to prayer and talk to Jesus about what we can die to in ourselves, what sacrifices we can offer up with Jesus to the Father through the Holy Spirit and listen to His guidance on what we should try to fill that room with. Let us pray for each other to truly KILL self once and for all and not just dethrone it. Let us die to self this lent so we can truly rise with Jesus this Easter Sunday!

The Cross of My Love

"...Never take the Cross of My Love for granted. It is a thing of great Power and Love. On it the Lamb of God was sacrificed for your sins. On it He poured out His Great Love for you and only you My children. See the Crucifixion as a Great Mystery. See it as a thing to be loved and respected in Holy Fear and Holy Awe. Never take it for granted..."

Monday 21 June 1993



You never know what will happen tomorrow: you are no more than a mist that is here for a little while and then disappears. The most you should ever say is: 'If it is the Lord's will, we shall still be alive to do this or that.'

James 4:14-15



Why Vaccine Mandates Are Unreasonable

We thought it would be good to include the following article, written by a Dominican Theologian Fr Ezra Sullivan, because many people are being emotionally blackmailed into consenting to the vaccines, being told that it is their responsibility or that they have a moral obligation to protect their neighbour and take the vaccine.

Dominican Moral Theologian: Why Vaccine Mandates Are Unreasonable

By Fr Ezra Sullivan OP

First, a basic principle of morally sound medical care is “informed consent.” No one should be coerced to receive experimental medical procedures or treatments. Vaccine mandates violate this basic principle by placing heavy burdens upon people to receive the mRNA vaccines, which are undoubtedly experimental because of their newness and very short-term track record, with unknown long-term effects.

Second, there’s no health justification for any kind of mandate at this point. The Omicron variant is not mortally dangerous for the vast majority of people who contract it. This is not the Black Death; it’s not even Smallpox or the Spanish

flu. In fact, overall deaths and hospitalizations continue to fall even in places where there is no vaccine mandate whatsoever.

More harmful for the populace

Third, the mandates are not strictly necessary for the common good, and therefore there is no moral justification for them. Basic civil rights of people cannot be removed by the state for a mandate that delivers so little benefit. For example, Israel is one of the most vaccinated nations, but it also has the highest infection rate in the world. Vaccinated but un-boosted people in Britain are dying at higher rates than the unvaccinated. Restrictions and vaccine mandates in France have seen an enormous spike in confirmed cases. In fact, pushing universal vaccination at this point will only force the virus to continue mutating into potentially vaccine-resistant variations that will be more harmful for the populace.

Absolute control over citizens

Fourth, the mandates manifest a disturbing technocratic cynicism, in which citizens are treated like objects, and their personal subjectivity and responsibility for their health is eliminated by bureaucratic tyranny. Instead of trusting average doctors to decide

with their patients what is the best course of treatment or prevention for disease, a very few apparent experts are consulted, and they are typically compromised by a conflict of interest as they serve to benefit from lockdown policies. The quarantine camps in Australia show the ultimate logic of the vaccine mandates: absolute control over citizens by the State for the thinnest reasons, contrived by fearful and opportunistic politicians.

Resist the mandates

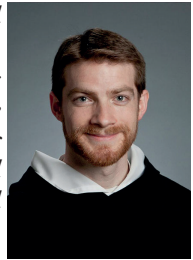
In sum, a careful analysis of the relatively low harm of the virus in its present form, and the relatively small benefit of vaccination, shows that there is no moral duty for anyone to be vaccinated — and there is no moral right of governments to mandate vaccination. Vaccine mandates are wrong, and officials should not promote them.

Instead, people should resist the mandates, stop wallowing in fear, and live in the freedom of the children of God.

Father Ezra Sullivan OP is professor of moral theology at the Pontifical University of St. Thomas Aquinas in Rome and the author of “Using Abortion-Derived Vaccines: A Moral Analysis” (2021 *Nova et Vetera*)

<https://edwardpentin.co.uk/dominican-theologian-why-vaccine-mandates-are-unreasonable/>

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Become as little children

Become as little children

“...Amen I say to you, unless you be converted, and become as little children, you shall not enter into the kingdom of heaven...”

Matthew 18:3

Before Christmas, I thought it would be nice to teach my children how to give some of their toys to



the children that don't have any. I didn't think they would be the ones teaching me!

They will love them

When I think of decluttering or

trying to be more austere, I give away things I no longer need or, in truth, have no attachment to. When I asked my girls to pick two things we could give away I came into their room to find a pile each of their favourite teddies and dolls. I explained to them that they would miss them and I actually said “but you love all these” and one of them said “but they will love them now too”. They thought nothing of themselves, only of how happy the other children would be! What a teaching for me! To always think of the happiness of others before myself and not attach myself

to any earthly thing, as they can shackle the good works we intend to do.

Give up all attachments to this world

My children, I am calling you to a deeper prayer life with Me. I call you to trust in Me.

Trusting in Me is to give up all attachments to this world and to find refuge only in Me. There is nothing in this world that you can take with you when you come to Me in death except your good deeds and your bad deeds. I Love you.

Monday 10 August 2020



The Rosary Crusade

and taken control of the world, only Jesus can Save us.

We know from social media there are peaceful anti-vaccine-mandate protests going on in major cities every Saturday worldwide.

More and more people are also taking up public prayer. In Poland, men have taken to the streets to pray the Rosary and this has spread to major towns throughout Ireland. In German-speaking countries in Europe, Rosary Processions have started taking place and numbers and locations are growing.

On Twitter recently, Saint Boniface

Only Jesus can Save us

In these times, when a handful of rich people seem to have captured

Institute shared a short video of a group praying the Rosary through the streets of Vienna. There were about one hundred people, carrying a Crucifix, singing the Ave Maria. It was heart-warming to watch. Alexander Tschuggel started this two and a half years ago, at the first mention of Covid.

Father Petrus Pavlicak

Austrians have great faith in praying the Rosary publicly because of Father Petrus Pavlicak who started the Rosary Crusade there. Petrus was born in Innsbruck, Austria, in 1902. He felt called to religious life but left the Church when he was a teenager. He lived a worldly life and his civil marriage lasted only three months. However, he was struck with a life-threatening illness in 1935, and this led to a deep conversion and he finally answered the call to become a priest.

Man's efforts were not enough

Huge events in his life took place on various Feasts of Our Lady, She was guiding him! Much of Austria was under the Iron Curtain after World War Two and the Soviets had never lost a nation. Father Petrus Pavlicak was inspired by the words of Fatima, where Our Lady said that the actions of man were not enough – only She could help us, through the Rosary and, if we did as She asked, many souls would be saved and there would be Peace. In 1947, Fr Pavlicek began gathering people in villages, towns and cities across the Soviet-controlled Austria on

the 13th of each month to pray the Rosary together in public and called it the Rosary Crusade. By 1955, eight years later, more than half a million Austrians had pledged to pray the Rosary every day, begging for the conversion of sinners, for peace in the world and for freedom in Austria. Even though politicians had conducted more than 260 peace conferences in an effort to remove the Soviets, the Russians tightened their iron grip. Man's efforts were not enough.

To the world's surprise, on 15 May, the month of Mary, the Soviets announced they would withdraw their troops and signed a treaty guaranteeing the independence of Austria. In October, the month of the Rosary, the last Russian soldier left Austrian soil.



Heaven has indeed intervened

Also on Twitter, there was an article published by Euroactive on 10 January 2022, entitled 'Mandatory Vaccination Suffers Setback in Austria!' It stated: "Due to technical complications, the registration of mandatory

vaccines will only be possible by April, two months later than envisioned by the Austrian government. Meanwhile, experts are questioning the effectiveness of mandatory vaccinations.” https://www.euractiv.com/section/politics/short_news/mandatory-vaccination-suffers-setback-in-austria/

Austrians were facing the threat of mandatory vaccination and the government were going to introduce a law in February 2022 in order to fine unvaccinated Austrians just for being unvaccinated. There is now a delay in its implementation. And this brings so much hope because perhaps by April, more of the world will see that the vaccines are useless and dangerous and they will be confiscated and so these tyrannical mandates will not come to be.

I really do believe this “technical difficulty” has come to be through the Rosary processions and all the prayers and sacrifices going on in Austria. Catholics there have spearheaded campaigns of prayer and peaceful protest against these

mandates and their efforts have reached Heaven and Heaven has indeed intervened!

A breakthrough

We can finally see a breakthrough in our world. Jesus tells us in the Messages the ‘Time of Justice’ is here, His Truth is seeping into this world and more people are beginning to call on the forces of Heaven to push back the darkness on earth.

If you would like to join in or, even better, organise a Rosary procession where you live, there is a web page “Public Rosary all over the world” where you can add a map pin and join the crusade, or indeed you could start your own.

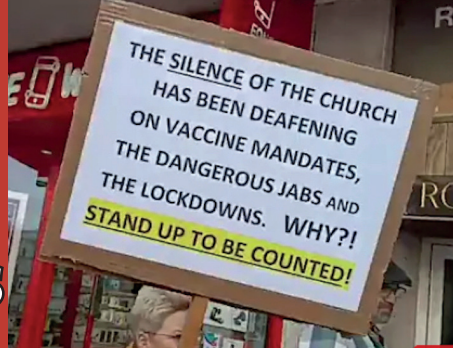
In the UK, we are starting to see restrictions ease but Jesus keeps telling us dark times are ahead and so we can’t afford to ease the momentum of calling upon Heaven for help. We also need to pray for our brothers and sisters in Australia, New Zealand, Canada and Austria where they are so oppressed by their governments. Let’s call on Heaven to fight hell on earth!

In his monumental work, The Secret of the Rosary, Saint Louis Marie de Montfort states:

“PUBLIC PRAYER IS FAR MORE POWERFUL THAN PRIVATE PRAYER TO APPEASE THE ANGER OF GOD AND CALL DOWN HIS MERCY, AND HOLY MOTHER CHURCH, GUIDED BY THE HOLY GHOST, HAS ALWAYS ADVOCATED PUBLIC PRAYER IN TIMES OF PUBLIC TRAGEDY AND SUFFERING.”



The Deafening Silence of Church Leaders



When the Vatican promotes potentially dangerous abortion-tainted vaccines for all, young and old alike, they do not represent the Church, the people of the Body of Christ. This article by Edward Pentin just says it all.

The Deafening Silence and Grievous Complicity of Church Leaders During Covid

By Edward Pentin

Church leaders, beginning with Pope Francis and the Vatican, have been silent and complicit in the face of grave wrongs committed over the past two years — each neatly summed up in the picture above.

In the case of the Vatican, it has committed these injustices on its own territory, enforcing some of the world's strictest vaccine mandates even when evidence mounts that these shots pose considerable health risks, especially for young people, and the threat of the virus, once serious according to scientific modelling, recedes.

The madness

Having long washed its hands of any concern over the jabs being abortion-tainted, the Vatican unquestioningly went along with the powers-that-be followed by

most of the world's bishops. That might have been understandable at first but this position did not change.

Never mind the gross injustices, unnecessary hardships, and suffering caused to millions by the madness of lockdowns and vaccine mandates.

The sheep felt abandoned

The Church's leaders remained silent on the policies, but not before becoming complicit: committing injustices against the souls of their flocks by closing churches for long periods, enforcing restrictions on worship, banning the unvaccinated from the sacraments in some cases, and most recently backing grossly unjust, state-sanctioned vaccine mandates.

The sheep felt abandoned by their shepherds as their bishops fixed their gaze on physical health and mass groupthink rather than the eternal well-being of souls and common sense — this worldly orientation that has been in the making for decades but which came of age during COVID.

Silent and complicit

History will not look kindly on the leaders of the Church during this period, even less so if they remain silent and complicit as more details of unjust and dishonest

public health policies of the past two years continue to emerge.
[https://edwardpentin.co.uk/the-deafening-](https://edwardpentin.co.uk/the-deafening-silence-and-grievous-complicity-of-church-leaders-during-covid/)

silence-and-grievous-complicity-of-church-leaders-during-covid/



I hear you...

Shared from a friend on facebook - hope it touches you like it did me....

Me: Okay, God, here's the thing. I'm scared. I'm trying not to be, but I am.

God: I know. Want to talk about it?

Me: Do we need to? I mean, you already know.

God: Let's talk about it anyway... We've done this before.

God: waiting patiently, unhurried, undistracted, never annoyed.

Me: Okay. So, I'm afraid I'll do everything I can to protect my

family and it won't be enough. I'm afraid of someone I love dying. I'm afraid the world won't go back to what it was before. I'm afraid my life is always going to feel a little bit unsettled.

God: Anything else?

Me: EVERYTHING ELSE.

God: Remember how your son woke up the other night and came running down the hall to your bedroom?

Me: Yes.

God: You were still awake, so when you heard him running, you started calling out to him before he even got to you... remember? Do you remember what you called out to him?

Me: I said, "You're okay! You're okay! You're okay! I'm here."

God: Why did you call to him? Why didn't you just wait for him to get to your room?

Me: Because I wanted him to know that I was awake, and I heard him, and he didn't have to be afraid until he reached the end of the dark hallway.

God: Exactly. I hear you, my child. I hear your thoughts racing like feet down the dark hallway.

There's another side to all of this. I'm there already. I've seen the end of it. And I want you to know right here as you walk through it all, you're okay. I haven't gone to sleep, and I won't.

Me: *crying. Can we sit together a while? Can we just sit here a minute before I go back to facing it all?

God: There's nothing I'd love more.

The Martyrdom of Saint Polycarp

From a letter on the martyrdom of Saint Polycarp by the Church of Smyrna

A rich and pleasing sacrifice

When the pyre was ready, Polycarp took off all his clothes and loosened his under-garment. He made an effort also to remove his shoes, though he had been unaccustomed to this, for the faithful always vied with each other in their haste to touch his body. Even before his martyrdom he had received every mark of honour in tribute to his holiness of life.

There and then he was surrounded by the material for the pyre. When they tried to fasten him also with nails, he said: "Leave me as I am. The one who gives me strength to endure the fire will also give me strength to stay quite still on the pyre, even without the precaution of your nails." So they did not fix him to the pyre with nails but only fastened him instead. Bound as he was, with hands behind his back, he stood like a mighty ram, chosen out for sacrifice from a great flock,



a worthy victim made ready to be offered to God.

Looking up to heaven, he said: "Lord, almighty God, Father of your beloved and blessed Son Jesus Christ, through whom we have come to the knowledge of yourself, God of angels, of powers, of all creation, of all the race of saints who live in your sight, I bless you for judging me worthy of this day, this hour, so that in the company of the martyrs I may share the cup of Christ, your anointed one, and so rise again to eternal life in soul and body, immortal through the power of the Holy Spirit. May I be received among the martyrs in your presence today as a rich

and pleasing sacrifice. God of truth, stranger to falsehood, you have prepared this and revealed it to me and now you have fulfilled your promise.

“I praise you for all things, I bless you, I glorify you through the eternal priest of heaven, Jesus Christ, your beloved Son. Through him be glory to you, together with him and the Holy Spirit, now and for ever. Amen.”

When he had said “Amen” and finished the prayer, the officials at the pyre lit it. But, when a great flame burst out, those of

us privileged to see it witnessed a strange and wonderful thing. Indeed, we have been spared in order to tell the story to others. Like a ship’s sail swelling in the wind, the flame became as it were a dome encircling the martyr’s body. Surrounded by the fire, his body was like bread that is baked, or gold and silver white-hot in a furnace, not like flesh that has been burnt. So sweet a fragrance came to us that it was like that of burning incense or some other costly and sweet-smelling gum.



LEAVE THE DARKNESS BEHIND

Good things are happening

On the Day of Love, Saturday 15 January 2022, Jesus said: “...leave the darkness behind in order to see the light...”

Living on this earth is like running through a dark tunnel. We are surrounded by glittering things and, when we stop to look, we are sucked in, they are like vacuums and it is a struggle to break free. But the faster we run towards Jesus, the Light at the end of the tunnel, and avoid stopping to look at the glitter, the distractions, the

darkness, the quicker we will reach the end.

It is the Time of Justice and Jesus has started to fight back the darkness by shedding His Light and Truth upon this world. I can already feel some relief, like a weight has lifted off. Good things are happening.

Eradicates the darkness

In the same Message He also said: “This year you have entered has already brought much darkness with it and there is more to come...”

Jesus talked before about people getting angry after the Spirit of Truth hits. There are three sets of people, those who (if they died right now) would go to Heaven,

those for Purgatory and those for hell. Those who would go to hell will be angry with God and the other groups. Also people might get angry about the vaccine if there are further adverse reactions. We need to make sure we are on the right side of God before more darkness comes. We need to pray, spend time with God and see the Truth of ourselves. He will show us when we sit before Him, if we want to know. In prayer, He will give us the Grace to help us overcome our sin. It is important that we don't waste time beating

ourselves up when we fail. We need to rise quickly, pick up our cross and follow Jesus. All He wants is to see us really, truly trying to follow Him. He wants to see us trying to overcome our sin. The more we give Him, the more He can do through us. This eradicates the darkness in us and in this world.

We all have a role to play, Jesus has made it so we can help Him. He doesn't really need us but He likes our help, our co-operation, and us to work with Him. His Ways are better than ours.



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 entire 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.

The donkey was ready with its

panniers strapped to its body filled with all that they thought they would need for the journey to Bethlehem. They did not know how long they would be there and the more they took with them then the less they needed to buy or trade for. Mary sat on the donkey and looked awkward because of her state of pregnancy. Neighbours told Joseph that it was not right that Mary should go at this time. Perhaps if he explained her condition to the priests in the Temple they in turn could speak it to Herod. Joseph told them that they must go because the threat from the Romans was too great. Was Nazareth not full of Roman

soldiers, even now? So now they were ready. It was early morning and the sun was not long past the horizon, ready to scorch the land. Joseph took the rope that was the halter and led the donkey on the beginning of their journey.

It was possible, Joseph thought, that they were going too early but because of Mary's late stage of maturation he was not taking any chances of her giving birth along the road. He wanted her to be safely in Bethlehem before she gave birth to the child. He was worried about her but she reassured him that she was all right. She did not seem worried but she felt tired all the time. Sometimes she fell asleep while they were talking in the evening, as the sun was going down and it was cool. She loved that time of day and he had teased her about being like the evening star, the first to appear in the heavens. His love for her grew as he watched her sleep on those evenings and then he would gently wake her so that she could bed down for the night. She was always surprised that she had fallen asleep.

Now she smiled at him as they went down the gentle slope that was the road that led out of Nazareth and would bring them to Jerusalem and Bethlehem. He could see her holding on tightly.

There were many people about, even at this early hour. Some were going about their morning business of going to the fields or to bring in the days supplies. He could see the women on the flat

roofs of their houses doing various chores in the cooler morning. The birds sung bright cheerful songs to greet the day and it seemed that they were trying to share their joy with the humans that passed by. He could see the brightly coloured rugs and blankets hung over the balconies of the larger houses and smelled the bread that wafted on the morning air. They had stopped a few times to let shepherds drive their sheep along the road. It was good to be alive to see all this activity and in his heart a song was singing that rang through his body and his mind and it gave him a spring in his step. He looked back at Mary; she was bobbing along with the movements of the donkey, relaxed and looking around at the day as it progressed. He would stop later and let her rest in a cool place. He prayed the sun would not be too hot this day.

The room that they were in was the room that King Herod used to entertain the Romans when they came to see him. It was cool and airy. It was rectangular in shape and measured thirty feet by twenty feet. Thin graceful pillars ran down the long sides of the rectangle, which were corridors that led to various parts of the palace. Murals decorated the walls and portrayed Herod himself building the Temple or the Roman temples and statues of their gods. He looked benevolent in them and they flattered him with the slimness of his body. It

had been years since he was so muscular and taut. He was not a particularly religious man and saw the help of the gods as only being advantageous when he needed them for his own gain. One short side of the rectangle opened out into a large balcony from which could be seen the Roman amphitheatre. This had pleased the Romans.

Herod looked thoughtfully at the three men across the table. They were eating a midday meal and the choice cuts of lamb had been eaten with relish for they had fasted for three days; or so they told him. They sat now eating figs in their coloured robes. One was a swarthy, thin man who looked to be from the Orient. His bearded face had the look of many hours

spent in prayer and his hair was sleeked with perfumed oils and it hung rigid down his back. He seemed to favour purple. The second was a squat, square man who munched greedily on the figs and already had too many helpings. His bald head and face looked cool although he sweated profusely. He wore a simple white ephod. He was a priest. The third was a large, thick man who wore a large hooped earring. His hair was long and a bronze band across his forehead seemed to disappear into it. The garment that he wore was down to his feet and made of red silk and looked cool in the heat of the afternoon. 'Is he a prince?' thought Herod as he watched them.

Continued next month

The Plight of Others

THE PLIGHT OF HAVING A BABY WITH ANOMALIES

Suzanna Hope DeMasi

I came across a video on Servants HM Films YouTube page entitled "The Life and Death of Suzanna Hope DeMasi" (<https://youtu.be/rSQH5nb1PmM>)

It was about Father Luke DeMasi's little niece and how she changed the DeMasi family forever.

Father Luke's brother, Samuel and his wife Brianne were pregnant with their sixth child. At the 16-week scan, anomalies were



detected – an extra finger on one hand; upon further investigation, the baby had many indications of Trisomy 13.

Brianne and Samuel declined the offer of abortion.

At ten years old, Brianne had lost a sister who was four days old from Trisomy 18 and because of what she went through, she wanted her children to be fully informed on everything. Their little hearts were broken when she told them their new baby sister would be very sick and she wouldn't be with them for long.

She met her family

Brianne and Samuel's hope and priority was to meet their baby and hold her in their arms.

Suzannah Hope was born on 4 October 2021, the Feast of Saint Francis of Assisi, she met her family and got baptised.

Her siblings made an ink print of her little hands and chose the hand with the six fingers to make her a card, which they all drew on, for her obituary. They read their favourite books to her and got to hold her. The whole experience though hard and painful, was also positive, a gift from God. They met death in the arms of a loving family. They embraced that cross together and discovered the joy in suffering.

Samuel and Brianne did not want her in NICU on her own, they wanted her in one or the other's arms. On the Feast of Our Lady of the Rosary, 7 October, they prayed a Rosary together with her. To lighten their hearts, they took the

kids out on a picnic and playtime. They had hoped to take Suzanna Hope home but on 8 October she passed from this life to the next.

Why does God let this happen

Why does God let this happen would be a recurring thought on everyone's mind but just look at the good that has come out of this terrible event.

The example of unconditional love that the DeMasi family bore this cross with was so praiseworthy and admirable.

They chose not to abort her, or leave her to die in another room – which often happens to babies born with abnormalities - this was very touching for the staff at the hospital.



When life gets hard for Suzannah Hope's siblings, they will recall how their parents brought into the world a baby with deformities and loved and cared for her and that will be a great source of strength for them if they ever encounter low self esteem issues. It is a great confidence booster for them and a suicide deterrent, especially needed for our young people in this day and age.

Every life matters

So many in the community were touched by the DeMasi family and a huge amount of people came to pay their respects when she was buried. There was even a guy at the reception after the funeral who wanted to be a Catholic after witnessing the 'Truth', that there is Eternal Life and of how every life matters.

It is also a great witness to anyone

else who may have to face similar news one day.

There is no end to the marvels that have come out of this terribly sad event.

Suzannah Hope had a short life but it would appear that she has a powerful mission of hope, to hope for Heaven. We need to keep our eyes on Heaven where there is no suffering, loss or partings but only joy and happiness forever.

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Lent

Give our 'self' to God

As we approach Lent I thought it would be a good idea to remind ourselves of how we could use this time well and give our 'self' to God in this time of preparation for Easter.

Fasting in lent helps us to fight against satan and discover the victory of Jesus over temptations. Fasting can be from food, tv, alcohol, cigarettes etc but Jesus tells us the greatest fast is fasting from sin.

A 'shift of love'

Prayer is important as it is our communication with God. Make time for prayer. A time when Jesus can fill us with His Graces to do His work. Spending time with Jesus by reading Scripture and meditating on it helps us to get to

know Him and Love Him. It helps us to know what He wants of us and how to follow Him.

Almsgiving helps us to do Gods Will by acts of charity to others. Not just by giving money to charity to help others but also by giving our time, our love and putting others first.

Fasting, Praying and Almsgiving are conversion. St Augustine calls it a 'shift of love', from cupiditas to caritas; the heart moves from self-love to self-giving love.

Attachments, sins and faults

I think the following guide could be of help during Lent but you can put your own information into each category. For example: we know our own attachments, sins and faults so we could try and work on these and put God first

in our lives, leaving Him room to work in us and through us. If we have done well during Lent with our sacrifices, we should continue the practice of dying to self after Easter too.

Jesus is always asking us in the Messages of Love to die to self and become His True followers. Lent is a good way to prepare and help us to be ready for what is to come.

LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matt 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.



DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!!

Consider the following categories on what you should do for Lent.

1. VOLUNTARY AMENDMENT OF LIFE: Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!

Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

In this category I am going to do _____

2. ACTS OF PENANCE: Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!

Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc...

In this category I am going to do _____

3. WORKS OF CHARITY: Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!

Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures _____ minutes a day, spend _____ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament or some shrine of Our Lady.

In this category I am going to do _____

I plan on making a good confession by this day during Lent _____



**SONLIGHT
PRESENTS**

BEYOND THE SONG

A DRIVE-IN WORSHIP EVENT

ON SUNDAY 29 MAY

SAINT JOSEPH EQUESTRIAN CENTRE

23 DRUMNACROSS ROAD, COOKSTOWN, BT80 9DT

FEATURING SONLIGHT AND SPECIAL GUESTS

We, at SonLight, felt that we wanted to bring our Prayer Meeting further out to the public. Two years ago we held our first 'Beyond the Song' event and due to its success we have made this an annual occurrence that is open to the wider public. There will be Holy Mass on the day.

Our hope is to create an atmosphere of worship and prayer where we can all praise God together as one voice. As Saint Augustine says, "to sing is to pray twice"! We hope this is a seed that will grow into a mighty oak!

**EVENT WILL ALSO BE LIVE STREAMED ON FACEBOOK,
FOR MORE INFO CONTACT 07593957897**



The Art Of Dying Well

This article is adapted from a chapter in *The Art of Dying Well* by St. Robert Bellarmine which is available from Sophia Institute Press.

<https://spiritualdirection.com/2022/02/23/the-art-of-dying-well>

Practice fasting

According to the order given by the angel Raphael, we will now briefly speak on fasting. Omitting many of the theological questions, we will confine ourselves only to our subject. Our intention is to explain the art of living well, because this will prepare us for dying well. For this art, three things seem sufficient, of which we have spoken before on prayer: its necessity, its fruit, and the proper method.

In secret

The necessity of fasting is twofold, derived from divine law and human law. Of the divine, the prophet Joel speaks: "Be converted to me with your whole heart, in fasting, and in weeping, and in mourning." The same language is used by the prophet Jonah, who testifies that the Ninevites, in order to appease the anger of God, proclaimed a fast in sackcloth. And yet, there was not any positive law on fasting

then. The same may be learned from the words of our Lord in St. Matthew's Gospel: "But thou, when thou fastest, anoint thy head and wash thy face, that thou appear not to men to fast, but to thy Father, who is in secret; and thy Father, who seeth in secret, will repay thee."

Fasting is a precept

We will add the words of one or two of the Fathers. St. Augustine thus speaks in his letter to Casulanus: "In the Gospels and epistles, and in the whole of the New Testament, I see fasting is a precept. But on certain days we are not commanded to fast; and the particular days on which we must [fast] are not defined by our Lord or the apostles." St. Leo also says in his sermon on fasting: "Those which were figures of future things have passed away, what they signified being accomplished. But the utility of fasting is not done away with in the New Testament; but it is piously observed that fasting is always profitable both to the soul and body. And because the words 'Thou shalt adore the Lord thy God, and serve Him alone' ...were given for the knowledge of Christians, so in the same Scripture, the precept concerning fasting cannot be interpreted

away." St. Leo does not mean to say here that Christians must fast at the same times the Jews were accustomed to fast. But the precept of fasting given to the Jews is to be observed by Christians according to the determination of the pastors of the Church, as to time and manner.

Preparing the soul

The fruits and advantages of fasting can easily be proved. First, fasting is most useful in preparing the soul for prayer, and the contemplation of divine things, as the angel Raphael says: "Prayer is good with fasting." Thus for forty days, Moses prepared his soul by fasting before he presumed to speak with God. Elijah fasted forty days, so that thus he might be able, as far as human nature would permit, to hold converse with God. And Daniel, by a fast of three weeks, was prepared for receiving the revelations of God. And so the Church has appointed fasts on the vigils of great feasts, so that Christians might be more fit for celebrating the divine solemnities. The holy Fathers

also speak often of the utility of fasting. I cannot forbear quoting the words of St. John Chrysostom: "Fasting is the support of our soul: it gives us wings to ascend on high, and to enjoy the highest contemplation."

Tames the pride

Another advantage of fasting is that it tames the flesh; and such a fast must be particularly pleasing to God, because He is pleased when we crucify the flesh with its vices and concupiscences, as St. Paul teaches us in his letter to the Galatians; and for this reason, he himself says, "But I chastise my body, and bring it into subjection, lest perhaps, when I have preached to others, I myself should become a castaway." St. John Chrysostom expounds these words of fasting, as do Theophylact and St. Ambrose. And of the advantages of fasting in this respect, St. Cyprian, St. Basil, St. Jerome, and St. Augustine, along with the whole Church in the office for Prime, sing, "Moderation in food and drink tames the pride of the flesh."

Friday 1 August 2008

Discipline

"...Discipline trains the body and soul to follow Me in Truth. Without discipline you cannot fight against self. You must learn to discipline the body for this is the desire of the soul and this is true dying to self. It takes discipline to fast, to pray and to deny self these are all parts of discipline and without it you will never truly find Me, you will simply find the desires of self. Can you understand these things that I have been drawing you towards? Can you see now what I have been asking of you? You must continue this fight in order to do what I ask of you. I Love you..."

Wisdom

John Paul II

ENCYCLICAL LETTER: VERITATIS SPLENDOR

Addressed by the Supreme Pontiff Pope John Paul II to all the bishops of the Catholic Church regarding certain fundamental questions of the Church's moral teaching continued.

97. In this way, moral norms, and primarily the negative ones, those prohibiting evil, manifest their meaning and force, both personal and social. By protecting the inviolable personal dignity of every human being they help to preserve the human social fabric and its proper and fruitful development. The commandments of the second table of the Decalogue in particular--those which Jesus quoted to the young man of the Gospel (cf. Mt 19:19)--constitute the indispensable rules of all social life.

These commandments are formulated in general terms. But the very fact that "the origin, the subject and the purpose of all social institutions is and should be the human person" allows for them to be specified and made more explicit in a detailed code of behaviour. The fundamental moral rules of social life thus entail specific demands to which both public authorities and citizens are required to pay heed. Even though intentions may sometimes be good, and circumstances frequently difficult,

civil authorities and particular individuals never have authority to violate the fundamental and inalienable rights of the human person. In the end, only a morality which acknowledges certain norms as valid always and for everyone, with no exception, can guarantee the ethical foundation of social coexistence, both on the national and international levels.

Morality and the renewal of social and political life

98. In the face of serious forms of social and economic injustice and political corruption affecting entire peoples and nations, there is a growing reaction of indignation on the part of very many people whose fundamental human rights have been trampled upon and held in contempt, as well as an ever more widespread and acute sense of the need for a radical personal and social renewal capable of ensuring justice, solidarity, honesty and openness.

Certainly there is a long and difficult road ahead; bringing about such a renewal will require enormous effort, especially on account of the number and the

gravity of the causes giving rise to and aggravating the situations of injustice present in the world today. But, as history and personal experience show, it is not difficult to discover at the bottom of these situations causes which are properly "cultural", linked to particular ways of looking at man, society and the world. Indeed, at the heart of the issue of culture we find the moral sense, which is in turn rooted and fulfilled in the religious sense.

99. Only God, the Supreme Good, constitutes the unshakable foundation and essential condition of morality, and thus of the commandments, particularly those negative commandments which always and in every case prohibit behaviour and actions incompatible with the personal dignity of every man. The Supreme Good and the moral good meet in truth: the truth of God, the Creator and Redeemer, and the truth of man, created and redeemed by him. Only upon this truth is it possible to construct a renewed society and to solve the complex and weighty problems affecting it, above all the problem of overcoming the various forms of totalitarianism, so as to make way for the authentic freedom of the person. "Totalitarianism arises out of a denial of truth in the objective sense. If there is no transcendent truth, in obedience to which man achieves his full identity, then there is no sure principle for guaranteeing just relations between people. Their

self-interest as a class, group or nation would inevitably set them in opposition to one another. If one does not acknowledge transcendent truth, then the force of power takes over, and each person tends to make full use of the means at his disposal in order to impose his own interests or his own opinion, with no regard for the rights of others... Thus, the root of modern totalitarianism is to be found in the denial of the transcendent dignity of the human person who, as the visible image of the invisible God, is therefore by his very nature the subject of rights which no one may violate no individual, group, class, nation or State. Not even the majority of a social body may violate these rights, by going against the minority, by isolating, oppressing, or exploiting it, or by attempting to annihilate it".

Consequently, the inseparable connection between truth and freedom--which expresses the essential bond between God's wisdom and will--is extremely significant for the life of persons in the socio-economic and socio-political sphere. This is clearly seen in the Church's social teaching--which "belongs to the field... of theology and particularly of moral theology"--and from her presentation of commandments governing social, economic and political life, not only with regard to general attitudes but also to precise and specific kinds of behaviour and concrete acts.

Continued next month

Sacred Heart House

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Events to Come

All these events are subject to change due to government restrictions. If you plan to attend, please phone beforehand, just in case there are changes.

**Thursday
17 March
SAINT
PATRICK'S DAY**
Prayers begin at 12

Saturday 19 March
FEAST OF
SAINT JOSEPH
Prayers begin at 12

Friday 25 March
ANNUNCIATION
**INTERNATIONAL
24 HOUR DAY
OF PRAYER
AND FASTING
AGAINST
ABORTION**
AND
**WALK AGAINST
ABORTION**
ON Saturday
26 March,
gathering at 2.45pm

EASTER RETREAT

Thursday 14 April to Sunday 17 April
The Retreat begins with a vigil on Holy Thursday night from 10pm until 12.30am there will also be a vigil on Good Friday night at the same time.
We will come together each day for prayer at 12noon, 3pm and 6pm.

LIFE IN THE SPIRIT SEMINARS

Beginning on Wednesday 11 May during the 8.30pm Prayer Meeting and continuing until 15 June

Sunday 15 May
House of
Prayer
CLOSED
for a private
retreat

**Thursday
26 May**
**TRUE
ASCENSION DAY
OF THE LORD**
Prayers begin
at 12pm

FIRST FRIDAY VIGILS
from 10pm - 2am:
1 April and 6 May 2022





Letters to the HoP



Greetings

Dear Sir/Madam,

It is my pleasure and great love from the Lord that I got the chance to write to you today!

Receive greetings from me and my friends. It has been long but we have not forgotten you and the good work you have been doing.

Thank you for the Newsletters we always receive with great thanks and happiness. I hope you are all doing well in the Lord and let's continue to persistently pray for each other.

I send small amount to assist in the work you do for the Lord.

Thanks and God Bless you abundantly.

Yours faithfully

Charles.

Elated and comforted

To the servants of the House,
Please accept this donation for the Houses of Prayer.

I was elated and comforted to learn that the Houses will be used by faithful priests.

Thank you for sending the Newsletters. Without the Messages from Jesus, I would be hard pressed to understand the events in the world and our Church.

God Bless,

Julie.

Vital

To the two Patricks,

Thank you for your appeal letter for funds for House of Prayer. I enclosed cheque for ... Thank you for the monthly Message booklets which I find very helpful and find very interesting especially as the Messages come from Our Lord and Saviour, Jesus Christ. I hope God will give you, both Patricks and servants, the strength to carry on the good work, which is so vital for our world today.

Yours sincerely,

Ita.

Such wonderful people

To all at the House of Prayer,

I want to thank Jesus and all the servants for a wonderful weekend with the two Patricks. I never felt so at home as I did those wonderful three days and I hope to be able to get up there for the Days of Love, please God... Never did I meet such wonderful people as I did that weekend and we all thought alike. You could feel Jesus' Presence in the Chapel, it was awe-inspiring, and thank you for the books and for the fantastic meals. I look forward to coming again, please God.

God Bless you all and the two Patricks.

Patricia

Lord, I'm blinder
Than I can even imagine.
I feel lost and confused.
I think I know what I'm supposed
to do and what's going on,
and I'm probably wrong.
I need Your help.
Please use whatever happens today
For your glory and your good.
I'll try to do my best,
I'll probably mess up half of it.
But I trust in You to be bigger
and better than me. Amen.

-personal prayer shared by Father Raymond Gawronski, S.J.

