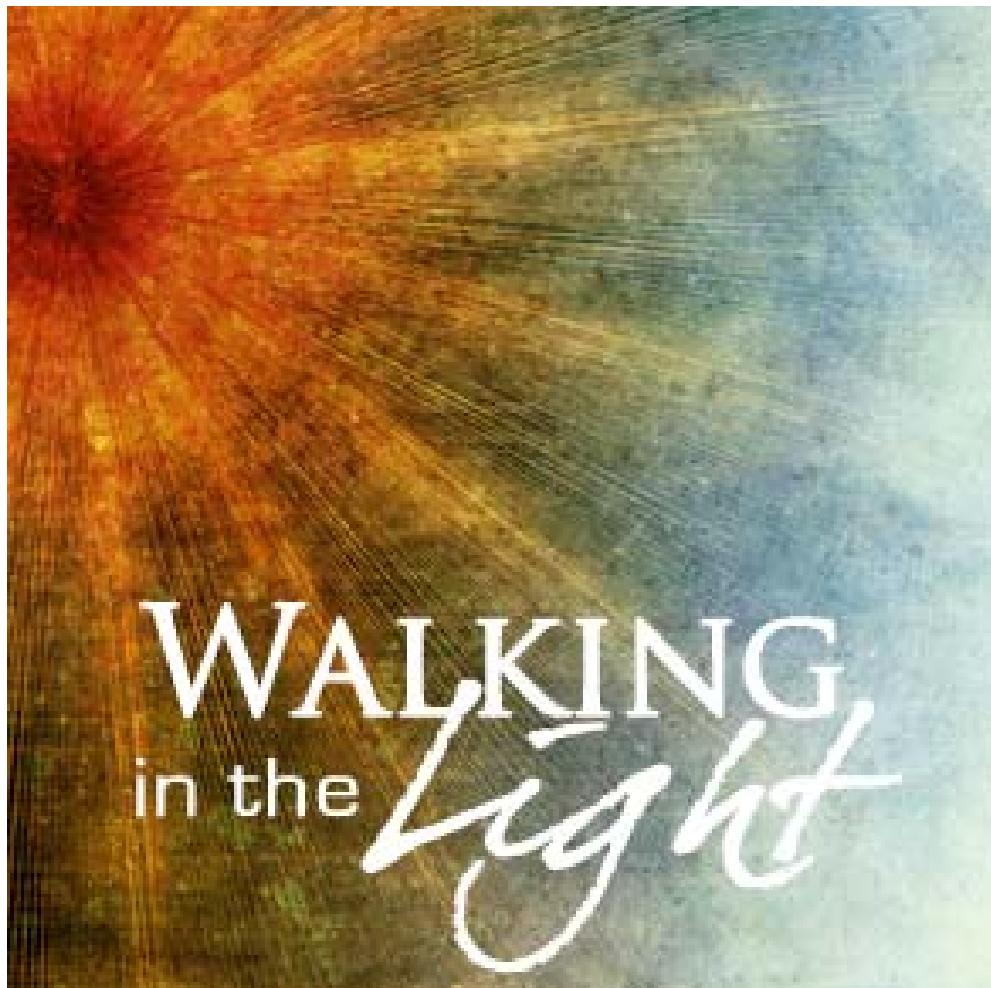


**the little servants of Christ The King prayer community**  
**Sudbury, Ontario**

.... proclaiming the power of the Holy Spirit and a personal relationship with Jesus Christ

**February 2018**



**Our Mission Statement:** *"If we live by the truth and in love, we shall grow in all ways into Christ, who is the head by whom the whole body is fitted and joined together, every joint adding its own strength, for each separate part to work according to its function. So the body grows until it has built itself up, in love."* - Ephesians 4:15-16

## Father Raymond's Homily of December 14, 2017.

(Isaiah 41:13-20; Matthew 11:11-15)

God is good all the time  
All the time God is good,  
Don't worry, be happy.

Can you worry and be happy at the same time? No. So you have to give up one. It's a choice. You choose to worry or you choose to be happy. It's a choice. It's not what you are going through that makes you worry. You choose to worry. So you have to choose. Happy, worry, choose one.

That is why, looking at the first reading from prophet Isaiah, Chapter 41 Verse 13, 'Thus says the Lord, I the Lord your God, hold your right hand; it is I who say to you, 'Do not fear, I will help you'.' Do not fear, I will help you.

There's this story of a little boy who was struggling to lift a heavy stone, a heavy rock. While his father was there looking at his little boy struggling to lift this rock. He tried to lift it, no way. He tried again, then he looked at his father. "I can't lift it, I can't do it." And the father kept encouraging him. "You can do it."

"Daddy, you say that I can do it?"

"Yes, you can do it."

He went back again and he tried to lift it. He said, "Daddy, I can't do it." Daddy was not prepared to hear his view. Daddy kept encouraging him. "You can do it." He went back again, he cried, "I can't do it daddy, I can't do it. I'm giving up. I have used all my strength. I can't anymore."

Daddy said, "You have not used all your strength, you have not."

"See daddy, I have used all my strength."

Daddy said, "No, you have not used all your strength."

The boy said, "What do you mean?"

And daddy said to him, "You have not asked me to help you. I form part of your strength." This little boy never asked daddy to come and help him. Daddy said, "You

have not asked me to help you. I form part of your strength."

And that's exactly what God is telling us in the first reading, that He forms part of our strength. The moment you think you have given all, that is the moment God is telling you that 'you have not asked Me to help you'. And when you ask God to help you, then you must surrender your will to His will. Because when you invite God to please come and help me, you have asked Him to take control, to lead you. And when He takes control and begins to lead you, you must follow Him. You must not tell God how He should lead you because we have asked for His help and He is here to help you.

How does this play, let's take for instance, at Gethsemane when Christ was praying, He prayed and prayed and prayed, and when He saw the cross before Him. He prayed to His Father, He said, "Father, let Thy will be done." He asked His Father to come and take over. He said, "Father, let Thy will be done." He surrendered His will to that of His Father. And when He surrendered His will to that of His Father, He took something away from Him. Do you know what was taken away from Him when He surrendered His will? Worry. So when you surrender your will to God's will, God will certainly take something away from you. You have given up something, worry.

If for instance you are diagnosed with cancer and you ask God to come and take this cross and God comes and takes this cross, you must stop doing something. You must stop to worry. Even though the pain is there, because when Christ surrendered His will to that of the Father's will, you no longer worry. He was able to carry the cross, He fell three times. And when the women of Jerusalem came to meet Him, they were crying. He said, "Do not cry for Me," because He no longer worried. There

## **Father Raymond's Homily of December 14, 2017. (Isaiah 41:13-20; Matthew 11:11-15)**

is no self-pity because He is doing the will of the Father, no longer His will.

So when you want to do your will, you begin to worry, because you can no longer handle it. You have no control over what is happening to you. We worry because we want to have control, that's why we worry. We worry because we think we are thinking of the future, what will happen tomorrow, forgetting to live today. We worry because sometimes you think of those who are going through the same situation like yours and how they ended. You say, this is the way I am going to end because you are still in charge of yourself. You have not given your will to the Father. So when you said I should come and help you, when I come to help you lift the stone, I stand behind you. How can I help you? No way. So when you want Me to help you, I will tell you what to do. God is good all the time, and all the time God is good.

And that is why, when you surrender your will to that of the Father, you no longer have fear. I will give you a perfect example. A little boy was on something very high, and the dad was standing and the dad said 'jump, I will catch you, I will hold you.' That child no longer feared because he believed that the father would hold him. The child would move, let himself go because fear is gone. But if the father was not there the child would never jump because the child would be scared. And that's why God said do not fear, I will help you. Just like you're on a very high surface and you are asked to jump. Leave yourself, go, but if you do not trust those who ask you to jump you would never, but the moment you trust them you leave yourself, you are flying, you are smiling, you are going down because you know you will never hit the rock.

So beloved in Christ, you either choose to surrender your will and everything to God

and stop to worry or you keep worry in your life. But as you worry does it change anything? No. Think of now, think of today and trust in God. He will help you. Put God on His word. He said, 'I will help you'. And when you trust and believe in Him, He will help you.

When you look at Psalm 46:1, it says 'God is our refuge and our strength, a help always ready in trouble.'

Proverbs 3:5-6, Trust in the Lord with all your heart and lean not on your own understanding, lean not on your own thinking. In all your ways acknowledge Him and He shall direct your path.

Hebrews 4:15-16, For we do not have a high priest who cannot sympathize with our weaknesses but was in all points tempted as we are yet without sin. Let us therefore come boldly to the throne of grace that we may obtain mercy and find grace to help in time of need. Let us come to Him that we may obtain mercy and find grace to help in time of need.

Hebrew 13:5-6, Let your conduct be without avarice. Be content with such things as you have for He Himself has said I will never leave you or forsake you. So we may boldly say the Lord is my helper. I will not fear. What can man do to me? The Lord is my helper. I will not fear. What can man do to me?

Beloved in Christ, if you can trust in the Lord completely; complete trust in the Lord, you will know you have no problem in the midst of all problems. It is not the problem that is the problem, it is the way you see the problem. It is the way you react to the problem. It is the way you think of that problem. You either choose to trust in God and be happy, or to trust in yourself and worry.

May the good Lord bless this word, our hearts through Christ our Lord, Amen.

*During the past weeks, a long time member of  
the little servants of Christ The King prayer community  
was called home by the Lord*



**Peter Samborski** was a long time member of the little servants of Christ The King prayer community for many years. He was a joyful and very positive person, who loved the Lord Jesus, St. Joseph and our blessed Mother Mary. Peter always had a smile and kind words for everyone and was a creative and positive person – loved by all who knew him. We extend our deepest sympathy to his sister, Ann Dalle Vedove and all family members. Peter remains in our hearts and daily prayers.

## OUR 2018 LENTEN MISSION

When Bishop Robert Harris came to our Diocese as Auxiliary Bishop in 2002, he introduced the concept of a Mission to be held on a weekly basis during Lent. Since that time, in response to his request, the little servants of Christ The King prayer community has offered a Lenten Mission on five consecutive Saturday mornings during Lent.

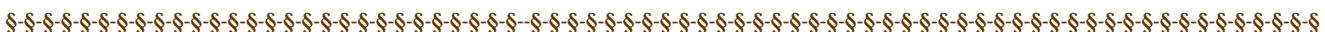
Each Saturday morning follows a similar format. Priests are available for the Sacrament of Reconciliation between 8:00 and 9:00 a.m. The first talk is presented at 9:00 a.m. by our special guest speaker, Father Patrick Okenyi, sma, followed by a period of short reflection and a short refreshment break. The morning concludes with the Celebration of The Eucharist (Saturday liturgy) beginning at approximately 11:00 a.m. by Bishop Marcel Damphousse and/or Father Gerard Lajeunesse. The homily is the second talk.

This year's theme, "**Walking In the Light**" will be explored and expanded upon in a series of five talks presented by Father Patrick Okenyi, sma. The Mission will begin February 17<sup>th</sup>, the first Saturday after Ash Wednesday and continue each Saturday morning through to March 17<sup>th</sup>.

You are encouraged to attend this special Lenten Mission at Our Lady of Hope Church, 591 Brennan Road, Sudbury. The church is wheel chair accessible. Please bring your friends and friends. We look forward to welcoming you. May God bless you and your loved ones during this new year 2018.



The Knights of Columbus Father Brian McKee Council 1387 is involved in Our Lady of Hope Church and annually supports financially the little servants of Christ The King. If you are not currently a member of the Knights of Columbus and you wish to be, contact Tony Sottile at 705-673-2854 or see him at our Thursday evening prayer meeting.



## The Joy of Repentance

*God takes an active role in reproofing and chastening us,  
Our response should be to repent.*

"Those whom I love I reprove and chasten, so be zealous and repent" (Rev. 3:19).

These prophetic words are addressed to the Christians at Laodicea. They are not words calling for the initial turning away from sin and to the Lord. Rather they are words of love addressed to commit Christians who have grown lukewarm. We, like the Laodiceans, must be involved in an ongoing process of repentance if we are to move forward according to God's purposes and achieve the Christian maturity to which we are called.

There is a tendency among many Christians to consider repentance only in terms of initial conversion and baptism. They are inclined to treat any kind of repentance as an emergency procedure in their lives; that is, repentance would be necessary only if they had seriously turned away from God through grave sin.

Such an approach fails to deal adequately with our personal sins and with our basic sinful condition. The scripture passage above testifies that God takes an active role in reproofing and chastening us. Our response to this action of God should be an ongoing process of repentance.

There was a time, for example, when I regularly engaged in discussing the foibles and failings of other brothers. I spoke of one brother's temper, another's intolerance, a third's habit of exaggerating, and a fourth's excessive drinking. If the brother was present I would put my comments in a needing of kidding context. If he was absent I would tell stories about his "idiosyncrasies."

I cannot detail how I drifted into this pattern, I knew in a vague way that what I was doing was not right. At the same time, I failed to ever deal with this sin directly. I continued to engage in conversations that were destructive to my brothers' reputations.

One day, after hearing some teaching on speech, I took some time to pray. During that time of prayer I saw clearly how I sinned in speech. I was moved to deep, heartfelt repentance. I grieved in my spirit over my offenses to God and my brothers.

I asked God for forgiveness for my unrighteous conversation. I prayed for all those whom I had spoken against. I went to my confessor, and in the sacrament of reconciliation I discussed how I could repair the harm I had done. I committed myself to ask forgiveness from some brothers and to do what I could to build up their reputations. I made specific commitments to insure that I would only engage in speech that was up building.

That time of repentance has changed my life. I have experienced a real change in my speech as well as a new peace and joy when I engage in conversation. I usually leave conversations today with a sense of well-being that was lacking before. I know

that the conversation has expressed my commitment to the Lord and can be expected to bring forth good fruit.

### KEYS TO REPENTANCE

The word "repent" comes from an Aramaic word meaning, "to turn completely around." The Greek word for repentance in the New Testament is metanoia, meaning a turning, a change of heart, or a reform. Thus the concept of repentance is a turning from something to something else.

There are two key elements in understanding Christian or gospel repentance. The first is to see that it is an objective action in which one turns away from sin – from what belongs to the prince of this world – and turns to virtue – to what belongs to the Lord and the kingdom of God.

Because repentance is an objective action, it does not depend on how guilty or sorrowful we feel about what we are doing. In the example of my repentance from sinful speech, I was at most only vaguely aware of any sinfulness in what I was doing. My action was sinful; although perhaps I was not as guilty as I would have been if I was aware of my unrighteousness. When I was finally moved to repent I needed to acknowledge the objective sinful nature of my actions. The fact that I had not been aware of my guilt at the time did not excuse me from fully repenting.

The second key element in repentance is that it is a gift. We need to receive from God the grace to repent before we cooperate by making a decision to repent. When Peter reports on the conversion of Cornelius the listeners reply by affirming that the household of Cornelius has received the gift of repentance. The specific words are, "So then to the gentiles God has even given repentance (metanoia) to life" (Acts 11:18).

Normally we receive the gift of repentance because we seek it. We seek it by committing our life to the Lord and asking him to show us how to change in order to be better Christians and faithful disciples. We may use many different words to express this commitment to turn away from sin and turn to the Lord. God then gives us his grace to apply the teachings we hear and the words of scripture to our lives. God also reveals our sins to us directly – without reference to particular scripture passages or teachings.

What is important is that we desire the grace of repentance and treat it as a gift when it comes. At such times we might tend to be defensive to state that we are not really guilty.

We need to reject that tendency and welcome the conviction that we have sinned. Then we need to repent and turn back to the Lord and his ways.

## THE JOY OF REPENTANCE

One of the tasks of the Holy Spirit is to lead us to repentance. In fact, one of the main ways the Holy Spirit acts is by convicting us of sin and guiding and empowering us to lead a righteous life.

The power that raised Jesus from the dead is given to us so that we can overcome the spiritual death of sin (see Rom. 8:35-39). For example, as we turn from dishonesty, lust, and selfishness we experience both a sense of conquest and a newfound power to live righteously. We experience being "dead to sin but alive to God in Christ Jesus" (Rom. 6:11).

Since the goal of repentance is a more righteous life, a life more committed to God, we should experience joy in repenting. Sinning is a sad experience and brings the negative experience of guilt, but repenting is a turning to God and should bring hope and joy.

When I hear the confessions of others I can confirm my own experience of repentance. The awareness of our sins is burdensome, but repenting and accepting forgiveness of sins is a freeing, joyful experience. Many times I have observed people involved in sexual sins who are struggling with discouragement and depression. Finally they confess their sins, and as they know forgiveness they exult with great joy.

This joy is not reserved just for repentance from grievous sin. I remember on one occasion being corrected by a brother for my irresponsibility in failing to keep an appointment. I had excused myself from the appointment because of a questionable conflict, but I had failed to communicate this to my brother, and I delayed in dealing with the matter. When I finally asked his forgiveness I experienced relief and joy that the matter had been handled and reconciled.

Repentance is the necessary path to discipleship. When we are zealous to give our lives as disciples of Jesus Christ, we begin to experience zeal in repenting. In the same way, our joy in seeking to be a disciple of the Lord leads to joy in repenting.

## THREE LEVELS OF REPENTANCE

It is helpful to distinguish three levels on which the Holy Spirit convicts us of sin and leads us to repentance.

### Intentional Sin

The first level is repentance for intentionally committed sin. We might have been unfaithful to God in any number of ways – selfishness, lust, resentment, envy, or being unfaithful to specific commitments in our

daily lives. Whatever the sin, we need to acknowledge it and repent of it. When we intentionally do something that we know is unrighteous, we need to repent as soon as possible. No amount of prayer, sacrifice, dialogue, or counselling can substitute for the need to repent.

### Patterns of Sin

The second level of repentance deals with ongoing but not fully intentional sin in our lives. As in my example concerning speech, often we are not fully aware of the wrongfulness of something we are doing until a particular time. As God's word and his Spirit work in our lives, they reveal to us new levels and areas of sin. John proclaimed that Jesus would baptize us with the Holy Spirit and fire (see Luke 3:16-17). This fire will burn out the sin in our lives provided we turn from it and embrace more and more a redeemed life.

On this second level of repentance we can think of sins that we have repented for and confessed many times before without experiencing substantial change. If we are open the Holy Spirit will reveal to us a more basic sin pattern which is at the root of our difficulties. Thus we might confess over and over sins of uncharitableness, lust, or anger. The Spirit might reveal to us that our personal relationships and priorities are out of order and that this disorder is the cause of our sins.

The Holy Spirit may further convict us that the disorder itself comes from a basic root sin. Traditionally Christians have recognized that there are sins that are at the root of many other sins. Pride is the chief among these. A proud man places himself at the center of his concerns and efforts. He acts for what he deems will best serve and please himself. Therefore he fails to serve God or his brother and falls into sins of selfishness.

### Areas of Weakness

The third level of repentance deals with areas of weakness or failing in our lives that might not involve specific sinful acts. We are descendants of Adam and a sinful race; we come from defective seed, which transmits a sin-wounded nature. Repentance on this level is designed to move us on into holiness through freedom from the world, the flesh, and the devil.

Paul urges the Christians in Rome to be "transformed through a complete renewal of your mind" (Rom. 12:2). This process of transformation comes through successive stages of seeing one's sinful condition, repenting, and receiving God's grace to live a new life.

The most common areas where we experience this level of repentance are in the use of our time and the nature of the entertainment we seek. We may be filling our days with good activities:

We pray regularly, go to church, work hard, spend time with our family, engage in Christian service, recreate, and respond willingly to the special needs of our neighbours, and of the poor in our midst. Obviously none of these actions are sinful; in fact, they are all good and should be continued.

Nevertheless, the Holy Spirit might convict us of the absence of a spiritual dimension in our relationships. We might be a father who has failed to give spiritual leadership to his family. We might be a mother who emphasizes the academic, physical, and social well-being of their children and not their growth in virtue. We might not be centering on God in our family discussions. We might be emphasizing secular entertainment so much that there is not time for the Christian reading and other growth activities that we and our family need.

When the Lord gives us the grace to see what is lacking we are moved to repent. What has usually happened is that our mind has been renewed so that we see our lives in new ways and recognize sinfulness and the need to change.

We see this in a gospel story about Peter. Peter was deeply concerned about the suffering and death that Jesus said were to come to him in Jerusalem. He was looking out for the physical well-being of Jesus when he said, "Never, Lord ... this shall never happen to you" (Matt. 16:22). He thought he was doing a good, even noble, thing. But in fact he was working against the plan of God and exhibiting a mind caught up in physical realities. He was missing the deeper realities of the kingdom. Jesus turned to Peter and said, "Out of my sight, Satan" (Matt. 16:23).

According to Christian tradition, Peter faced the same circumstances in his later life that Jesus did on the above occasion. When the persecution became severe in Rome, Peter was warned that the Romans were seeking him. He fled the city, only to be confronted by the Lord who reportedly said, "Quo vadis?" or "Where are you going?"

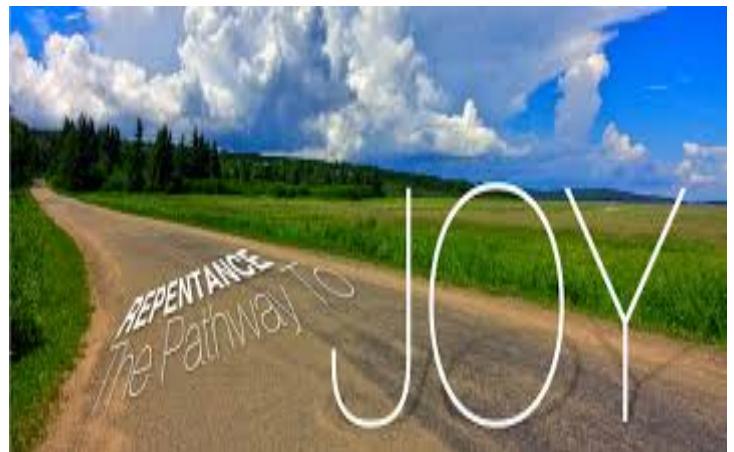
Peter, with a kingdom mind, turned from the attraction of saving himself and returned to Rome where he willingly embraced crucifixion. He asked to be crucified upside down because he was not worthy to die as his Lord had died. Peter, through repentance, became a saint.

- By: Father Michael Scanlan

Used with permission

## Practical Steps

- 1. Ask the Holy Spirit to show you the areas of sin that he most wants to deal with now in your life.** (If we try to deal with too many areas at once we can become discouraged.)
- 2. Make frequent use of the sacrament of reconciliation.** The sacrament provides grace, wisdom, strength, and healing.
- 3. Make an examination of conscience a frequent part of your prayer.**
- 4. In relationship difficulties, be eager and willing to give and receive forgiveness.** Instead of mumbling, "I'm sorry," or, "That's ok – it was nothing," be direct. "Will you forgive me?" "Yes, I forgive you."
- 5. Once you have repented reject any guilt feelings.** At this point they are only the tool of Satan.
- 6. Once you have forgiven someone, put the incident aside.** Something forgiven is to be forgotten. God's grace can accomplish that.



## February Birthdays



- 2 - Marguerite Groulx
- 3 - Therese Brouse
- Zita Tramontini
- 4 - Simone Loyer
- 6 - Marlene Walter
- 8 - Richard Brosseau
- 11 - John Mealey
  - Mona St. Jean
  - 14 - Richard Knapp
- 16 - Yvonne Lapointe
- 19 - Marilyne Laronde
- 22 - Mariette Goulet
  - Sister Sandra Sandberg
  - John Sahadat
- 24 - Adrian Ostache
  - Msgr. André Tremblay
- 25 - Ann Bailey
- 26 - Diane Boustead
- 27 - Josephine Suorineni
- 28 - Ray Walter

*Happy Birthday  
and  
God's Blessings*



- Marie Marshall – February 19, 1977
- Aledge Leclair – February 16, 1984
- Edna Roseli – February 14, 1987
- Mary Connors – February 2, 1990
- Dorothy Kennedy – February 21, 1991
- Angela Orasi – February 5, 1992
- Exilia Belisle – February 23, 1993
- Maureen Crema – February 15, 1994
- Fr. Raymond Van Berkel
  - February 15, 1994
- Denise Blais – February 14, 2000
- Theresa Lackmanec – February 2, 2001
- Bishop Alexander Carter
  - February 17, 2002
- Myles Shaw – February 14, 2001
- Elaine Dupuis – February 14, 2003
- Doreen Dowdall – February 27, 2003
- Leo McCoy – February 4, 2003
- Barbara Dixon – February 29, 2004
- Theresa Korpela – February 25, 2006
- Cecilia Anne Delorey
  - February 20, 2007
- Rene Portelance – February 15, 2008
- Angela Roesli – February 15, 2010
- Hugh McEachern – February 24, 2010
- David Felhaber – February 1, 2012
- Anne Kuchma – February 9, 2012
- Joyce Paravano – February 8, 2013
- Albert William (Ab) Fricker
  - February 11, 2013
- Lucy Decosse – February 28, 2014
- Norma Scagnetti – February 2, 2016
- Sister Madeline Rochin – February 28, 2016
- Msgr. Theodore Pryjma – February 28, 2017

*Eternal rest grant unto them, O Lord  
and let perpetual light shine upon them.  
May their souls and the souls of all the faithful  
departed, through the mercy of God,  
rest in peace. Amen.*

# 20 More Holy Hacks for a Happy New Year 9

*In the spirit of growing closer to God in 2018, here are some holy hack suggestions.*

From: National Catholic Register Site

Becoming better is an ongoing endeavour so whether it's the first week of 2018 or later, resolutions are always beneficial. "Keep it simple" the experts advise, pointing to dismal statistics of only a few hardy souls making to February with promises intact. Life hacks are practically synonymous with simple. They are wildly popular as oh-so-clever ways to effectively and efficiently make life improvements. Holy Hacks are simply easy ways to integrate holy habits in which to grow closer to God and accomplish spiritual good.

The article, "[20 Holy Hacks to Help You Get to Heaven](#)" had a lot of traffic despite a few detractors. For instance an old high school classmate challenged me on Facebook, insisting that Jesus saved us freely so we don't need to earn his favour. Sigh. That old argument. Catholics don't think of good actions as obstacles to God but rather opportunities to grow closer to him.

**And so, in the spirit of growing closer to God in 2018, here are some holy hack suggestions.**

**1.** Keep a little notebook handy. When people ask for prayers, add them to the notebook so you really will remember to keep them in prayer.

**2.** Make a pick of the day. Select someone every day that makes your skin crawl and pray for them. No matter how heroic you feel, God cannot be outdone in generosity. "The measure with which you measure will be measured back to you." (Matthew 7:2).

**3.** Abstain from complaining one day a week. Don't even grumble about the weather.

**4.** Pray for the souls in Purgatory every day. They will pray for you and greet you in heaven one day. To become part of a mission to pray them out, [become a Releaser](#).

**5.** "Offer it up" every day. It's an age-old way of not wasting suffering — not even the low-level suffering of life's little inconveniences. In his book, [When You Suffer: Biblical Keys for Hope and Understanding](#), Jeff Cavins explains that we draw closer to God by uniting our suffering to Jesus, and like a prayer, we can use it for our intentions.

**6.** Identify prayer triggers. For instance, if you get up in the middle of the night to use the bathroom, pray for poor people without indoor plumbing. When you water a plant or wear an item that was a gift, pray for that person. If your triggers abound, so will your prayers.

**7.** Praise and thank God throughout the day.

**8.** Resolve to compliment at least one person every day. Especially compliment people to others when they aren't even present.

**9.** Pray ongoing novenas — nine days of prayer in imitation of the apostles and Blessed Mother who prayed from the Ascension to Pentecost. The possibilities are endless. A favourite of mine is the [Novena of Surrender](#) by Father Don Dolindo Ruotolo (1882-1970), whose cause for canonization has been opened. The ending prayer can be a daily mantra: "O Jesus, I surrender myself to you, take care of everything."

**10.** Stay informed and understand current events through a Catholic lens. For instance, make the [National Catholic Register](#) your home page and get the daily emails. For early morning news summaries, subscribe to [the Good News Letter](#) for relevant headlines along with fun facts and inspiration.

**11.** Get green scapulars for loved ones away from the faith. They are based on the approved apparitions to Sister Justine Bisqueyburu, a Daughter of Charity, in the early 1840s in Paris, France. Sister Justine explained: "It suffices that it be blessed by a priest and worn by the one whom we desire to benefit by Our Lady's intercession. If, on the other hand, the person is unable or even unwilling to wear it or carry it, it may even be slipped, unknown to him, into his clothes, bedroom or possessions."

All you have to do is to pray three times a day: "Immaculate Heart of Mary, pray for us, now and at the hour of our death." Go to [Society of the Green Scapular](#) to learn more. You don't need to join to ask for prayers or order scapulars.

**12.** During times of stress, make it a habit to accept what is happening and tell God you trust in his will.

**13.** Vow to make at least one sacrifice a day, no matter how small.

**14.** Whenever you are tempted to gossip, compliment that person then force yourself to change the subject.

**15.** Buy leftover nativity stamps at the post office so you can evangelize on your envelopes all year.

**16.** Sponsor a child in a poor country with a monthly donation through a trusted organization.

**17.** Pray the [Litany of Humility](#) once a day, or a week, or on the first of the month.

**18.** Pray five minutes a day. Select a routine activity: driving to school or work, beginning a meal or tuning on TV, checking email or going on social media, etc. Before proceeding, spend five minutes in prayer. That's enough time for a [Chaplet of Divine Mercy](#)!

**19.** Write someone a letter. There are people in the military and the prison ministry if you don't know who would like it. Pray for them when you mail it.

**20.** Be a Secret Santa all year. Pick a new person every month or week. You don't have to know them, such as people in your neighbourhood.

## WORDS FROM THE LORD - NOVEMBER 2017

Editor's note: As you read, pray about and reflect on the words spoken to us through the Prophetic Ministry, what is the Lord saying to you personally? Space for your response follows each prophecy.

### January 18

#### *interpretation of word given in tongues*

My beloved ones, oh how I loved to hear your praises because I know that when you praise Me you forget about yourself and you focus on Me, your Redeemer, your Saviour, your God. How I love to see you come closer and closer to Me all the time. You're searching, My beloved ones, but some of you are too proud to let go of the things that I teach you that you should not cling to, like unforgiveness. You want My mercy, but you're not willing to show mercy. You want love but you do not show love to your brothers and sisters. You want forgiveness, but you're not willing to forgive. How long must I talk to you and tell you that you need to forgive, that you need to love, that you need to show mercy to one another, because that is who I am and that is what pleases Me. Pray for humility. Pray that you become like children. Children don't hold on to grudges, children are not afraid to ask Abba daddy. They raise up their hands to their father and they expect to be forgiven, and they are willing to forgive and to forget. Learn from children and learn from My saints. If you're not humble, My grace will turn away from you. If you think you can do things on your own, you don't need My grace, you don't need My forgiveness, you don't need My mercy or My love. You're self-sufficient, or so you think. All you have, My beloved, is gift from Me, everything except your sin, your stubbornness, your anger, your unforgiveness.

Come to Me, I'm waiting for you with open arms because I am love. I love unconditionally. I love totally. So, come to Me. Come into My arms so I may embrace you, to caress you, to love you. Be not afraid. I am love and mercy. Come, come, I desire to embrace you.

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### January 25

#### *interpretation of word given in tongues*

My beloved ones, did you truly mean what you said? Did you understand what you were saying, that I gave My all for you, that I took your sins upon the cross, I paid the price for your sins because I am love and I love each and every one individually and collectively. I love you with an everlasting love.

It was not the nails that held Me to the cross my beloved, it was My love. It was I who had to suffer because I took your sins upon Myself, so I had to die for it and I had to suffer for it. I could have walked off there but I did not because I love you. I love you with an everlasting love and don't forget that. When you are discouraged; when you feel that you have no hope, that there is no hope for you, remember Me hanging on the cross. It was not the nails that held Me there, it was My love for you, for each one of you. I love you with an everlasting love. You are Mine and I desire for you to keep on praising Me as you did tonight. Because when you praise Me you forget about yourself and you remember only one thing, that you wish to speak to Me and tell Me how much you love Me. I have no need of your praises, I'm complete in Myself, but I desire that you praise Me because when you praise Me you grow in holiness. That is when you become the person I desire you to be, the person I created you to be. So keep on praising Me with all your heart and soul and you will see changes in your lives, you will see things changing the way they've never changed before. Praise Me, praise Me, because I love you so much that I died on a cross for you. Do you understand what I just said? Are you taking it to heart? I am love. I will always love you because My love is unconditional. So come to Me. Come to Me so that I can embrace you and comfort you. I am a God of love.

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## THE POPE'S MONTHLY INTENTIONS FOR 2018

### FEBRUARY

#### Universal: Say "No" to Corruption

That those who have material, political or spiritual power may resist any lure of corruption

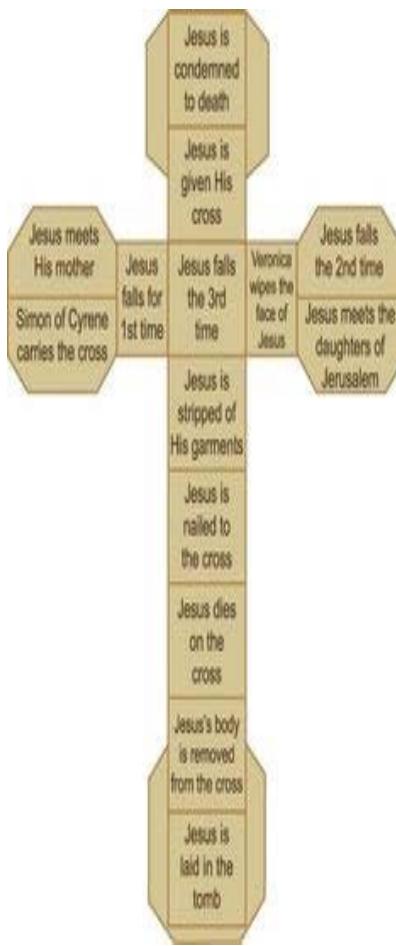
## ***FOLLOWING CHRIST'S WAY THROUGH THE STATIONS OF THE CROSS***

It was in the year 1342 when Franciscans were entrusted with Custody of the Holy Places in the Holy Land. It was just some 100 – plus years after the death of St. Francis in 1226. But long before that time, pilgrims sought to pray at the Passion Sites, even as far back as the 5<sup>th</sup> Century.

In modern times, Pope St. John Paul II offered yet another set of the Stations of the Cross. But he contributed only Passion events provided in the Gospels.

They included: Jesus in the Garden of Olives... Jesus denied by Peter... Jesus scourged and crowned with thorns... Jesus speaks from the Cross to his Mother and John (Disciple and Evangelist), Jesus promises the kingdom to the repentant thief.

Although many people pray the Stations year-round, it is in Lent that Catholics seek out the Stations of the Cross. They find value in praying with others who want to pray the Stations. In reading the texts, meditating in quiet, asking forgiveness for our own contributions to the Lord's Passion: Such communal practice of the Stations speaks volumes. For each person seeks forgiveness of sin and asks help and strength in loving the Lord more deeply.



Some find time to visit and pray the Stations with our family and friends dealing with health or transportation issues and others whose limbs and joints make it difficult to go out in challenging weather.

It is with joy and pride that so many people have the opportunity to pray the Living Stations of the Cross. Whether from the parish school and/or with CCD participants, the young enact the "Live Stations of the Cross." This ancient practice and meditation displays the insight, love of God, and deep Faith which these young people experience when "Living" the Stations.

And again, this devotion invites all participants to remember the Love that Our Lord floods into our hearts – if we make time to open the door and invite Him always into our lives.

It is a good time as well, to pray for our Missionaries who live in the shadow and shoes (sandals) of the Lord who called them to a very special vocation of living with and for God's apostolate: loving, cherishing, and educating those called to life in this world and the next.

## ***The Wild Goose***

Father Dave Pivonka, TOR, presents a special video series on Evangelization. It will begin at Our Lady of Hope Church on Thursday, February 1<sup>st</sup>, 2018 at 6:50 p.m. followed by the celebration of The Eucharist. Each presentation is approximately 27 minutes in length.

The title of this presentation is called: "**The Wild Goose**" which is a free, high quality video on the Holy Spirit. The name "Wild Goose" comes from an old Irish expression about the powerful movement of the Holy Spirit, which goes wherever He wills, like a wild goose. Each segment of the series addresses a different aspect of the relationship between the Holy Spirit and the mission of the Church and features personal testimonies from clergy, religious and lay people about their experience of the Holy Spirit's presence in their lives and ministry.

All are welcome. Plan on attending this special video on Evangelization.

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**the little servants of Christ The King prayer community**  
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Box 21056  
SUDBURY ON P3E 6G6



Official E-Mail Address Is:  
[ckprayergroup@bell.net](mailto:ckprayergroup@bell.net)



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