

Requests of Pope Michael

It is time to review the various requests We have made throughout the last 16½ years. Indeed, We believe that following these requests is essential to salvation.

1. Make a Rule of Life
2. Monthly Examination of Conscience
3. Daily duty
4. Morning prayers first thing in the morning
5. Night prayers with examination of conscience followed by silence.
6. Practice of the three Hail Marys
7. Daily Spiritual Communion.
8. Daily Meditation
9. Daily Spiritual Reading
10. Daily Acts of Faith, Hope, Charity and Contrition
11. Prayer before and after meals.
12. Sanctify the Lord's Day
13. Study the Catechism weekly
14. Weekly Holy Hour
15. Regulate our use of time
16. Retire to solitude
17. Make a Retreat
18. Catholic Action
19. Count your Blessings.
20. Monthly Day of Fasting and Prayer
21. Support the Church

This list sounds long, but We added up the time requested and it is less than two weeks a year. To put this in perspective we spend a little over three weeks each year eating meals.

If you have incorporated these practices into your life you should be well on your way to sainthood. If not, make a new beginning.

Prayer to root out Self love by Pope Michael: Thou shalt love the Lord thy God with thy whole, heart, soul, mind, body and strength. Lord, help me to love Thee with my whole heart, soul, mind, body and strength. Root out of me all disordered self love, which leads me to hell. Amen.

Whoever prays shall be saved, whoever does not pray shall be lost, Saint Alphonsus. Notice twelve of these requests encourage prayer; and eight of them encourage various forms of daily prayer.

1. Make a Rule of Life

We all have an unwritten rule of life by which we live. It determines how we live our life, the decisions we make, what to do with spare time, etc. What We, as Pope, are requesting is that everyone go over this rule of life and reduce it to writing. Correct what needs correcting and confirm what is already correct.

If you love Me, keep My Commandments. (John 14:15) This must be our first rule, which is why we have to study that section of the Catechism. How can we keep Commandments we don't even know?

2. Monthly Examination of Conscience

In your spiritual notebooks you should have several examinations taken from different prayer books, which will help in this monthly review. The First Friday of the month is a good time for this or the First Saturday, since to make the First Saturdays one would have to go to Confession. Some spiritual authors recommend a monthly day of recollection, but We believe that this is more time than most have to devote. However, a Holy Hour with the examination of conscience followed by perfect act of contrition is certainly not out of order.

3. Daily Duty

In Holy Week, 1992 We sent out an instruction. The first was Discharge faithfully the duties of your state of life.

Saint Augustine: I shall now say this, which I have often said before in other places of my works. There are two causes that lead to sin: either we do not yet know our duty, or we do not perform the duty that we know. The former is the sin of ignorance, the latter of weakness. Now against these it is our duty to struggle; but we shall certainly be barren in the fight, unless we are helped by God, not only to see our duty, but also, when we clearly see it, to make the love of righteousness stronger in us than the love of earthly things, the eager longing after which, or the fear of losing which, leads us with our eyes open into known sin. In the latter case we are not only sinners, for we are so even when we err through ignorance, but we are also transgressors of the law; for we leave undone what we know we ought to do, and we do what we know we ought not to do. Wherefore not only ought we to pray for pardon when we have sinned, saying, "Forgive us our debts, as we forgive our debtors;" but we ought to pray for guidance, that we may be kept from sinning, saying, "and lead us not into temptation." And says, "The Lord is my light and my salvation:" my light, for He removes my ignorance; my salvation, for He takes away my infirmity.

The sacrifice required of every person is the fulfillment of his duties in life and the observance of My Law., Jesus to Lucia dos Santos in 1943.

To be perfect in our vocation is nothing else that to fulfill the duties which our state of life obliges us to perform, and to accomplish them well, and only for the love of God. Saint Francis de Sales.

Sloth is a kind of cowardice and disgust, which makes us neglect and omit our duties, rather than do violence to discipline ourselves. Saint John Vianney, We will not discipline ourselves; we will not put ourselves to any inconvenience. Everything makes us tired, everything revolts the slothful person. ... O my children! how miserable we are in losing, in this way, the time that we might so usefully employ in gaining heaven, in preparing ourselves for eternity!

Since base slothful spirits given over to external pleasures are neither used to combat nor trained in spiritual arms, they rarely preserve charity and usually let themselves suffer a mortal blow. This happens more easily because by venial sin the soul has been prepared for mortal sin. Saint Francis de Sales.

Sloth is an disordered love of rest, which leads us to omit or neglect our duties.,
Exposition of Christian Doctrine

Our first duty can be summed up in three words: fiat voluntas Tua. (Thy will be done.) If we put God first, our whole life will be happily in order, if we put our own will first, we and all around us will be made miserable. We could write volumes on daily duty and have done so in the past. However, all We wish to do here is advise people that to omit one's duties is often a mortal sin of omission.

No time must be lost, but every moment must be employed in prayer, in reading or in performing the duties of your state of life. Saint Alphonsus.

Whoever prays shall be saved, whoever does not pray
shall be lost, Saint Alphonsus

4. Morning Prayers

Never forget that it is at the beginning of each day that God has set aside the necessary grace for the day ready for us. He knows exactly what opportunities we shall have to sin. ... and will give us everything we need if we ask Him then. That is why the Devil does all he can to prevent us from saying our Morning Prayers or to make us say them badly. Saint John Vianney He also says: We must take great care never to do anything before having said our Morning Prayers. ... The Devil once declared ... that if he could have the first moment of the day, he was sure of all the rest. (Sermon on the First Commandment)

And We have another request for everyone, and please also teach the children how to do this too. Every morning, first thing as you wake up, say three Hail Marys, and the same last thing as you go to bed at night before you go to sleep say another three Hail Marys.

Saint Alphonsus, Great Means of Salvation and Perfection, page 249: But, according to St. Gregory of Nyssa, the morning is the most seasonable time for prayer, because says the saint, when prayer precedes business, sin will not find entrance into the soul. (De Oratio dei Oratio)

5. Night Prayers

Saint Alphonsus: In the evening make an examination of conscience.

We should meditate on God's law when we are preparing for sleep, because this leads to having better dreams while asleep. (Saint Thomas Aquinas) Many do not turn off the noise of the world, even after bedtime. For thus saith the Lord God the Holy One of Israel: If you return and be quiet, you shall be saved: in silence and in hope shall your strength be. And you would not: (Isaias 30:15) Saint Bernard says that silence, and the absence of all noise; almost force the soul to think of the goods of heaven. (Saint Alphonsus)

Saint John Eudes says: It is just as important to end, as it is to begin the day well and to make a special consecration to God of the last actions of each day as well as the first. To this end, before taking your rest in the evening make a point of going on your knees for a quarter of an hour to thank God for the graces He has given you during the day, to examine your conscience and to renew the offering of yourself to Him...

Sabbatine Privilege commutation: Nightly examination of conscience and observing silence for at least eight hours until after morning prayers, which includes no television or radio.

6. Practice of the Three Hails Marys

Several saints recommend the practice of reciting three Hails Marys, as soon as you wake up in the morning and again when you lay your head on your pillow at night to go to bed.

O Mary keep me from mortal sin this day.

O Mary keep me from mortal sin this night.

7. Daily Spiritual Communion

To the faithful who make an act of spiritual Communion, using any formula they may choose, there is granted: an indulgence of 3 years. A plenary indulgence under the usual conditions if the act is performed every day for a month. (Raccolta #135)

From Saint Alphonsus: It will be found likewise to contribute very much to keep fervor alive in the soul, often to make a Spiritual Communion, so much recommended by the Council of Trent, which exhorts all the faithful to practise it. The Spiritual Communion, as St. Thomas says, consists in an ardent desire to receive Jesus Christ in the Holy Sacrament; and therefore the saints were careful to make it several times in the day. ... This Spiritual Communion may be practised several times a day: when we make our prayer, when we make our visit to the Blessed Sacrament, and especially when we attend Mass at the moment of the priest's Communion. The Dominican Sister Blessed Angela of the Cross said: "If my confessor had not taught me this method of communicating spiritual several times a day, I should not have trusted myself to live.

Prayer for the Restoration of the Mass

The prophet Daniel prophesied, and in the half of the week the victim and the sacrifice shall fail: and there shall be in the temple the abomination of desolation. (Daniel 9:27) And strength was given him against the continual sacrifice, because of sins: and truth shall be cast down on the ground. (Daniel 8:12) These terrible prophecies have come to pass. We long to again participate in the unbloody sacrifice of the Mass and receive Thy Body and Blood in Holy Communion. We promise to learn the truths of the Faith, which have been cast down on the ground and to turn away from sin, which has given Antichrist power against the continual sacrifice and to return to Thee, as Isaias bids us. We promise with the help of Thy grace to do all in our power to remove any obstacle in ourselves to the worthy reception of Thy Sacred Body and Blood in the Most Holy Eucharist. Until this holy day comes, when our desire can be fulfilled in participation at the Holy Sacrifice of the Mass, We desire to receive Thee spiritually, who cannot receive Thee sacramentally. Amen.

Pope Michael's Comments

We wrote this prayer in 1992. In this prayer we make several promises, which form a part of the Recommendations of Pope Michael:

1. We promise to learn the truths of the Faith, that is to study our catechism.
2. We promise to turn away from sin.
3. We promise to remove any obstacle in ourself to the worthy reception of the Sacred Body and Blood of Jesus Christ.

8. Daily Meditation

The faithful who devote at least a quarter of an hour to mental prayer, are granted: An indulgence of five years; a plenary indulgence under the usual conditions, if they do so every day for a month. (Raccolta #641)

We consider this the most important admonition We have made as Pope.
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Saint Teresa says: He that neglects mental prayer has no need of being taken to hell by demons: he will cast himself into it.

Fr. Fahey, Mental Prayer, page 68: At this epoch of feverish activity, it is indispensable to set aside some time for Mental Prayer, and we ought to give as much time to it as the duties of our state of life allow. Fr. Fahey wrote this in 1927!

Many pastors have destroyed my vineyard: they have trodden my portion under foot, they have changed my delightful portion into a desolate wilderness. They have laid it waste, and it hath mourned for me. With desolation is the land made desolate, because there is none that considereth in the heart. The spoilers are come upon all the ways of

the wilderness, for the sword of the Lord shall devour from one end of the land to the other end thereof: there is no peace for all flesh., Jeremias 12:10-12.

Saint Serapion: The mind is purified by spiritual knowledge (that is by holy prayer and meditation), the spiritual passions of the soul by charity, and the irregular appetites by abstinence and penance.

St. Teresa says, Although it appears to us that we have no imperfections, still when God opens the eyes of the soul, as he usually does in prayer, our imperfections are clearly seen. (Letter 8)

For meditation regulates the affections, directs the actions, and corrects defects. (Saint Bernard De Cons 1,1, c 7)

Saint Charles Borromeo: for him who neglects meditation, it is morally impossible to live without sin.

Saint Alphonsus, Preparation for Death page 410: It was said by a servant of God, that “mental prayer and mortal sin cannot exist together.”

Saint Alphonsus, Way of Salvation and Perfection, page 215): And, further, he who does not meditate, does not know his own failings, and thus, says St. Bernard, he does not detest them; so also, he does not see the perils of his state, and therefore does not think of avoiding them. (de Cons. 1. x. v. 2.) ... without meditation there is no prayer.

You must meditate, you must pray with a grateful heart. (Saint Bonaventure, Holiness of Life, page 50)

Saint Alphonsus, Great Means of Salvation and Perfection, page 235: All the saints have become saints by mental prayer.

We can meditate in every place, at home or elsewhere, even in walking, in working. How many are there, who, being unable to do otherwise, raise their hearts to God and apply their minds to mental prayer without leaving the work or even meditate while travelling! He who looks for God will find him everywhere. Saint Alphonsus

Saint Alphonsus, Great Means of Salvation and Perfection, page 247: However, when we can, we should retire to a solitary place to make our meditation. Our Lord has said:”When thou shalt pray, enter thy chamber, and, having shut the door, pray to thy Father in secret.” (Matthew 6:6) St. Bernard says that silence and the abstinence of all noise, almost force the soul to think of the goods of heaven.

Josua 1:8: Let not the book of this law depart from thy mouth: but thou shalt meditate on it day and night, that thou mayst observe and do all things that are written in it: then shalt thou direct thy way, and understand it.

Saint Alphonsus reduces meditation to four things (to which we have added Our own comments):

1. The Law of God, that is the Commandments God has given us.
2. On eternity, that fact that the eighty years, more or less, we spend here on earth are nothing compared to eternity. In eternity there is no time; it is the eternal now for ever and ever. Amen.

3. On one's own duties. If we don't know our job, how can we do it. If an electrician uses the wrong size wire, your house could burn down. If a mechanic puts the gasoline hose back on wrong, it could fall off and your car blow up. What if he leaves the brake line off? So, God have given us several jobs. The first is to save our souls, so we must meditate on how to do this. The second comes from our state of life. For most

this is as a wife or husband and parent. Therefore it is necessary to meditate on the duties of one's state of life.

4. On the things of God, that is His perfections, His activities, etc.

Saint Bernard: Remain here, all you earthly and distracting thoughts. I may have time for you after meditation.

Note, Saint Bernard does not promise earthly thoughts that he will have time, only that he might.

Prayer of Pope Michael: O Lord, today no one considers in the heart and the land is made desolate, as You prophesied through Jeremias the prophet. Lead me on that sure path to salvation, mental prayer. Direct my thoughts and my mind to consider You, Who are the Truth, the whole Truth and nothing but the Truth. Amen.

9. Daily Spiritual Reading

In 1992 We also recommended: 15 minutes of spiritual reading per day.

Seek in spiritual reading, and you shall find in meditation, Saint Bernard

The purpose of spiritual reading is to learn how to be a saint, and this is our main job in life. In fact, spiritual reading and meditation can be combined. Saint Teresa used a book to help her meditate for almost two decades. Read a little, and then meditate upon what you have just read says to you. The goal of spiritual reading is not to see how many books you can read, but to become a saint. You might read one paragraph and it speaks so loudly to you, that you should not go further. A quarter of an hour devoted to meditative spiritual reading should be a minimum.

By reading and meditating we learn our duty; but by prayer we obtain the grace to do it.
Saint Alphonsus.

10. Daily Acts of Faith, Hope and Charity

Goffine asks¹: When should we make an act of Hope? As soon as we come to the use of reason and are sufficiently instructed concerning this virtue and its motives; in time of trouble or of severe temptation against this virtue; when receiving the holy Sacraments; every morning and evening, and especially at the hour of death. (The same thing is to be observed in regard to the acts of Faith and Love.)

On page 952 Goffine gives a version of these acts: ²

Act of Faith: My God, I believe in Thee, that Thou art single in nature and threefold in person, the Father, Son, and Holy Ghost. I believe that Thou dost reward the

¹ Instruction on the Second Lord's Day after Easter

² Note any version maybe used, such as the one from the basic Catechism.

good and punish the wicked. I believe that the Son of God became man, died on the cross for us, and is present in the holy Sacrament of the Altar. I believe that man's soul is immortal, and that God's grace is necessary for salvation. This and all that the Catholic Church teaches, I firmly believe, because Thou, O God, Who art infinite truth and wisdom, has revealed it. In this faith I will live and die.

Act of Hope: I hope from Thee, O most gracious God, through the merits of Christ, my Redeemer, and by my cooperation, all things good, the forgiveness of my sins, Thy grace and eternal life, because Thou, O almighty, infinitely gracious and faithful God, hast promised this. In this hope may I live and die.

Act of Charity: I love Thee, O most amiable God, with my whole heart above all created things, not only because Thou hast loved me and heaped innumerable favors upon me, but especially because Thou art infinitely worthy of all love for Thy own sake, and because Thou art infinitely good. I love my neighbors, my friends, and my enemies as myself for love of Thee, and Thee in them. In this love I will live and die.

Act of Contrition: I grieve from the bottom of my heart, O my God, for all the sins of my whole life, because by them I have offended Thee, my greatest Benefactor, and strict Judge, and have deserved to be punished by Thee. I am sorry for all the sins of my whole life, above all because by them I have offended God, the highest and only perfect Good, whom I have lost by my sins, I hope for forgiveness through the merits of Jesus, my Saviour, and would rather die than again offend Him.

From The Following of Christ: O my God, I believe in Thee, because Thou art truth itself.

O my God, I hope in Thee, because of Thy promises to me.

O my God, I love Thee, because Thou art so good; teach me to love Thee daily, more and more.

11. Prayer Before and After Meals

The table that is approached and is left with prayer will never know want, but the more richly yield its gifts. Saint John Chrysostom.

From Goffine (Fifth Lord's Day after Easter): We should pray every morning and evening, before and after meals, in time of temptation, when commencing any important undertaking, and particularly at the hour of death. God is mindful of us every moment, and gives us His grace. It is, therefore, but just that we think often of Him during the day, and thank Him for His blessings.

12. Sanctify Holy Days

What are the Holy Days of Obligation? In the United States we number six, the Immaculate Conception (December 8), the Nativity of our Lord Jesus Christ (December 25), the Circumcision (January 1), The Ascension (Thursday 40 days after Easter), The Assumption (August 15) and All Saints Day (November 1). However, this list is incomplete, for it starts with all Sundays, which are properly called the Lord's Day. There is absolutely no difference between Sunday and the other holidays. In fact the

word holiday comes originally from Holy Day as Christmas comes from Christ's Mass. It is impossible in this short instruction, which has already become longer than we intended to go into the duties of sanctifying all Holy Days! We ask you to consult the Catechism.

A Prayer for the Sanctification of Festival Days

Most glorious Patriarch Saint Joseph, obtain, we beseech Thee, from our Lord Jesus Christ His most plentiful blessings upon all those who keep festival days holy; and grant that those who profane them may realize while there is yet time, how great is the evil they commit and the punishments they draw upon themselves both in this present life and in the life to come; and grant that they may be speedily converted.

O most faithful Saint Joseph, thou who in thine earthly life wast ever faithful in keeping the law of God, grant that the day may soon come, when all Christian people shall refrain from those works that are forbidden on festival days, devote themselves earnestly to the salvation of their souls and give glory to God: Who liveth and reigneth for even and ever. Amen. (Raccolta 700, 300 days, Saint Pius X, May 30, 1905.)

13. Study the Catechism

The faithful who devote between a quarter and a half hour to teaching or studying Christian doctrine, may gain: An indulgence of 100 days; A plenary indulgence on the usual conditions twice a month, if the above practice is done twice a month. (Raccolta #644)

The Lord's day is a good day to study the Catechism and to teach it to one's family. The Catechism tells us what we believe and how we ought to live, and therefore should be our constant companion. If any question arises, we should return to the Catechism to seek the answer, if we do not already know it.

A good Christian is not satisfied to simply believe in the truths of our holy religion. He loves them, he ponders over them, he tries in every possible way to acquire knowledge of them; he loves to hear the word of God, and the more he hears it the more he longs for it. Saint John Vianney.

We shall find out at the day of judgment that the greater number of Christians who are lost were damned because they did not know their own religion. Saint John Vianney.

Canon 1335: Not only parents and others who hold the place of parents, but also the heads of a household and godparents, are bound by obligation to see that those subject to them or entrusted to their care receive catechetical instruction.

14. Weekly Holy Hour

We have long requested sanctifying a whole hour each week by making a Holy Hour. Basically a Holy Hour consists of three things: you, an hour and God. It is prudent to bring some book to inspire one during the hour, so that one can pray, read and meditate during the hour. However, this is God's hour, and if He leads you to other meditations than you had prepared.

We would like to make another note on Holy Hours. If we have a decision to make or are troubled by some problem, let us make a special Holy Hour to ask God's guidance in the matter. However, during this hour do not think on the problem, because you are probably doing that the rest of the time anyway. Instead pray as you would in a regular Holy Hour. Of course, there is an exception. If God presents the answer or inspires you where to look for the answer, then certainly pick up the spiritual book He indicates and follow His meditation.

15. Regulate Our Use of Time

Remember, with one moment of time, if you employ it well, you can purchase eternal happiness, but with all eternity you cannot purchase one moment of time! Goffine's The Church's Year.

To be saved, we must know, love and serve God. Oh what a beautiful life! How, good, how great a thing it is to know, to love, to serve God! We have nothing else to do in this world. All that we do besides is lost time. We must act only for God, and put our works in His hands... The Cure of Ars.

"Consider every moment lost in which you do not think of God." (Saint Bernard) Even if you cannot always concentrate your mind on Him at least by calling to mind His presence, and when an opportunity occurs, turn recollection into meditation or prayer, as an artist carries the material for drawing about him in order to sketch a picture when he has an opportunity. Virtues of a Religious Superior, Saint Bonaventure.

As to works, do you indulge in any pleasures that are detrimental to your health? I mean vain and unprofitable pleasures; too many late nights without any good reason, and such like things. Saint Francis de Sales Introduction to the Devout Life.

16. Retire to Solitude

One day our Lord said to St. Teresa: "Oh, how willingly I would speak to many souls, but the world makes so great a noise in their hearts that My voice cannot be heard! Oh, if they would but separate themselves a little from the world!"³

Saint Alphonsus continues later: The inclination of worldlings is to be in company with friends, to talk and divert themselves; but the desire of the saints is to be in solitary

³ The Great Means of Salvation, pages 269-270

places, in the midst of forests, or in caverns, there to converse alone with God, Who in solitude familiarly converses with souls, as a friend with His friend.

We clamor for distractions, amusements, recreation, but Christ and his Church are ignored.⁴ Why do we clamor for distractions, when we have seen that saints want solitude? Worldly-minded people shun solitude, and it is quite natural for them to do so; for it is in retirement that they are troubled with qualms of conscience.⁵

16. Make a Retreat

Whatever you do in word and in work, do all in the name of Jesus Christ. Whether you eat or drink or do anything else, do all for the glory of God.⁶ Saint Francis de Sales expands on this and concludes: Acting on this truth, everyone should once in his life make a good retreat, therein to cleanse his soul from all sin, and then to make a deep, solid resolution to live entirely for God, as we have taught in part I of the Introduction to the Devout Life. Afterwards, at least once a year he should make a review of his conscience and a renewal of that first resolution, as we have noted in Part V of that book, to which I refer you on this point.⁷

We have recommended Holy Week as a good week to make a retreat as part of the devotions of the week. In fact We have made many recommendations on sanctifying Holy Week. Do you remember what they are?

Prayer to Obtain a Conversion: Lord, all hearts are in Thy hands: Thou canst bend as Thou wilt the most stubborn, and soften the most obdurate. Do that honor this day to the Precious Blood, the merits, the sacred wounds, the Holy Name, and loving Heart of Thy beloved Son, of granting the conversion of all mankind.

Devotion to Truth

Truth, as the proverb says, is a very beautiful mother, but she usually bears a very ugly daughter; Hatred. St. John (the Baptist) experienced that speaking the truth very often arouses hatred and enmity against the speaker. Let us learn from him to speak the truth always, when duty requires it, even if it brings upon us the greatest misfortunes, for, if with St. John we patiently bear persecution, with St. John we shall become martyrs for truth. Goffine's The Church's Year.

Galatians 4:16 Am I then become your enemy, because I tell you the truth?

Saint Augustine; A man who spurns the truth is either envious of his brethren to whom the truth is revealed, or ungrateful to God, bu Whose inspiration the Church is taught. Saint Thomas Aquinas concludes that this is a sin against the Holy Ghost.

Every man is a liar Psalm 115:1

For God is true and every man a liar Romans 3:4

⁴ Will that Catholic Church Survive the Twentieth Century?, page 22

⁵ From The 12 Steps to Holiness and Salvation Page 154

⁶ I Corinthians 10:31

⁷ On the Love of God, volume 2, page 272

Fulgence Meyer in *Back to God* (pages 381ff): Every real lie: whether it be a lie of expedience, so-called, or a jocose lie, or a business lie, or a malicious lie: is a sin. Some people excuse their lying by saying they only tell white lies, meaning lies that do no harm, but rather seem to do good by averting trouble, keeping people in good humor, and the like. There are no white lies. All lies are, in a spiritual sense, black, even as the devil from whom all lies originate, and who brought all our misery upon us by lying to our first parents. Of him our Saviour says trenchantly: "Truth is not in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father thereof." (John 8:44)

18. Catholic Action

July 16, 2006: Until We give more specific instructions on Catholic Action, We ask all to do several things:

1. Fulfill most diligently the duties of your state of life, for in this consists salvation. Men, be the best father and husband you can be; women the best mother and wife.⁸ Children, be the best children possible.
2. Pray diligently. Those that are able, and most of you are, We ask to make a weekly Holy Hour in addition to your regular devotions.
3. Study the Catechism. This is a duty of all who have obtained the use of reason, until the day we die. We can never know too much about the Divine and Catholic Faith. Parents teach your children the Faith by example, instruction and exhortation.
4. Finally, We ask special prayers for the needs of the Church; an additional Holy Hour is requested where possible. Pray especially for conversions.

He who is content with saving himself and neglects the salvation of others cannot secure his own salvation. (Saint John Chrysostom; In 18 Matthew Homily 60)

My brethren, if any of you err from the truth and one convert him: He must know that he who causeth a sinner to be converted from the error of his way shall save his soul from death and shall cover a multitude of sins. (James 5:19-20)

In cases of necessity where faith is in danger, every one is bound to proclaim his faith to others, either to give good example and encouragement to the rest of the faithful, or to check the attacks of unbelievers: (Saint Thomas Aquinas in the Summa, II.II Q3 A2 reply 1)

19. Count Your Blessings

We have all been so very blessed. Think how easy our life is today compared with someone a half a century ago. This alone should be enough to demonstrate how easy we have it!

⁸ Since We write mainly to married people, We remind them of their duty specifically.

20. Monthly Day of Fasting and Prayer for the Church

In 1999 We asked everyone to set aside a day for fasting and prayer for the needs of the Church. Everyone signed up for a day. During this day We asked for several things:

1. Be especially careful in fulfilling your duties.
2. Observe the day as a day of fast, as you would any fast day.
3. Abstain completely from television and radio.
4. Make a Holy Hour.

Does anyone remember what day you chose or were assigned. We believe this practice needs to be revived in some manner. Possibly the whole Church could fast together on one day each month, such as First Fridays. Or else, each family could chose a day and fast together.

21. Support the Church

A Catholic Dictionary William E. Addis and Thomas Arnold revised with additions by T.B. Scannell, D.D., 14th edition, 1928: ... On the other hand, "the law of tithes" can never be abrogated by prescription or custom if the minister of the church have no suitable or sufficient provision from other sources; because then the natural and Divine law which can neither be abrogated nor antiquated, commands that the tithes be paid.

Profession of Faith Prescribed for the Waldenses: "We believe that tithes and first fruits and oblations should be paid to the clergy according to the Lord's command." (DZ 427)

Catechism for the Catholic Parochial Schools of the United States, by the Rev. W. Faeber, 1933: Fifth Commandment of the Church: To contribute to the support of the church and our pastors.

Q 256. Why must we contribute to the support of the church and our pastors?

We must contribute to the support of the church and our pastors:

1. because otherwise neither the church nor our pastors could subsist.
2. because God and the church command it.

No church could be built, no divine service celebrated, and no priest could live without these contributions. ... He who will not obey this commandment, although he is able, cannot be absolved. (Emphasis in the original. Since this catechism states absolution cannot be given, it is also implying that this binds under pain of mortal sin.)

A Special Request

May 2003 Special Request:

Dear Friends in Christ,

As the Successor of Saint Peter, We have intentions for the good of the Church. The basic intentions of the Supreme Pontiff are: the exaltation of Holy Mother Church, the extirpation (overcoming) of heresies, propagation of the Faith, the conversion of sinners and peace among Christian nations. Today We have special intentions We are asking each and everyone who receives this to spend one hour in praying (in addition to regular prayers) on each Lord's Day:

1. The restoration of the Apostolic Succession of Holy Orders to the hierarchy of the Church. (The succession of mission and authority is preserved in the Pope, but the Church also needs Bishops and priests.)
2. The end of the deception of the elect, which began in 1958 with the election of AntiPope John XXIII-II (Angelo Roncalli), and continues to this day through the Novus Ordo and Traditionalist Churches.
3. Conversions.
4. The restoration of Christian (Catholic) nations.

You Forgot the Daily Rosary

You may have noticed that several sections were not included in the original list above. These We have added from old sermons, etc. We purposefully omitted the request for a daily Rosary, as We have not made this request, although we have often repeated requests of others on this subject. Also We wanted to see if anyone actually noticed this. This is a request, which has been made so often that it should go without saying, but We believe that nothings should be omitted.

Usual Conditions for a Plenary Indulgence

Because the enemy has usurped our churches We commute the usual conditions required for gaining plenary indulgences as follows:

1. Instead of visiting a church, place yourself in the presence of God, as if you were in church and say the required prayers.
2. We commute the requirement of Confession for those who are unable to confess to an Examination of Conscience with an Act of Contrition and ten minutes meditation on the horrors of sin, which offends Almighty God.
3. We commute the requirement of Holy Communion to a Spiritual Communion with a prayer that the day, when we can again receive the Blessed Sacrament may come soon.

4. The intentions of the Supreme Pontiff are: the exaltation of Holy Mother Church, the extirpation (overcoming) of heresies, propagation of the Faith, the conversion of sinners and peace among Christian nations. Unless specific prayers are prescribed for the Pope's intentions, any vocal prayers may be used.

Requirements to gain an Indulgence

You may ask, "What must we do to gain an indulgence?" The first condition is, my brethren, that you should be in the state of grace; secondly, you must do the works and say the prayers authorized by the Holy Father, and have no inclination to any, no even willful venial sin. This is all that is necessary, and you must admit that our good Mother Church has certainly made it easy for her children to make use of this precious means of salvation., The Cure of Ars, Saint John Vianney.

For instance, the condition for gaining a plenary indulgence presents the difficulty that to gain it in full a person must be free from all affection to venial sin., Saint Joseph Cafasso.

Prayer

Saint Pius X Catechism: Prayer is an elevation of the mind to God to adore Him, to thank Him, and to ask Him for what we need. ... The first and best disposition to render our prayers efficacious is to be in the state of grace; or if we are not in that state, to desire to put ourselves in it. To pray well we specially require recollection, humility, confidence, perseverance and resignation.

A Few Last Thoughts

We have gone on longer than we intended, but We have made quite a few simple requests throughout the last over a decade and a half. As We noted above that all of Our requests totaled up take less time than we spend in eating. And isn't the nourishment of our soul far more important than nourishing our body. Couldn't we hold these things as a minimum for salvation? We have reproduced two lists below. The first is the commutation of the Little Office of the Blessed Virgin Mary required to gain the Sabbatine Privilege and the list from 1992, which is the earliest recommendations We can find.⁹ Notice that it adds a daily Rosary, which we have not added above. Also it specifies a quarter of an hour of spiritual reading, but no amount of meditation. In meditating on this, We believe that a quarter of an hour of meditative spiritual reading may be sufficient, provided the reading actually leads to meditation.

Pope Michael, January 25, 2007, Conversion of Saint Paul

⁹ Prior to writing of the Holy Week sermon in 1992 We were working on an ancient computer and none of the files from that computer are compatible with more modern machines. These exist only in hard copy.

SABBATINE PRIVILEGE

1. Wear the Scapular
2. Lead a Pius Life
3. Observe chastity in accord with your station of life.
4. Apostles Creed and 25 Our Father's and Hail Mary's said throughout the day or the Apostles Creed and one third part of the Rosary. (The Rosary consists of 15 decades of one Our Father and ten Hail Mary's. The Rosary as now traditionally said will fulfill this condition.)
5. Nightly examination of conscience and observing silence for at least eight hours until after morning prayers, which includes no television or radio.
6. Morning offering by some approved form.
7. 15 minutes of spiritual reading and meditation, preferably in the morning before ending one's silence.
8. Pray for the Pope and his intentions. The basic intentions of the Supreme Pontiff are: the exaltation of Holy Mother Church, the extirpation (overcoming) of heresies, propagation of the Faith, the conversion of sinners and peace among Christian nations.

Holy Week 1992

1. Discharge faithfully the duties of your state in life
2. Say a third of the rosary every day (five decades)
3. 15 minutes of spiritual reading per day
4. daily meditation
5. one half hour per day in an assignment given by Us.

Closing Thought

Saint Alphonsus: It is true that if to obtain salvation it were necessary to retire into a desert, or to shut one's self up in a cloister, we ought to do so. But these extraordinary means are not necessary; ordinary means are sufficient, such as the frequentation of the sacraments, the avoidance of dangerous occasions, and the frequent recommending of ourselves by prayer to God. ... Let us never think we can do too much to obtain eternal salvation.

Saint John Vianney reminds us: The saints did not all begin well; but they all ended well.