



Reflections

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Catholic Family Newsletter
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Volume 81

Bringing Light Into a World of Darkness

What Happened When He Gave His Life to Jesus
Forgiveness Prayer for Adults
Eucharistic Miracle of Lanciano Italy

Blessing to All:

By: Richard Pickard

A ¹man that I have known for many years, recently confided in me about a major change that is happening in his life. He is from India and I will call him Ahmed (not his real name). He was a successful businessman and retired a few years ago. Ahmed is married and has grown children. He has been married to the same women for all of his adult life.



He told me that he and his wife were in almost daily arguments and disagreements. That she was mean and unloving towards him. Then something happened that changed things in his marriage. Here are Ahmed's words.

"My wife was on my nerves each day, and I hated the constant squabbles we got into. We were always on the opposite side of issues, and my opinions, as for as she was concerned, were wrong. I was convinced my wife did not respect me nor love me, and I internalized in my mind, that she was happy to make me unhappy. Crazy thinking, but that is how I felt each day."

¹ An allegorical story with deep religious meaning.

I could see that Ahmed was emotionally in the moment, and his eyes started to glaze over. So, I told him to relax a bit and to tell me what he did to change things?

"I was so upset all the time, that one day, for some reason, I felt I needed to find some peace in my life. I got in the car and drove around, just to get away from my wife and try to find some solitude.

But the traffic was terrible, and I only got more bitter toward my wife as I drove. For some unknown reason, I had this thought about going to church. And at that instant, I was driving passed a Catholic Church! What are the odds of that, I thought to myself? Hmm? So, I turned around, parked my car and went into the church. I was the only one there."



So, Ahmed, do you think this was a coincidence?

"At first, I just didn't know, but I felt the need to go in. Does that make sense? Anyway, I found a pew in the back and looked at the Cross above the altar. My mind was like 'blank'. I finally said hello to Jesus and started to pour my guts out. I was so upset, mad, felt unloved, not appreciated and it felt like poison was inside my body. It was hate. I hated my wife, hated my life and well, I think I was even mad at God.



So, I began to complain to God. Why this and why that? I did not hear any replies, but the more I complained, the better I felt!

I guess you call that getting things off your chest. I had years of frustration being vented. I must have been there about 30 minutes and realized that I had been kneeling the whole time. I don't even remember kneeling down, but there I was on my knees.

I sat down and just looked around, hoping to hear something from Jesus. I did not hear anything, but I ask Jesus to help me and be in my life. I did not want to live a life full of stress with my wife and for Him to do something. It was a real prayer. One that I had not done in many years.

I left the church that day and decided, that if Jesus doesn't help me, then I would divorce my wife. I was at the end of my rope.

Slowly over the next few weeks and months, I noticed that I did not argue as much with my wife. She was still being in my face and complaining about this or that to me, but my mind was different. I don't know how to explain it. But, her words, were not as offensive to me and I was able to either stay quiet or say something that was not inflammatory.

After some time had passed, there was a 180-degree change in my attitude towards my wife and peace was returning to my heart!

Like I said, it didn't happen overnight. It took many months, but now when my wife and I are at odds on some issue, I listen and try to understand her point of view without me thinking she is just being mean. I hear my mind telling me how to answer. It's hard to explain. I don't hear a voice, but I feel that Jesus is inside my head, and gently makes Himself known, and I know what to say and how to react.



My wife still has her moments of being short with me, but I give it to Jesus, and within a few minutes or so, she is better, and the tension has passed. We get along much better now and even have talks about different things, with differing opinions, but without the anger associated, like before. It's not perfect, but it is so much better. My heart is at

peace most days. One of us had to change. With my change, I see her changing also!"

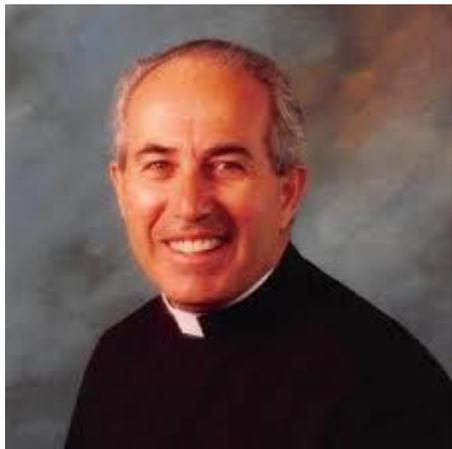
What Ahmed has experienced is a radical change in his life brought about by letting Jesus into his daily life. Ahmed also told me his prayer life is much better and he enjoys going to church again. In the past, going to church was boring and he could not wait until it was over.

I ask Ahmed about the one thing that he wants to tell others about this change in his life. "No doubt in my mind. When I was driving around trying to find peace, Jesus put in my head "why not go to church?" And at that moment there was a Catholic church. It was not a coincidence. So, tell your readers, that if they are unhappy and want help, go see Jesus. Go to church, sit there in the pew and complain. Let Jesus know what is happening in your life. If you are unhappy, don't believe it won't change. That's the devil telling you that. Get help from Jesus. The church may be empty, but Jesus is surely there."



Forgiveness Prayer for Adults

By: Fr. Robert DeGrandis, S.S.J



In the following prayer most of the significant areas will be covered. Often such a prayer will bring to mind other areas that need forgiveness. Let the Holy Spirit move freely and guide your mind to persons or groups that you need to forgive.

Lord Jesus Christ, I ask today to forgive everyone in my life. I know that You will give me strength to forgive, and I thank You that You love me more than I love myself and want my happiness more than I desire it for myself. Lord Jesus, I want to be free from the feelings of resentment, bitterness, and unforgiveness toward You for the times I thought You sent death, hardships, financial difficulties, punishments and sickness in our family.

Lord, I forgive myself for my sins, faults, and failings. For all that is truly bad in myself or all that I think is bad, I do forgive myself. For a delving in the occult, Ouija boards, horoscopes, seances, fortune telling, lucky charms, for taking your name in vain; for not worshiping You; for hurting my parents; for getting drunk; for the use of illegal drugs; for the misuse of legal drugs; for sins against my purity; for adultery; for abortion; for stealing; for lying.
I am truly forgiving myself today.



Thank You Lord for Your grace at this moment. I truly forgive my mother. I forgive her for all the times she hurt me, resented me, was angry with me and for all the times she punished me [unjustly]. I forgive her for the times she preferred my brothers and sisters to me. I forgive her for the times she told me I was dumb, ugly, stupid, the worst of the children or that I cost the family a lot of money. For the

times she told me I was unwanted, an accident, a mistake or not what she expected. [For any negativity, gossip, manipulation, or bad example], I forgive her.

I forgive my father. I forgive him for a lack of support, any lack of love, affection or attention. I forgive him for any lack of time, for not giving me his companionship, for his drinking or arguing and fighting with my mother or other children. For his severe punishments, for desertion, for being away from home, for divorcing my mother or for any running around, I do forgive him.

I extend forgiveness to my sisters and brothers. I forgive those who rejected me, lied about me, hated me, resented me, competed for my parents' love, those who hurt me, who physically harmed me. For those who were too severe on me, punished me or made my life unpleasant in any way, I do forgive them. Lord,

I forgive my spouse for lack of love, affection, consideration, support, attention, communication, for faults, failings, weaknesses, and those other acts or words that hurt or disturb me. Jesus,

I forgive my children for their lack of respect, obedience, love, attention, support, warmth, understanding; their bad habits, falling away from the Church, and bad actions which disturb me. My God, I forgive my in-laws—mother, father, son or daughter in-law, sister and brother in-law and other relatives by marriage. For their lack of love, words of criticism, thoughts, actions, or omissions which injure and cause pain, I do forgive them.

Please help me to forgive my relatives, my grandmother and grandfather who may have interfered in our family, been possessive of my parents, who may have caused confusion or turned one parent against the other.



Jesus, help me to forgive my co-workers who are disagreeable or make life miserable for me. For those who push their work off on me, gossip about me, won't cooperate with me, try to take my job, I do forgive them.

My neighbors need to be forgiven, Lord. For all their noise, letting their property run down, not taking in their trash cans, being prejudiced and running down the neighborhood, I do forgive them.

I now forgive my clergyman, my congregation, and my church for all their lack of support, pettiness, bad sermons, lack of friendliness, not affirming me as they should, not providing me with inspiration, for not using me in a key position, for not inviting me to serve in a major capacity and for any other hurt they have inflicted. I do forgive them today. Lord, I forgive all professional people who have hurt me in any way—doctors, nurses, police officers, hospital workers, lawyers, contractors. For anything they did to me unjustly, I truly forgive them.

Lord, I forgive my employer for not paying me enough money, for not appreciating my work, for being unkind and unreasonable with me, for being angry and unfriendly, for not promoting me and for not complimenting me on my work.

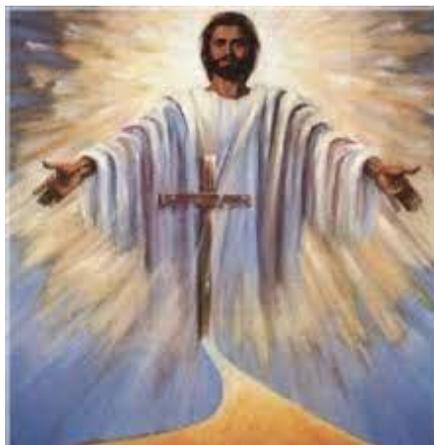
Lord, I forgive my schoolteachers, professors, and instructors of the past, as well as the present. For those who punished me, humiliated me, insulted me, treated me unjustly, made fun of me, called me dumb or stupid, made me stay after school.

Lord, I forgive my friends who have let me down, lost contact with me, do not support me, were not available when I needed help, borrowed money and did not return it, gossiped about me. Lord Jesus, I especially pray for the grace of forgiveness for that one person in life who has hurt me the most. I ask to forgive anyone who I consider my greatest enemy, the one who I said I would never forgive.

Thank You, Jesus, that I am free of the evil of unforgiveness. Let Your Holy Spirit fill me with light and let every dark area of my mind be enlightened.

AMEN.

Remember, forgiveness is an act of the will, not a feeling. Jesus calls us to forgive always and throughout our entire lives. Daily we need to forgive those who hurt or injure us. "Then Peter came up and said to him, 'Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?' Jesus said to him, 'I do not say to you seven times, but seventy times seven.'" (Matt. 18:21-22, RSV CE)



Eucharistic Miracle

Lanciano, Italy 8th Century A.D.



Ancient Anxanum, the city of the Frentanese, has contained for over twelve centuries the first and greatest Eucharistic Miracle of the Catholic Church. This wondrous event took place in the 8th century A.D. in the little Church of St. Legontian, as a divine response to a Basilian monk's doubt about Jesus' Real Presence in the Eucharist.

During Holy Mass, after the two-fold consecration, the host was changed into live Flesh and the wine was changed into live Blood, which coagulated into five globules, irregular and differing in shape and size.

The Host-Flesh, as can be very distinctly observed today, has the same dimensions as the large host used today in the Latin church; it is light brown and appears rose-colored when lighted from the back.

The Blood is coagulated and has an earthy color resembling the yellow of ochre. Various ecclesiastical investigation ("Recognitions") were conducted since 1574.

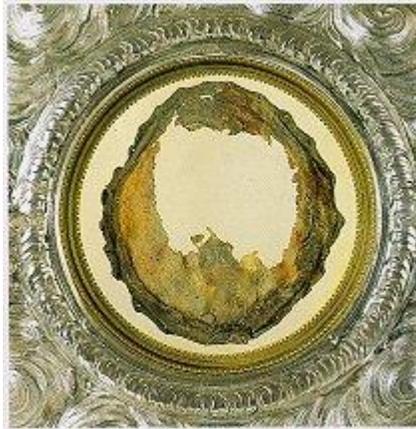
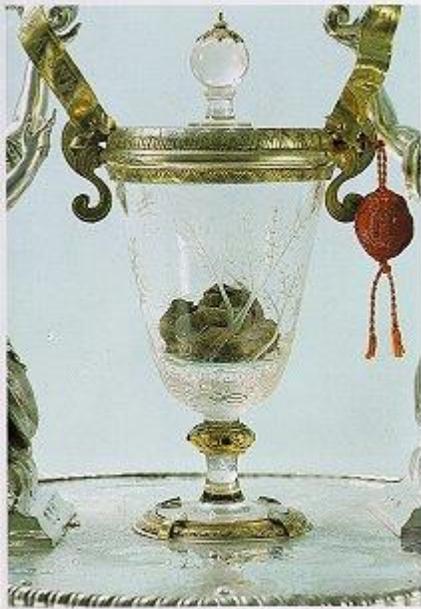
In 1970-'71 and taken up again partly in 1981 there took place a scientific investigation by the most illustrious scientist Prof. Odoardo Linoli, eminent Professor in Anatomy and Pathological Histology and in Chemistry and Clinical Microscopy. He was assisted by Prof. Ruggero Bertelli of the University of Siena.

The analyses were conducted with absolute and unquestionable scientific precision, and they were documented with a series of microscopic photographs.

These analyses sustained the following conclusions:

- 1) The Flesh is real Flesh. The Blood is real Blood.
- 2) The Flesh and the Blood belong to the human species.
- 3) The Flesh consists of the muscular tissue of the heart.
- 4) In the Flesh we see present in section: the myocardium, the endocardium, the vagus nerve and also the left ventricle of the heart for the large thickness of the myocardium.
- 5) The Flesh is a "HEART" complete in its essential structure.
- 6) The Flesh and the Blood have the same blood-type: AB (Blood-type identical to that which Prof. Baima Bollone uncovered in the Holy Shroud of Turin).
- 7) In the Blood there were found proteins in the same normal proportions (percentage-wise) as are found in the sero-proteic make-up of the fresh normal blood.
- 8) In the Blood there were also found these minerals: chlorides, phosphorus, magnesium, potassium, sodium and calcium.

The preservation of the Flesh and of the Blood, which were left in their natural state for twelve centuries and exposed to the action of atmospheric and biological agents, remains an extraordinary phenomenon



The Blood is real Blood

The Flesh consists of the muscular tissue of the heart

In 1973, the Higher Council of the World Health Organization (WHO) appointed a scientific commission to verify the Italian doctor's conclusions. The work was carried out over 15 months with a total of 500 examinations. The conclusions of all the researches, confirmed what had been stated and published in Italy.

The extract of the scientific research of WHO's medical commission was published in New York and Geneva in 1976, confirming science's inability to explain the phenomenon.

Professor Linoli participated in a congress on Eucharistic miracles organized by the Science and Faith master's program of Rome's Regina Apostolorum Pontifical University, in cooperation with the St. Clement I Pope and Martyr Institute, on the occasion of the Year of the Eucharist under way.

"Eucharistic miracles are extraordinary phenomena of a different type," Legionary Father Rafael Pascual, director of the congress, told Vatican Radio. "For example, there is the transformation of the species of bread and wine into flesh and blood, the miraculous preservation of consecrated Hosts, and some Hosts that shed blood."



Jude 1:22

Be merciful to those who doubt

(1 Cor. 11:23-29):

“For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, “This is my body which is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes. **Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself.**”

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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.

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**I am watching over you. Pray my children,
Pray, Pray, Pray, My Rosary For The Salvation of
Sinners**

