



THE FLAME

THE CATHOLIC DIOCESE OF RALEIGH

CHARISMATIC RENEWAL



February 2024 issue

LENT

By Maria Muratore

Lent is a time to reflect and renew. Here are some quotes (in red) from Padre Pio which remind us what really matters: **The need for spiritual warfare:**

"Let us always keep before our eyes the fact that here on earth we are on a battlefield and that in paradise we shall receive the crown of victory; that this is a testing-ground and the prize will be awarded up above; that we are now in a land of exile while our true homeland is Heaven to which we must continually aspire." Satan is a roaring lion seeking whom he may devour and we should keep this in mind during Lent.

Padre Pio recommends the rosary as weapon for battle. *"Hold on tightly to the Rosary. Be very grateful to the Madonna because it was she who gave us Jesus. Love our Lady and make her loved; always recite the Rosary and recite it as often as possible."*

Don't be afraid of humility and purity. Purity is power. Persist in purity. These also are weapons in the battle *"Humility and purity are the wings which carry us to God and make us almost divine."*

The spiritual life is a long journey. It is the work of a lifetime. Take one day at a time and one step at a time. If you stumble and fall, get up immediately and keep going. Never give up. *"In the spiritual life, you must take one step*
Don't allow your feelings to determine whether you think you are making spiritual progress or not. The world's standards of happiness and "success" are completely different from spiritual progress. *Keep your eyes fixed on Him who is your guide to the heavenly country, where He is leading you. What does it matter to you whether Jesus wishes to guide you to Heaven by way of the desert or by the meadow, so long as He is always with you and you arrive at the possession of a blessed eternity?*



PADRE TEACHES ON LENT

(Continued)

Cut back on television, Facebook and computer stuff. Read some good books.

Feed the soul *"Don't consider me too demanding if I ask you once again to set great store by holy books and read them as much as you can. This spiritual reading is as necessary to you as the air you breathe."*

Pay attention to Mass. The Lord is present. It is the full, final sacrifice brought into the present moment with its benefits applied to our needs. – *Renew your faith by attending Holy Mass. Keep your mind focused on the mystery that is unfolding before your eyes. In your mind's eye transport yourself to Calvary and meditate on the Victim who offers Himself to Divine Justice, paying the price of your redemption...If we only knew how God regards this Sacrifice, we would risk our lives to be present at a single Mass.*

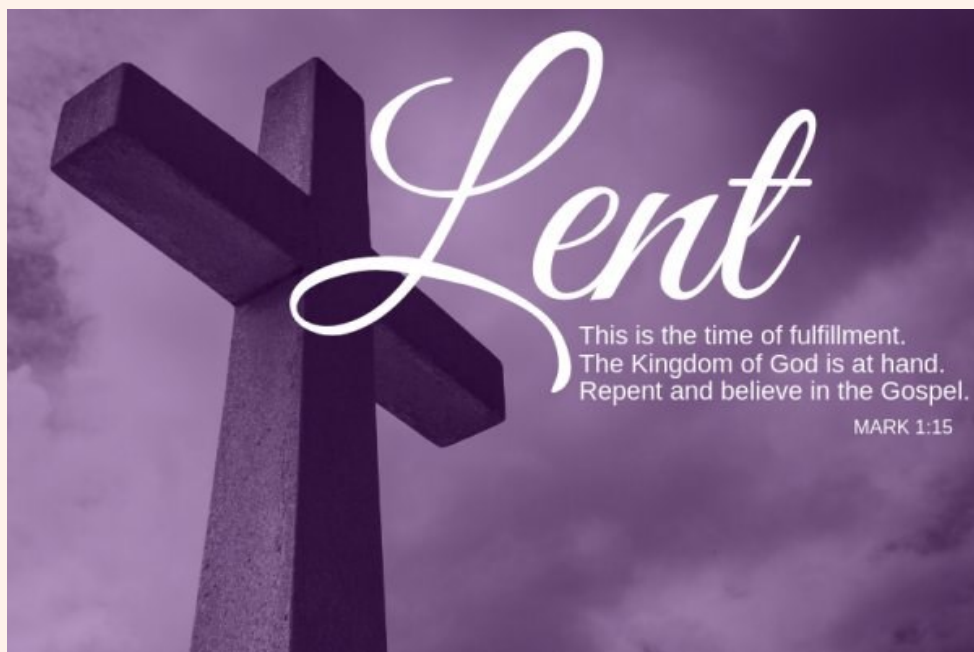
Discipline during Lent is a step towards proper detachment from the distorted love of created things so that you can love properly the things that are eternal.

Therefore don't be discouraged. Make little sacrifices, but make them matter. *He who attaches himself to the earth remains attached to it. It is by violence that we must leave it. It is better to detach oneself a little at a time, rather than all at once. Let us always think of Heaven.*

Don't be discouraged. You think you are doing a good work, but God is actually the one doing it within you. Realize this and you will strive harder to co operate with God's will and this will take you further on the path with speed. *"Let us humble ourselves and confess that if God were not our armor and shield, we would be pierced by all kinds of sins. That is why we must live in God by persevering in our practices, and learn to serve Him at our own expense."*

Be totally committed to the Lord and he will not fail you. Remember the Bible verse: *Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him and he will direct your path.*

Padre Pio reminds us: *" Let us try to serve the Lord with all our heart and will.*



PRINTS WITH PURPOSE

By Miriam Antelis

If you've never spent time studying your hands, I highly recommend it. I found myself doing so after learning some interesting facts about fingerprints in the book I'm currently reading, *The Science of Murder: The Forensics of Agatha Christie* by mortician Carla Valentine. And it turned out to be a surprisingly contemplative experience. Fingerprints are formed between the 10th and 17th week of pregnancy. Unlike organs, muscles, limbs and bones – which grow, develop and eventually break down throughout the course of a person's life – the fingerprints formed in the womb remain the same until death (and beyond, actually). Valentine reveals that fingerprints are one of the last features remaining after death and decomposition have taken place. In fact, the durability of fingerprints means they can often be used to identify the decomposed dead. As I examined my own fingerprints and hands, discovering a new pattern or line



I hadn't seen before with each closer look, Psalm 139 came to mind. *"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance. In your books were written all the days that were formed for me, when none of them as yet existed."* (Psalm 139:13-16)

PRINTS WITH PURPOSE

(continued)



The lines and ridges on my hands and fingers reminded me of stitch patterns, and I was able to visualize God “knitting” me together. Slowly and with great care, making no mistakes. I knew that no two fingerprints are the same, but I’d never stopped to appreciate how incredible that is. Down to our fingerprints, God created us as individuals, never seen before and never to be repeated again. Reading through Valentine’s chapter on fingerprints, I thought it was lovely that despite all the physical changes our bodies go through in life and in death, there’s at least one feature that definitively marks me as me, and you as you. The individuality and permanence of our fingerprints point (pun intended) to God’s love for us – it’s personal and ever-present. And fingerprints serve more than a decorative purpose. They help us grip things, inform our sense of touch and enhance our texture perception. It’s possible that without fingerprints, we would experience the world quite differently. Less fully, for sure. While each of our fingerprints serve the same purpose, the impression we leave on surfaces is entirely our own. Likewise, we all have the same purpose – to love and serve God and others. But the way we live that out – and the impact we make on each other and on the world – looks different for each of us. Fingerprints not only remind us of God’s unique and ever-present love for us, but that we’re called to love the same way. Touching the lives of others with the unique gifts and talents that God has given us. So, next time you’re doubting God’s love and presence, look down at your hands. It’s written on your fin fingertips.

LENT



*That soul is fortunate who accepts
all that happens as God's Will
no matter how bitter it is.*

St. Paul of the Cross

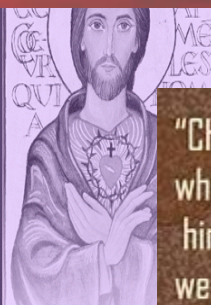


Let us spend
this Lent...
as if it
were our last,
and we will
make it well.

St. Francis de Sales

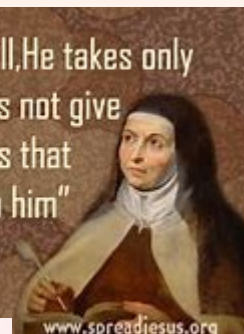
"During this Lent,
let us all ask the Lord:
Make our hearts like yours."

-Pope Francis



"Christ does not force our will. He takes only
what we give him. But he does not give
himself entirely until he sees that
we yield ourselves entirely to him"

- St. Teresa of Avila



www.spreadjesus.org

"Lord, help us to see in your
Crucifixion and Resurrection an
example of how to endure."
- Mother Teresa



A Prayer for Lent

Please, Lord, guide my mind
with your truth.

Strengthen my life by the humble,
obedient example of Jesus.

He fulfilled your will by becoming
human and suffering with us.

He died so that I would no longer
be separated from you.

Help me to feel how close you are
and to live in union with you.

INTRODUCING NEW PRAYER GROUPS

NEW Couples In Christ Faith sharing Group
NEW Holy Spirit Prayer Group located in Graham
NEW Triangle Women's Morning Retreat Group
NEW Young Adult Rosary Faith sharing Group

For more details, see the [Contact Us](https://ccsraleigh.weebly.com/contact-us.html) page <https://ccsraleigh.weebly.com/contact-us.html>

THE FLAME Newsletter:

To read all current and past issues of our newsletter **THE FLAME** see Diocese of Raleigh Charismatic website <https://dioceseofraleigh.org/charismatic-renewal/newsletter>

UPCOMING EVENTS

February 24th from 9:30am to 11:30am:

Triangle Women's Morning Retreat Sacred Space: Reflect, Renew, Refresh Suzanne Rives, Judy Shallcross and Jean Costa of the Triangle Women's Morning Retreat invite you to attend a morning dedicated to reflection, healing and community by journeying with other women towards a closer, more intimate relationship with Our Lord. Prayer, spoken and silent, scripture, journaling, and other "tools" will be utilized to create a nurturing and empowering sacred time. Date: Saturday, February 24th, 9:30am to 11:30am Location: St. Andrew the Apostle Church Care Center 3008 Old Raleigh Road, Apex, 27502 Thank you for sharing this invite with family or friends who might be interested in attending as well! **Registration required RSVP to: suzannerives@yahoo.com - (919) 946-3196 Limited to the first 30 participants** Please bring a journal. BYOR: bring your own refreshments

March 23, 2024 at 9:30a-10:30a Triangle Women's Retreat SAVE THE DATE

April 26th and 27th Ignited By Truth Conference- see website for details <https://ignitedbytruth.org/>

*****Visit our website for more information, on prayer groups, events and more;**

<https://ccsraleigh.weebly.com/>