

# Voice Medjugorje

Prayer Groups Newspaper

*September 2009*

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*Message of Our Lady, Queen of Peace, August 25, 2009*

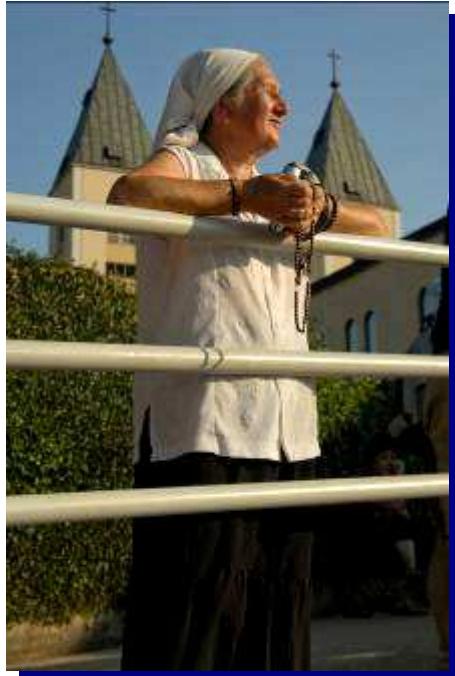
**“Dear children!**

*Today I call you anew to conversion. Little children, you are not holy enough and you do not radiate holiness to others, therefore pray, pray, pray and work on your personal conversion, so that you may be a sign of God’s love to others. I am with you and am leading you towards eternity, for which every heart must yearn. Thank you for having responded to my call. Thank you for having responded to my call.”*

## **PRAY AND WORK ON YOUR PERSONAL CONVERSION**

In the newspaper “The Resurrection” there was a questionnaire. The question was: “How many hours a day do you pray?”

As always, the answers were all different. We can say: each person gave different answer. What made me surprised was one of them; I would say a beautiful one, response of Cardinal Francis Macharsky, who said: “How many hours daily do I pray??? I’m over 70 and I have to admit that I pray too little! It still is not enough! Even when I pray all day I realize that my prayer could be more diligent. Even I am



constantly disturbed by various things, duties and meetings with people; above all that I value the most my friendship with Jesus. It makes me to conclude: “I could have prayed more today. It still is not enough!”

Such a surprising answer of one elderly man, priest, confessor and bishop of the Catholic Church: “I do not pray enough.” What humbleness we can find in these words. What a deep longing, longing to live in the unity with the Lord in community of the Holy Church. These words show us the bishop’s awareness of his own imperfection and great trust in that all has its beginning and end in the Lord.

*“Little children, you are not holy enough and you do not radiate holiness to others, therefore pray, pray, pray.”*

In the Gospel we can see that when Jesus wanted to say something important, he repeated it: “Amen, amen, I say to you...” By that he was reminding us and pointing at the fundamental truths of His teaching. Our mother Mary, the best of all mothers, does exactly the same when she turns our attention to prayer as to the foundation stone of everyone’s life. *“Pray, pray, pray and work on your personal conversion, so that you may be a sign of God’s love to others.”*

Last Saturday I was in the town of present Dnepropetrovsk, Ukraine, at a Consecration of a Church that was previously damaged. It was a result of and great testimony of sixteen years long effort of parishioners of this town who especially during last two years by constant prayer and with help of parishioners from neighbouring villages and towns had a chance to see the sign of God’s victory through the hands of Our Lady. After long-winded law suits the gate of this church were finally opened at the feast of the Assumption of Our Lady. For two weeks thousands of people from the parish of St. Joseph in Dnepropetrovsk and Ukraine were celebrating the victory of prayer and good over evil.

Listening carefully the messages of Our Lady we can more realize that all that she does is that she reminds us the Teaching of the Lord. She speaks about His all-forgiving Love and about Truths that never change and are validated in personal prayer that leads to infinite interconnection with our Heavenly Father.

To teach people to pray was the fundamental key of Jesus’ teaching; therefore Our Lady chooses this “means” to gain eternity.

*“Without prayer,  
our life is not  
a living...”*

**Let us pray:** Dear Lord! Without prayer, our life is not a living, it has no goal! Lord, grant us desire for prayer. Grant us perseverance so that this longing could grow in us every single day. Our Lady, we ask you to pray for us and with us. Amen.

**Fra. Henrych Jaworski**

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## DEAR FRIENDS OF THE QUEEN OF PEACE!

Let us give thanks to the Lord that also today we can hear the call from Heaven for conversion. All that Jesus said was for one purpose – in order that we would convert, return to our Father. In this time the Lord sends us the Queen of Peace, who tells us: “...Call to conversion is the most important message that I gave you.” Mother Mary is a merciful hand of our Father that offers us a grace for conversion. Through Our Lady God reveals us His love. In these summer times we can daily see huge number of pilgrims coming here to Medjugorje.

“Mother Mary is a merciful hand of our Father that offers us a grace for conversion. »

Few days ago two ladies came here just out of curiosity. After ten minutes of being here, knowing only a little about what is happening at this place, they stopped by the statue of Our Lady that is situated in front of the church and fell on their knees. In that moment one of them felt in her heart these words: “I have to go to confession.” This lady has not been to confession for over 30 years! She asked: “Where can I find a priest?”

Many times I think of how Our Lady teaches us in Her school to love out of God’s love. In one of Her messages She tells us that through human love we can also experience God’s love. I think that the closest human form of God’s love is motherly love. Mother Mary’s declaration “If you knew how much I love you, you would cry with happiness...” can be found in each of Her messages. She loves us the way we are, but first of all She accepts us as Her own children; She knows our sins and weaknesses. She never gets tired with us but even more urgently She invites us to conversion. Our Lady is a Mother who cares about our salvation. It can be compared to a situation when a child goes out dressed in filthy clothes. When the child’s mother sees that she calls him back and tells him – “Come back home and change your clothes”.

Today Our Lady openly tells us: “Little children, you are not holy enough and you do not radiate holiness to others.” I find myself ashamed by these words. Mother Mary sees my “filthy” heart, it is not clean enough; it does not shine as it should be. At the same time I am aware of the graces that we receive here on this holy ground where She comes every day for over 28 years. I’ve done so little. Just as St. Francis of Assisi said in the autumn of his life to his followers: “Brothers, we haven’t done anything. Let us start once again from the very beginning.”

Mother Mary does not leave without telling us how we shall correct it. She says: “Pray, pray, pray and work on your personal conversion.” Let us answer to Her call from all our hearts every single day.



Last week Our Lady told us through visionary Ivan: "...Dear children. Today as never before I need your deeds not words... live my messages so that the light could radiate your hearts, fill your hearts..."! I know that you who pray with us for the intentions of Our Lady love Her. Let us be responsible and decide anew to give up everything, to do more good deeds than we've done before. Let us go to confession, pray, lead sacramental life, read Bible, live it in our everyday lives, read biographies of saints... Also today Mother Mary promises us - "I am with you and I am leading you towards eternity."

**Let us pray:** Mother Mary, our Mother, you are truly the gate leading us to Jesus. You always put yourself on the last place so that we could meet your Son Jesus and follow Him. We ask you to help us to accomplish all that you call us to - to pray and work on our personal conversion. Dearest Mother, you know our weaknesses, inability to forgive, love and pray. Please, hide us beneath the mantle of your Immaculate Heart and transform us in order to become the reflection of your holiness. You who always stood behind your Son humbly and quietly, we ask you to learn us to be humble just like you, teach us every day not to take the first place but to rather stay behind so that others could in us through You encounter see Jesus. Amen.

**Terezia Gaziova**

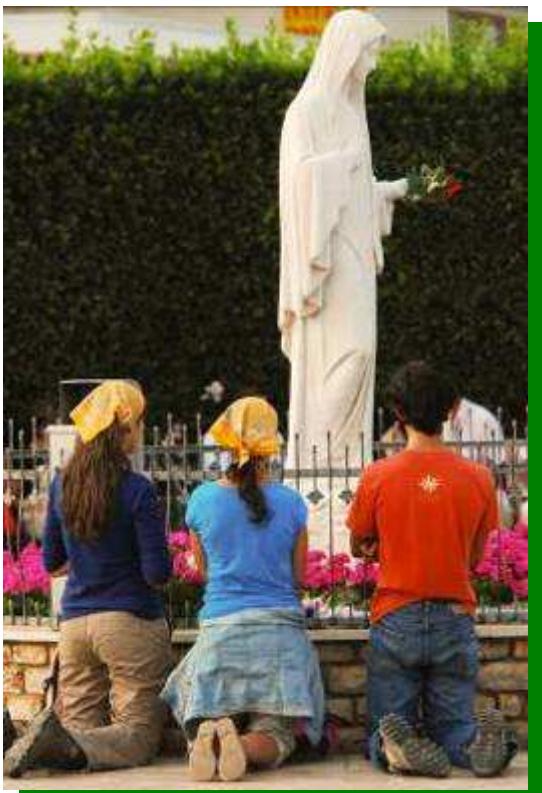
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**Our Prayer Group will meet on  
Saturday, September 5, 2009.**

In this time we pray for **our personal conversion.**

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***Our Lady's message given through Mirjana,  
September 2, 2009***



„Dear children;  
today, with a motherly heart, I call  
you to learn to forgive, completely and  
unconditionally. You suffer injustice,  
betrayals and persecutions, but by  
that you are closer to and dearer to  
God. My children pray for the gift of  
love. Only love forgives all, as my Son  
forgives - follow Him. I am among you  
and am praying that when you come  
before your Father you can say: 'Here I  
am Father, I followed your Son, I had  
love and forgave with the heart,  
because J believed in your judgment  
and trusted in you.'  
Thank you.“

*... Today again I am calling you to pray with your whole heart and day by day to change your life. Especially, dear children, I am calling that by your prayers and sacrifices you begin to live in holiness, because I desire that each one of you who has been to this fountain of grace will come to Paradise with the special gift which you shall give me, and that is holiness. Therefore, dear children, pray and daily change your life in order to become fully holy. I shall always be close to you...*

*November 13, 1986*

*... Today I call you to prepare yourselves for the coming of Jesus. In a special way, prepare your hearts. May holy Confession be the first act of conversion for you and then, dear children, decide for holiness. May your conversion and decision for holiness begin today and not tomorrow. Little children, I call you all to the way of salvation and I desire to show you the way to Heaven. That is why, little children, be mine and decide with me for holiness. Little children, accept prayer with seriousness and pray, pray, pray...*

*November 25, 1998*



*... Also today I call you to open yourselves to prayer. Little children, you live in a time in which God gives great graces but you do not know how to make good use of them. You are concerned about everything else, but the least for the soul and spiritual life. Awaken from the tired sleep of your soul and say yes to God with all your strength. Decide for conversion and holiness. I am with you, little children, and I call you to perfection of your soul and of everything you do...*

*March 25, 2001*

*by step, prayer and a decision for holiness will enter into your family. Be real with yourselves and do not bind yourselves to material things but to God. And do not forget, little children, that your life is as passing as a flower...*

*August 25, 2001*

*... Today also I am calling you all in order that each one of you decides to live my messages. God has permitted me also in this year, which the Church has dedicated to me, to be able to speak to you and to be able to spur you on to holiness. Dear children, seek from God the graces which He is giving you through me. I am ready to intercede with God for all that you seek so that your holiness may be complete. Therefore, dear children, do not forget to seek, because God has permitted me to obtain graces for you...*

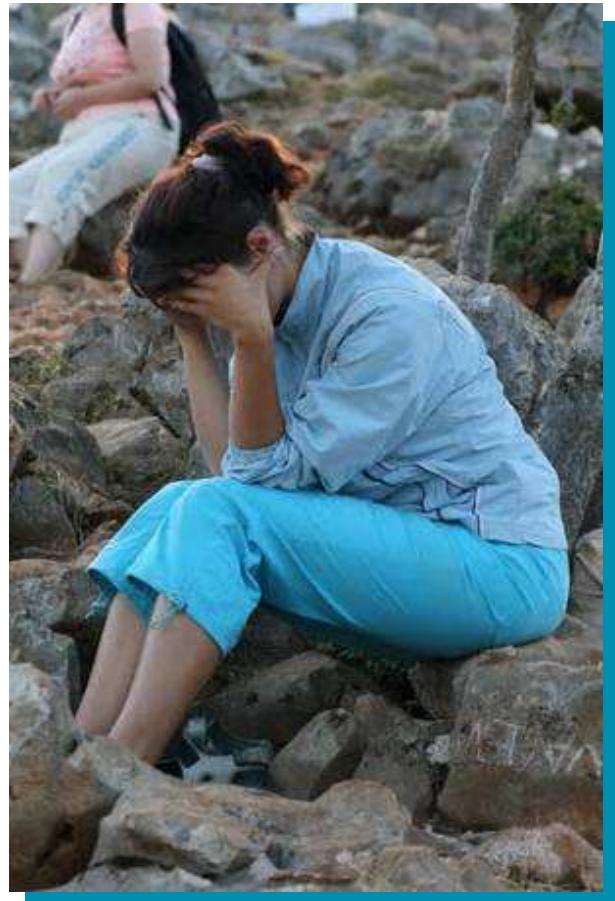
*August 25, 1987*

# THE LORD HAS DONE GREAT THINGS FOR ME!

My name is Veronika and I would like to share with you of what God has done in my life through Our Lady, His and Our Mother. I was born to a religious family and from my early childhood I was raised in this spirit. My life was marked by many inner wounds like in any human life. Very often I felt abandoned and lost and sometimes I feel the same way even today. The victory over these doubts I'm overcoming only through Jesus. In my teenage years I was surrounded by people who considered themselves Catholics and attended the Holy Mass regularly on Sundays. Any other additional activity in this area I considered as unnecessary or even "fanatic". I rather lived my faith individually. I used to walk home alone after school because I wanted to talk to God. I didn't hear about anyone else who would do the same thing, so I kept it just for myself and I thought I was the only fool in the world. I decided not to share it with anyone. My friends and I, we had no idea of who God was, that he was really alive and present in our lives and we wanted to find the Truth in various things like movies, books, music, incense sticks,... In an effort to fill in an empty space inside of me I was constantly involved in a complicated relationship that was always difficult to understand, even for me. In most cases it wasn't a serious relationship or dating but rather frivolous flirting from the male side realizing which was for me always very painful. It was like this for several years and I would ask myself if there was anyone who really cares about me. Anyone.

By God's hand I got enrolled to a university with Catholic background. At first I was ashamed to talk about this place because many people immediately thought about me becoming a nun and I did not like it at all. Today I see God's purpose in it. In the first year of my studies I noticed some "fanatics", who often held their prayer meeting in our dormitory. They seemed different at first glance, light-hearted and free but there was something very attractive about them. In the course of the time I started attending their prayer meetings where I used to cry. At that time I did not understand what was going on with me but now I know that God was healing my wounded soul. During one prayer meeting I experienced something extraordinary. I personally met Jesus. It was such a powerful moment where God Himself came into my life. My whole body and soul was immersed in God's light and I felt indescribable joy. It's St. Paul who describes my experience the best. I had the same experience like him, besides that I was not made blind. After this encounter I returned home filled with something extraordinary. I remember I was trying to tell my parents about my experience but they were just staring at me and did not understand anything. I am sure they thought I would soon forget about the whole thing like before. But I haven't. :) As the time passed I became a permanent member of this community and I was leading others to Jesus. I attended many religious seminars and courses in order to deepen my spiritual life. After few years I just somehow got to the point where I realized that I do not know how to go further. I wanted to grow deeper in my faith but I had no idea how... how to gain something more... I daily attended Holy Mass, prayed rosary, met with young people... but there was something inside of me that is difficult to explain.... There was my longing for something more but I had no idea where and how I was supposed to find it.

During my university studies I discovered my desire to go on a mission, but with my confessor we figured out that the best thing would be to finish university first and time will prove if this longing



comes from the Lord. After finishing my studies I started to work but this longing was growing stronger. After some time I got a chance and grace to spend some time in one prayer group in Medjugorje. I had no idea why this opportunity came but very intensively I felt that it would be important and powerful experience in my life. And so it was. I was yearning to learn the truth about myself but also I was realizing that on my own I was not able to see my sins and weaknesses. Living in this prayer group I started to learn more about the school of our Lady and about Her messages. It was exactly the step I needed to take because I wanted to show to Our Lady that I'm taking it all seriously. I made a special a 33-days consecration in order to give my life to Her. I can say that Mary accepted my appeal very seriously. She helped me understand why I was stuck and couldn't move further in my life. Thanks to this consecration and through the help of a priest God helped me see my sins and set me free from the hands of the Devil. I can honestly say that the Devil is very deceitful and malicious. I felt tricked and cheated by him. After my first encounter with Jesus I confessed all the occultism which I was involved in before. I would never guess that Devil is very often hidden in movies, books, magazines, songs,... I was not able to recognize it and these things held me captive until Jesus through the mighty intercession of Our Lady brought it to the light. The burden of these sins I even felt physically, I had terrible headaches, backaches, stomachaches... the closer I was coming to the Lord, the more intensively I was feeling the pain. Through Our Lady I received a great grace to recognize all that was deeply hidden, and renounce it in the sacrament of confession. After that all the pain was suddenly gone and a new horizon of life opened up for me.

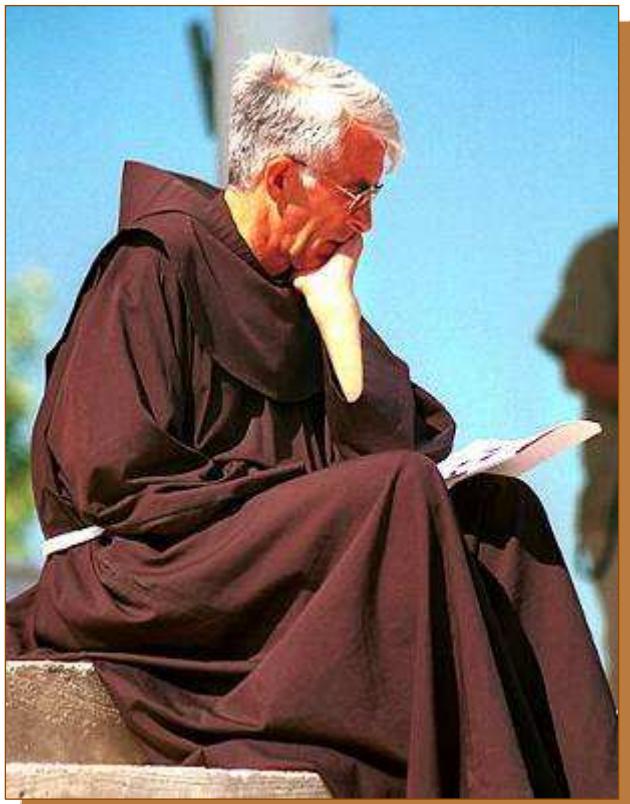
Praise the Lord for sending His Mother into my life, thanks to whom I could in relatively short period of time undergo a deep cleansing. Now I encourage everyone who wants to grow in the Lord to consecrate his/her life to Our Lady. I am sure that Mary knows exactly how to help each one of us. Today I share the book of 33-day consecration with my brothers and sisters in Christ and I witness of how Our Lady attracts and protects Her poor and little ones. I know that God is mighty and has done great thing for me thanks to the presence of Our Lady in my life. It is hard for me to tell you everything what is in my heart... now I experience freedom and peace, like never before. My great desire is to serve and follow the Lord and I am glad that I can do it through His Mother. I know that the more I serve, belong and take shelter in Her, the more I'm in and with Jesus! I give thanks to the Lord together with mother Mary that I can sing this song and praise Him for everything he has done in my life:

*"My soul glorifies the Lord  
and my spirit rejoices in God my Savior,  
for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me blessed,  
for the Mighty One has done great things for me—  
holy is his name.  
His mercy extends to those who fear him,  
from generation to generation.  
He has performed mighty deeds with his arm;  
he has scattered those who are proud in their inmost thoughts.  
He has brought down rulers from their thrones  
but has lifted up the humble.  
He has filled the hungry with good things  
but has sent the rich away empty.  
He has helped his servant Israel,  
remembering to be merciful  
to Abraham and his descendants forever,  
even as he said to our fathers."*

Veronika, Slovakia

## **„IN THE SCHOOL OF LOVE“**

**Love yearns for the recognition of the loved one**



*“Dear children! You are a chosen people and God has given you great graces. You are not conscious of every message which I am giving you. Now I just want to say - pray, pray, pray! I don't know what else to tell you because I love you and I want you to comprehend my love and God's love through prayer. Thank you for having responded to my call.” (November 15, 1984)*

**T**he one who loves always in a personal meeting with the one he loves. Love does not see the multitude of people in an impersonal way. Love knows all people and decides personally for everyone, and gives to each one personally. This is the essence of love. If it does not give itself personally to others, then it is not love. In giving itself, love and the loved ones are fulfilling themselves;

they grow, mature and become able to love more and give more of themselves. Love, therefore, cannot stop, because between the one who loves and the one who is loved there is no one who loves last. Love is eternal, and Heaven consists of giving and receiving love. Therefore, to love means to yearn to know the loved one more and more, and loves Him all the more.

God's love, which manifests itself through Mary and becomes Her personal love, can be recognized through prayer because prayer is friendship with God. A response grows through prayer. What is not known cannot be loved. So also, the growth of a person as an individual consists in recognizing, accepting, and responding to the divine recognition in love. That is then the life which is stronger than death, because there is no death between loved ones. Where there is no love and recognition, there is already death, darkness and destruction.

Mary is showing us the way. We need to pray and to personally decide for prayer. When it is hard for us to pray, and when we find reasons no to pray, then we are always in danger of deceiving ourselves and others. He who has no time for prayer does not love God and is not growing in God's presence. Hardship in prayer does not have to be a negative sign. On the contrary, it can be a new proof that we love and, in spite of the difficulty and hardship, we are trying to grow in the presence of God.

*I am the good shepherd. A good shepherd lays down his life for the sheep... I am the good shepherd; I know my sheep, and my sheep know me, just as the Father knows me and I know the Father, and I will lay down My life for the sheep. (Jn 10:11,14-15)*

# THERE IS NO TRUE LOVE WITHOUT CHASTITY

What is chastity? Why we should live chastely? To live chastely is not easy so why should I strive for that?

If we want to find what our heart, soul and body – the whole person – longs for, first we have to embrace chastity. There is no other way towards true love which leads to fulfillment; there is *only* the way of purity. Here we are talking not just about chastity before marriage, but also about the chastity in marital relations (e.g. not using contraception but natural periodical continence).

We often hear around us that ‘chastity’ which is commonly connected to virginity ‘is out of fashion’. The culture advertises many different kinds of activities, things, which will ‘bring us all what we are looking for’. We try to do what magazines, TV, radio or people around us tell us because we hope that that is ‘the way towards fulfillment’. Unfortunately, by following these examples we realize that

it doesn’t work as we were hoping and that to achieve what they promise is almost impossible. So in the end behind these ‘nice looking’ advertisings we usually find tears and broken hearts, broken families, a sad childhood ... Why do you think there are so many divorces, abortions and so much infidelity today?



Because everybody is looking for love but not everybody is looking for it in the right places. When we do whatever the culture tells us, we can get momentary satisfaction, but not true fulfilling and long-lasting love.

“Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being.” As sexuality does, purity also concerns the whole person – mind, heart and body.

Saying yes to chastity doesn’t mean suppressing one’s own sexuality. On the contrary, chastity enables us to see the treasure of sexuality - the complete beauty of other people - and to respect them for who they truly are. Chastity enables us to become a total gift for the other: “I belong only to you!” Living chastely means transforming our sexual powers – powers of life and love - into doing something truly good and beautiful. In addition, it offers a greater possibility of a happy marriage without the tragedy of separation or divorce.

What the media often offer us is not the true image of love but an image of lust. Lust is the sexual expression of selfishness. It's when we see and use people as objects for our own pleasure. In contrast to love which is other-centered, lust is self-centered. The more that our hearts and minds are cleansed of this selfishness, the more we become capable of pure love.'

In other words, we can say that chastity is a harmony established between body and soul which empowers us to love properly. To achieve this harmony could seem sometimes very difficult as we all struggle with the concupiscence of the flesh and disordered desires. But with the help of Jesus Christ, and his redemptive love, purity is made possible!

Purity is possible for everyone even for those who already made some bad decisions concerning their sexuality. It is indeed possible to turn around, to be healed of past pains, and raise your expectations of love. We just have to fill our minds with all that is good, true and pure (books, movies, music, friends ...); keep guard over our thoughts and imagination; treat others with loving kindness, by being motivated by what is good for them; respect the human body (our own and other people's) - preserve the gift of self for 'the only one' by abstaining from all sexual activity before, and outside of, marriage, by proper dressing, acting and speaking.)



To begin on the path to true love we need to seek to have pure hearts by being united to Christ in prayer. Personal prayer to Christ, prayer with Holy Scripture, and the rosary are all a big help. Taking a Bible verse (e.g. "*Create in me a clean heart, O God, and put a new and right spirit within me.*" Ps 51:10) and repeating it throughout the day, and especially in times of struggle, is also a great help. In resisting temptation you draw close to God; this glorifies Him and makes you stronger. Temptation is never too strong; God's grace is always sufficient. Living a sacramental life, by being united to Christ regularly in the Eucharist and receiving his forgiveness in the Sacrament of Penance, cleanses our hearts. Despite the embarrassment associated with the confession of sins of impurity, personal maturity and spiritual growth are possible only through an honest admission of guilt and reconciliation.

Take Mary Immaculate into your heart and into your home. With such a mother who lived perfect purity we learn to be true disciples. Entrust yourself to the care of St. Joseph, her most chaste spouse. He will help you guard your own purity and the purity of others.'

*"Even if you fall, begin again! The greater shame is not so much in falling but in staying on the ground."*

**Jana Prudka**

## *20th International YOUTH FESTIVAL*

was held in Medjugorje from August 1<sup>st</sup> to 6<sup>th</sup>, 2009. It was the most attended Youth Festival so far, more than 50 thousand people of 69 countries attended morning lectures and afternoon program.

During this time more than 600 priests concelebrated the Holy Mass and were available for thousands of young people who waited to be confessed.



# 10TH INTERNATIONAL SEMINAR FOR MARRIED COUPLES

*International seminar for married couples will be held in Medjugorje from **the 4th to the 7th of November 2009.***

*The theme of the seminar is:*

**<< Love never ends and ceasing of love >>**

## **PROGRAM:**

### **Wednesday, November 4, 2009.**

01:00 pm – Registration of the participants  
04:00 pm – Introduction to the seminar  
05:00 pm – Evening Prayer Program in the church (Rosary, Holy Mass)  
09:00 pm – Adoration of the Blessed Sacrament



### **Thursday, November 5, 2009.**

09:00 am – Morning Prayer  
09:30 am – Lecture, sharing  
12:00 am - Silent adoration  
03:00 pm – Lecture, sharing  
05:00 pm – Evening Prayer Program in the church (Rosary, Holy Mass, Adoration)

### **Friday, November 6, 2009.**

06:30 am – Prayer on Cross Mountain  
10:00 am – Lecture, sharing  
12:00 am - Silent adoration  
02:00 pm – Lecture, sharing  
04:00 pm – Preparation for confession  
05:00 pm – Evening Prayer Program in the church (Rosary, Holy Mass, Veneration of the Cross)

### **Saturday, November 7, 2009.**

07:00 am – Prayer on Apparition Hill  
10:00 am – Lecture, sharing  
12:00 am – Holy Mass – end of the seminar

**SEMINAR FINISHES WITH THE HOLY MASS AT 12:00 PM.**

**Co-ordinator of the seminar is fr. Miljenko Šteko**

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**The lecturer is the friar Ante Vučković, O.F.M.** Born in 1958 in Sinj, as the first live child in a large family. He is a member of the Franciscan Province of the Most Holy Savior with its seat in Split. He terminated his Preparatory and Gymnasium in Sinj and Theological Faculty in Makarska and Zagreb. He was ordained priest in 1983. After

*having served as a curate in Metković and Munich, he studied philosophy in Munich and Rome where he was awarded his Doctor's Degree in the dimension of listening according to Martin Heidegger. He taught philosophy in Rome, at the Pope's Antonianum College and at the Franciscan's Divinity School in Makarska. He is a Professor at the Catholic Theological Faculty of the Split University and at the Philosophy Department of the same University. He is the leader of spiritual exercises, seminars and spiritual renewals. He is a spiritual companion and advisor. He published several books. He is writing for professional and populist periodicals.*

The seminar will take place in Medjugorje in the New Hall. Participation per couple: 40 €. You may make reservations by e-mail: [seminar.marija@medjugorje.hr](mailto:seminar.marija@medjugorje.hr), or by fax +387-36-651-999 (for Marija Dugandzic).

The number of participants is limited because of the available space in the Hall, so we ask you to send your registration as soon as possible, latest by the end of September. All the participants are invited to individually provide their accommodation in Medjugorje.

We encourage you to bring a small FM radio with headphone and a Bible.

The newspaper "**Voice Medjugorje**" is a call, invitation for everyone who wishes to pray for intentions of Queen of Peace and for realization of Her plans. By witnessing in our lives we long to become Mary's Light to this world, to spread peace all around. On June 25, 2004 our Lady said: "Dear children! Today also, joy is in my heart. I wish to thank you for making my plan possible to become reality. Each of you is important therefore, little children, pray and rejoice with me over every heart that has converted and become an instrument of peace in the world. Prayer groups are powerful, and through them I can see, little children, that the Holy Spirit is at work in the world. Thank you for having responded to my call."

Our small newspaper is published monthly since December, 2004. The new issue is sent via email a few days after the Virgin Mary gives Her message on each 25th day of the month. Voice Medjugorje is published in Russian, Slovak, Lithuanian, Lithuanian and English language. Through our newspaper we unite in prayer with our brothers and sisters from prayer groups mostly from the eastern countries – Russia, Ukraine, Lithuania, Latvia, Moldavia, Belorussia, Kazakhstan, Tajikistan, Pakistan, Slovakia, Czech Republic and USA.

Prayer groups meet according to the agreement made among the members, usually once a week, at their houses or at churches. Prayer meetings are conducted in modest and humble way and consist of praying rosary, meditation upon the text of the Bible and our Lady's message, sharing after the meditation, praying for the prayer intentions of the Queen of Peace, praying for the needs of neighbors, consecration to the Immaculate Heart of Mary.

In our lives we attempt to follow the messages of Our Lady, which means:

- **to pray three rosaries a day**
- **to fast every Wednesday and Friday**
- **to confess monthly**
- **to attend Holy Masses, often receive Holy Communion and adore Jesus in the Blessed Sacrament**
- **to pray for the priests and Church**
- **to meet in prayer groups at least once a week, according to agreement of the members**

We usually meet in prayer on the first Saturday of each month. If possible, the prayer meetings are held on this day. At meetings, we pray three rosaries, attend Holy Mass, Adoration and read reflections from the newspaper. We all pray for the intentions given in the newspaper, for the period of a whole month.

## CONTACTS

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