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ISSUE 8

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*Dedicated to
Mary, Queen
of Apostles*

DIRECTION *for* OUR TIMES

THE NEWSLETTER OF THE LAY APOSTLES OF JESUS CHRIST THE RETURNING KING

Be Gentle with Others

Anne, a lay apostle

In this time, there are many away from the Father's intended plan for them. I say this because it is true. I believe that lay apostles, to be pleasing to Christ and to be like Christ, must look differently at brothers and sisters living in error. We must do away with the mathematical evaluation system designed by humanity that ends with, "They are not as holy as we are."

Jesus sees each person and rejoices in his potential. He sees what the soul will look like when the person has allowed himself to be fully united to the divine will. This gives Jesus hope and joy, even while He feels grief at the pain of the person who has rejected the divine will. The fruits of disobedience are shame and sadness, after all, and these are heavy burdens. So while Jesus is aware of the wounds, He is optimistic about the future of each person.

Jesus is accepting because He knows us so well and He loves us so much. Jesus is optimistic because He has watched so many conversions. The Lord understands that there is no sinful condition that cannot be rectified by repentance. He waits patiently for the time of repentance to come.

We must be gentle with others. We must be certain that we do not know anyone's whole story, even if they are our family member. Jesus knows their whole story. He sees the big picture. He will see to them and He will help us to discern the best way to love each person He places in our life.



Ana Rose © Marians of the Immaculate Conception www.marian.org

News of the Mission

Steve Logan, DFOT Vice President and Treasurer

Image of Jesus Christ the Returning King – 8x10 Print and 18x24 Poster:

St. Faustina told Anne that the image of Jesus Christ the Returning King would be spread throughout the world and promised that those who venerate this image would be blessed. The 8 x 10 print and the 18 x 24 poster are now available. To purchase, please call us or visit our website:

<http://directionforourtimes.com/store/printprayercards.html>

New PDF files now available on our website:

In addition to all of the Heaven Speaks booklets, the eight printed Volumes and the new book *In Defense of Obedience and Reflections on the Priesthood* are now available in PDF format for free downloading and home printing from our website. In this way, people around the world can have immediate access to heaven's encouragement. The link to the web site page is:

<http://www.directionforourtimes.com/onlinelibraryindex.html>

Donations:

The work of the apostolate is moving forward at an extremely rapid pace. In order to honor Jesus' request to spread His words worldwide, we are making the Volumes and other works available in as many languages as possible. We are currently in the process of printing and distributing materials translated into Spanish, French and Polish.

The total cost to complete the translation

of the work into these languages, as well as the initial printing costs, is estimated to be



Painting of Jesus Christ the Returning King by Janusz Antonz

\$411,000. This figure does not include the Chinese and Lithuanian translation and printing costs, both of which are now in the beginning stages of production. These are simply the first languages. There are many more as well. In addition, there are a host of costs that are not directly related to the publishing of the books, but are equally important to advancing the mission. We are currently delaying the printing and re-printing of selected books for lack of financial resources.

We need donations to further the work of this mission. Since Direction for Our Times in the United States is a 501(3)(c), non-profit organization, all contributions are tax-deductible to the extent provided by law. Additionally, Direction for Our Times — Ireland has received charitable status from the Revenue Commissioners in Ireland, so donations in Ireland are fully tax deductible to the extent provided by law.

To donate, please call us or visit our website at:

<http://directionforourtimes.com/store/donations.html>

Stock Donations:

We now have the ability to accept stock and security donations. The gift of stocks and securities is relatively simple and can provide even greater tax benefits than a cash gift of equal value. Gifts of long-term appreciated securities, owned for more than one year, may provide significant tax advantages. Please contact us if you are interested in helping us in this manner.

Prayer Contributions:

Many lay apostles do not have the means to make financial contributions. Instead, we can make the invaluable contribution of our prayers. Please continue to support the apostolate and all of the Lord's intentions for the apostolate in your prayers. In this way, all those who serve will be sustained and guided and each of our apostolic endeavors will be blessed and protected.

From Tragedy to Blessings

Two Lay Apostles Spread the Messages

Crystal Sullivan

You may be wondering how in the world you can get others introduced to our apostolate. One way is to draw on the strength and organization of other groups which are already well established in your parish.

On Saturday, September 29th, a Day of Reflection on Divine Mercy was held at Our Lady of Fatima in Tucson, Arizona. The theme for this retreat was “Be Still and Know That I Am God.” Lay Apostles Terri Gastellum and Debbie Otero used this as an opportunity to help spread the messages of the apostolate. Here is Terri’s inspiring account of how a personal tragedy has been turned into a blessing for many.

“My eighteen year old daughter Elisa lost her life in a car accident on February 24, 2006, and I struggled with her dying suddenly without Confession. After reading the books *Climbing the Mountain* and *The Mist of Mercy*, I received much healing and consolation. The merciful messages from Jesus and our Blessed Mother took away my fears about my daughter’s salvation. I immediately wanted to share the books with everyone!

“I lent the books to my sister Debbie, who also lost her oldest son Jose in a car accident on September 30, 1996. He was also 18 years old. After reading the books, Debbie agreed that we should share these messages at our Day of Reflection.

“My sister Debbie and I gave our testimony on ‘Trust.’ We talked about our children, Elisa and Jose, who were both 18 when Our Lord called them home. They both died in car accidents, and they both had a love for God, family and friends. Being teenagers, they both

struggled with temptation, but Elisa and Jose had a special devotion to the Blessed Sacrament. Two weeks before Jose died he visited the Blessed Sacrament and sang ‘Be Not Afraid’ to the Lord. The day before Elisa died she went to the Blessed Sacrament and shared that Jesus had yelled at her! When asked why and where she replied, ‘I went to the Blessed Sacrament yesterday and you know how nervous I’ve been to go to Mexico to learn Spanish.



Well, the Lord spoke to me so loudly that I felt it in my stomach. He said three times, ‘Be Not Afraid, Be Not Afraid, Be Not Afraid!’ The next evening Our Lord came for Elisa. Throughout the days of sorrow which followed our children’s deaths, knowing that our children loved God gave us so much comfort.

“I then presented information about the Lay Apostles of Jesus Christ the Returning King. I explained who Anne is. I talked about private revelation and the permission Anne’s bishop has given to spread the messages and the apostolate. I shared a little about the books and how these messages tie in with the Divine

Mercy. I explained how these are exciting times and that Our Lord is asking us to become His Lay Apostles and be part of this ‘Rescue Mission.’

“We asked a few of our helpers to go into the Adoration chapel with a microphone and we cued them when to read a message from the Heaven Speaks booklets. No one could see them, only hear their voices. For example, I would say, ‘Our Lord has a message for those who have gone through a divorce,’ and then someone would read the message. We shared messages for people with addictions, stress, young adults, depression and divorce.

“I ended by encouraging them to order these books, Volumes, and booklets. We gave everyone 20 minutes to reflect on an area in their life that they were struggling with.

“We concluded with an hour of Adoration, reciting the Chaplet of Divine Mercy at 3:00, and then reciting the Rosary. There were two hours of Confessions heard that day. Praise the Lord!”

Although Terri and Debbie were very nervous, they prayed and fasted in preparation for this holy day. They reminded themselves that

they were just the vessels being obedient to the Lord, and He would take care of the rest. Terri believes that her daughter’s real work began when she left this earth, and is now an intercessor in heaven on behalf of the Lay Apostles of Jesus Christ the Returning King. In God’s perfect plan, tragedy has been turned to blessing.

If you would like assistance in bringing information about our apostolate to your parish or city, please contact the Direction for Our Times office by emailing us at contactus@directionforourtimes.com (Attention: Crystal Sullivan).

Focus: Volume Ten

Fr. John Murphy

Volume Ten – *Direction for Our Times, as given to Anne, a lay apostle* is subtitled *Jesus Speaks to His Apostles*. This Volume was compiled between 23rd September 2004 and 15th October 2004. The Volume is dedicated by Jesus to His servants who seek to spread His message of love and salvation. In it Jesus wishes to instruct His servants on how to reclaim, **“what is ours,”** the souls of our brothers and sisters.

These people must see an example of joy in service. This joy should be shown even when and especially when the service includes suffering. Jesus asks us not to begrudge them our sufferings. We cannot begin to imagine their value.

Jesus relies heavily on those who are consistent rather than on those who exhibit a burst of service and then fall away from Him.

Jesus is so grateful to those who serve Him. This gratitude will be there waiting for



us in heaven, but it is also there in His abiding presence and in the peace of soul and mind that is the consequence of this presence. Jesus cares lovingly for us as He cared lovingly for the first twelve.

As He prepared the first apostles, He commissions us, His present day apostles, to reclaim His “beautiful Church.” He sends us out as He did those first apostles. We are to speak freely of Him. We are not to hold malice for the one who rejects. We pray for such a person and move on.

Jesus wants to encourage all who work for His kingdom. We are not to be afraid. His heavenly grace surrounds us at all times. **“Much of what you do will be blessed by the most profound gift of grace.”** The Volume concludes, **“I will never leave you and together we will do the greatest things for the kingdom.”**

Parish Presentations on the Lay Apostolate of Jesus Christ the Returning King

Crystal Sullivan

Our office often receives calls from lay apostles who are eager to find out when and where Anne will be speaking next about the rescue mission. We inform all callers that, in obedience to Jesus, Anne will not be traveling outside of Ireland in the immediate future. I believe this is God's way of requesting that we, His beloved lay apostles, step out in faith to bring the messages to our parishes and our communities.

Every time Anne gave a talk at a parish or a Eucharistic Day of Renewal during the last three years, there was a surge of interest in the messages. Many people who attended felt compelled to share heaven's messages with their family members and their friends. As staff, we are privileged to hear stories of the conversions and healings that result from a soul's willingness to pick up and read the Volumes, the booklets, or the books. Jesus has promised that all lay apostles who welcome others to the rescue mission will be placed in His Sacred Heart, and they and their loved ones will be defended and protected. ***"It is crucial that souls listen to Me. If you, My chosen souls, respond to Me in a half-hearted way, we will never save the souls who are being batted about the world like so many embers from a fire."*** (Jesus, July 7, 2003, Volume One).

Now is the time to take the next step to draw others to the rescue mission. We invite you to prayerfully consider giving a presentation to your community about the Lay Apostolate of Jesus Christ the Returning King. Although there is no required format, we have developed a sample presentation to lead you step by step through the topics you might want to cover. The presentation includes: personal



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testimony on the impact the messages have had on your spiritual life; what criteria the Church looks at regarding private revelation; a summary of the messages; a brief synopsis of all the books; the benefits of living the life of a lay apostle; and the spiritual practices of lay apostles of Jesus Christ the Returning King. In addition, resources are given to answer any questions relating to the Church's stance on private revelation in general and this apostolate

in particular. Finally, there is guidance available on the logistics of how to take this from the idea stage to implementation. The presentation is available for downloading on our website at www.directionforourtimes.com or by calling our office at 708-496-9300. Be assured, our staff will walk with you every step of the way.

We do not have the luxury of thinking that someone else will take responsibility for this mission. This is not Anne's mission, or the staff of Direction for Our Times' mission... it is God's mission. Jesus stresses over and over that these times are like no other. God needs you now. ***"Children, come with Me now. Walk this walk of the divine with Me, your Savior. Together, we call out to others to join us. In this way, we rise up against evil and reclaim goodness for the world, for its people and for God in heaven. Come, let us together pay homage and pledge obedience to God the Father. It is He who decrees this work. Thank Him often and deeply for these graces, for with these graces, you will help Me to save the world."*** (Jesus, August 17, 2003, Volume Two).

Delivering God's Good News

Anne, a lay apostle

A lovely apostle was talking to another woman. The woman's daughter was a recovering drug addict with two children and an absent father. She had recently returned to the Church.

The mother sighed heavily and said, "She's a bit of a disaster."

The apostle replied with loving indignation, "You are so wrong. Your daughter is a triumph for each one of us. The whole family of God is blessed because she has returned to us. We badly needed her back so we must do everything we can to help her in these early days of her return."

This filled the mother with joy and that, my friends, is the correct spirit.

It will be good if we can all be aware that each of those around us is somewhere in the process of perfection. We must be acutely aware of God's project in each soul, in each other, and respect that God is moving as quickly as He can. Also, we want to be certain that we contribute to God's process in each soul and not detract from God's effort.

Consider how an aid worker treats a person who is starving and in serious condition through being deprived of nourishment over time. The aid worker does not offer this person rich foods in great quantity. The starvation victim would be unable to tolerate rich foods in great quantity. The aid worker gently offers little bits of nourishment, often and regularly. In this way the starvation victim is not overwhelmed or shocked.

Consider the dreadful disease of anorexia nervosa. In this disease, a victim denies his or her body the nourishment it requires to function optimally. This disease can advance to a degree where the sufferer no longer feels hunger and indeed does not understand that he or she is starving to death.

It is the same way with prayer. To be spiri-

tually nourished, we must pray and participate in the sacraments. Through prayer and the sacraments, Jesus sends grace, which can be thought of as heavenly food for our souls.



Give heavenly sustenance in small doses wrapped in simple packages. "God loves you. God is with you. God will heal you. God will come for you one day. God will protect His interests in your soul if you allow Him to do so."

Those who have not prayed or experienced sacramental graces in a long time are spiritually starving but, like the anorexia sufferer, do not even feel the pangs of spiritual hunger and starvation.

When we look to those around us who are

away from the Church, away from the sacraments and things that are heavenly, we must consider them the same way. To expect a starvation victim to either ingest a lot of food at once or recover immediately after one meal would be unrealistic and to expect someone who has fallen away to be restored to spiritual wellness instantly is unrealistic.

Let us have an optimal expectation, of course, because we would never be wise to limit God's power and influence, but let us be acutely aware of the gradual nature of most conversions.

If someone has been away from God for some time, do not begin with "You are a sinner."

We are each sinners and we must all be assured that most souls away from God are aware of their condition. We are not called to be the sin police. We are called to be the deliverers of God's love.

Give heavenly sustenance in small doses wrapped in simple packages. "God loves you. God is with you. God will heal you. God will come for you one day. God will protect His interests in your soul if you allow Him to do so."

Also, it is a snare to place an expectation on the recipient of the love we bring. We think, I have brought you this nourishment. I know it to be good. Why don't you take it and walk like me or walk in the manner that I believe to be holy?

We can be tempted to get frustrated with the recipient because he does not advance fast enough or because he backslides at times. We are tempted to treat each person moving slowly as a personal failure.

How do we deliver God's Good News?

We must be very reverent, reverent, reverent. The Savior is at work. Tread lightly when you are allowed to impact the soul of another.

Recent Monthly Messages

As given to Anne, a lay apostle

On the first of each month, Jesus gives a message to all lay apostles through Anne. To receive a copy of this message, sign up at our website www.directionforourtimes.com or call our office at 708-496-9300 to be added to our mailing list.

October 1, 2007

Jesus

My beloved apostles, please be alert to My will. At no time should you fear that I do not have a perfect plan for you. Sometimes you make decisions that are not consistent with My plan. Sometimes these decisions cause you pain and cause others pain. It is most especially at these times that you should seek Me because I will adapt My plan for you to fit your present circumstances. I am always seeking to bring you closer to Me, never more so than when you believe you have left the path through temptation or sin. When should you believe that you are on your own? Never. In which circumstances will My heart be so hardened that I will refuse to rush in with forgiveness and grace and an alternative plan for you? Such circumstances do not exist. My dearest little apostles, be assured of My willingness to work with you in each moment, regardless of your condition in that moment. In humanity, there are moments of such holiness that even heaven stops to marvel. In humanity, there are also moments of weakness and cruelty. Please believe that heaven takes the bad with the good and moves each willing soul toward greater and greater good. Heaven draws you away from temptation and away from the pain of sin. I am good, My friends, as My Father is good. You, My beloved apostles, are called to resemble Me and be good also. You strive for this, I know. Today I ask that each apostle consider that I treated others with kindness. I have instructed you about gentleness and today I instruct you about kindness. Little apostles, the hearts of others are easily wounded. Can you remember when someone treated you unkindly? Do you remember your pain? I was

treated unkindly at times and My heart felt this same pain. We do not want this for others. We want others to understand that God loves them and you, My friends, will do that when you treat them with the kindness of the Father. I will help you if you allow Me. I will teach you to remain silent in the presence of other's faults and I will teach you to speak openly about their strengths. Pause again and try to think of a kindness that was shown to you. Do you remember how you felt at that time? You felt grateful, did you not? You felt steadied. I want to flow through you to others. You will allow Me to do so if you work each day on being kind to each person you encounter. Their pain will lessen because of your kindness. The pain of the whole world will be reduced if each of My beloved apostles learns to be kind. Begin by being kind to yourself. I accept you, My friend. You must accept yourself. Be at peace in My love for you. I do not give you an instruction without also giving you the grace to carry it out so now I will teach you about kindness.

November 1, 2007

Jesus

My beloved apostle, I understand your struggles. You are becoming holier and yet you do not think you are making progress. Dear one, can you accept that the holier you become, the more holiness you crave? Can you accept that the more you become aware of your own flaws, the more willing you are to accept flaws in others? I am at peace that you are coming to know Me better. Each day brings growth of some kind for you, even if that growth originates in mistakes acknowledged and corrected. I understand you, dear apos-

tle. I know that on some days you are ready for the battle of holiness and that on some days you feel you are not strong enough for the battle. This is what I want to tell you. You rise each day and pledge your allegiance to the Father. This commitment of your day insures that your Father takes you each day in the condition He finds you. Each weakness is used to increase your humility and illuminate for you the path to transformation. Do not become discouraged by the need for improvement. If you but continue on the path you have embarked upon, you will experience greater holiness. It can be no other way because those who pledge allegiance to the Father are cared for in every detail. Our greatest goal for you is holiness because only in holiness will you find peace and joy. Look around you. How many have committed themselves to holiness as you have committed yourself to holiness? If you look at others, you will see that the Savior can count only a few as His committed apostles. And yet, every person, regardless of their condition, longs for the holiness you seek, even if their longing is denied and ignored. My heart is moved to such pity for those who do not seek Me. Let your heart also be moved to pity. Show constant compassion, never judgment, to those who do not understand what they lack. I am trying to show you, My beloved apostle, that you have begun a journey that must be taken by each person who will spend eternity in the family of God. If others delay the journey, that is their affair. My beloved apostles understand that this journey, the journey to holiness, is the most important journey they will ever take. This is your first priority, My friends. Continue to make your pledge and I will see to it that you become holier.

A Priest Talks About Holiness

Fr. Tyge

For me, to be a holy person meant “saying” prayers, and to be holier meant saying more prayers. When I got over the enthusiasm of my early years I decided that I had to become a man of prayer, so I started to do something about it.

But when I began my prayers each day, and looked back over the previous day, it just hadn't happened. It wasn't of course that I was leading some kind of dissolute life, I hope, but I just did not see signs of what being a holy person meant. This is hard for me to explain, but for ten or twelve or more years, I each day decided I had to make a fresh start. Not just to do better the next day, but to make a totally new start again. And so it went on, day after day. In rural Ireland, and for the likes of me, spiritual direction was just not an option. Then one day it suddenly struck me – I couldn't make myself holy. Holiness didn't belong to me. Holiness belonged to God alone, and only He could make anyone holy. My reaction was: “Over to You, Lord!”

Of course there wasn't an overnight success, but, and again this is quite true as far as I can discern it, I never had to start from scratch again. I often had to decide that I had to try harder and so on and bit by bit I think that the good Lord was getting the better of me.

Some years later something happened at my prayer one day. There was nothing extraordinary, just that I knew that it was a good session. But after I finished my prayer I discovered that I was a different person. The difference was quite total and left me changed. Various blocks had disappeared. Decisions considered but not made were suddenly there without my making a conscious act of will. A persistent, troublesome and nightly temptation disappeared completely and so on and so on. All my life I woke up a few times during the night and now as soon as I woke, my first thought suddenly became that I was in the presence of God—a total change from what had been for years an insidious pull. It was more than just a change.

It was more like a complete metamorphosis. All I can still do is remember it in awe. Strangely, I don't recall being in any way excited, taking it in my stride almost, just accepting that it was the kind of thing the Lord did, not only because He is mighty but because He is mighty good, and picks on the most unlikely people, certainly not the most deserving. It was quite clear that the Holy Spirit had quietly done something quite out of the ordinary.



Two things happened that I think I should mention at this stage, one immediately.

From that day to this, there have been very few days that I didn't spend two hours before the Blessed Sacrament. Lately that has begun to increase. There is no great effort on my part. I take no credit for it. My day just wouldn't be normal without it. I think that from the point of view of my spirituality it is normally a very pedestrian event, and I sometimes question whether I am living up to my understanding of my spirituality, whether I'm giving the Lord space to get at me.

The other thing is this. At irregular intervals something happens that seems to give a filip to my life. Retreats, spiritual reading, an inspiring sermon, I suppose all these things feed

into our lives, but a week, a month later they have faded away and seem to be completely forgotten. But I am talking about a few ideas, events and happenings that years later are as fresh and clear in my mind as the time they occurred and are still as effective as they were at first. In some of them it is quite clear from their very nature that the Lord has a hand in them. With others, it seems that the fact that they are still so fresh in my mind and operative in my

spiritual life makes me sure that they have come from the Lord too. Each time it seems to lift me up a little, to a slightly higher plateau, and now most of the time I am not very far from the presence of God, and the Jesus prayer keeps cropping up.

And in spite of all this, I'm afraid that I'm very far down on the ladder. Sometimes in my prayers, when they are going well you would think I am a veritable saint. And then I can go out and waste time, dally over the TV, gossip about my fellow priests and tell stories where I come out in a good light, and so on! I suppose that's me! You can't make a silk purse out of a sow's ear!

I think people, including priests, are afraid to get into prayer. If only they would give it a try and a chance.



Heaven Speaks About Depression

August 8, 2005

Jesus

I send the greatest graces of courage to all who read these words. My children in the world can become discouraged and sad. Dearest little ones, if you are this way, you must come to Me and rest your worries in My heart. I do not like to see you sad, even though life can be difficult. You feel you are alone and that is part of the reason why you feel such sadness. But you are never alone because I never leave you. To leave you would be acting against My very nature and such a thing is impossible. I am with you now, as you read these words, and I minister to your wounded heart with graces of love and courage. Continue on and I will send you relief. I have told you this and you must believe Me. It would also be acting against My nature to tell an untruth so you may believe Me and trust Me when I say this to you. I will send you relief. Bring all of your sadness to Me. Pour it out to Me. I will listen and I will continue to listen for days and days and on into eternity if necessary. I have the time, My beloved apostle. I am not too busy to listen to you. You may cry if you wish because I assure you, when I lived upon the earth, I also cried. Pain is unavoidable until you arrive in heaven. You are not the only

one who suffers in this way. There are many souls in your world today who are suffering the sadness that you are feeling. Your world does not always nourish souls. Only I, the Divine Healer can heal you. I can give you nourishment that will set your soul alight again. Come to Me in all trust. Be patient, while I see to your wounds and hurts. You did not become sad like this in a moment. Come to Me all throughout your day and allow Me to help you carry this heavy cross of sadness.

St. Dymphna

My most loving greetings flow down to you. I am asking Jesus to send you a glimpse of heavenly joy. If you have this glimpse, even the smallest bit, you will proceed in great hope, because you will know that you will not feel this way forever. And that is your fear, is it not? That you will be sad and downhearted forever? I am going to ask you to look at things a little differently. If you do, I feel sure you will find strength. You are only on the earth for a short time. There are many souls on earth today who do not see with clarity. They, these poor mistaken souls, think that the world and the time spent on earth are all that matters. They think you are on the earth to have fun. Well, this is not the case. Jesus is joyful, of course. Apostles who are serving Jesus are joyful. But your life on earth is not play time. It is time for service to heaven. Many beloved servants of Jesus suffer from great sadness and loneliness. You might say that this condition is common. Let me explain it another way. While I was on the earth, I knew that I was separated from Jesus. I did not want to be separated from Jesus. This made my heart terribly heavy and sad. But I also knew that Jesus needed me to serve cheerfully, so this is what I did. I served as cheerfully as possible and allowed Jesus to use my sadness to console others. I traded my sadness for graces to heal others and bring others to His heart. This made me feel better because I knew that I was helping Jesus and working with heaven. It gave me a feeling of accomplishment, even in my depression. I am going to ask you to do the same thing. First, though, we will ask Jesus to heal you. It is always the right thing to do

to ask for healing. If Jesus heals you, you will serve Him, of course. If Jesus wills that you carry the cross of sadness for a time longer, will you allow me, Dymphna, to assist you? I am going to obtain graces for you that will give you fresh strength. The kingdom needs you. Jesus needs you. We will work together; you and I, to insure that souls are benefiting from any sadness that is yours.

St. Dymphna

Dear soul, how you suffer because you do not feel understood. Others make your cross heavier through their judgments and impatience. I want to tell you that I understand. I understand completely. And more important than my understanding is the total understanding that comes from Jesus Christ. Jesus knows your every hurt. He loves you so tenderly and wants to help you. Do you allow Him into your pain? Do not keep this pain from Him because if you do, you make it worse. Constantly give Him your pain. There are few souls on earth who use heaven as completely as heaven would like to be used. Trust heaven for everything. You worry that you are not pleasing to heaven because of your sadness and heavy heart. I assure you, heaven is pleased right now that you are taking the time to read these words and work with us. You are not a burden to heaven. You are heaven's joy and you are a gift to the world in which you live. You may feel you are not treated like a gift in the world. That may be very true. But most of heaven's greatest gifts to the world are treated badly so do not let this worry you. Look what they did to our Jesus. The world does not always recognize heaven's little treasures. But you are different because you are going to trade earthly eyes for heavenly eyes. Look with the eyes of heaven now and view your suffering as temporary and valuable. Soft little hearts are wounded easily but that does not mean you should desire to have a hard heart. I shudder at the thought. Be happy with the heart that Jesus has given you. Seek understanding from the angels and saints and you will find it. Be patient with those around you because perhaps they are in their own pain and it makes them unable to minister to you. This is the state in much of the world, my dear friend. That is why there is so much

sadness. But we will deal with your sadness first, and then you will help others to find heaven's joy.

St. Dymphna

Do not be afraid. There is nothing that should make you be afraid. Jesus will care for your needs and you will care for His. Fear is paralyzing many on earth at this time. This brings us back to the need for the heavenly eyes. If you look at your situation and view it as heaven views it, you will understand that there is nothing on the earth that should make you fearful. You will serve for a time and then you will die in your body. This is the way it has always been. This is heaven's plan. This is not a bad thing but a good thing. Imagine living on earth indefinitely. That would make you sad because it would take away your hope that your time of service will end and your time in heaven will begin. If souls on earth do not think well of you and they ridicule you, well, my friend, that puts you in the greatest company you could find. They did not think well of Jesus. They ridiculed Jesus. They put Him to death. He was the greatest gift of God, the gift of Himself, and they killed Him. Did this make Him any less a king? No. He is the King. So the treatment of the world does not dictate the treatment you will receive in heaven, where the first shall be last. Never fear the opinions of others on earth. Good and holy people understand your value and the value of your suffering. Step away from the opinions of others. Confess your sins. Let Jesus fill your soul and you will then reflect Jesus in the world, even in your suffering, or shall I say, especially in your suffering. As Jesus flowed through me, He will flow through you. All you have to do is agree to cooperate with Him. Offer Him each day in the spirit of love and patience. He will get you through another day, yes, which is another one of your fears, is it not? That you cannot get through a day? He will get you through that day and preserve each moment for eternity by using each moment for the salvation of others, who may be suffering even more than you. This is the truth. This is where you are needed at this moment perhaps. Will you make the most use of it?

St. Paul

My brothers and sisters suffering from sadness should take heart. The time for sadness is ending quickly. The darkness is lifting. Are these words not proof of that? You feel the great graces that flow from these words and from this mission. Ask for these graces and continue asking for each soul you meet because Jesus is not limiting the amount of love and healing He is sending during this time. Do you hear

me? Jesus is not limiting graces. We should celebrate. You are thinking that perhaps St. Paul has gotten the wrong topic. How can I talk about joy when you feel so sad? Well, it is exactly then that I need to talk about joy and all of the saints will agree with me. You see, we had joy in hope but we did not always have joyful experiences on the earth. The very thought would make us shake our heads. We marvel sometimes at the depth of suffering that is possible while you are in exile, away from heaven. Our joy came in Christ and in the hope, well placed, that Jesus Christ lived and died and rose from the dead. Do not hope in earthly souls. They will let you down hard. They cannot help it. They have their own pains and struggles. Hope in Jesus, only. If you do this, you will not be disappointed. So look at your sadness and say, "Jesus, I carry this sadness for you. I look up at your figure on the cross and I offer you my own anguish." Together, you and Jesus will walk through your Calvary until He lifts it or He comes to take you home. You have a whole army of helpers in heaven who love you. We look at your struggle and we understand. Many of us carried that cross also. You are not alone. And you can be joyful because Jesus Christ lives and He will return to reclaim what is His. Now be brave a little while longer. Dymphna is right when she tells you to ask for healing. I, Paul, will join you and Dymphna in asking for your healing. We will all ask together. And if you receive healing, we will celebrate. And if you do not receive healing, we will celebrate, because all of God's will is good.

St. Paul

Now, my friends, please understand that great sadness is not always a tragedy. If you never felt sad you would have difficulty in comforting others who feel sad. This would be the real tragedy, would it not? To see another soul in pain and not be able to offer consolation? It is better to receive consolation from a soul who has experience with the trial you are enduring. You understand this, I know. So do not begrudge Jesus this time of sadness in your life. Through it He will bring the greatest benefit to your soul. I know that you might not agree with me but that is because you do not see what I see. I am in heaven and I see far more than you are capable of understanding. So perhaps you will trust me, and respect that I have the greater vision. If you walk through your dark period with Jesus, He will sow seeds of the greatest holiness in your soul. He will nourish your soul and tend to it lovingly. At the end of the trial, you will be a different person in that you will have a far greater capacity to house heaven in your soul and allow heaven to flow

through you. You will benefit from this trial. This is Truth. You will benefit. Will you benefit from an earthly perspective? No, my friend, not unless it is a Christian earthly perspective and then the benefits will be recognized. But generally, your world sees suffering as bad and to be avoided. We, on the other hand, see suffering as heavenly exercising or training, which conditions a soul to detach from the world. If Jesus needs you at a higher level of holiness, and He seeks to do this through suffering, can you really object? I hear that you are saying, "Yes, Paul, but enough, I need relief." Jesus knows what you can bear. Again I say that you should ask Him for relief. But do understand that there are benefits to your suffering that you cannot see. I love you and send my courage to you. I am asking Jesus to send you my joy, also, because despite my great sufferings on earth, I had great joy. God's peace be with you always.

Blessed Mother

My dearest little child, you need not be so sad. I am with you and I will take care of you. When you do not feel heaven's presence, it is only because you have turned away. It does not mean we are not there with you, interceding for you, watching you closely, and protecting you as you suffer. I love you most tenderly and I see that your heart is heavy and burdened. I do not like to see anyone suffering, ever, but I understand that it can be heaven's will. I watched my poor little Son suffer terribly, and while I objected through my entire soul, I understood that heaven's plan was more important and more productive than a mother's plan. God's plans must always come first, of course, if we are followers of God. And there is no other way to happiness. Please, dear child of heaven, trust me that I will remain with you through your cross and that I will obtain all that you need to persevere through this trial. I will help you in many quiet ways that you cannot see. I will always be there with you. Seek out my assistance. I will go to the Throne of God and bring you with me. I will say, God, our good Father, please grant this treasured little soul everything needed for peace and calm. God is so soft-hearted. He will not refuse us. I am your mother and I understand your pain. I am here to help you and you must believe that you are cherished by heaven. I trust my Son in everything. So must you. You cannot know the totality of His goodness or the totality of His love for you but you will believe your mother when she tells you that you should place all of your hope in Him.



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RE-CHARGE

I send My strength into your soul

Polish Youth Day at Rosary Hill

*Are there any young adults in your life who could use a boost in their faith life? Send them to the new website www.recharge.cc that introduces them to Re-Charge — the younger, hipper division of *Direction for Our Times*!*



On September 29, 2007, Re-Charge, led by Youth Director Nora McCarthy, spent the day with 1500 teenagers in the Chicago Archdiocese witnessing to God's presence in their lives. Jacek Chaba, Youth Ministry Coordinator of the Polish Communities of the Chicago Archdiocese invited Nora and a crew of young lay apostles to participate in the day's activities. Re-Charge brought in great Catholic musicians and Nora gave her testimony on God's merciful love as she experienced it in her conversion and healing journey.

Twelve young lay apostles volunteered their time all day at the event passing out *Heaven Speaks to Young Adults* booklets and CDs containing cool Catholic music and an interview of Nora McCarthy done by Spirit Juice Studios. You can get a copy of this CD free from the website www.recharge.cc.



*Re-Charge is the youth division of *Direction for Our Times*. Re-Charge is based on the themes in the booklet *Heaven Speaks to Young Adults*. Check it out at www.recharge.cc*

“Jesus. Jesus. Jesus.”

Anne, a lay apostle

Jesus said that He wants His name spoken, constantly and reverently. He wants us citing Him as the reason for our peace, our calm, our commitment. Jesus wants us all to talk about Him more and more and let His name, in that way, move freely throughout the world. This alone will increase His presence and the awareness of His presence. We must all say His name with great frequency and reverence.



Contact Information

United States:

Direction for Our Times
9000 W. 81st St. Justice, IL 60458
Phone: 708-496-9300
Email: contactus@directionforourtimes.com

Europe:

Direction for Our Times
Lisnalea, Virginia Rd. Bailieborough, Co. Cavan, Republic of Ireland
Phone: 353 (0)42 969 4947
Email: dfotireland@yahoo.ie



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9000 W. 81st Street
Justice, IL 60458

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DFOT makes available free information for the clergy who are interested in knowing more about the Apostolate of Jesus Christ the Returning King. Our Mission Packet is available to any priest or bishop, and includes background, a letter from Anne's bishop, plus Volume One and Volume Four books.

Send us the name of the priest or bishop who is interested in reviewing these materials, and we will send him the entire package at no charge. Contact the DFOT office for more information.