

Reflections

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Catholic Family Newsletter

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Bringing Light Into a World of Darkness

Love and Forgive

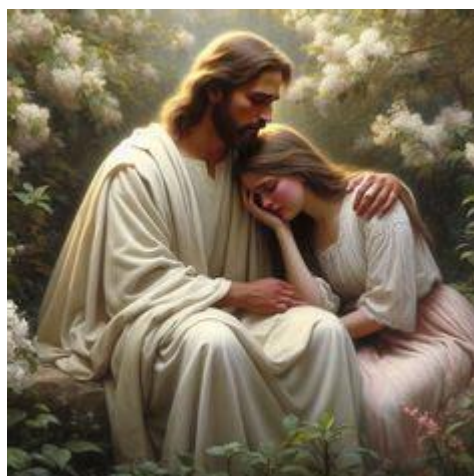
Healing Past Memories

Billy Graham on Forgiving

My Child Saved Me

*****THOUGHT FOR TODAY*****

When all seems lost, Jesus says, "Just trust me." In the darkest night, Jesus says, "Just trust me." While most of us know these words and find them easy to believe when things are going well, they are often much tougher to believe when we find circumstances similar to what Jairus was facing. Jairus in the Bible was the father of a 12-year-old girl whom Jesus raised from the dead. Fear paralyzes us! Fear controls our thoughts! Fear steals away our faith! So, Jesus says, "Don't be afraid. Just trust me!" **May God give us the strength to do just that when we face troubling times.**



Personal Note about the 2024 Opening Olympic Ceremonies in France. By: Richard Pickard

If we teach our children properly, they will remember the 2024 Paris Olympics as the distilled essence of **anti-human wokeness**.

First, billions of Christians worldwide had to endure opening ceremonies polluted by a blasphemous display of sexual deviants mocking Jesus. Including a nude man appearing as a Greek God of wine. Drag queens and sexual perversion were proudly displayed. Satan and all of his co-workers were out in the open and displaying ridicule and arrogance toward the moral values that all Christians and Jews hold. Shame on you France and the organizers of this affront to all humans who value moral values. God will not let you get away with this for much longer.

Director Thomas Jolly who was responsible for this vulgar display said his inspiration was from a **pagan feast** linked to the gods of Olympus. There it is in plain language... "A pagan Feast". False gods instead of the True God.

Gérald Darmanin, the French interior minister who is also in charge of **religious affairs**, said on Monday that France was "a country of freedom, sexual freedom, religious freedom, freedom to mock and caricature. Shame on you Gérald. You are teaching your young people about immorality in the worst way. Instead of defending moral values you made sure, that it was "in your face" to all Christians, Jews and all people who believe in teaching their children the value of morals. You are working for evil and not for good.

May the eyes of all people be opened to this war for the souls of mankind. We must never be silent when our values and faith are being attacked. Satan is waging a war against humanity and he uses people who are deluded spiritually to openly proclaim his dark kingdom. Jesus will not be mocked. **"Vengeance is Mine, and recompense; Their foot shall slip in due time; For the day of their calamity is at hand, And the things to come hasten upon them."** Deuteronomy 32:35

Blessing to All:**By: Richard Pickard****It is in forgiving that we are forgiven. Luke 6:37**

For Catholics and our Protestant brothers and sister, it is a life of grace through Our Lord and Savior, Jesus Christ that binds us. He has assured us by His cross and Resurrection that we are loved by Him and Our Heavenly Father.

He has redeemed us. And as a sign of our Christianity, we are to live a life of peace and doing good to others. To forgive others and be a contradiction to the world. Loving and forgiving. Not hating and unforgiving.

He reminds us in the gospel messages that we see below, some simple messages of how we are to act toward each other. Simple thoughts, but so important to do throughout our life.

Love One Another:

John 13:34-35 "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Pray for your Enemies:

Matthew 5:44-45 "Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good and sends rain on the just and on the unjust."

Repent:

Matthew 4:17 "From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

Believe that Jesus is in the Father:

John 14:11 "Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves."

Take up your Cross and Follow Me:

Matthew 16:24-25 "Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it."

Go and Make Disciples:

Matthew 28:18-20 "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

Pray Always:

Luke 21:36 "But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man.

Judge Not and You will Not Be Judged...Luke 6:37

I recently read an article by Jimmy Akin a Catholic apologist. He is discussing the Gospel of Matthew, and what Jesus said about how we are to act as Christian and about judging others. Most bible scholars believe that the Gospel of Matthew was likely written for Greek-speaking Christians of Jewish descent. The audience who Jesus is speaking to, is not known. Most probably they are a mix of Jews and believers. The deeper implications of these tests indicate a future punishment awaiting those who do not take His words seriously. His words are to the Jews who are listening and to those that already believe in Him.

Akin..."What he [Jesus] did mean is not difficult to discern if we read the statement itself: "Judge not, that you be not judged. For with the judgment, you pronounce you will be judged, and the measure you give will be the measure you get" (Matt. 7:1-2); "Judge not, and you will not be judged; condemn not, and you will not be condemned; **forgive, and you will be forgiven" (Luke 6:37).**

Jesus is saying we should take a generous, forgiving attitude with others so God will take a generous, forgiving attitude with us. We should treat others as we want to be treated. This is a prominent theme in his teaching (cf. Matt. 5:43-48, 6:12-15, 7:12, 18:21-35).

Although we are to be forgiving and merciful to others, this does not mean ignoring, much less approving, immoral behavior. Neither does it mean we should not try to help others. Admonishing the sinner is a spiritual work of mercy. Scripture elsewhere says: "Let him know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins" (James 5:20)."

We all experience a lack of charity towards others from time to time. Particularly when our emotions take over during family disagreements or as parents, when our children show disrespect for us. The shouts of anger and the words exchanged can cause great harm to those around us. We are all children of God, but in our humanness, we are also ruled by human emotions, which increases the likelihood that we will say or do something

that we regret later on. The rash judgements made in anger towards others are opportunities for Satan. When these times occur in the family or with friends, do not let the sun go down without trying to make things right. The devil will use these opportunities to push the love of others away and put a plank of anger between you and the ones involved.

Jesus' words in Matthew 7:21-24 are because He loves us. He does not want to see us become stuck in revenge or long-term anger towards others. Listen to his words...

"You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister¹ will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,'[*worthless*] is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell. In Jesus's time, the word 'fool' has a deeper meaning.

Explanation of the word "Fool" used by Jesus is from the Old Testament...Psalms 14:1 says, "Fools say to themselves, "There is no God! They are all corrupt, and they have done terrible things; there is no one who does what is right." And Proverbs 14:9..." Fools mock at making amends for sin, but goodwill is found among the upright."

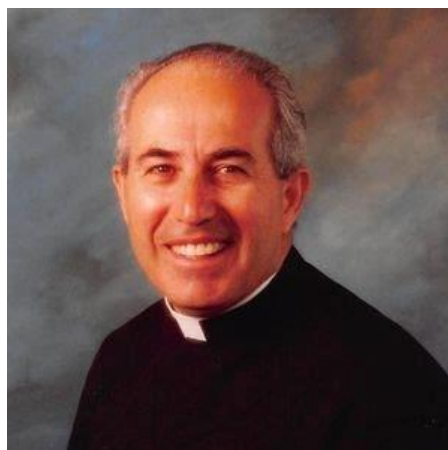
"Therefore, if you are offering your gift at the altar and there, remember that your brother or sister has something against you, leave your gift there in front of the altar. **First go and be reconciled to them; then come and offer your gift.**"

Brothers and sisters, reconcile with those you have injured or who have injured you in deed or word. No matter who was to blame. Most times, it is a family member involved. Long past grudges or hurtful words, that were spoken in anger, years ago, must be resolved. The next article is from a wonderful Healing Priest, Father Robert DeGrandis. I recommend you read it and let the Lord give you peace.



PRAYER FOR HEALING OF MEMORIES (INNER HEALING)

By Robert DeGrandis, SSJ



(1932-2018)

"Father, I thank You for Your Son, Jesus, who died on the cross not only for my sins, but for my fears. I thank You that Jesus is the same yesterday, today and forever, and that He wants me to be completely whole: spirit, soul and body. Lord Jesus, I ask You to walk back through every second of my life. Heal me and make me whole. Go back into the third and fourth generations and break harmful genetic ties.

Jesus, You knew all about me even before I was born. Thank You for being there as life began. If fear or any other negative force was transmitted to me as I was in my mother's womb, set me free from those things. Thank You, Lord Jesus, for being there when I was born, and loving me. (Some came into this world not being loved and not being wanted, and they felt such rejection. Lord Jesus, from the very beginning fill each newly born child with Your precious love.)

Lord, walk back through every second of my life during those early years. (Some were separated from parents because of sickness or death; some were born into large families and did not receive the love that was need). Lord Jesus, go back and fill every void, give the love that was not received. Remove every hurt. Take away all fears - fear of darkness, fear of falling, fear of animals, fear of being lost. I thank You, Jesus, for setting me free and healing me.

I pray, Lord, that You will take my hand and walk to school with me. At times, I felt so shy, so afraid to leave home and go into new situations. Jesus, there were times I felt embarrassed at school, would You please take away those memories? When I was treated harshly by a teacher, or I was hurt by classmates, please heal those hurts. (Some fears entered during those first school years, the fear of speaking in public, or fear of failures). Thank You for healing those hurts and setting me free from those fears. I thank You and I praise You.

Lord Jesus, I thank You for my mother. (For those who did not have the love of a mother, fill that void, that empty place and give them the love that was needed). I ask You to stand in between my mother and me and let Your divine love flow between us. I ask forgiveness from my mother for any way I have hurt her or failed her, and I forgive her for any way she hurt or failed me.

Lord Jesus, I thank You for my dad. (For those who did not feel the love of any earthly dad, please give them all the love they needed but didn't receive). Stand between my dad and me. I pray that Your divine love will mend any broken relationship. I ask forgiveness from my dad for any way I hurt or failed him, and I forgive him for any way he hurt or failed me.

I lift up my brothers and sisters to You. Where there were feelings of competition, jealousy or resentment, I ask that Your healing power and love mend every broken relationship. I forgive each brother and sister for hurting or failing me, and I ask their forgiveness for hurting or failing them.

Thank You, Lord for being there in my teenage years when I was in Junior High School and High School. There were new problems and fears. As each painful memory is brought to my mind. I pray that You will take a spiritual eraser and wipe the pain from mind. Take away any feeling of humiliation, embarrassment, guilt, fear or failure. (Some have been teased because of race, looks, size or poverty and they were wounded so deeply). Let each person know You loved them as a special, unique individual and that You were there in every situation.

As each of us started to leave home there were new fears, frustrations or hurts. (Some wanted to go on to college and were not able to, others were not able to enter the profession they had dreamed of, and they felt such disappointment). Jesus, please heal every disappointment and every hurt.

Thank You for being there as we entered marriage. (For some it was such a

beautiful, new beginning. For others it was a nightmare). Jesus, please take away every hurt. I pray that You would stand in between my mate and me (and if there has been more than one mate, please stand in between each one) and heal every hurt. I am saying to my mate, I forgive you for hurting me and I ask your forgiveness for hurting you. Lord Jesus, through Your divine love, I thank You for mending every broken relationship, and wiping away every painful memory.

Thank You for our children. Take away any feeling I have of failure or guilt as a parent. When I punished unwisely or was too possessive with my love, when words were spoken in criticism or anger, I pray You will heal any hurt that was caused. I ask their forgiveness and forgive them for hurting me.

Lord, during those terrifying times of accidents, those times of sickness or surgery, I thank You for being there. I ask You now to take away the horror, the fear and the trauma I felt. Thank You for being there during times of sorrow. I thank You for taking my hand and walking through the valley with me. I thank You for lifting the burden; I thank You for taking away my sorrow, my grief and my mourning. I thank You for giving me Your joy and Your peace.

Now, Lord Jesus, thank You for walking back through every second of my life up to this exact moment. Thank You for healing me of all my hurts, my painful memories, and my fears, for setting me free. Thank You for filling me with Your love. Help me to love myself. Help me to love others. But most of all, Jesus, help me to love You, as I want. I thank You for giving joy. I thank You for giving me peace. Thank You, Jesus. I thank You for going way down deep into the darkest recesses of my mind and cleansing me.

I thank You for healing my emotions, my mind and my memories.

I thank You, Jesus, for making me whole; and I give You all the praise and all the glory."

Heal the wounds that are in your family by prayer and hugs. We live but only a little while and then we are gone.



Why is Forgiving Others Important

By: Billy Graham



Forgiveness is one of the most beautiful words in the human vocabulary and is best illustrated by God's forgiveness of sin. When someone sins against us, they bear a terrible guilt. Likewise, when we refuse to forgive a wrong, we become part of the problem. When God's people practice forgiveness, sweetness replaces harshness.

We cannot force another to have a spirit of forgiveness, but we can demonstrate it by how we react. It is not always possible to mend a

broken relationship. Some people refuse to accept responsibility for what they have done, always blaming someone else for what happened. Be willing to go the extra mile in an effort to be reconciled with someone who has turned against you and remember always to pray for them. Remember to treat others as you would like to be treated (Luke 6:31).

A marvelous example of this is revealed in the life of Joseph. His brothers were jealous of him and sold him into slavery. But as the Old Testament story unfolds in Genesis 50, we see that Joseph did not hold it against them. The Lord used Joseph to save his family, and even a whole nation. Because of Joseph's demonstration of forgiveness, he was blessed of God. If we cannot find it in our hearts to forgive within our own family, we will never exhibit this attribute of Christ with others and know God's blessings. "For if you forgive men their trespasses, your heavenly Father will also forgive you" (Matthew 6:14).

Let's always remember what Jesus said from the cross about those who were crucifying Him: "Father, forgive them, for they do not know what they do" (Luke 23:34).

A Different Type of Saving **An Open Letter to My Child, You Saved Me** **by Kady Turcol**



"I love you. I am who I am because of you. You are every reason, every hope, and every dream I've ever had... Everyday we are together is the greatest day of my life." – Nicholas Sparks

My dearest love,

You are the light of my life, you saved me. You saved me from the pain and

suffering that comes all too easily in this cold, bitter world, with just one smile.

You saved me from the anger that has filled my heart for so many years, with just one kiss. You saved me from all of the times that I've ever felt like I had no purpose, with just one word, "mama".

When the world comes crashing down around me; when things feel too stressful, all it takes is one look into your eyes, and I know that everything is going to be okay because I have you.

You are so beautiful, so perfect in all of your ways. My only regret is not having you sooner, so I can love you longer.

You have shown me the purest form of love. The first time I ever cried tears of joy was the day that I gave birth to you.

The way that your eyes light up and fill with wonder so easily has taught me more than you could imagine. Too often, it is easy to take things for granted; things that I should appreciate and cherish. What I have come to realize while watching you grow is that this life passes us by way too quickly. It is important to soak in every second, because each moment is fleeting, soon to be nothing but a memory.

Your heart – so beautiful, so innocent, so pure, has never once been touched by true pain, bitterness or suffering. I dread the day that you feel your heart shatter into a million pieces, tears running down your face, not knowing where to turn. Turn to me.

Though I know all too well that there will be nothing I can say or do to mend your heart, I promise to be there to help you pick up the pieces.

I promise to be there to listen to you, to hold you, to cry with you.

My wish for you is that you never feel alone. I pray that you never feel like you cannot come to me; there are no amount of mistakes in this world that could ever make me love you any less.

You are a part of me, the best part might I add. You are my heart, my soul; everything that is good in this world. You are smart, you are talented. You are funny, and you are amazing.

You are hands down, my greatest accomplishment, my most precious gift.

Nothing that I've done in my life before you is relevant. The second I gave you life is the second you gave me mine.

You will never know the depths of my love for you, and all of the ways that you changed me for the better the instant that I set eyes on your beautiful face.

You saved me.

Thank you for simply being you.

All my love,

The luckiest mother in the world

**KEEP
CALM
AND
HUG YOUR
KIDS**



PRAYER TO INVOKE THE HOLY BLOOD OF JESUS

Lord Jesus Christ, I come before you and I cover myself, my family, my work, my whole being with your most precious blood. I take up the authority of the Lord Jesus Christ, the power of His holy name, and the power of His holy Cross so that we might be preserved from harm. And in the name of Jesus, I bind you Satan and all your evil spirits who wander through the world for the ruin of souls. I bind you Satan and all your fallen angels who oppose the work of Our Holy Mother in the world. I bind all you Occult powers and hierarchies who cover the world with darkness, and I claim the most precious blood of Jesus in the air, in the atmosphere, in the ground and in the underground, in the water and in the netherworld and over every part of my whole being.

In the name of the Father, the Son, and the Holy Spirit, Amen



**The International Catholic Family Newsletter
Is Published Monthly**

Our mission statement is to motivate people to pray and to be Christian examples in their work, home and with others, for those needing the Light in a world of Darkness.



The Rosary is the 'weapon' for these times. – St. Padre Pio

St. Paul Ministry

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