

**HEAVEN SPEAKS
TO THOSE WHO
EXPERIENCE TRAGEDY**

Direction for Our Times
As given to Anne, a lay apostle

Revised and Updated

Heaven Speaks to Those Who Experience Tragedy

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By Sacred Decree

The Apostolate of the Returning King

became a Private Association
of the Faithful with Juridical Personality.

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December 12, 2006

Jesus

Life on Earth is filled with change. If you look back on any life, you can see marking points where that life changed. Sometimes change comes in a predictable and expected manner, as in the movement into a vocation for which a person prepared. Sometimes change comes in an abrupt manner, as in situations where a person is injured or dies unexpectedly. It is this, the change viewed as a tragedy, that I wish to discuss today. My friend, there are events in every life that stand out as difficult and life-altering. This tragedy, this abrupt change of course, will stand out to you, I know. When you feel a sense of shock, a sense of stunning upset in your life, you must look for me. I am there. I do not remain with my children, day after day, and then abandon them when they most need my support. Your grief is understandable and I will support you in it. You will not always understand why I allowed certain things to happen. In your expected inability to understand, you will challenge me. You will say, "God, how could

you have allowed this? God, where are you? God, why have you abandoned us?"

My friends, bring those questions directly to me because I, myself, am the most sympathetic listener when it comes to these heartfelt cries of anguish. You see, I cried these cries myself. In my humanity, on the cross, I felt abandoned. In my humanity, on the cross, I questioned the value of God's plan. From my viewpoint, nailed to a piece of wood and raised aloft as a subject of total rejection and derision, it appeared that I suffered more than anyone. It appeared that none could know the extent of my pain. My beloved child, I tell you this so you will understand that I, your Savior, grasp the depth of your pain. I will walk you through each moment of anguish, surrounding you with Heaven's graces. No. You will not be left to walk alone through this tragedy.

St. Ambrose

My friend, rest with Heaven a moment. At this time, it is important to remember that every life on Earth is finite. When a child is born into a family, there is no way to know the extent of his or her life. There is no way to know the plan for that life. There is no way to know the sufferings and joys that will provide formation for that life in order to bring that child to knowledge of God to the extent that God has intended. We, humanity, simply do not know God's plan. If we accept this truth, we will move through our lives with a greater appreciation for the possibility of change. As you walk the Earth today, which one of you knows whether or not you will be walking the Earth tomorrow? No person on Earth today is assured that he will be on Earth tomorrow. Clearly, it was the same in my lifetime. Nobody knows whether or not this is his last day to serve on Earth. In the same way, perhaps you celebrate good health today. Does this mean you have a guarantee of good health tomorrow? Can you prevent a circumstance that will alter your health or your ability to serve tomorrow as you serve today? No, dear friend, you cannot. Accept this fact and you will serve in greater humility,

aware that God could allow your course to be changed at any moment.

You, my beloved friend, are experiencing this today. You are stunned by the change in course that God has allowed for you or for someone you love. I understand. I want to compare your situation to that of Jesus Christ's situation in his Passion because we, as Christians, must compare every experience to the Lord's experience so we will understand how to best conduct ourselves. Jesus suffered terribly before he died. His death was not sudden in terms of time in that he carried a cross to an expected death. That stated, can anyone be prepared for a torture and death such as he experienced? What preparation can there be for a mother to bring her to peace about such torturous treatment of her only child? Can a mother ever reconcile herself to a child's death, particularly such a violent death? My friend, you are possibly shaking your head, saying, "No. It would be impossible for a mother to reconcile herself to the cruelty levied at her Son." I understand. I agree with you. Taken by itself, without illumination from God, it would be impossible to accept such a set of circumstances. In the same way, if you take your tragedy by

itself, without God's illumination, you may find it impossible to reconcile yourself to it.

Our mother, Mary, did reconcile her mother's heart to the will of the Father. She did this by joining herself to God's will in each moment. Mary never separated her life and every circumstance around her from trust in the Father's plan. This, most assuredly, does not mean that Mary was given extraordinary light to understand God's plan in each moment. On the contrary. Mary had to practice trust in a disciplined way because there were more moments of fog for her than clarity, in terms of why God allowed or advanced his plan in a given manner. Poor little mother, so worried for her son's safety and happiness. Can we say that Mary proceeded wisely, despite her anguish? Yes, truly, we can say this. Mary proceeded wisely because she trusted that even though her son suffered, even though her son died, God's plan was the best plan, both for her son and for humanity.

My friend, perhaps you cannot see God's plan illuminated in your grief and your pain. We understand. We will not leave you as you move through this period of shock. Believe me, one day

you will see God's plan, and you will look back to this day with perfect understanding, saying, "Yes, I understand.

St. Ambrose

Some of us walk through life trusting God. It is a habit that we have practiced for many years and it comes more or less naturally to us after a time. When a tragedy occurs in our life, we proceed through it in trust, despite our anguish, simply because this is what we have done in the past. Oh, my beloved friend, how priceless is the discipline of holiness.

Perhaps you do not trust God and you do not have a habit to fall back on. Perhaps you are angry at God over something else and now you are confronted with this tragedy. You are possibly experiencing a grave temptation to hate God because you are blaming him for this tragedy. I can see how this would happen. I can see how events in your life have brought you to this point. This is not a good place for you. You know that. You are angry at God and yet God is not angry at you. You want to cast God out of your life and yet God does not want to cast you out of his presence. God, on the contrary, wants to pull you up against himself so that he can console you. God has so many things to whisper in your ear. You will not be able to accept this tragedy if you do not allow God to help you. "Fine," you

say, rebelliously. "I do not and I will not accept this tragedy, ever." Hmm. My friend, the tragedy is not going away, simply because you pledge to reject it. The tragedy has occurred. You cannot control tragedy any more than you can control death. You will die and this pain will have ended. What then? Will you wait until that moment to reconcile with God and your heavenly family? You are a person of good will. Surely you will not choose eternal separation from God. That would not be good for you. Do you want to spend eternity with your loved ones? Perhaps you should consider that your loved ones wish to spend eternity with you. I can promise you this today. Your loved ones want you to be with them in Heaven. They are telling me this now. They are here with me, watching you, surrounding you with prayer, and they are asking that you accept God's grace into your heart. You see, you are not alone. You are not abandoned. God allows all those who have gone before you to help you in times of difficulty. There are many here who seek your peace. Ask God to give you the grace to reconcile yourself to his will. He will do so. I will help you. Throw yourself into the arms of your beloved Savior and allow him to protect you and comfort you.

St. Ambrose

My friend, my beloved family member, I am going to help you. Take these words into your heart. The graces attached to them will sustain you. You will see that very often the kindest, holiest people are those who have experienced tragedies. They understand that great pain comes into every life. Sometimes, there is nothing to comfort you, no drink of water in your parched thirst for yesterday. Do you wish to undo God's will? Would you like to be one who rejects God's will and marks out his own path to Christ? This would be like driving a car while blinded. Only God can see your destination and only God can see the best course for you to travel to arrive there. Perhaps there is guilt in your grief. Perhaps you hold yourself accountable for something you feel contributed to the tragedy before you. Oh dear friend, please, give this guilt to God. Allow God to take this away, and let him do with it as he wishes. If you turn to God now, he will remove this burden from you and put it exactly where it needs to be. God will burn it up in the flames of his passionate love for you. If you need to confess a sin, do so. Otherwise, consign your guilt to Jesus as something he

must take care of for you. The Lord, in his great mercy, rejoices in exactly this type of request. Do not revisit yesterday, except as it causes you joy. I want to say a final word to you. The only way to travel the road to Heaven is in trust. If you trust God, even the littlest bit, you will make progress and you will stay on the path to him. You will proceed in some measure of peace and you will remain calm. Dearest friend, when you feel you cannot remain calm, call on Heaven. You can tell Heaven you have an emergency. Heaven will respond at once, bringing graces of trust and calm to you. If you trust in Heaven, and you should, you will understand that Heaven never abandons anyone. Heaven does not abandon you any more than Heaven abandons those around you who also suffer at this time. Ask for graces for those around you and they will receive graces because of your request. If you pray for others in a time of such great pain, Heaven will flood others with graces, because Heaven views this prayer, made in sorrow, as the most beautiful act of trust. The angels delight in this and bring this prayer before the Father as evidence of man's respect for his dominion. God the Father, in turn, unleashes a torrent of conversion, healing, and calming graces for all involved in the tragedy.

Truly, the Father orders the angels and saints to benefit thousands from such a situation. Talk to Heaven and you and all those around you will be blessed powerfully.

Blessed Mother

My poor little child, how you suffer. There are times when suffering is so great that a little one cannot even feel the comfort being lavished upon him. It is this way for you now. In your grief, you stagger, but you are supported. I know you do not always feel this support. We accept this. Later, when you come to Heaven, you will marvel at the generosity of Heaven as you understand the great lengths Heaven went to in order to support you through this tragedy. Dear beloved child of the Father, rest in your little soul. You are like a wounded one who requires heavenly nursing. We will nurse you. I will watch closely and take each opportunity to send you examples of Heaven's tender care for you. God has a plan and you are part of that plan, just as I was part of God's plan. I am playing my part in God's plan now in speaking these words to you. Why do we use words? Little child, we use words to communicate truth because we are holy souls, filled with God's integrity. These words represent God's truth. If a person sends a letter, filled with love, can you say that the person sent words? Is it not more accurate to say the person has sent love and kindness which brings also encouragement?

On Earth, in the limited view of those who do not yet experience Heaven, perhaps it is true that a word is simply a word, representing a concept. In Heaven, which is where we speak from, a word is much more. These words carry heavenly graces of truth, of comfort, and of joy. My love for you, which is part of God's love for you, flows out from this page to your heart. My intercession for you is taking place as you read these words. Heaven is with you, I promise you. I am your mother and you are my beloved child. Turn your face to me and I will give you heavenly comfort that cannot be seen or understood. You will know that I am with you by the calming graces that come with me wherever I go. I am calm because I see God's plan. I will give you this calm and help you to see, at the very least, that God has a plan for you and that it includes this tragedy. I am with you, little dove. Your pain will not be without value and every tear you cry will be a tear that is noticed by Heaven. Peace now, as we walk with you through this time of grief. We will give you the graces you need to cope today and to grow in holiness tomorrow. All is well. Heaven surrounds you.

The Five Spiritual Practices

As Apostles of the Returning King, we will adopt the following spiritual practices, as best we can:

1. Daily ***Allegiance Prayer*** and ***Vocation Prayer***, plus a brief prayer for the Holy Father
2. ***Eucharistic Adoration***, one hour per week
3. ***Prayer Group Participation***, monthly, at which we pray the Luminous Mysteries of the Holy Rosary and read the monthly message
4. ***Monthly Confession***
5. Further, we will ***follow the example of Jesus Christ*** as set out in the Holy Scripture, treating all others with his patience and kindness

Three Charisms of the Apostolate of the Returning King

- ✠ Compassionate Listening
- ✠ Learning and Teaching the Catechism
- ✠ Promoting Unity in the Church

The Allegiance Prayer

Dear God in Heaven, I pledge my allegiance to you. I give you my life, my work and my heart. In turn, give me the grace of obeying your every direction to the fullest possible extent. Amen

The Vocation Prayer

Oh Mary, mother of Jesus and Queen of the Church, I ask you to bless me with fidelity to my vocation. Assist me in seeing that my service, however humble and hidden, is important to the universal Church. Strengthen me in times of trial and watch over my family and loved ones. Help me, beloved Mother, to remain faithful to Jesus Christ, your Son, the Returning King. Amen.

Promise to Lay Apostles

May 12, 2005

Jesus

Your message to souls remains constant. Welcome each soul to the rescue mission. You may assure each lay apostle that just as they concern themselves with my interests, I will concern myself with theirs. They will be placed in my Sacred Heart and I will defend and protect them. I will also pursue complete conversion of each of their loved ones. So you see, the souls who serve in this rescue mission as my beloved lay apostles will know peace. The world cannot make this promise as only Heaven can bestow peace on a soul. This is truly Heaven's mission and I call every one of Heaven's children to assist me. You will be well rewarded, my dear ones.

The Volumes
as given to Anne, a lay apostle

Volume One:	<i>Thoughts on Spirituality</i>
Volume Two:	<i>Conversations with the Eucharistic Heart of Jesus</i>
Volume Three:	<i>God the Father Speaks to His Children The Blessed Mother Speaks to Her Bishops and Priests</i>
Volume Four:	<i>Jesus the King Heaven Speaks to Priests Jesus Speaks to Sinners</i>
Volume Five:	<i>Jesus the Redeemer</i>
Volume Six:	<i>Heaven Speaks to Families</i>
Volume Seven:	<i>Greetings from Heaven</i>
Volume Eight:	<i>Resting in the Heart of the Savior</i>
Volume Nine:	<i>Angels</i>
Volume Ten:	<i>Jesus Speaks to His Apostles</i>

Excerpts from The Volumes

Jesus Speaks to You

Booklet containing the messages taken from
Volume Four, Part Three: Jesus Speaks to Sinners.

Jesus Speaks to Children
and

Mary Our Blessed Mother, Speaks to Children
These two books contain messages taken from Volume Six

The “Heaven Speaks” Booklets

as given to Anne, a lay apostle

Heaven Speaks About Abortion

Heaven Speaks About Addictions

Heaven Speaks to Victims of Clerical Abuse

Heaven Speaks to Consecrated Souls

Heaven Speaks About Depression

Heaven Speaks About Divorce

Heaven Speaks to Prisoners

Heaven Speaks to Soldiers

Heaven Speaks About Stress

Heaven Speaks to Young Adults

Heaven Speaks to Those Away from the Church

Heaven Speaks to Those Considering Suicide

Heaven Speaks to Those Who Do Not Know Jesus

Heaven Speaks to Those Who Fear Death

Heaven Speaks to Those Who Experience Tragedy

Heaven Speaks to Those Who Fear Purgatory

Heaven Speaks to Parents Who Worry About

Their Children’s Salvation

Heaven Speaks to Those Who Have Rejected God

Heaven Speaks to Those Who Struggle to Forgive

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Climbing the Mountain

Discovering Your Path to Holiness

Anne's experiences of Heaven

The Mist of Mercy

Spiritual Warfare and Purgatory

Anne's experiences of Purgatory

Serving in Clarity

A Guide for Apostles of the Returning King

Lessons in Love

Moving Toward Divine Intimacy

Whispers from the Cross

Reclaiming the Church through Personal Holiness

Transforming Grace

Becoming Thoughtful Men and Women of God

Staying in Place

Recovery in the Church

In Defense of Obedience

& Reflections on the Priesthood

Excerpts from the Big Books

Purgatory, Prayer and Forgiveness

Excerpted from *The Mist of Mercy*

Heaven

Excerpted from *Climbing the Mountain*

Thoughtful Men and Women of God:

A Guide to Contemplative Prayer

Excerpted from *Transforming Grace*

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