



THE SPIRIT OF MEDJUGORJE
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SUBSCRIPTION RATE - FREE WILL OFFERING - PLEASE SEE PAGE 8

If this is the first time you have received this newsletter, and you would like a "Beginner's Guide," please contact us for one.



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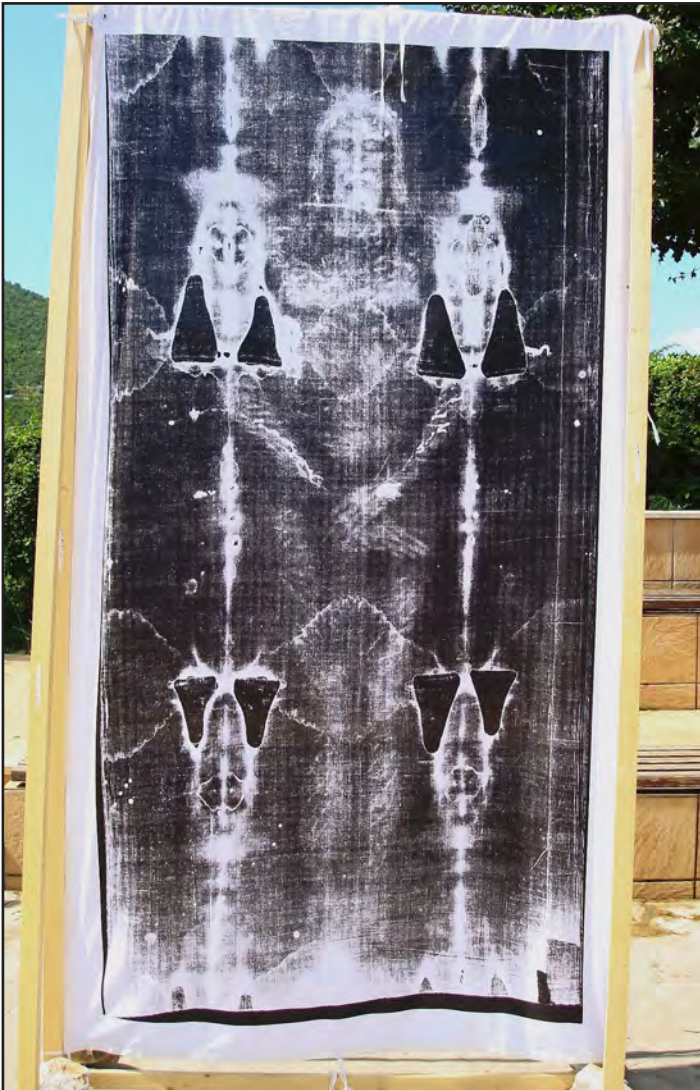
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MONTHLY MESSAGE OF JUNE 25, 2019

ON THE 25TH DAY OF EACH MONTH, THE BLESSED VIRGIN GIVES A MESSAGE TO THE VISIONARY, MARIJA, THAT IS TO BE GIVEN TO THE WORLD.



Since July is the month of the Precious Blood, we are featuring an interesting article this month (pages 4-5) about an exhibit of the Shroud of Turin that was displayed at the Youth Festival in Medjugorje in July of 2010. The photo above was part of that exhibit.

“Dear children! I am thanking God for each of you. In a special way, little children, thank you for having responded to my call. I am preparing you for the new times that you may be firm in faith and persevering in prayer, so that the Holy Spirit may work through you and renew the face of the earth. I am praying with you for peace which is the most precious gift, even though Satan wants war and hatred. You, little children, be my extended hands and proudly go with God. Thank you for having responded to my call.”

Our spiritual advisor, Fr. Bill Kiel, is unable to write for us at this time, so several "guest writers" have agreed to "pinch hit" for Fr. Bill in his absence. Please continue to pray for Fr. Bill. He is very appreciative of the prayers.

Forgiveness

By Fr. Ray Donohue

We have been given a huge Grace in our lives, that unites instead of divides, brings happiness, peace, and holiness into not just our lives, but to others and even to the world. It is called "Forgiveness".

Our Lady, Queen of Peace, has spoken of forgiveness to us so many times, and in Her message of June 2nd [below], reminds us in such a beautiful way of the power of forgiveness, forgiving others, forgiving ourselves, and allowing the Grace of God and our Mother to flow in us and through us. She begs us to forgive, as She knows this is God's way, and the only way for Peace, Peace, Peace!

Satan loves when we don't forgive. It causes all sorts of troubles in ourselves and the world. He plants notions of hate, revenge, keeps us up at night plotting and showing us evil ways to "get even" with those who have offended or hurt us in any way, large or small.

Our dear Mother, Mary, the Queen of Peace, reminds us as Her dear children to let go and forgive. To forgive others is to "Crush the serpent's head" and destroy him. We are reminded of this every day we pray the "Our Father", the Lord's Prayer that He Himself taught us. In this beautiful and powerful prayer, which is also a prayer Exorcists use to "deliver us from evil", we say: "...and forgive us our trespasses, AS WE FORGIVE THOSE WHO TRESPASS AGAINST US..."

Be careful what you pray for and how you pray. In this wondrous prayer, we are asking God to forgive us in the exact same way that we forgive others! If we read on in the Holy Gospel as Jesus teaches us this holy prayer, Our Lord continues on: "If you forgive others' sins, your Heavenly Father will forgive you your sins; if you do not forgive others' sins, neither will your Heavenly Father forgive you yours."

To forgive is a process. We ask God first for the Grace to forgive, as He forgives us. We tell the Lord in holy prayer

we are hurt, and in so doing, we look to a Crucifix. There we see forgiveness. On that Cross, Jesus forgives us. In His torturous pain, His agony, He is forgiving and dying for all our sins.

Jesus looks upon all those at the foot of the Cross jeering, hating, spitting on Him, those who pierced Him with the nails and beat Him at the pillar, mocking Him, denying Him, and He calls out, "Father, forgive them, they know not what they do". They thought they knew what they were doing, just as so often people may be mean, even horrible to us, betraying us, hurting us so badly we can't take it anymore. Some hurt us by accident, some deliberately, it doesn't matter how, what matters is to let it go and forgive!

Turn to Jesus. Turn to the cross you are carrying, and give it all to God. Pray like Jesus. "My Father, my Lord Jesus, dear

Holy Spirit, help me to let go of this. I offer my pain and hurt and broken heart for the Souls in Purgatory, for the unborn babies, for all the hate in this world; for the Love of our dear Blessed Mother, I offer you all this and more. Let me forgive, as You forgive! Heal my soul and my heart. Lord, I forgive!"

It takes time, perseverance, patience, and love. Look to the Crucifix. You are carrying your cross with Jesus. If our dear Lord can forgive all those who did such evil to Him and put Him through such pain and agony on the Cross, then who are we not to forgive in the same way with the Grace and love we have inside us through Faith? Forgive us, as we forgive. Our Blessed Mother reminds us of the power of forgiveness and the peace it brings to us and the love it spreads into the world and our families.

Let it go...give it all to God... forgive and be healed. Don't let the devil win...he will NOT win when you forgive.

Editor's note: Father Ray is a priest in Western New York. He is a Retreat Master, Spiritual Director and Exorcist. His testimony is in our March 2019 issue.



Fr. Ray on Apparition Hill

Message to Mirjana on June 2, 2019

"Dear children, only a pure and an open heart will make it such that you may truly come to know my Son and that all those who do not know His love may come to know it through you. Only love will make you comprehend that it is stronger than death because true love conquered death and made it so that death not exist. My children, forgiveness is the most exalted form of love. You, as apostles of my love, must pray that you be strong in spirit and that you could comprehend and forgive. You, apostles of my love, by understanding and forgiveness, are giving an example of love and mercy. To be able to comprehend and forgive is a gift for which it is necessary to pray, and to nurture it. By forgiveness you are showing that you know how to love. Just look, my children, how the Heavenly Father loves you with a great love, with understanding, forgiveness and justice – how He gives me, the Mother of your hearts, to you. And here I am among you to bless you with a motherly blessing, to call you to prayer, to fasting – to tell you to believe, to hope, to forgive, to pray for your shepherds, and above all to love without limits. My children, follow me. My way is the way of peace and love, the way of my Son. It is the way that leads to the triumph of my heart. Thank you."

As of June 25, 2019, the number of Masses reported for Our Lady's intentions was 27,940. Thank you!

“Jeopardy” with Ivanka

Do you like to play the game “Jeopardy”, where the answers are given, and you have to figure out the questions? If so, you might like this transcription of a Question and Answer session with Ivanka! I was so excited to find rare footage with Ivanka, on a DVD purchased in Medjugorje in 2018. However, I soon discovered they did not record the questions, only the answers! Maybe you and your family or prayer group would enjoy trying to determine what the questions might be!

A1: The visionaries have agreed that the third secret is the permanent sign Our Lady is going to leave on the site of the first apparition. We have never spoken about other secrets, so I do not know if the other secrets the other visionaries have [are] the same or not. All the messages Our Lady gave to me are the messages for the world. She has never given me any personal messages; all messages are messages for the world. Many people think that I am maybe closer to God or to Our Lady, but I always say I’m the same way all of you are. It is beautiful to see with your eyes; and if I see only with my eyes, and my heart is closed... that’s no help at all. As all of you have to pray, I have to pray as well. You see, my responsibility is just greater than yours because I have responsibility before God and I have responsibility before all of you. And that’s why, please, pray for all of us here. Thank you.

A2: I saw Purgatory, but my experience was different than Vicka’s and Jakov’s. To me, it was shown like a film. And the only thing I saw was darkness, and I heard prayer. And Our Lady told us that we can help the souls in Purgatory with our prayers.

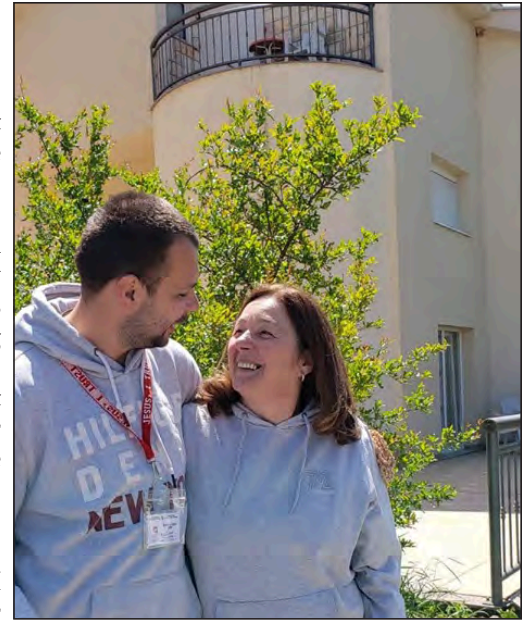
A3: When the time comes, we will know. And the only thing we are to do is to open our hearts, and we place

our lives into the hands of Our Lady, and She’s going to lead us the right way. Do not have fear, because Our Lady is always with us.

A4: When I pray – every day when I pray – I feel Her presence in my heart. And I am sure that, at this very moment, Our Lady is standing next to me and next to you as well. Just let Her into your heart. Just let Her into your families. And let Her get into your countries. And then we are going to have Heaven on earth. Just let Her enter into your hearts.

A5: Many people asked me how I prepare myself for that day – for the anniversary of the apparition. And I have to tell you, starting from June 25, after the apparition, every single day, I prepare myself for that meeting with Our Lady. Every minute of my life, I’m preparing myself for the next apparition. When I get close to that day of the annual apparition, it seems to me that time stops. Every second seems that it’s one year long. During that annual apparition, I’m the only one who is present, but my family as well. We pray the Rosary together, and then I see the light three times. Everything disappears. I cannot hear or see anything but Our Lady. And when I see Her, I see Her the same way I see all of you today. My children always tell me, “Mom, are you opening your mouth? Why don’t you speak?” (because they cannot hear me). My experience is that I talk the same way I talk to you, but I do not know why nobody can hear me.

A6: Yes, I see Her. I talk to Her, and She talks to me, the same way I’m talking to you right now. ...I do not know



Ivanka with her son Josip

what happens, but nothing around me is visible or heard. Everything disappears. And, of course, I have a lot of questions myself. What happens to me? Why I can see, and why you cannot

“We must always remember that God does everything well, although we may not see the reason of what He does.” ~ St. Philip Neri, our patron saint this year

see – that’s a question I have. Why I can hear Her, and nobody else can? I do not know what happens. And you see, I accepted this – what happened to me. I always tell Her,

“You brought me so far; please lead me in the future as well.”

A7: You see the color of the dress of Our Lady on this painting [pointing to the picture in the yellow building]. It’s gray, but it’s not this gray color. I always pray, “God, please give to the entire world – just to see Our Lady for a tenth part of a second – so that they can feel that enormous love Our Lady has for all of us.” I cannot describe or picture for you the beauty, that love, because human dictionaries are too poor to describe that love that radiates out of Her.

Our condolences to the family of Sally Dugan who passed away on June 15, 2019. Sally was a faithful member of our mailing crew for years, as well as a member of our Medjugorje prayer group. Please pray for the repose of her soul and for consolation for her family. Thank you.

Message to Ivanka on June 25, 2019

Ivanka Ivankovic-Elez had her regular annual apparition on June 25, 2019. At her last daily apparition on May 7, 1985, Our Lady confided to Ivanka the 10th secret and told her that she would have an apparition once a year on the anniversary of the apparitions. It was that way also this year. The apparition, lasted four minutes. After the apparition, Ivanka said that Our Lady gave the following message: **“Little children, pray, pray, pray.”**

My Special Miracle in Medjugorje

By a Friend in Jesus, Mary and Joseph

My last trip to Medjugorje was approximately seven years ago, at the end of October, and what a blessed and miraculous trip it was for me! I was able to stay four weeks, and how thankful I am that I was able to do this. When I left the U.S., I felt like I was carrying a 100-pound weight on my back, and I couldn't wait to find a very special priest to help me figure out how to handle these crosses. I am very comfortable going by myself now, since I have been privileged to go a number of times. I am so comfortable staying with Nada at Nada's Pansion, right down the street from the church and Victor's and the same distance the other way to the vineyard and Apparition Hill. It's perfect for me. Nada is just like a mother to me, and I love her dearly!

This trip was probably one of the most important trips I had ever taken. As Fr. Svet says, "Always pray your Rosary on Mt. Podbrdo, and Jesus will honestly talk to your heart and you will hear Him." And hear Him I most certainly did. It frightened me a little bit, because I was hoping for something different.

There are so many details to this story, and it's so very, very important that I portray this correctly, but I'm trying to keep it short and sweet. I have told very few people about this miraculous happening because it is just that! So I will begin my story about the most miraculous event that ever happened to me in Medjugorje.

This was my very last night before flying to the US. So even though it was pouring down raining and cold, I thought I would go to church and Confession – my very last chance to go to Confession before flying out. I took off running from my room to the church, and by the time I got to the confessionals, there were only two English priests hearing confessions. It was not crowded at all, so I just popped in the first box that was available. I started saying the opening prayer of my confession and all of a sudden, I looked up at my confessor and, lo and behold, it was one of my most favorite people in the world (saint now) – it was John Paul II! I started stuttering and crying and even laughed a little bit. I said, "I'm sorry I called you 'Father'. I mean I should call you 'Your Eminence' or 'Pope John Paul II'. I mean 'Bl. John Paul II'."

I finally just stopped talking all together and just looked at this beautiful saint in those crystal blue eyes! I got the most wonderful feeling and I felt so calm all of a sudden. He said, "Oh my dear, people say that all the time to me." But that was all he said about his identity. He did not have his Parkinson's Disease, and he was glowing and healthy and so happy. He told me things about myself that no one could have ever known about me. He helped me figure out

the crosses that I had brought over with me. He spoke so eloquently and softly and gently, just like Jesus! He made me understand so much. I didn't want to leave the confessional, but knew that I had been with him a long time, and it was time to go. With that, I started crying, and he stood up in the confessional and embraced me and his vestments draped all the way around me.

I felt like I was in a cocoon. He gave me this very special blessing like I had never heard before. I felt like he was dubbing me, like a king would do to one of his fighting soldiers getting ready to go to battle. And that's exactly what we do every day of our lives – we battle evil and Satan!

How very, very blessed we are to have the Sacrament of Reconciliation. I told Pope John Paul II that I had prayed every day for him to become a saint and here he was on the way to sainthood. I knew how much he loved Medjugorje before he died and how much he loved being there now that he had died. He loved being in Medjugorje. I heard that people in Bikovici have seen John Paul walking through the village, but I never dreamed I would be granted such a beautiful miracle! I just floated out of the confessional and floated on home to Nada's. I wanted to be alone so I could comprehend everything that had happened to me.

The visionaries have said that when they have gone to Heaven, that all the people look to be in their 30s and very happy and beautiful. Well

John Paul looked just like that. He looked about 35 years old, healthy, no Parkinson's Disease, and just as bright and happy as can be.

As I've said, I have told hardly anyone about this, but I felt like it was time to do so. There isn't a day that goes by that I don't think about St. John Paul II, and how I hope he prays for me and looks after me. One day I hope to go to Heaven and see him just walking by and stopping to say, "Welcome! It's so good to see you again."

Editor's note: I have known the author of this story for about 15 years. She is a credible witness. She shared this miracle with me soon after she returned from Medjugorje. However, she was reluctant to write or even talk about it because she did not think anyone would believe her. After many years of my urging her to write it, she agreed, with the condition that she be anonymous.



Painting of St. John Paul II on a mural in Hotel Ruza in Medjugorje

St. Louis de Montfort once said that when you hear these miraculous stories about the saints, believe them. The worldly find them difficult to believe, but to the faithful, it is not surprising that God does great things for those who truly follow Him.

The Shroud of Turin and Medjugorje

By Louise Lotze

I have had an interest in the Shroud of Turin for over 20 years. It started with an interest in the Holy Face of Jesus when I purchased medals and prints of His Face from the Holy Face Association as well as a Holy Face door plaque. I even framed His Face print and hung it inside our house. It

is a photocopy from the Shroud of Turin.

In 2010, I went on pilgrimage to Medjugorje for Youth Festival week. Little did I know the surprise waiting for me. Over by the Risen Christ statue there was on display a magnificent collection of large photos as well as a cloth

replica of the Shroud in its actual dimensions. I was able to take many pictures and revisit the display many days that week. I felt like Turin, Italy had relocated to Medjugorje with this awesome gift for all present to see and ponder Jesus' image.

In April 2019, my parish hosted a presentation on the Shroud of Turin. Very informative, it traced the Shroud's origin and route of travel. The title for the program was "The Mystery of the Shroud of Turin: Where Science Meets Faith". The historical, medical and biblical background of the Shroud leads one beyond scientific inquiry to a personal encounter with the living Christ. The presenter, David Onysko, had slides and large photos to view. I was intrigued by the tests performed by STURP (Shroud of Turin Research Project). This team of 24 scientists analyzed the Shroud for five continuous days in 1978. In 1981, after three years analyzing the data, all the scientists agreed upon the following statement: "We can conclude for now that the Shroud image is that of a real human form of a scourged, crucified man. It is not the product of an artist. The blood stains are composed of hemoglobin and give a positive test for serum albumin."

In 1988, the Shroud was carbon-dated by three laboratories in Oxford, Zürich, and Arizona. They indicated a date range from between 1262 to 1390, indicating the cloth to be only about 700 years old. In 2005, a thermal chemist, Ray Rogers, discovered that the material of the corner cut for carbon dating was different from the rest of the Shroud. There was a fire in 1522 and burns and patches on the Shroud from this fire were removed. The Shroud was attached to a new backing cloth as well. He obtained thread samples from the C-14 corner and thread samples from the interior of the Shroud. Additional micro-chemical and spectroscopic tests showed the samples were not the same. The sample cut for C-14 dating appeared to be from a Medieval reweave instead of the original Shroud. Thus, the radiocarbon date was not valid for determining the true age of the Shroud. Three different samples were to be cut in 1988, but only one sample was cut and used, violating the protocol. Also, they cut the sample from the most handled area of the cloth, the outside corner edge, exactly where it had been grabbed and held by Church authorities for numerous public exhibitions, which thus had the most potential for contamination, damage and repair. In 2013, researchers with Padua University in Italy conducted tests and determined an estimated date range of 280 B.C. to 220 A.D.

From the test performed by STURP, I was attracted to the blood tests. Dr. Al Adler stated: "The blood marks seen on the Shroud are consistent with a contact transfer to the cloth of blood clot exudates that would have resulted from major wounds inflicted on a man who died in the position of crucifixion." The blood test results were positive for heme, bile, serum albumin, and other blood components. The blood type is type AB with human DNA (1995).

In Sr. Emmanuel's book, *Peace Will Have the Last Word*, she describes the Eucharistic Miracle in Buenos Aires, Argentina. This miracle occurred in 1996 when Pope Francis

was bishop there, and he decided to have a scientific analysis done after several years of keeping it a secret. This Host had been found at the back of a church. The priest saw the soiled Host and placed it in a container of water in the tabernacle in the chapel. After one week, the Host had become a fragment of bloody flesh and had greatly increased in size. Over time the Host showed no visible sign of decomposition. In fact, when the tests were done in 1999, the consecrated Host of white unleavened bread had been transformed into bleeding human flesh. The Buenos Aires miracle can be compared to reports produced about a similar Eucharistic Miracle that

had taken place in Lanciano, Italy. Without revealing the origin of the test samples to the experts who conducted the comparison, they concluded that the two laboratory reports had analyzed test samples taken from the same person. They further pointed out that the two samples revealed an "AB positive" blood type. This blood carries characteristics of a man who was born and lived in the Middle East. Type AB is the blood type called the "universal receiver".

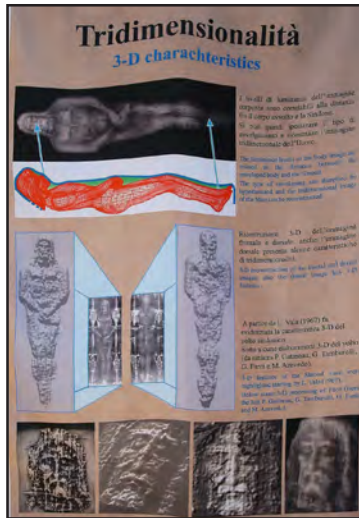
A very interesting discovery in the Buenos Aires miraculous Host was made by Dr. Frederick Zugiba, an acclaimed cardiologist and forensic pathologist. He determined that the substance being analyzed was true flesh and real blood containing human DNA. He declared, "The analyzed material is a fragment of the heart muscle found in the wall of the

left ventricle close to the valves. This muscle is responsible for the contraction of the heart. It should be borne in mind that the left cardiac ventricle pumps blood to all parts of the body. The heart muscle is in an inflammatory condition and contains a large number of white blood cells. It is my contention that the heart was alive, since white blood cells require a living organism to sustain them, or they will die outside of a living organism. Thus, their presence indicates that the heart was alive when the sample was taken. What is more, these white blood cells had penetrated the tissue, which further indicates that the heart had been under severe stress, as if the owner had been beaten severely about the chest."

Without Jesus' DNA, we cannot positively say the Shroud of Turin is the cloth that covered Jesus in the tomb after His crucifixion and death. However, the image has tests showing 3-dimensional data, the cloth contains Middle-Eastern pollens, and the blood type AB is the same as Eucharistic Miracles from Buenos Aires and Lanciano, which we know are the flesh of Jesus Christ since they were consecrated Hosts.

Thank you, Medjugorje, for Youth Festival week of 2010, where I was able to view images of the Shroud and ponder this personal encounter with the living Christ. Fact or fiction? Science cannot render a verdict on the Shroud. Historian John Walsh states: "It is either the most awesome and instructive relic of Christ in existence or it is one of the most ingenious, most unbelievably clever products of the human mind and hand on record. It is either one or the other. There is no middle ground." You decide.

Editor's note: Louise lives in Ashtabula, OH, and is a faithful member of our mailing crew.



Fr. Leon Speaks About the Five Stones – Part II

The following is a transcription of a talk given on November 9, 2018, by Fr. Leon Pereira, the chaplain for the English-speaking pilgrims in Medjugorje. He gave me permission to transcribe it for the readers of *The Spirit of Medjugorje*. Part I, (the first stone – pray with the heart) was in the June issue, and the conclusion will be in the August issue.

The second stone is **Holy Mass**. She [The Blessed Mother] says: “Go to Mass as often as possible; receive Christ in the state of grace; go to Mass early, prepare with silence before Mass.” She says to the priests, “Prepare with silence in the sacristy for at least five minutes before Mass.” And She says, “Never leave Mass without making your thanksgiving.” And also, She says to those who are habitually late, She says it is better for them if they had not even bothered coming. OK? So, She’s actually a bit harsh about that. She’s strict, but it is understandable...

What is the Mass? It is meeting Jesus. You know, if you’re habitually late in meeting Jesus, it means you don’t really care about Him. I’m not talking about mothers with young children and trying to haul them all out and get them in the car. I just mean those who are always late. You know, if you really care about something, you wouldn’t be late. I know this. This is true. You know if there’s a football game on, are you going to be late? No. You’re there early. You’ve booked the TV, you’ve got the space around, you’ve got your beers and pretzels or whatever. Everything is ready, because you care so much about it. In the same way, we have to care about Mass, because Mass is the most important thing in our lives, so we have to actually prepare for it beforehand, and make our thanksgiving after. We can’t just turn up sloppily, last minute and whatever, or yak in church all the way before Mass. What’s the point of that? So that’s Holy Mass.

The third stone is **Holy Bible**. Our Lady says, “Put the Bible in a prominent place in the family home.” Let everyone in the home read it. Read it in the mornings, root it in your heart. Memorize it and live by it. Read especially the Gospels.

Now, I guess you all read the Bible, don’t you? Do you read the Bible? I have this idea that Americans are generally much better than most people. You’re all kind of law-abiding and good, aren’t you? Yes, you are. You know, actually last year the Holy Father made these comments which were understood to be kind of against Medjugorje. We noticed that the American pilgrims – the numbers dropped. But the Irish pilgrims increased because they were like, “If the Pope is against that, I’m for it” – kind of a different mentality between Irish and Americans. So, I don’t know, if you’re Irish-Americans, what mentality do you have? But anyway, the Pope is not against Medjugorje. He sent a bishop here, living in this house [the rectory] actually.

Anyway, now Saint Jerome tells us, “Ignorance of Scripture is ignorance of Christ.” Would you believe anyone if they said to you, “I love you, but I don’t want to know



Fr. Leon speaking about fasting

you”? Would you believe them? No, because if you love someone, you want to know more about them. So how is Jesus going to believe us, that we love Him, if we don’t actually get to know Him? Ignorance of Scripture is ignorance of Christ. We’ve got to read the Bible. We’ve got to read the Scriptures, especially the Gospels.

Our Lady does say read especially the Gospels... Here in Medjugorje when I talk to pilgrims they tell me strange things. They tell me, “Oh Father, the Gospels are all about inclusivity and tolerance.” Have you heard that? [negative response] I’m glad you’ve never heard that. See, I said Americans are good! Because I think, “Where in the Gospels is it about inclusivity and intolerance?” Show me. Where? I’ll show you where it’s *not* inclusive – when Jesus says, “Depart from me, you evildoers.

I never knew you.” Is that inclusive? Or the king who invites everyone to the wedding and they don’t come, and then he forces other people to come in. Then he goes around and inspects them, and the guy without the wedding garment, he kicks him out. “Bind him, hand and foot, and throw him out to the outer darkness where there will be weeping and gnashing of teeth” – meaning hell. He kicks someone out into hell. Does that sound very inclusive? No. Don’t look frightened! What I’m trying to say is God is inclusive on *His* terms, not *ours*. You know we don’t come waltzing in saying, “This is how I am. You have to take me this way.” No. God loves us too much to keep us that way. He loves us as we are, but He loves us so much that He will not let us stay that way.

And also tolerance – where is it in the Gospels about tolerance? Jesus makes a whip out of cord and drives the money-changers out of the temple saying, “Get out of here. You’ve turned my Father’s house into a den of robbers.” Is that very tolerant? Jesus is intolerant of sin. So, do not be misled because the world wants to lie to us a fake Gospel of so-called inclusivity and tolerance. “This is what Christianity is all about apparently.” **NO!** *Christianity is about Christ’s way to the Father through the Spirit.* And we do things on *His* terms, not *ours*. OK? Read the Gospels. Be familiar with them.

Number four is **fasting**. Our lady says, “Fast on Wednesdays and Fridays.” Fast strictly on Wednesdays and Fridays. “The best fast is on bread and water.” With fasting, you can suspend physical laws and stop wars. The West has forgotten fasting. Now, why Wednesdays and Fridays? In the early Church, there’s a document called the “Didache” – the teaching of the 12 Apostles. And it says, “You shall fast on Wednesdays and Fridays.” So this is a fast that Our Lady herself did. Wednesday is the day of the betrayal by Judas, when he goes and says, “What will you give me if I hand Him over to you?” Friday – the day of the Passion of Our Lord.

Now, my Jewish friend said to me once, “You Catholics,

when you say 'fast' you mean you don't eat in between meals," and he's right. You think about we have two days of fasting for the Latin Church (that's us). We have two days of fasting left – Ash Wednesday and Good Friday. And what does it say? You can have two small meals added together, must not add up to one big meal, and the third meal you can have a big normal meal. And we call that fasting, right? This is what most of the world eats on a good day, if they're lucky! And we call it fasting? But the Eastern Catholics and the Eastern Orthodox still fast every Wednesday and Friday. They have, on average, almost 200 days of the year are fasting days – 200 out of 365 days! And we have *two days!* We used to have abstinence on Fridays. Thank God, in England, we have it again...abstinence on Fridays. The bishops came back to their senses and reinstated that. But it's a bit like shutting the barn door after the horse has bolted. But I'm glad we have it, because you know in the 70s – it's so naïve – when the bishops got rid of it, they said, "OK, you can eat meat on Friday (because we're all middle class and bourgeois and whatever). You know you can decide your own penance." But what happened? It meant that *no one did any penance at all on Friday!* Right? At least with the no meat on Fridays, it was a minimum and we were conscience of it, and it made us think, "I'm Catholic. What's the minimum? I'm actually doing something." Right?

But Our Lady invites us to fast, and She is very strict on this. I say, "She invites." She doesn't compel, but She says no one is excused, not even the elderly – only the sick. But then to the sick, She says, "You know what you have to give up," and She gives examples – She says cigarettes, alcohol,

television – those are examples She gave for the sick. But She does say that She needs our fasting. She can't convert sinners without our fasting. She said the same at Fatima: "Today more souls go to hell because not enough people pray or make sacrifices for them."

Now, fasting is not difficult. All you have to do is *pray for the grace to be able to fast*. Pray for that grace, and then just fast. Notice, She says, "Bread and water." In theory, you can have as much bread as you like, as much water. You know, Type 2 diabetes – you can still have bread. Look at the glycemic index or whatever – brown bread. But, it's up to you. No one is going to force you. No one is compelling you. But I promise you, your spiritual life will take off in a good way. It's like, until now, you've been grinding in first gear. If you fast, it's like going into cruise control. Everything changes. You will see miracles around you. All right? But if you're unable to fast, for example if you're sick, still She asks us to make sacrifices. So you can still make a sacrifice. All right? And she needs the sacrifices.

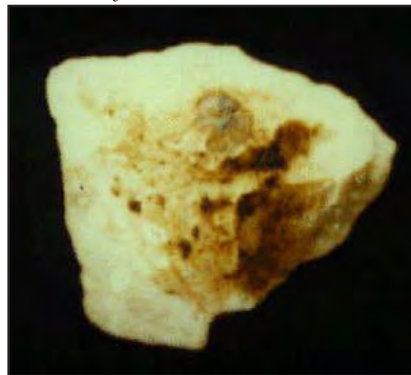
People ask me, "What kind of bread? What kind of water?" Bread which is not cake, water which is not gin or vodka. It has to be H2O. And they say, "How long do I have to fast for?" 24 hours – as long as it's Wednesday, and as long as it's Friday – 24 hours. And then they say, "How long do I have to keep this up?" I always tell them, "Not long – only until you die." So don't worry about it. But it is powerful, and Our Lady is asking us – I think [if] our Mother is asking us, She wouldn't ask us for no reason – and She says She needs this. So, She's looking for our cooperation, because She said She can't do this without us. That's my take on this.

A Medjugorje Moment

By June Klins

My first pilgrimage to Medjugorje was in June of 1998 and only lasted four and a half days. Since it was anniversary time, it was very crowded and it was recommended that we not go near Apparition Hill. I was so disappointed as I did not want to go home without going up the hill. But on our last evening, we finally made the climb. I was in awe as I sat so near to the metal crucifix at the site of the first apparition (Our Lady's statue is there now).

On the way back down the hill, I remembered that a man had told me to pick up five stones from Apparition Hill. I did not know why at the time, but I later found out that the five stones represent five things Our Lady is asking us to do – prayer, fasting, Bible, Confession, and Eucharist. Later, while packing my luggage, I began to inspect my stones, and I discovered that one of my stones had an image of Jesus with His crown



of thorns! I ran around like a crazy lady showing it to everyone! From that point on, I have been on fire for Our Lady's messages, especially the "five stones."

Since then, I have had many "Medjugorje Moments", both in Medjugorje and at home, many of which I have shared in my articles. I am sure many of you also have "Medjugorje Moments" to share. We would love to hear them. "I am calling all of you, little

children, to live and witness the graces and the gifts which you have received. Do not be afraid!" (Our Lady, 12/25/17)

"Tell God's glory among the nations; among all peoples, his marvelous deeds" (Ps 96:3).

Prayer Intention of Pope Francis for July

The Integrity of Justice: That those who administer justice may work with integrity, and that the injustice which prevails in the world may not have the last word.



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MARY IS CALLING YOU

On June 24, 1981 in Medjugorje, Our Lady began appearing to six children. She identified Herself as the Blessed Virgin, Queen of Peace. Her words to the visionaries: "I have come to tell the world that God exists. He is the fullness of life, and to enjoy this fullness and obtain peace, you must return to God."

Today, the Blessed Mother still appears daily to three of the visionaries, and monthly or annually to the others. They are all now adults. During the apparitions, the visionaries do not react to light, don't hear any sound, or react to being touched; they feel that they are outside of time and space. They declare to see the Blessed Virgin as they see other people — three dimensional. They pray and speak with Her.

The Blessed Mother granted to confide ten secrets to each visionary (some are chastisements for the world). Some of the visionaries have received all ten secrets. Our Lady promised to leave a visible sign at the original site of the apparitions in Medjugorje, for all humanity. In

the meantime, this period of grace is for conversion and a deepening of faith. After the visible sign, those still living will have little time for conversion.

Father Jozo Zovko, who was the pastor of St. James when the apparitions began, has spoken about what he calls "the weapons" or "the five stones" of Our Lady (as in the story of Goliath). They are PRAYER with the heart, especially the Rosary; EUCHARIST; BIBLE; monthly CONFESSION; and FASTING.

The publisher recognizes and accepts that the final authority regarding the apparitions at Medjugorje rests with the Holy See.

To borrow an original prayer cloth from Medjugorje for a week, send a self-addressed stamped envelope to the address below. You must include your phone number. If you want a prayer cloth we made to keep, send a self-addressed stamped business size (4 1/8" x 9 1/2") envelope with \$.70 postage on it.



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