



A Newsletter from the Missions Office/Pontifical Mission Societies in the United States
Catholic Diocese of Columbus, Ohio

O Most Blessed Mother, Heart of Love and Heart of Mercy, Pray for us!

**To monthly mission donors:
Thank you for your support!**

On behalf of His Excellency Robert J. Brennan, the Bishop of Columbus, and Very Rev. Father Andrew Small, OMI, the National Director of the Pontifical Mission Societies in the United States, I would like to thank you for your prayers, sacrifices and financial support for the missions.

The month of August is dedicated to the Immaculate Heart of Mary. Mary's Immaculate Heart is pictured with flames representing her burning or undying love for God and humanity. Her heart is encircled by roses and lilies which shows her purity. A sword pierces her heart depicting the sorrows that she endured in her lifetime including the crucifixion of Jesus Christ. Illuminated rays of light surround the heart, illustrating Mary is the "Woman clothed with Sun (Rev. 12:1)".

"Mary treasured all these words and pondered all these things in her heart (Lk. 2:19)". It echoes Mary's contemplative and humble heart. Mary's soul was in union with God and the fruit of this union is contemplation.

I, Sr. Zephрина Mary, belong to the Congregation of the Franciscan Sisters of the Immaculate Heart of Mary (FIH). Our Congregation, of Pontifical rite, is dedicated to prayer life and apostolic work. Our Congregation follows the "Rule and

life of the Brothers and Sisters of the Third Order Regular of St. Francis of Assisi." The purpose of FIH Sisters is to carry out the Mission of the Church through the preferential love for the poor. Therefore, the charism of our Congregation is "to experience God's love for the poor, through the total uplifting of the person in the spiritual, intellectual, physical and social means. We are primarily placed under the patronage of the Immaculate Heart of Mary, and so the members of the Congregation are known as Franciscan Sisters of the Immaculate Heart of Mary (FIH). The Sisters foster a special devotion to the Immaculate Heart and imitate the virtues symbolized by them. As a member, on the day of my First Profession in 1995 I was consecrated to the Immaculate Heart of Mary. From then on, I have been protected in Mary's Immaculate Heart. I renew my consecration daily. All members are named after her sweet name 'Mary'. We honor her profoundly through our devotional practices and by imitating her virtues. Above all, we seek her intercession to live holy, to reach heaven and follow her Divine Son Jesus Christ daily and closely.

A very consoling fact is that Jesus gave His beloved Mother to us as our Mother. In our spiritual life, the Blessed Mother's role is very prominent. One of the great Early Church Fathers, St. Cyril, praises the Blessed Mother eloquently: "Hail Mary, Mother of God, majestic

common-treasure of the whole world, the lamp unquenchable, the crown of virginity, the scepter of orthodoxy, the indissoluble temple, the dwelling of the illimitable, Mother and Virgin –...through whom Angels and Archangels rejoice, devils are put to flight ... and the fallen creature is received up into the heavens (In Search of Mary, p.133)." As she is the unquenchable lamp, we need her help to journey toward God every single day. Our relationship with God is an ongoing encounter from moment to moment in all circumstances. Blessed and Merciful Mother, Mary leads us to her Divine Son Jesus Christ because she is the sign of our hope and refuge of the hopeless. Our Blessed Mother embodies the virtues of humility, love and tenderness. Let us imitate her virtues and live a life of holiness because without love, life will be empty. Let us consecrate ourselves to Mary's Immaculate Heart.



Act of Consecration to the Immaculate Heart of Mary

O Mary, Virgin most powerful and Mother of Mercy, Queen of Heaven and Refuge of Sinners, we consecrate ourselves to thy Immaculate Heart. We consecrate to thee our very being and our whole life: all that we have, all that we love, all that we are. To thee we give our bodies, our hearts, and our souls; to thee we give our homes, our families and our country. We desire that all that is in us and around us may belong to thee and may share in the benefits of thy motherly blessing. And, that this act of consecration may be truly fruitful and lasting, we renew this day at thy feet the promises of our Baptism and our First Holy Communion. We pledge ourselves to profess courageously and at all times the truths of our holy Faith, and to live as befits Catholics, who are submissive to all directions of the Pope and the bishops in communion with him. We pledge ourselves to keep the Commandments of God and His Church, in particular to keep holy the Lord's Day. We pledge ourselves to make the consoling practices of the Christian religion, and above all, Holy Communion, an important part of our lives, in so far as we shall be able to do. Finally, we promise thee, O glorious Mother of God and loving Mother of men, to devote ourselves wholeheartedly to the spreading of devotion to thy Immaculate Heart, in order to hasten and assure, through the queenly rule of thy Immaculate Heart, the coming of the kingdom of the Sacred Heart of thy adorable Son, in our own hearts and in those of all men, in our country, and in all the world, as in Heaven, so on earth. Amen.

"O Mary, may all nations glorify your Immaculate Heart! May the whole earth invoke and bless your Immaculate Heart."

~ St. John Vianney

Endowment Distributions

The Society for the Propagation of Faith has been blessed with funding from endowments stewarded by *The Catholic Foundation*.

We honor and thank the many donors, whose charitable love for our faith and others is fulfilling the mission of our ministry.

For more information on ways you can help build our endowments, please call Scott Hartman at 614-443-8893 or visit the website; www.catholic-foundation.org.

Pope Francis' August Prayer Intention:

We pray for all those who work and live from the sea, among them sailors, fishermen and their families.

Quest:

Sing and you'll frighten away your ills.

Quip:

Cheerfulness will open a door when other keys fail.

Quote:

"A cheerful heart does good like medicine, but a broken spirit makes one sick." (Proverbs 17:22)

A Moral Story...



Send Materials Ahead to Heaven

There was a rich woman who spent her life and money for herself, and a poor laundry woman who was pious and generous. Both died and went to heaven. St. Peter ushered the laundry woman to a big and beautiful mansion. The rich woman, thinking that she would be getting a bigger and more beautiful mansion was surprised when St. Peter brought her to a small, cramped nook with a lot of junk lying around.

"I think this is unfair", she protested, "I am a rich woman, I deserve a bigger house."

St. Peter calmly responded: "I am sorry ma'am, but here in heaven, we have got no additional material for construction. The houses we build depend on the materials you send ahead to us."



I'm looking forward to serving you as the new director. - Sr. Zephрина

***Sr. Zephрина Mary Gracykuty,
Missions Office Director***

Gina Sergio, Program Coordinator

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