

## Saint Faustyna of the Blessed Sacrament

Feast Day 5th of October

Saint Faustyna was born Helena Kowalska in a small village west of Lodz, Poland on August 25, 1905. She was the third of ten children. When she was almost twenty, she entered the Congregation of the Sisters of Our Lady of Mercy, whose members devote themselves to the care and education of troubled young women. The following year she received her religious habit and was given the name Sister Maria Faustyna, to which she added, "of the Most Blessed Sacrament", as was permitted by her congregation's custom.

In the 1930's, Sister Faustyna received from the Lord a message of mercy that she was told to spread throughout the world. She was asked to become the apostle and secretary of God's mercy, a model of how to be merciful to others, and an instrument for reemphasizing God's plan of mercy for the world. It was not a glamorous prospect.

Her entire life, in imitation of Christ's, was to be a sacrifice - a life lived for others. At the Divine Lord's request, she willingly offered her personal

sufferings in union with Him to atone for the sins of others; in her daily life she was to become a doer of mercy, bringing joy and peace to others, and by writing about God's mercy, she was to encourage others to trust in Him and thus prepare the world for His coming again. Her special devotion to Mary Immaculate and to the sacraments of Eucharist and Reconciliation gave her the strength to bear all her sufferings as an offering to God on behalf of the Church and those in special need, especially great sinners and the dying.

She wrote and suffered in secret, with only her spiritual director and some of her superiors aware that anything special was taking place in her life. After her death from tuberculosis in 1938, even her closest associates were amazed as they began to discover what great sufferings and deep mystical experiences had been given to this Sister of theirs, who had always been so cheerful and humble. She had taken deeply into her heart, God's gospel command to "be merciful even as your heavenly Father is merciful" as well as her confessor's directive that she should act in such a way that everyone who came in contact with her would go away joyful. The message of mercy that Saint Sister Faustyna received is now being spread throughout the world; her diary, *Divine Mercy in my Soul*, has become the handbook for devotion to the Divine Mercy.

### *Saint Faustyna's 'readiness' prayer for Holy Communion.*

*'Today, I am not forcing myself to make any special preparations. I cannot think of anything, though I feel many things. I long for the time when God will come to my heart. I throw myself in His arms and tell Him about my inability and my misery. I pour out all the pain of my heart, for not being able to love Him as much as I want. I arouse within myself acts of faith, hope and charity and live on that throughout the day.'*



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## October Saints

October is a month rich in saints. We start with St Therese of Lisieux on the first day and then we have St Francis of Assisi, on the 4<sup>th</sup>, Our Lady of the Rosary on the 7<sup>th</sup>, St Paulinus 10<sup>th</sup> St Teresa of Avila on the 15 St Luke on the 18<sup>th</sup>, St Paul of the Cross founder of the Passionists 19<sup>th</sup>, and of course St Margaret Mary Alacoque and The Guardian Angels. Each saint has something special to tell us about a path to Holiness.....Discover what that is!

*St. Peter Julian Eymard -*

*"Happy is the soul that knows how to find  
Jesus in the Eucharist and  
the Eucharist in all things".*



Please remember to pray the Rosary throughout October for our Priests.

## Children's Adoration



### First Holy Communion

At this time of year many children are preparing for their First Holy Communion. In the many different programmes of instruction that we have one omission is significant and that is allowing children to spend a little time with Jesus at Exposition. This would enable them to both appreciate The Real Presence of Jesus and be still enough to listen to Him an important part of prayer. Children of Hope, a new movement, has been started to encourage this and many thousands of children are benefitting from it in many places around the world. (DVD available). [www.childrenofhope.org](http://www.childrenofhope.org).

In his encyclical *Sacramentum Caritatis*, Pope Benedict XVI said this...

*I heartily recommend to the Church's pastors and to the People of God the practice of eucharistic adoration, both individually and in community. Great benefit would ensue from a suitable catechesis explaining the importance of this act of worship, which enables the faithful to experience the liturgical celebration more fully and more fruitfully. Wherever possible, it would be appropriate, especially in densely populated areas, to set aside specific churches or oratories for perpetual adoration. I also recommend that, in their catechetical training, and especially in their preparation for First Holy Communion, children be taught the meaning and the beauty of spending time with Jesus, and helped to cultivate a sense of awe before his presence in the Eucharist."*

*Pope Benedict XVI*