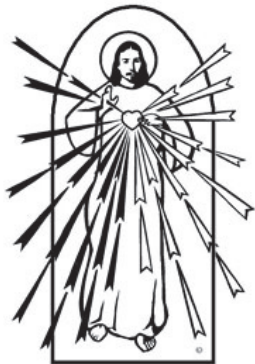


## Appendix B

### TWELVE Things YOU Can Do During the YEAR of MERCY\*\*

1. **Daily--renew your consecration in a Morning Offering.** "I am all Thine, and all I have belongs to Thee, O my sweet Jesus, by Mary Thy holy Mother." -- (St. Louis De Montfort)
2. **Attend daily mass**, as the responsibilities in your state of life permit.
3. **Pray the Rosary daily\*** (this is what Our Lady has asked of us in her apparitions).
4. **Pray the Divine Mercy Chaplet\* daily**, for a dying person or persons.



"Encourage souls to say the chaplet which I have given you...When they say this chaplet in the presence of the dying, I will stand between My Father and the dying person, not as the just Judge but as the Merciful Savior..."(Diary of St. Faustina 1541). During the Year of Mercy consider praying the Novena of Divine Mercy continuously with its intentions for each day of the novena; you may also include your own specific intention.

**5. At the 3 o'clock hour, remember Jesus' Passion.**

"...as often as you hear the clock strike the third hour, immerse yourself completely in My mercy, adoring and glorifying it; invoke its omnipotence for the whole world, and particularly for poor sinners; for at that moment mercy was opened wide for every soul. In this hour you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world – mercy triumphed over justice"(Diary 1572). Suggested

prayer: "**O Blood and Water, which gushed forth from the Heart of Jesus as a Fount of mercy for us, I trust in You!**" (three times) (84).

6. **Practice deeds of Mercy** for others, with the intention of doing it for Jesus. Mercy is love that seeks to relieve the misery of others: *Corporal Works of Mercy*: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering travelers, comforting prisoners, visiting the sick, and burying the dead. *Spiritual Works of Mercy*: teaching the ignorant, praying for the living and dead, correcting the sinner, counseling those in doubt, consoling the sorrowful, bearing wrongs patiently, and forgiving wrongs willingly.

The three degrees of mercy: "The first: the act of mercy--of whatever kind. The second: the word of mercy – if I cannot carry out a work of mercy, I will assist by my words. The third: prayer – if I cannot show mercy by deeds or words, I can always do so by prayer" (Diary, 163).

7. **Fifteen minutes of silent prayer, daily** (when possible, in front of the Blessed Sacrament). Place yourself in His loving presence. Praise God. Prayer is a conversation with God from the heart: petition Him with your needs and for others; and, LISTEN. A brief meditation, such as a gospel reading with reflection, will help you discover God speaking to you. Conclude by thanking Him. "An Ignatian Introduction to Prayer" by Fr. Tim Gallagher, and other books on prayer are available at Lagron Miller Bookstore
8. **Read a passage of the Bible daily**, preferably from the Gospels (daily mass reading, or progressively reading through one Gospel at a time).
9. **Read a passage daily from the "Diary of St. Faustina"**\*
10. **Make a nightly Examination of Conscience**, followed by the Act of Contrition.
11. **Frequent Confession: Go once a month** (or at least every 3 months).
12. **Make the Fatima Devotion** (Five consecutive First Saturdays-see reverse).

\*\*Getting all 12 steps might take you 12 years.... just start today! Commit to one per month!

## **Note Regarding Fatima Devotion:**

In 1917, Our Lady appeared to three shepherd children in Fatima, Portugal and delivered a prophetic message to mankind. She warned of the consequences of sin and the necessity for world conversion. Our Lady's request is divided in three parts:

1. Prayer, especially the recitation of the Rosary and the *Five First Saturdays Devotion*
2. Sacrifices, offered both as an act of reparation for the sins against the Sacred Heart of Jesus and the Immaculate Heart of Mary and for the conversion of poor sinners, especially those in immediate risk of going to hell.
3. Amendment of life in order to stop offending God and to obtain graces and blessings from Heaven

**The Five First Saturdays Devotion:** Our Lady of Fatima asked us to make the First Saturday Communion of Reparation to Her Immaculate Heart. Her promise: "I promise to assist at the moment of death, with all the graces necessary for salvation, *all those who, on the first Saturday of five consecutive months shall confess, receive Holy Communion, recite five decades of the Rosary, and keep Me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to Me.*"

## **\* St. Faustina Diary Resources:**

*"DIARY of Saint Maria Faustina Kowalska: Divine Mercy in My Soul"*

*"Divine Mercy Minutes with Jesus", Rev. George W. Kosicki, CSB, Marian Press.*

Both books are available at Lagron Miller or [www.shopmercy.org](http://www.shopmercy.org)

**Download FREE apps** for iPhone, iPad, iPod or Android. "**Divine Mercy App**" includes Divine Mercy Chaplet with audio option, Novena, quotes from the Diary of St. Faustina, Stations of the Cross, and more. "**Mary App**" contains interactive rosary with audio option, Marian consecration, prayers, feasts, sacramentals and more.

# HOW Do I PREPARE for Divine Mercy Sunday?

Divine Mercy Sunday is April 3, 2016 (celebrated the Sunday following Easter)

1. **Commence the Novena to The Divine Mercy on Good Friday.** The Novena includes special intentions for each day and reciting the Divine Mercy Chaplet. The wide range of intentions, which do not include personal needs, makes the great popularity of this novena all the more astounding. In this novena, we truly make the Lord's intentions our own – a beautiful expression of the Church's privilege and duty, as the Bride of the Lord, to be the intercessor at Christ's side on the throne of mercy.
2. **Graces On Divine Mercy Sunday\*.** To fittingly observe the feast and receive the *promises* Jesus made to St. Faustina (complete remission of *all* sins and punishment, the same grace renewed as at Baptism):
  - a. Come to Jesus with a humble and contrite heart, with repentance for all your sins.
  - b. Place your complete trust in the Divine Mercy of Jesus.



- c. Attend the Holy Sacrifice of the Mass and receive Holy Communion on the Feast of Divine Mercy (in the state of grace, that is, with no mortal sin).
- d. Make a sacramental Confession (on that day, or before, otherwise several days before or after the feast.)
- e. Venerate the Image of the Divine Mercy (*Diary 327, 570, 48*)
- f. And perform an act of mercy (on Divine Mercy Sunday): physically, by helping others, or spiritually, by prayers of intercession. (***Offering the plenary indulgence that you receive on that day for a deceased soul in purgatory would suffice (an indulgence cannot be applied to any other living person beside yourself).***)

\*To insure that the faithful would observe this day with intense devotion, the Supreme Pontiff himself (St. John Paul II), established that this Sunday be *enriched* by a Plenary Indulgence (*remove all temporal punishment due for forgiven sins*), earned when one meets the basic conditions (sacramental confession, Eucharistic communion, and prayers for the pope) and then, “with a soul totally detached from affection to any sin, even venial, participate in the pious practices undertaken in honor of Divine Mercy (see above), or at least recite in the presence of the Blessed Sacrament prayers for the intentions of the Holy Father: the Our Father, the Creed and a pious invocation to the merciful Lord Jesus”, such as “Merciful Jesus, I trust in you.” That is, the plenary indulgence from the Church’s treasury is an opportunity to receive additional graces on this extraordinary feast day!

3. **Find a parish having Divine Mercy Sunday Devotions and attend.**
  - a. There will be special celebration at Door of Mercy locations. Keep on eye on [www.cdop.org/mercy](http://www.cdop.org/mercy) for coming details.

## WHAT IS DIVINE MERCY?

**THE MESSAGE** -- The *Message* of Divine Mercy is that God is merciful. He is Love itself poured out for us, and He wants no one to escape that merciful love.

The message is that God wants us to turn to him with trust and repentance while it is still a time of mercy, before He comes as the just Judge. This turning with trust to Him who is Mercy itself is the only source of peace for mankind. Turning to and imploring God's mercy is the answer to the troubled world. There is no escaping that *answer*.

**THE RESPONSE OF TRUST AND CONVERSION** – What God most wants of us is to turn to Him with *trust*. And the first act of trust is: *receive* His mercy. To trust God is to rely on Him who is mercy itself. The Lord wants us to live with trust in Him in all circumstances. We trust Him because He is God, and He loves us and cares for us.

His mercy is always available to us no matter what we have done or what state we are in, even if our sins are as black as night, and we are filled with fears and anxieties.

***“The greater the sinner, the greater the right he has to my mercy”*** (Diary 723).

But there is more we can do. As Catholics, as Christians, we can go to the Sacrament of Reconciliation and be reconciled to God and to man. The Lord wants us to live reconciled with Him and one another.

**THE RESPONSE OF MERCY TOWARD OTHERS** – Not only are we to receive his mercy, but we are to use it, by being merciful to others (Lk 6:36) by our actions, by our words, and by our prayers; in other words, by practicing the Corporal and Spiritual Works of Mercy. *Corporal Works of Mercy* are: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering travelers, comforting prisoners, visiting the sick, and burying the dead. *The Spiritual Works of Mercy* are teaching the ignorant, praying for the living and dead, correcting the sinner, counseling those in doubt, consoling the sorrowful, bearing wrongs patiently, and forgiving wrongs willingly.

**MERCY – THE MESSAGE AND RESPONSE THROUGH THE AGES** – The message and response of mercy is not something new. In the past God spoke a message of mercy through the patriarchs and prophets – through Noah, Abraham, Moses, Elijah and many others.

In the last days God has spoken to us by His Son, Jesus Christ, who is Mercy personified and incarnated.

God continues to speak a word of mercy even to our generation, through the Church and its shepherds, and through Holy men and women – mystics – whom God has chosen as His vessels.

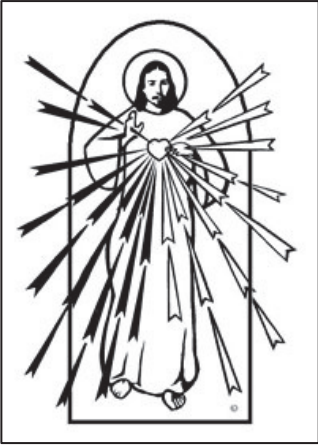
In our time, He revealed Himself to St. Faustina, a simple and holy nun in Poland during the 1930's. He called her to be His secretary and His apostle of mercy. He spoke to her of His mercy and the way He wants us to respond to it.

**DEVOTION TO THE DIVINE MERCY** - Our Lord not only taught St. Faustina the fundamentals of trust, and of mercy to others, but He also revealed special ways to live out the response to His mercy. These we call the devotion to The Divine Mercy. The word “devotion” means fulfilling our vows. It is a commitment of our lives to the Lord who is Mercy itself.

By giving our lives to The Divine Mercy – Jesus Christ Himself – we become instruments of His mercy to others, and so we can live out the command of the Lord: “Be merciful even as your Father is merciful”(Lk 6:36).

**Through Sister Faustina, Our Lord gave us special means of drawing on His mercy: an Image of The Divine Mercy, a Feast of Mercy (celebrated the Sunday following Easter), a novena, and prayer at the 3:00 o'clock hour – the hour of His death.**

These special means are in addition to the Sacraments of Eucharist and Reconciliation that have been given to the Church.



**THE IMAGE OF DIVINE MERCY** – Jesus appeared to St. Faustina with rays of red and pale light streaming from the area around His heart. His hand was raised in blessing, recalling the scene of Easter Sunday night (see John 20:19-23).

He asked St. Faustina to have this vision painted along with the words, “Jesus, I Trust in You!” He told Faustina, **“I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in you”**(Diary of St. Faustina, paragraph 327).

Jesus explained that the rays represented the blood and water which flowed from His pierced side, and taught St. Faustina the prayer, **“O blood and water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in you”**(Diary 84).

**THE CHAPLET OF DIVINE MERCY** – prayed on ordinary rosary beads. Our Lord taught St. Faustina a prayer for mercy that she was to pray “unceasingly.” He told her that **“whoever will recite it will receive great mercy at the hour of death”** (687). **“When they say this chaplet in the presence of the dying, I will stand between My Father and the dying person, not as the just Judge but as the Merciful Savior”** (1541). **“Even if there were a sinner most hardened, if he were to recite this chaplet only once, he would receive grace from My infinite mercy”** (687).

5. Begin with the Our Father, Hail Mary and the Creed.
6. On each decade large bead, pray: “Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, *in atonement for our sins and those of the whole world.*”
7. On each decade’s 10 small beads, pray: “For the sake of His sorrowful Passion, *have mercy on us and on the whole world.*”
8. After 5 decades, at the end, pray three (3) times: “Holy God, Holy Mighty One, Holy Immortal One, have mercy on us, and on the whole world.”

**THE FEAST OF DIVINE MERCY** – Jesus desired that the first Sunday after Easter be a Feast of Mercy. He wanted the whole world to know of His great mercy. **“On that day, the very depths of My tender mercy are open. I pour out a whole ocean of graces upon souls who approach the fount of My mercy (Holy Communion). The soul that will go to Confession (eight days before or after) and receive Holy Communion shall obtain complete forgiveness of sins and punishment”** (Diary 699).

**THE NOVENA BEFORE THE FEAST** – Jesus asked St. Faustina to make a novena prayer starting on Good Friday in preparation for the Feast. These nine days of prayer are like the nine days of prayer in the upper room before Pentecost (Acts 1:14). For each of the nine days, our Lord gave St. Faustina a different intention. We, too, can make a novena of prayer for these intentions and others, especially by praying the Chaplet of Divine Mercy.

**THE THREE O’CLOCK HOUR** – In his revelations to St. Faustina, Jesus asked for special, daily remembrance at 3 o’clock, the very hour He died for us on the cross: **“At three o’clock, implore My mercy, especially for sinners; and if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony: This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion”** (Diary 1320).

At 3 o’clock we can pray: **“O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You”** (Diary 84).

**The essence of the message and the devotion to the Divine Mercy is TRUST AND MERCY.**  
**“Jesus, I trust in You!”**

## Divine Mercy Sunday: FAQ

Is there something special about Divine Mercy Sunday that I should know about?

**Yes, Divine Mercy Sunday is a Feast day on which one may be able to receive “the complete forgiveness of sins and punishment.”** (Diary 699)

2. How do I receive the special grace of “the complete forgiveness of sins and punishment”?

**All one has to do to receive “the complete forgiveness of sins and punishment” promised to St. Faustina by Jesus is to receive Holy Communion in a state of grace on Divine Mercy Sunday, with trust in our Lord’s great mercy. This grace is equal to that of Baptism.**

3. What are the quotes from the diary of St. Faustina that record the promise from our Lord regarding the extraordinary graces He will make available through the devout reception of Holy Communion on the Feast of Divine Mercy?

**Three places in the Diary of St. Faustina record the promise from our Lord:**

**Whoever approaches the Fount of Life on this day will be granted complete forgiveness of sins and punishment (300). The soul that will go to Confession and receive Holy Communion will obtain complete forgiveness of sins and punishment (699). I want to grant a complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My mercy. (1109).**

4. Two of the quotes above from the Diary of St. Faustina talk about going to Confession and receiving Holy Communion on Divine Mercy Sunday. What is the requirement for going to Confession?

**Whether your last confession was 10 or even more days before Divine Mercy Sunday, as long as you do not have the stain of mortal sin on your soul, then you are spiritually alive in Christ and able to receive His special grace from Holy Communion on that great feast day of Divine Mercy Sunday.**

5. What about the trust that is part of the requirement for receiving the extraordinary graces of the complete forgiveness of sins and punishment on Divine Mercy Sunday?

**Jesus told St. Faustina that “The graces of My Mercy are drawn by means of one vessel only, and that is – trust. The more a soul trusts, the more it will receive.”** (Diary 1578). It is trust that opens up to us the treasures of Mercy.

6. Is Jesus emphasizing the infinite value of Confession and Communion as miracles of mercy?

**Yes, Jesus wants us to realize that since the Eucharist is His own Body, Blood, Soul, and Divinity, it is the “Fountain of Life”** (Diary, 300). The Eucharist is Jesus, Himself, the Living God, longing to pour Himself as Mercy into our hearts. **Jesus told St. Faustina that: My great delight is to unite Myself with souls. ... When I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul. But souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognize Love! They treat me as a dead object. (1385; also see 1288 and 1447)**

7. Is there more to the Divine Mercy Message in addition to the great graces offered on Divine Mercy Sunday?

**Yes, there is the Image of Divine Mercy, Divine Mercy Novena, the Chaplet of Mercy, the 3:00 o’clock Hour of Mercy, and Acts/Deeds of Mercy. There is also a Plenary Indulgence granted by the Church on Divine Mercy Sunday under the usual conditions for gaining a Plenary Indulgence. Since one gains complete remission of sin and punishment on Divine Mercy Sunday by receiving Holy Communion in a state of grace on Divine Mercy Sunday, with trust in our Lord’s great mercy, the Plenary Indulgence may be applied to a soul in Purgatory.**

8. Where can I learn more about Divine Mercy? *The Diary of St. Faustina Divine Mercy in My Soul* by Saint Maria Faustina Kowalska and *The Second Greatest Story Ever Told* by Michael E. Gaitley, MIC, available at Lagron Miller Bookstore; and The Marian Fathers at [www.marian.org](http://www.marian.org)