

# DIRECTION *for* OUR TIMES

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



**The Lay Apostolate of Jesus Christ the Returning King is a new movement in the Catholic Church.** This movement calls people to greater personal unity with Jesus Christ. As we become more aware of His presence, accepting His love and healing, we are then able to bring His light and love to those around us. By allowing Jesus to love others through us, we call them back into the safety of the family of God. Jesus calls this a rescue mission for souls. It involves people accepting their call to both personal holiness and service in the Church.

*Dedicated to  
Mary, Queen  
of Apostles*



It is clear that Jesus is always revealing Himself into the Church. Jesus wants us to know Him and understand Him. In order for us to know Him, we must be committed to a relationship with Him. We must spend time with Him. This is the Vertical Relationship. Somewhere in our life each day, we must be with Jesus. We must pray with our hearts, speaking to Jesus of our fear, our disappointment, our pain and our hope. Only through spending time with Christ will we come to know ourselves. The more we come to know and understand ourselves, the more we accept compassion for ourselves and those around us.

To help us learn about His love, God introduced us to His Sacred Heart. His nature is love, of course and the result of love will always be mercy and so God then revealed Himself as the Divine Mercy.



One day, as I studied the image of the Divine Mercy, I asked myself how many rays of mercy come from this heart of our Jesus. I tried to count them. But this was impossible, you see, because what appeared to be one ray, upon examination, was really several rays and those several rays, when closely examined became thousands. I could see that the number of rays of light that came from the heart of Jesus in the Divine Mercy image were, for me, not countable. And I understood the perfect truth.

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# News of the Mission

## Our New Ireland Office



We are delighted to announce that in February the Ireland office moved from a home near Bailieborough, to The Hague Building in Cavan Town. Here is our new address and phone number: Direction for Our Times, The Hague Building, Cullies, Cavan, Co. Cavan, Ireland +353 (0)49 437 3040.

## The Mist of Mercy Study Guide



In the Fall of 2006, a Catholic lay woman in Dallas, Texas, felt called during Adoration to prepare a study guide on Anne's writings. The purpose was to build up the Kingdom of God through studying Anne's writings and sharing this within community. Others were invited to assist, and soon the *Climbing the Mountain (CTM) Study Guide* Core Team was born. In the summer of 2008, the CTM

Study Guide was published by Direction for Our Times, and since then many of people across the country have deepened their faith by participating in the study.

At Anne's request, the team developed a study guide for *The Mist of Mercy*. They met with many trials and tribulations throughout the process, but through grace received from the Holy Spirit, they saw it through as promised and came to realize the blessings in their sufferings.

In *The Mist of Mercy*, readers gain insight on the reality of spiritual warfare and the weapons at our disposal to use in combat. Included in the study is a framework for a deep examination of conscience. Detailed questions help prepare us to approach the Sacrament of Penance.

*The Mist of Mercy Study Guide* Core Team is (above from left to right) Gabrielle Arrieh-Comeaux, Margie Giangiulio, Susan Grygier, Sharon Mitchell, Anne, Vita Rinaldi, and Mona Simons.

## Upcoming Events

### Connecting Lay Apostles Throughout the World



**INDIA:** Chaplain Fr. Darragh Connolly and Staff member Nora McCarthy will be traveling to India this May working with lay apostles who are called to help share the writings of the apostolate in this area of the world. If you are a lay apostle in India and would like to help, please email us at [contactus@dfot.ie](mailto:contactus@dfot.ie) or call either the Ireland office or the US office.

**MONACO:** Calling all lay apostles in Monaco. A group of lay apostles is working to share the apostolate in Monaco. If you live in the area and would like to assist as we undertake an important work, please contact Jane Gomulka at [gomulkajane@aol.com](mailto:gomulkajane@aol.com).

**FRANCE:** In October, Anne will be a featured speaker at the first Sacred Heart World Mission in Paray-le-Monial, France. If you live in France and would like to help us to spread the writings throughout the country in advance of Anne's visit, please contact Christina Kolb, our translations coordinator, at [Christina@directionforourtimes.com](mailto:Christina@directionforourtimes.com)

**MEXICO:** We are working with a group of lay apostles living on the US/Mexican Border distributing booklets to those people reeling from the violence in the border towns. If you would like to learn more about our efforts and get involved, please contact Crystal Sullivan at [Crystal@directionforourtimes.com](mailto:Crystal@directionforourtimes.com). See Crystal's report on current activities in this area on page 6 of this newsletter.

**IRELAND:** Many lay apostles travel to Bailieborough on the first Thursday of each month for the prayer meeting. If you are in Ireland for the prayer group meeting, please drop by and visit our new headquarters in Cavan. Contact Emma at the Direction for Our Times office for more information at +353 (0)49 437 3040 or email [emmadfot@gmail.com](mailto:emmadfot@gmail.com).

In February, Anne participated in the Monthly Prayer Group at her parish, St. Anne's in Bailieborough. Health permitting, Anne is planning to speak at the Monthly Prayer Group at St. Anne's Parish in Bailieborough on the First Thursday of each month. In addition she is scheduled to speak at the following events in 2011:

**Saturday, June 18, 2011**

#### Eucharistic Day of Renewal

St. Anne's Catholic Parish  
Bailieborough, County Cavan, Ireland  
10:00 a.m. – 4:00 p.m.

Guest speakers will include Anne, a lay apostle and Fr. Gerry Battersby from the Archdiocese of Detroit. The day will include Mass, talks, and a Eucharistic Holy Hour. Confessions will be available in the afternoon.

For more information on this event, please contact the Direction for Our Times office at: +353 (0)49 437 3040.

**Sunday, July 17, 2011**

#### Retreat for Religious Sisters

All Hallows College, Dublin, Ireland

**Monday, August 1 – Friday, August 26, 2011**

#### Intercession for Priests Retreat

All Hallows College, Dublin, Ireland  
[www.intercessionforpriests.com](http://www.intercessionforpriests.com)

**Monday, August 8, 2011**

#### National Day of Prayer for Priests

Knock Shrine, Co. Mayo, Ireland

**Saturday, October 7, 2011**

#### Sacred Heart World Congress

Paray-le-Monial, France  
[www.sacredheartapostolate.com](http://www.sacredheartapostolate.com)  
(see ad on page 13).

[www.directionforourtimes.org](http://www.directionforourtimes.org)



For every person born into time, there is a corresponding ray of light, a ray of Divine Mercy coming from the heart of Christ. It is in this ray of Divine Mercy we can know Christ. When we turn our face into this ray of light, we are engaged in the Vertical Relationship with Jesus. We then experience, sometimes all at once, sometimes gradually, the effect of this mercy. What is the effect? We are healed and we begin the process of transformation.

In this apostolate Jesus has brought to life for us the concepts of holiness. We could look at this whole apostolate, all of its writings and say, "There is nothing new." We would be right. Truth doesn't change. It is sublimely simple and yet there are layers to it. Truth invites one into itself, deeper and deeper and more completely. This is the apparent horizon. You arrive at what you think is your destination and find that what you thought was the destination, is really just the beginning of the journey. This is how I feel about the revelations God sends into the Church across time.

We have healing and then the transforming effect of mercy which is the result of love. And then what happens? Well, mercy being what it is, we cannot hold it in. It, like the joy that comes with it, explodes out from us to others. This sharing of mercy is an impulse, a reflex. We often do not choose it or will it. It is simply instinctive in us after we have received it. It becomes as instinctive as breathing. This is dazzling. It is like watering a plant that is wilted. Suddenly, when one experiences God's mercy, one is restored. And, if his journey to God has been arrested by pain or sin, then at this time the journey begins again and there is relief.

I believe we are seeing this in a wave. This is a wave of grace which is empowering us all to preach the Gospel with renewed power. This wave of grace brings boldness.

I am conscious that while the times are changing, the times are also remaining the same. That fact that we, as a Church, are receiving greater understanding of God's mercy does not mean that God's mercy was imperfect in the past but rather that God desires greater understanding of His mercy for the future.

The enemy is determined to drag us to the past. This will always be the way with the enemy of joy. We must somehow close that door, firmly, in terms of Satan's harsh light. We do this both in our personal lives and as a Church.

So often we can be tempted against ourselves. Isn't it true? Many people experience self-hatred or self-condemnation. The enemy shines the harshest light of shame on people.

Dear apostles, do not be afraid of strong emotions. Do not think that because you feel tempted to hatred, toward yourself or someone else, that there is a hidden terrifying darkness in you that is worse than anyone else. We all feel anger and we can all be tempted to hatred. We must not condemn ourselves for our feelings or pretend these feelings do not exist. That would be like condemning ourselves

for being thirsty or denying that we are thirsty. If we are thirsty, then we are thirsty. If we are angry and tempted to hate someone, then we are angry and tempted to hate someone. This is why we must come to know ourselves with Christ. He, in His light of truth, will illuminate for us the wounds that are giving us trouble.

Do not be afraid of anything, dear apostles. Jesus will help. But if you are tempted to condemn yourself or hate yourself, remember that this is the opposite of how Jesus views you. He is compassionate.

And also, as a warning, remember that your condemnation for yourself will never stop with you. You will, also, by human association, condemn others. I remember a man saying to me, "Yes, I'm hard on people. But I'm harder on myself." I replied, "Jesus is as displeased with your treatment of yourself as He is with your treatment of others."

Lay apostles, we must turn our faces completely into the ray of mercy that seeks us out with relentless love. In it, we will be free from self-condemnation. We will be liberated. God expects us to make mistakes but we must accept His mercy and claim it for others. We make our confessions and leave the sins there, walking away with mercy.

If we accept God's mercy each day, we will look at others in this same light which is soft and kind and eradicates judgments which emerge from our frail humanity and its limited understanding. This is our fifth guideline, to treat others with the Lord's kindness and compassion.

One day I tried an experiment. I decided I would study everyone I encountered with the maximum amount of mercy, a ridiculous degree of mercy, just as Jesus does. I was very excited about this experiment. I got up the next day, very determined and I almost made it into the kitchen before I judged someone harshly. I failed the test. But I decided that the experiment was flawed because it had not even occurred to me that I would be tempted against mercy in my home.

Because of this experiment, I learned that it is with those closest to us that we will have to extend the most mercy because that is where we will relax our efforts. We must replace judgment with mercy everywhere. If we all did this every single day, we would have unified families, ministries and perhaps even a unified Church.

In the June 2010 monthly message Jesus says, ***"I ask and I ask and again I ask, and you answer, and you answer and again you answer. You are in such a habit of saying yes to me that you continue on, day after day."***

My friends, Jesus needs our help. One life, one commitment given in totality has the most enormous ramifications. The amount of consolation God can bring through one life to humanity is infinite given the ripple effect of love. Who will give in totality? Who will abandon himself completely? Will it be you? Me? Is He asking someone else or is He asking us? I think, dear apostles, Jesus is asking us.

# Prayer Request from Anne, a lay apostle

*In December Anne asked all lay apostles to pray for the Church in China. Below is the letter Anne wrote which assures them of our prayers.*



*December 24, 2010*

My dear brothers and sisters in the Catholic Church in China,

How blessed you are to be chosen by Christ to preach His Gospel of salvation. Truly, the all-powerful God favors you with the commission He has handed to you. Dear brothers and sisters, remember that you do not own the Gospel message that is being transmitted through you. You are simply vehicles for its delivery to God's children. As such, you must be reverent about how you protect and defend this message, separating it out from worldly messages.

It is clear that God is sending enormous conversion graces into the Catholic Church in China. The good work being done by the whole Church in China is a sight to behold. Many have been blessed to personally witness this growth and truly the Holy Spirit is very serious about building His Kingdom there.

The Holy Spirit, as the architect of the Catholic Church in China, will always construct a pure edifice. He is doing this through men and women, priests and religious, bishops and Cardinals. His desire is to extend the one true Church. If the people chosen to do this job, with all of the graces they have at their disposal, do not pay heed to the Holy Father and those whom He has commissioned to represent him, then we will have yet another faux church, a sham, an imposter of the true Church.

The Chinese people do not need misrepresentation. As God's children, they are entitled to truthful representation, even if that comes at a cost. Indeed, it would be unusual if the burgeoning of the Church in any specific region did not carry a cost.

Be alert. God's enemy, Satan, does not want consolation and truth for God's children in China. God's enemy is the destroyer of truth and God's enemy will always target unity. Please, dear brothers and sisters in Christ Jesus, act with seriousness and prudence. Protect what has been transmitted to you. Act with steadfast decision. The Spirit is with you and will protect you by giving you clear instruction, but this instruction will only be understood in abject humility, in fearless study of one's own temptations. Remember that as children of God, we are called first to be holy. When a leader is distracted from his holiness work, he is liable to mislead.

Better that God has a humble and small Church that is faithful, than a blazing edifice that holds nothing. Ask yourself, 'What are we building? What is God asking us to construct for Him?' To abandon the rightful leadership of the Church is to insure that the Church in China will go astray. There can be no other outcome.

What does it mean to be a patriotic Chinese person? Well, I believe that it means that one possesses a desire for that which is good for all Chinese people. Therefore, as Catholic leaders, it would seem completely consistent with one's patriotic sentiments to possess a zealous desire for a Catholic Church that is linked securely to Jesus Christ, the Church's head and heart, through His Vicar on earth.

We are called to represent Jesus to the people in our spiritual care. The government does its own work to represent itself and the government will always seek to further its own goals. So be it. May God protect our brothers and sisters in government, bless them and guide them. But we, working in unity with the government whenever possible, must accept our separation from all worldly institutions. It has always been this way and apostles today are no different from the first apostles. The call to preach the Gospel is the same now as it was then.

Be assured, men and women of God in China, the entire Catholic Church is on your side and is praying for an outcome that includes peace and unity. We rejoice with you in the wonderful achievements of the Chinese people in recent years. While no single man can completely understand the struggles of another, we pray constantly for your courage and clarity. God's Kingdom is coming. This is certain. And God desires that His Kingdom come in China, through your commitment to His one holy, Catholic, and apostolic Church.

# Witnessing the Work of Lay Apostles

By Crystal Sullivan, lay apostle

## Jesus

September 5, 2003

*"Dear ones, I have prepared you well. You are responding to My grace and becoming saints. How pleased I am with your progress, and also with the zeal with which you seek to share My words. I am calling and you are answering. I give you tasks and you complete these tasks. When this happens, all is at peace in your soul."*

When Jesus speaks about His pleasure with the efforts of those who are spreading His words, He could very well have been referring to the lay apostles who are zealously working to spread His messages in the Southwestern United States. My husband Kevin and I were given the opportunity to visit these 'saints in the making' during a recent trip.

## Ministering to the Deadliest City in the World

We headed to border cities, Las Cruces, New Mexico, and El Paso, Texas, anxious to meet with lay apostles Mary Carter, and Imelda and Octovio Torres-Olague. These lay apostles have recognized a unique opportunity for growing the apostolate within the Hispanic community.

Communities along the border of Mexico have grieved the suffering and violence that our brothers and sisters in Mexico have endured at the hands of the drug cartels. Lay apostles on the U.S. side are banded together to get as many Spanish "Heaven Speaks" booklets across the border as possible.

Padre (Father) Eleazar Perez, pastor of San Martin de Porres Parish in Sunland Park, NM distributes the booklets freely among his parishioners. He encourages them to take these messages from heaven back across the border to their hurting families and co-workers in Juarez, MX, now considered to be the deadliest city in the world.

Father Eleazar grew up in the Sierra



Fr. Eleazar Perez, Mary Carter and Crystal Sullivan with Imelda Torres-Olague (Spanish translator) in December 2010.

Tarahumada, a ring of mountains circling the city of Chihuahua, Mexico. He is planning on re-opening a retreat mission center called "Spirit Mission" with a handful of religious sisters. They will hand out the "Heaven Speaks" booklets to Taramuhada Indian families living in these mountains. This is an especially dangerous area, as these mountains with their once fertile farmed slopes are now home to drug cartel hide-outs. We hope to assist Fr. Eleazar in serving the Indian families of the Sierra.

We will return to Father Eleazar's parish to give a Mission Introduction talk to his parishioners as part of their Lenten Retreat.

## Young People Deliver Healing and Hope

Lay Apostle Dan Torres is a religious education teacher for Cathedral High, an all-boys Catholic High School in El Paso, Texas. He has been doing his part in spreading the messages into Juarez. He has given his five hundred students copies of the "Heaven Speaks" booklets in both Spanish and English. They have read these together and discussed them in their classes. Fifty-two percent of the young men attending Cathedral High School live in Juarez, Mexico and drive across the border





Imelda and Octovio Torres-Olague.



Sister Gabriella Ramirez with Mary Carter and Crystal Sullivan.

daily for school and Mass. The boys have been encouraged to carry the booklets home to their families to read, initial, and forward them around.

### **Serving the Poorest of the Poor at the Border**

We met Sr. Gabriella Ramirez of Las Cruces, NM, and her group of five Dominican sisters. They work in parishes on both sides of the US/Mexican border. She and her sisters have delivered Heaven Speaks display cases in five parishes, a home for women, a school, and a daycare center, all in Juarez, MX. They are working daily with the poorest of the poor in Mexico.

On our last evening in Las Cruces, NM, we attended the monthly prayer gathering hosted by lay apostles Francesca Smith and

Mary Brueggan. There we had the opportunity of meeting Imelda and Octovio Torres-Olague, whose 'joy in service' attitude is contagious. They are working to translate the Introductory Newsletter into Spanish, and have agreed to assist my husband Kevin and I in future talks whenever Spanish translation is needed.

Our stay in the southern part of the state was capped off in conversation with Mary Carter. She and I soaked up the glory of the New Mexico sun as we talked with hope about the expansion of the apostolate into our sister country, Mexico. God's grace was and is evident throughout the borderland and we can easily see the hearts of heaven's inhabitants at work here.

We ended our tour of the southwest on a high note in Albuquerque, where lay apostle Anita Feight and her brother Tony hosted a Mission Information event. About fifty people

attended, most of who knew little or nothing about the apostolate, possibly as a result of Tony having advertised the event on Catholic Radio.

On returning home, to Chicago, Kevin and I reflected on how each of the lay apostles we visited had contributed in a unique way to the success of their decision to share these heavenly messages with others. Whether it was in finding creative venues to share the messages, organizing events, opening their home, or serving as translators, each lay apostle has used their God-given gifts to complete the task Jesus has given them. Praise you, Jesus! Alaba El Senor!

# You Want Me to Do What?



By Mark Donlin, lay apostle

**“You want me to do what?!” I gasped.**

It was impossible. There was no way that I was going to be on our hospital's evaluation team of the writings of some woman who is getting messages directly from Christ. My plate was already full. As a chaplain at the St. Cloud Hospital, a 489 bed, regional medical facility located in Central Minnesota, I am busy. My boss, Bret Reuter, Director of Mission and Spiritual Care, asked me to think about it.

As the stack of Volumes and booklets sat on my desk for a month or two, I decided that I could easily set up an impartial, double blind survey by working with our performance improvement team. I could then tell Bret it didn't work and be done with this outrageous request. But how would I use these booklets in patient care?

This question forced me to look at the booklets with clinical objectivity. My passion in chaplaincy is working with those who are depressed and suicidal. So I decided to start with the booklet *Heaven Speaks to Those Considering Suicide*.

Using a reading that is clearly Christian in a multi-church, multi-religion environment needs to be introduced in a nonthreatening manner so the message can actually be heard.

In order to understand how patients of multiple Christian backgrounds would perceive this work, I spoke with my Lutheran colleague, Pastor Ray Arveson. He prayerfully reviewed the booklet and stated “I think our suicidal population would find this booklet helpful.” I continued to ask other pastors from other Christian denominations. Generally they found the message to be biblically sound and a possible asset. However, pastors from Christian churches that did not recognize the avocation of saints told me “You are going to lose my parishioners as soon as you say the word saint.” From these interviews I learned that the

common love of Jesus Christ would be the best approach to introduce this booklet to our protestant patients.

I decided the best venue to introduce the *Heaven Speaks to Those Considering Suicide* booklet was in a weekly small group that I facilitated entitled ‘Values and Beliefs.’ This is an opportunity for suicidal patients to discuss what values or beliefs are helpful in their lives. I conducted many of these groups and the patients typically realize that some sort of spirituality would be helpful for them to continue on living.

Since we are a Catholic hospital, I am guided by the *Ethical and Religious Directives for Catholic Healthcare Services*, to help the patients develop their own spirituality and not to force any beliefs upon our patients (paragraph 2-10, Ethical and Religious Directives for Catholic Healthcare Services).

Many Christians in this suicidal support group believe Jesus Christ abandoned them in some way, shape, or form. The most common response from my patients is that they have abandoned the religious practices of their youth and now their preferred form of spirituality is experienced by walking in the woods or listening to music (neither of which they generally have time to experience).

I am not suggesting in any way that all the patients need to do is find Jesus and they will be free of depression. I believe God is love and caring is God's love in action. It is the caring of family, friends, doctors, nurses, pharmacists and chaplains that help these patients get back on the road to health. I did not have an expectation that this was a silver bullet that would miraculously cure all of my patients.

It was finally time to present this new resource to my patients. I decided to end my small group session a few minutes early and ask the groups permission to read this Christian reading. I told them “This is optional. I am trying this for the first time.

I went on to say “I want you to imagine that this is Jesus Christ speaking to you directly.” I opened the booklet and began reading aloud. You could have heard a pin drop on a plush carpet. I was uncomfortable reading the article as if I was Jesus speaking directly to my patients. I was thinking, ‘How in the world can I do justice to the voice of Christ.’

Regardless, I began on page one, **“I have many things to say to those who are considering self harm ...”** The room filled with an undeniable presence of Jesus Christ. I read expecting the patients to roll their eyes, smirk and launch out a complaint or two. Their eyes did roll, but with a fountain of tears. Every patient in the room wept. I was shocked by the impact. This reading so moved them that it led me to ask them “What was it in this reading that touched you so deeply?”

The patients gathered themselves and began to identify what impacted them so powerfully. One stated, “It is the fact that Jesus is really with me and will never leave me.” Another remarked, “There is hope for me.” Yet another added, “I have to give my worry of the future to Christ.” I sat, astonished and humbled. It was only through the eyes of the suicidal that the true value of the booklet could be seen.

I have used the booklet *Heaven Speaks to Those Considering Suicide* in dozens of groups and found similar responses. In fact, even persons of other religions told me how they could see their perception of God speaking to them through this reading.

Then I knew it was time. It was time for me to take the long walk down the short hallway to my boss's office. I opened the door and stood in silence until we made eye contact. “I have thoroughly tested the booklet you asked to me evaluate. I initially thought this to be a farce and I was wrong. Either this booklet was written by an incredibly gifted PhD in psychology or it comes from the divine. I believe it comes from the divine.



# Heaven Speaks to THOSE CONSIDERING SUICIDE

*As given to Anne, a lay apostle*

This is the text of the booklet *Heaven Speaks to Those Considering Suicide*, which is available from our office or from our website at [www.directionforourtimes.org](http://www.directionforourtimes.org) for \$2.00 per booklet.

November 29, 2006

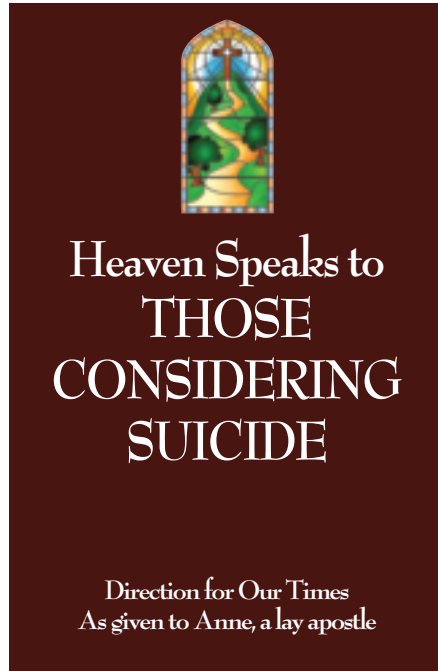
## Jesus

*I have many things to say to those who are considering this act of self-harm. I love you. I see your pain. I understand that you long for relief from your anguish. Please, bring your anguish to Me. I can help you. You are so valuable to the Kingdom and I need you to help bring Me to others.*

*“How?” you say, in your great interior grief. “How could I possibly be helpful to Jesus and to others?”*

*I will tell you. Your pain is the pain of many in the world today. Many souls feel your grief, your hopelessness. Many carry heavy crosses of illness and addiction, loneliness and hopelessness, rejection and anxiety. Many of My children look into their future and see only more grief and pain and this takes their courage from them. Dearest friend, you must not do this. Do not look into tomorrow and expect today’s pain to be repeated. You are not certain of such an occurrence. You cannot be certain because I, God, could change your life during this day, today. You must remain in this day, in the present, because I have given you adequate grace to deal with your cross. It is only when you look into the future and think that your Jesus will send you no relief that you find life unmanageable. Understand this. Your life is only unmanageable if you put Me out of it. If you let Me into your heart, into your life, I will make it not only manageable, but joyful.*

*You are skeptical. You cannot believe in a future with joy because the present holds such pain. I understand this, just as I understand everything*



*about you. You may not know Me well so I will tell you something about Myself that may help you to decide that trusting Me is a good decision.*

*I have never been known to break a promise. Never. Today, I have a promise for you.*

*If you ask Me to help you, I will help you. Ask Me, My beloved one. You are important to this Kingdom and I have a plan for you. I need you. I need you to serve in a way that you do not and cannot understand today, in your great hopelessness. I will reveal the plan but you will have to be courageous and allow Me to move you from this place of despair to a place of hope in your heart. I will do so. I will move you along, away from your sadness. You must trust Me just a little bit and give me just a little bit of time. Even now, as you read these words, hope is stirring within you. This hope is from Me and it*

*is the smallest indication of what I will bring to you. I am giving you courage. I am giving you hope. Rest with Me.*

*Say this, “I will rest myself against Jesus and wait for Him to send relief.”*

*I will send relief. Do not be afraid. I am with you now and I will never leave you.*

November 30, 2006

## St. Margaret Mary Alacoque

*Dear little soul, you are in pain. Your anguish feels deep, I know. Often, the most difficult part of suffering anguish is the perception that nobody understands the depth of your pain. One can feel very alone in such pain and when one seeks out consolation from others, one is often terribly disappointed. Please listen to me. I am your sister in Christ. I experienced great anguishes while I was on earth so I am rejoicing that God allows me to help you. When you go to another seeking comfort and you find yourself in worse shape, feeling even more misunderstood and alone, you must come to me. Say, “Margaret, I need help. I need help now.”*

*I, Margaret, will go directly to the throne of God and I will remain there until you receive the comfort and courage you require. My friend, it is important that you know that you are not suffering alone. Jesus sees your suffering. He feels it with you and His Sacred Heart is moved to the most passionate desire to assist you. You must allow our Jesus to help you. When you make this emergency prayer to me, Margaret, you are really saying that you are willing to let heaven help you. How heaven rushes in at this time! You will know that I have heard*

*continued on page 10*

you because you will feel a change. It may be just a whisper of a change, just a little shifting. It will be noticeable to you as a feeling of calm in your spirit. When you feel this little feeling of calm, you will know that you have been heard, that help is on the way and that you are not alone in your suffering. You have my promise that heaven will surround you until the frightening feelings pass.

I want to say something else. It is common for a person on earth to have thoughts that are not from God. Everyone on earth struggles with this at some time. We could say, actually, that everyone on earth struggles with this each day in terms of temptations. The battle is not finished until you die in your body and come to God's Kingdom. Given this, the constant need for struggle, you must view your thoughts of suicide as temptations. Do not be alarmed by these thoughts in that simply having these thoughts does not mean there is any reason to act on these thoughts. Do you understand? Do not be afraid. We, the saints in heaven, all had bad thoughts and temptations during our time on earth and we all at times failed to fight off temptations. The temptation to commit suicide is one where you must fight hard, with everything you have because of the nature of the consequence. If you take your life, you will not be able to go back and say, "Jesus, I want to do better and serve You now." You take away any second chances for yourself to convert to Jesus and try again. Dear friends, this is wrong for you. It is not the answer you are seeking.

Jesus needs you to stay in the world until it is the right time for you to come home. This is God's plan and it is always best to follow God's plan. The last day of your life is determined by God. You must not think that the answer to great pain is suicide. This act of self-harm is always a mistake. Always.

## **St. Margaret Mary Alacoque**

My friend, you have been hurt. I see that. I understand that you are carrying wounds that cause you to ache. You may not even understand the source of your pain and

your wounds. You know that you are not perfect and that you make mistakes. Jesus accepts this about you and loves you most tenderly regardless of your mistakes. I want you to consider that others also make mistakes. Others fail in love and in kindness. Others are imperfect as we were all imperfect on earth. The mistakes made by others can cause us the greatest pain. We can carry wounds with us without even being aware that we are doing so. These wounds then spread to other areas of our hearts and result in a general state of pain that is hard to come back from.

Jesus suffered terribly on earth. He also carried wounds. Jesus, in His most Sacred Heart, understands exactly how you came to be in such pain. He knows more about the source of your pain and hopelessness than you do. My beloved friend, I beg you now to turn to Jesus. He will heal you from wounds you do not even know you are carrying. You have felt loss in your life and there is emptiness. Jesus will fill you up again and restore you to a state of hope and joy that will flow out from you to others. I am telling you that your great pain will recede. When your great pain recedes and joy takes its place, you will be so kind to others because you will understand how they are hurting. You will look at another in anguish and your heart will be moved to the greatest pity for him. You will say, "I remember feeling that badly." Only one who has suffered such anguish can really understand it. Would you agree? Do you remember a time when you spoke to someone about something that he had also experienced and you felt understood? It will be this way with your great pain, also, and someone who feels hopeless will gain hope from you. If you take your life, you will not be around to help this person in the future.

I want you to know that Jesus, in His most Sacred Heart, feels your pain. Jesus suffered so that we could be forgiven. The fact that Jesus suffered willingly does not in any way take away from the fact that Jesus suffered terribly. Perhaps, my friend, you can look up to Jesus and tell Him that you, in your suffering, understand something about His suffering. If you do this, all of heaven

will rejoice because you will be on your way to becoming a saint. Believe this, my friend, because it is truth. Many will share with Jesus in His joy. Many will even respect His cross. But few are there on earth who will carry the cross and turn their eyes to the Lord in love during their suffering, which is what Jesus did. Do this, beloved one, and heaven will lighten your cross and remove this pain more quickly than you expect.

*December 1, 2006*

## **St. Margaret Mary Alacoque**

I feel such compassion for you, my friend. When you are carrying a heavy cross, it is difficult to see that it will end. Sometimes, you do not believe it will ever end. In terms of human power, maybe it is even impossible that your cross will end. But nothing is impossible for heaven. In heaven, you see, we live with miracles happening all around us. When you come to heaven you will understand what I mean. If your situation requires a miracle from heaven, you should ask for one. Miracles are not impossible when you keep company with saints. Saints, indeed, are all about obtaining miracles from God. God gives us these things, these miracles, because we suffered with Him while we were on earth. You will be a saint if you suffer with Jesus. And then you will be able to obtain powerful graces, also. You will say, "God, please help this person." God will do so when He sees that you are making the smallest effort to accept your suffering with Jesus. You have influence in your suffering. You have intercessory power, which means that if you ask for graces for another, God will grant them. This may be difficult for you to accept because you feel so sad or angry but I will use my influence to obtain graces for you to help you to understand. You will see that your suffering, your pain, is being used by heaven to help others. It will pass, my friend. You will feel better. I make this promise to you in the presence of Jesus Christ. He will keep this promise for us.

## St. Margaret Mary Alacoque

*I am going to give you some advice. I am one who suffered great anguish on earth, as I said, so I am a good one to help you. Remain very calm during this time of upset. Do not panic. Do not act in haste. Let us, your heavenly friends, calm your spirit. If you deal with your pain in quiet, with an attitude of calm, you will be less likely to make bad decisions that create even more pain. It is best, indeed, if you can delay important decisions until you feel better. Be wise about your suffering and allow yourself to be quiet. This is not a bad thing. Spending time in silence, reflecting, will not harm you. While you are remaining in quiet, ask Jesus constantly for help. Ask Him to remove your pain as soon as possible, and ask Him to help others who are suffering this pain. You are joined to heaven, remember, so there are many of us in heaven who understand that you are suffering and seek to help you. You are not alone. We will never abandon you in your anguish. Ask heaven to send you calming graces and heaven will do so. Remember that you are important and that we love you very much. Your mistakes do not*

*affect our love for you because we made mistakes, too. Heaven is filled with saints who were great sinners on earth. We repented and God forgave us. Be at peace about your mistakes because the experience you gain from your mistakes helps you later. Do you understand? God has a plan for you. Taking your life is not part of that plan. You are surrounded by saints and you are surrounded by angels. You belong to our family and you will have all that you need.*

## Blessed Mother

***My dear little child, how heavy is your heart. I see that you are suffering and feeling alone. Dear beloved one, you are not alone now and you will never be alone. Even as you read these words, heaven surrounds you. The angels pray constantly for your recovery, for a return to joy for you. You must believe that I tell you the truth today. I am Mary, your mother, and I can only seek what is good for you. I will seek what is good for you right now, before the throne of God, and ask the Father to send you heavenly gifts of courage and calm. You will move through this day that is already passing***

***into the past and tomorrow will be better. Each day will move you closer to recovery. Do not think for a moment that God will leave you with pain that is unmanageable. God will not do this. Ask for help and you will receive it. I am here, with you now, and I will make sure that you receive all that you need to move past this period of anguish. Heaven does not will this for you. Heaven wills hope for you. Heavenly graces filled with hope flow into your soul now. Rest in God's grace and I will secure all that is necessary for you. I am your mother. I love you completely. I will help you. May I ask you to help me with something? I ask that you turn away from anything that is causing you this pain. Walk away from habits that bring darkness into your little soul. I will give you the light to understand what is creating such pain. You will not be left confused. Your cross will be lightened. You have my assurance of this. Be at peace today because, truly, heaven hears your prayer and moves to answer your prayer. You will see heaven helping you in many ways, my beloved child. You are not alone.***

## Monthly Message

*As given to Anne, a lay apostle*

*December 1, 2010*

### Jesus

***My dear apostles, together, we are making advances. Humanity groans with the changes coming upon them and yet heaven's servants become holier and holier. The project that is your holiness is on track. Dear apostles, this is the most important thing and this should be your greatest concern. I want you to be aware of your progress. Instead of being distracted by the changes occurring***

***in the world, you are actively participating in the changes through your personal commitment to remain connected to My will in each day. You are offering your service through your Allegiance Prayer and I am accepting your service and using you to teach others what true holiness looks like. From the outside, you probably look as though you are working hard. From the outside, it is probably evident that your commitment has cost you something, meaning, your own plan. You have submitted your plan to Me and I have handed you My plan in return. Accepting My plan for your life is not easy and some moments are more difficult than other moments, and yet, you continue. You strive for total acceptance of My will.***

***This is what I am asking of you and this is what the Father asked of Me. Abandonment. If you want to learn about abandonment, simply look to My figure on the cross. My Passion offers you a glimpse of where abandonment took Me. Your joy in service offers others a glimpse of where abandonment has taken you. Please be joyful. Your joy offers the world hope. Joy is infectious. And hope is infectious. Suffering passes away and what remains is your offering. I am returning. I tell you this because it is true and I want you to be prepared and to help others to be prepared. All is well. The infant King looks out upon a world which craves Him. Bring Me to others, that they may also herald My return.***



# Marriage Ministry Offers Lessons in Love

By Crystal Sullivan, lay apostle

*“Love looks to the eternal. Love is indeed ‘ecstasy,’ not in the sense of a moment of intoxication, but rather as a journey, an ongoing exodus out of the closed inward-looking self towards its liberation through self-giving, and thus towards authentic self-discovery and indeed the discovery of God.” – Encyclical Letter “God is Love”*

This ‘journey’ toward self-discovery and the discovery of God was embarked upon by fifteen couples of St. Patrick’s parish, as they gathered together on a cold winter day to shine a bright light on both the goodness of their love for each other, and to be challenged to an even greater understanding of God’s desire for each of them and their marriages.

Based on Anne’s new book *Lessons in Love*, the retreat began with the reminder that if we are married, our path to holiness is IN our marriage. Jesus accepts responsibility for our marriages. He can do a lot with a little bit of

effort, if we are willing to recognize His presence in our sacrament. He will be there helping us. But, married couples must do their part in trying to return “pure love for imperfect love.” That is easier said than done. But if we aim for exceptional, we are likely to end up better than if we settle for mediocrity. Our constant challenge must be to focus first on our own holiness, and to be as gentle and reverent with each other as possible, using Jesus as our model.

Couples watched a recorded talk by Anne which touched on many aspects of married life. Anne’s forthright and profound insights, gleaned both from her experiences of heaven

and her own marriage, captivated the group, and led to a lively discussion afterwards.

The final talk focused on the constant need for forgiveness and healing. As Anne reminds us in *Lessons in Love*, “Sometimes I can just say, ‘This person made a mistake and it is okay’ and not make judgments about the person’s motives based on their mistake.”

After spending the day considering the Christian view of love, the couples presented themselves to Jesus, present in the Blessed Sacrament, and exchanged a renewal of vows with their hands placed over the crucifix.



# Eucharistic Day of Renewal

**St. Anne's Catholic Church, Bailieborough, County Cavan, Ireland**

**Saturday, June 18, 2011 • 10:00 a.m. – 4:00 p.m.**



Anne, a lay apostle



Fr. Battersby

**Speakers will include Anne, a lay apostle and Fr. Gerry Battersby, from the Archdiocese of Detroit. The day will include Mass, talks, and a Eucharistic Holy Hour. Confessions will be available in the afternoon.**

**For more information on this event contact us at:**

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[www.directionforourtimes.org](http://www.directionforourtimes.org)

## First Sacred Heart World Congress

**October 6-11, 2011**

**Paray-le-Monial, France**

**Anne, a lay apostle will be a featured speaker at the First Sacred Heart World Congress.**

The First Sacred Heart World Congress will be held in Paray-le-Monial, France. Paray is where Jesus revealed His heart to St. Margaret Mary, a Visitation Nun, calling us to respond to His love.

**Other featured speakers include:**

Cardinal Raymond Burke, Fr. Richard McNally ss. cc., Fr. Mitch Pacwa, Fr. Gabriel ss. cc., Raymond De Sousa, Dr. Timothy O'Donnell, and Dr. Carmina Chapp.



For more information on this event go to [www.sacredheartapostolate.com](http://www.sacredheartapostolate.com)



# Lay Apostles Evangelizing in Iowa



Fr. Donald Bruck, Deacon Richard Maiers, Fr. Jeff VonLehmen, Fr. Mike Voithofer, Msgr. Chamberlain, and altar boy Grant Hughes preparing for Mass at the Eucharistic Day of Renewal.

The Direction for Our Times staff, recently traveled through snow and ice to help present a Re-Charge Youth Event and Eucharistic Day of Renewal at Our Lady of the Holy Rosary Catholic Church in Glenwood, Iowa on November 12 and 13, 2010. The weather was no match for Monica and Jim Hughes, and their team of lay apostles, whose hard work, organization, friendliness, and faithfulness were key factors in making the weekend such a success!

Despite the arrival of the year's first significant snowstorm, over 100 young adults gathered on Friday night to participate in the Re-Charge Youth Rally led by Nora McCarthy and the Re-Charge Retreat Team. Nora gave a powerful testimony about how the Lord has worked in her life. In doing so, she encouraged the young audience to see beyond the serious challenges and mistakes they might be facing, and to bring their needs and hopes to the Lord

## Monthly Message

*As given to Anne, a lay apostle*

*January 1, 2011*

### Jesus

*My friends, do you hear My voice? Can you feel My presence? I want to assure you that I am present. I desire to assure you of this so that you can be confident about the plan I have chosen for your life. I know that you feel temptations against the plan I have arranged for you. Perhaps not today, but on other days, or perhaps you experience this temptation every day. Perhaps you are suffering and you wonder why I allow this for you given that you feel you would be more*

*productive without the crosses in your life. Consider for a moment what would have happened if I had rejected the cross and went on to preach. What would have remained after My life? Consider the absence of the Passion in the faith life that exists today. How can we preach the Gospel if we are unwilling to accept the crosses which inevitably accompany it? No, dearest friends. In order to accurately represent the Kingdom of God to others, we have to be willing to sacrifice, even to death in some cases. The glory of your work is seen in the souls of those whom you have touched directly or those who have been touched by others because you have agreed to My plan. My plan for you will bring the greatest benefit to those suffering loneliness and separation from joy. Such sadness! If you are*

*serving Me, I thank you. If you are considering service to Me, I need you. If you are suffering great crosses because of your commitment to heaven, I rejoice in you. In all cases, I am with you. I urge you to believe this and live this truth. When you are finished with your time on earth you will gaze at My kingdom and view the benefits that you brought to it through your service. Life is not easy for any person and temptations come to all. Be assured that you can use My strength when you feel weak. You will not always feel conviction but you must live conviction. I will ignite fires of love through you if you do this for Me. Do not be afraid of your human struggle because it is through this struggle that others see the force of the One who works through you.*





Kevin Sullivan, Fr. Jeff VonLehmen, Fr. Michael Voithofer, Msgr. Robert Chamberlain, Nora McCarthy and Christina Kolb enjoying time together.

with great trust and confidence. Nora promoted prayer, Adoration and Confession as important ways to get back on the path to health and holiness.

The Lee Roessler Band promoted the Youth Rally throughout the day by playing at the local high schools, and that evening fired up the crowd with songs of praise that culminated in a powerful hour of Adoration. A number of priests were available to offer the Sacrament of Reconciliation, and most of the

100 young people took advantage of this opportunity, bringing their sorrows and cares to Jesus.

The next day the Eucharistic Day of Renewal included Mass, a short 'Introduction to the Apostolate' talk, and a viewing of a video featuring Anne, a lay apostle.

We were blessed to have as speakers two wonderful priests who are especially supportive of our apostolate. In the morning, Fr. Michael Voithofer of St. Robert Bellarmine Parish in

Omaha, Nebraska gave a powerful presentation encouraging us all to make room for the "working of the Holy Spirit." He encouraged us to empty ourselves of anything that creates apathy, sadness or fear, and then, to fill ourselves and those around us with the messages coming through the Lay Apostolate of Jesus Christ the Returning King which offer love, hope and healing.

Fr. Jeff VonLehmen, Pastor of St. Patrick Shrine in Taylor Mill, Kentucky celebrated Mass, and gave a thought-provoking talk on the challenges that priests face. He emphasized the need for lay people to be supportive of their priests. He encouraged everyone to discover for themselves the truths contained in the Catholic Church.

As we all said our good-byes to Monica, Jim and their team of lay apostles, we were reminded of what Jesus told Anne: the mission would be fueled by the holiness and service of individual lay apostles doing their best to serve Him. We felt certain that on that snowy weekend in Iowa, He was well pleased. The Direction for Our Times team was blessed to be able to support this group of dedicated lay apostles in their efforts to advance the rescue mission in the heartland.

February 1, 2011

## Jesus

*Dearest apostles, I am here, waiting to listen to your pleas. I hear your hearts as they groan in the loneliness of serving heaven when around you others do not serve heaven. You serve alongside those who either live according to the standards of the world or live serving out a call that is different from yours. Truly, I know that there are times when you wonder why I have placed you where I have placed you. I hope, dear apostles, that these times are brief. I hope that you will spend less time wondering why you are serving in a given role and more time wondering how to serve more completely in the role given to*

*you. You see, comparisons to others will never bear fruit. You are unique. The work I have for you is unique and you must beware of the habit of dragging your vocation behind you as though it were something so heavy that it destroyed your joy. This is not how an apostle lives out a vocation. An apostle views his vocation as a prism through which opportunities for holiness and joy splash out in countless beautiful and varied ways. Truly, others should view you and your vocation as inseparable. You should become your vocation. Oh dear apostles, I know that you carry crosses associated with your holy vocations, but do you not see that these crosses, carried with dignity, illustrate My presence in your life and indeed in the world more than anything else? In every circumstance, I bless you and*

*receive you into My heart where you find the direction and reassurance you require. In every moment there is grace available for you and for others through you. The more grace I flow through you, the more the world is blessed and the more you are sanctified. Move toward Me, closer and closer in your hearts and in your actions and, truly, the world will find the love it craves. Look at how God's children drink in kindness, as though they were parched for want of it. Yes, you are sacrificing in order to answer My call but the plan is working and the world is being renewed through the efforts of all men of good will. Rejoice then, despite your cross. We are advancing the one righteous cause, that is, the cause of love.*

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## Mission Information Packet Available

DFOT makes free information resources available for clergy who are interested in knowing more about the Lay Apostolate of Jesus Christ the Returning King. Our Mission Packet is available to any priest or bishop, and includes background information, 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.

## Young Lay Apostles at the March for Life 2011

Ten college students from Franciscan University of Steubenville volunteered to spread the "Heaven Speaks" messages from *Heaven Speaks to Young Adults* and *Heaven Speaks about Abortion* at the March for Life in Washington, D.C. this January. Their mission was to pass out the booklets to high school students as they left the youth rally at the Verizon Center on the morning of the March for Life.



When asked why they wanted to do something like this, Hanna Elkins, a junior and co-president of the FUS club *Servants of the Returning King* responded, "It is a privilege to be able to give back. Reading these messages has done so much for me. I am happy to share these graces with others." Caitlin Gilmore, a sophomore nursing student chimed in saying, "My own experience with these messages has touched my heart, and I hope that by spreading these messages other people are able to accept that same grace into their hearts." Hanna summed up their mission saying, "The whole trip was good because I knew that God's will was accomplished. It was great to see other lay apostles who were so supportive of us being there and happy to see the booklets being handed out."