



Apostolate of the Green Scapular

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Dedicated to the Sacred Heart of Jesus and Immaculate Heart of Mary

Catechism For Today's Catholic

- *What are the effects of Mortal Sin?*
- *What are the Seven Deadly Sins?*
- *What are the Seven Virtues (opposing deadly sins)?*
- *What are the 12-months of the year dedicated to?*
- *What is the prayer or "Grace" before Meals?*

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Father, Forgive Us Our Trespasses As We Forgive First

Perhaps the most common complaint that we humans experience is that we may be suffering from depression. This is not only painful, but it saps the joy out of our lives if it persists a long time. While giving Parish Missions for over ten years, this is the commonest complaint that I kept hearing. When counseling with them, I quickly realized almost every one was very angry. So my first question was: Do you know who you are so angry with? Some could immediately name one or many. But most denied being angry with anyone at all. No wonder depression is such a common experience.

So what do we need to do? Tell the Lord when in prayer, that you don't want to be angry with anyone, no matter how badly they may have hurt you. Next, you tell Jesus you willingly forgive everyone of these

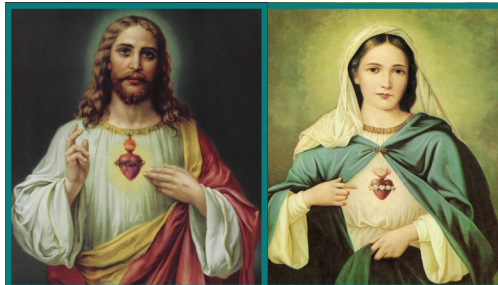
individuals, no matter what they may have said or done to you. All of us have the ability to block out our anger to where we don't even think of it, but it will always be there if there if we don't forgive. So we can expect that our Lord is not going to heal us until we forgive our perpetrators.

Do we need to tell those we are angry with that we forgive them? No, because we may give them a second chance to hurt us again. We only need to tell God that we

forgive everyone and our depression can be healed. God is so good, He never wants us to think we don't need to spend weeks or months in Purgatory where we learn to forgive.

This is also true of any individual who has addictions; drugs, smoking or alcohol. These individuals also need to tell God daily that they do choose to forgive everyone who has ever hurt them. Their easiest road to recovery would be to tell God frequently that they completely forgive every single individual who has ever hurt them. The best way to speed up our recovery is to pray for our enemies, offer our Holy Communion for their benefit or do a small sacrifice for those needing forgiveness.

If we do this, we not only are set free, but Jesus now becomes someone we have a much stronger love for. —Fr. John



Immaculate Heart of Mary, Pray for us, now and at the hour of our death. Amen.

Why Must We Endure Persistent Suffering?

If you suffer constantly on a daily basis, you have certainly asked the Lord, "Why?" Our Apostolate receives many emails from others who indicate they suffer because they have sinned against the Lord. We want you to think of suffering in a different way.

What if you are suffering because you were chosen by the

Lord to carry this heavy cross, just like our Savior did. I now believe there is a scale holding two plates, one on the left the other on the right. As sin increases, more souls are required to suffer to keep the scales balanced. As evil has increased, so must the piety of precious souls, Apostles of the Green Scapular. Not only is our dear Lord permitting

good practicing Christians to suffer more, we are also holding back the Hand of God from His perfect judgment.

We are all sinners, but you may be a "Victim Soul", chosen by our Lord to suffer greatly because you are a true Saint, waiting to meet and hear the Lord say, "*Today, you will be with Me in Paradise.*" —Anna Marie

Healing You Home Of Possessed Items

One day while looking up in the air, I saw many black spirits close together. I knew they were demonic spirits, so I began praying and asking Jesus to help me understand the reason behind these demons in my home. I prayed, fasted and prayed more. Then the Lord revealed the answer, I had items in my home that were possessed and I needed to rid these items from my home to be freed from these demonic spirits who were attached to them.

I began the arduous process of trying to find anything that I may have purchased that was possessed. When I did find an item, a fantasy video, I threw it away. I then continued to look for more video tapes from the same genre and to my surprise, I find more. I decided to throw them all away. To my surprise, the black demonic spirits were gone. I then realized how amazing the Lord was, to lead me to under-

stand that children themed video tapes could be possessed, that anything from this brand could be possessed too.

I followed up with some research on this massive brand named company. It turned out that the company was wicked, they were run by Masons, unbeknown to the public. They also have theme parks dedicated to drawing children into their gates and ignorant parents are leading their children into spiritual jeopardy.

Since parents are not discerning what items are good or evil, because they are busy with their children's after school activities, and company executives are resorting to selling their souls to make money; our children are being oppressed by evil even before they graduate High School.

I decided to go through all my video movies, music CD's, albums, etc., and

to my surprise, I found more items and threw them away.

I knew that if I donated these items to a non-profit, then unsuspecting parents may in turn purchase the items at a discount. I could never want others to experience the demonic activity that the Lord revealed to me in their own homes and I knew the Lord would hold me accountable for any wickedness and destruction that those items would have caused if I donated the items. So throwing them away was the only answer.

If arguing is taking place in your home, your children are disobedient, destructive, suicidal; it is time you went through your own home and cleaned it out. Please refer to our "House Cleansing Worksheet" for more info. —Anna Marie

Storing Food and Water

Our Lord has given us reminders throughout the years that we need to store up food and water supplies for the end times. The end times are now upon us! We need to be diligent and expedient in preparing our homes for what may happen, like a Hurricane, or something worse.

We recommend that you sit down and make a plan. If your adult children don't or won't listen, you may have to purchase enough food and water to take care of them and their children. Visit: www.beprepared.com, they offer a monthly payment plan. Also, www.wisefoodstorage.com.

Baptizing Neonatal

While having lunch with a friend, the Lord began to speak and told me that my friends' daughter, who was pregnant, would have some complications with the baby. The Lord wanted me to anoint the mother and her baby and so I shared this my friend. When I told her, she looked at me puzzled and said that she could not tell her daughter this, she would not understand my anointing her tummy. So I said, the Lord is always right and you should tell your daughter.

A few weeks went by when my friend

called me to say that her daughter went to doctor and there was something wrong with the baby. She wanted me to come over and anoint her daughter's tummy as Jesus requested. We made the arrangements, set a time and I came over.

The two were sitting on the sofa and I asked the daughter to please lift up her shirt so I could see her tummy. I took my holy anointing oil and made the Sign of the Cross over her tummy. To my surprise and shock, as I anointed her tummy, the baby's

spirit came half-way out of the womb and smiled at me. This little baby spirit was glorious and radiant, smiling from ear to ear! I thought how beautiful are the spirits of little babies. The baby's spirit returned to the womb and I shared it with my friend and her daughter. Upon delivery, the baby was alright! Praise Jesus.

Now when I see a pregnant mother anywhere, I always spiritually baptize the baby in the womb saying: "I baptize this baby in the name of the Father, Son, and the Holy Spirit. —AM

Brothers & Sisters of Charity of St. Vincent de Paul

Jeanne Marie Rendu

Was born on 9 September 1786 at Confort, a district of Gex in the Jura Mountains. She was the eldest of four girls. Her parents who were small property owners, and respected throughout the area. Jeanne Marie was baptized the day she was born in the parish church of Lanrans.

Jeanne Marie Rendu was three years old when the Revolution broke out in France. Jeanne Marie made her First Communion one night by candlelight in the basement of her home.

Jeanne Marie discovered the Daughters of Charity caring for others in the hospital and she decided to join their order and joined the Motherhouse on 25 May 1802 when she was nearing 17 years and received the name Sr. Rosalie. Her mantra became: ***“You will go and visit the poor ten times a day, and ten times a day you will find God there...you go into their poor homes, but you find God there.”***

She opened a free clinic, a pharmacy, a school, an orphanage, a child-care center, a youth club for young workers and a home for the elderly without

resources. She Sr. Rosalie died on 7 February 1856 after a brief illness.



Breaking Curses With The Blood Of Jesus

Curses come from many sources. Others curse us, we curse ourselves (playing with a Ouija Board), and bloodline ancestors cursed themselves and did not repent before they died so the curse goes down the generational bloodline to us.

Curses are very hard to break, but they can be destroyed and you set free. The best way to break any curse is by using the greatest gift of love our Heavenly Father gave us, the Blood of Jesus!

When you go to Church, make use of every part of the Mass to bring healing into your life. After genuflecting and entering your pew, get on your knees

and ask Father God to forgive you, your ancestors and any person who has cursed you. Offer your Mass for your healing and your family members healing. Tell the Lord, I place myself, my spouse, my children, my ancestors, my friends, Apostles, and those cursing me in the Holy Chalice.

During the Penitential Right and Kyrie, express in your heart your deepest sorrow for your sins. Seek the love and healing Jesus has to offer in the Liturgy of the Word and Responsorial Psalm, then the Holy Gospel. Pick up your Missal and read it, follow every second of the Mass with great

love and expectation that the Lord will heal you, your loved ones today! “Seek ye first the Kingdom of God.”

At Liturgy of the Eucharist, when the Chalice is on the Altar, before your Priests consecrates the Precious Blood of Jesus, changing it from wine to the Blood of our Majesty, Divine Jesus, ask Heavenly Father to forgive and heal yourself and your family from any curses. At the moment your Priest raises the Chalice in the air, praise the Lord, thank the Lord for your Healing! If we only knew how Jesus longs for us to open our hearts and receive His graces of mercy, we would cry.

You Are A “Lady” or “Gentleman” of Charity

In the days of St. Vincent de Paul, the devout married women who prayed with him were called, “Ladies of Charity”. The men would be considered, “Gentlemen of Charity”. They were the lay men and women who supported St. Vincent and the Sisters of Charity and the new order of Priests St. Vincent began. The Ladies and Gentlemen were dedicated servants of charity, they saved so many lives.

Today, our Apostles are also known as “Ladies of Charity” and “Gentlemen of Charity”. We are lay men and women, serving our Lord by our acts of charity. Our first order of charity is to write names of those whom we know on a blessed green scapular, consecrating him or her to Jesus through Mary. The next order of charity is to pray for them. Pray for all Apostles around the world who are

desperate and suffering. Offer your Masses, Rosaries, Chaplets of Divine Mercy and your sufferings too!

We read many emails where parents share stories about how their children are being terrorized at night by demons or trafficking witches. Your holy prayers for all “child Apostles” are greatly needed. You can stop their night terrors because you are a Lady/Gentleman of Charity. God bless you! —Anna Marie

Dedicated to the Sacred Heart of Jesus and Immaculate Heart of Mary

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Seraphic Mass Association



If you send out Christmas cards to your loved ones, consider enrolling your recipients into a 900 Novena Masses from the Seraphic Mass Association Capuchin Mission Office. You can request more Christmas cards for a donation. They do great missionary works around the world. Toll free: 877-737-9050 or 412-683-4700 or www.SeraphicMass.org;

Answers to the Catechism

What are the effects of Mortal Sin? 1) Deprived of sanctifying grace. 2) Makes the soul an enemy of God. 3) Takes away the merit of good actions. 4) Deprives the soul of Heaven. 5) Makes the soul deserving of hell.

What are the Seven Deadly Sins? 1) Pride, 2) Covetousness, 3) Lust, 4) Anger, 5) Gluttony, 6) Envy, 7) Sloth.

What are the Seven Virtues (opposing the Deadly Sins)? 1) Humility, 2) Liberality, 3) Chastity, 4) Meekness, 5) Temperance, 6) Brotherly Love, 7) Diligence.

What are the twelve months dedicated to? January: The Holy Name of Jesus; February: The Passion of our Lord Jesus; March: St. Joseph; April: The Holy Eucharist; May: Our Heavenly Mother; June: the Sacred Heart of Jesus; July: The Most Precious Blood of Jesus; August: The Immaculate Heart of Mary; September: Our Lady of Sorrows; October: The Most Holy Rosary; November: The Holy Souls in Purgatory; December: the Divine Infancy of Jesus.

What is Grace before Meals? Bless us, O Lord, and these Thy gifts, which we are about to receive, from Thy bounty through Christ our Lord. Amen.

Healing Begins With Forgiveness

The most common reason for a patient to be admitted into a hospital in America is because they are suffering with depression. This was also the most common reason for individuals who came to see me for prayer when I was giving parish missions around this country.

When I met with a depressed individual, I started with this question, "Do you have any idea who you are so angry with?" A few could relate a whole litany of names but most said they were not angry with anyone. It's amazing how our minds can block out reality. Those who admitted they were angry with anyone, were told they needed to forgive that person or persons. Forgiving is like taking an antacid for heartburn acid stomach. We

do not need to call or contact those we are angry with. Probably many of them would not even remember who we are. All we need to do is tell Jesus that we forgive every single person who may have ever hurt us.

It will also help if we say a prayer for them to show Jesus we really mean what we are saying. Agnes Sanford, an English woman with a strong healing ministry started with this question of a patient, "Are you happy most of the time?" If they answered, "Yes I am"; they didn't need counseling. Those who answered, "No, I'm not happy at all", then Agnes would ask a second question. "When did you first notice that you were no longer happy?" This answer told her where she needed to take this person into

prayer and to heal the anger he or she had within them.

The only cure for any anger that burdens us is to forgive the individuals who cause it. We tell Jesus, you always taught us to love and forgive, even our enemies, now we are suffering and not able to be happy because of this. So, I choose to forgive anyone who has ever hurt me or my feelings even those who may have tried to kill me. Even if I would get a chance to hurt these individuals, I would never do it now.

So simple, Jesus can do right now what hours of counseling or weeks in a hospital may not be able to accomplish.

—Fr. John