



*Aim of the  
Queen of Peace Apostolate*

*To make known the Message of  
Our Lady at Medjugorje.  
Our focus is on living the  
message, which is in harmony  
with the Church's Magisterium.*

# VIA AD PACEM

*(The Way To Peace)*

## LIVE THE MESSAGES

given at

## MEDJUGORJE

*Sponsored by The Queen of Peace Apostolate*

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February 2011      No. 145

*Our Lady's Message is:*

*Pray and Fast*

*Frequent Mass*

*Monthly Confession*

*Daily Rosary*

*Love People*

*Use Blessed Objects*

### **Our Lady of Medjugorje's Message Given to Marija Pavlovic-Lunett February 25, 2011**

*"Dear Children!*

*Nature is awakening and on the trees the first buds are seen which will bring most beautiful flowers and fruit. I desire that you also, little children, work on your conversion and that you be those who witness with their life, so that your example may be a sign and an incentive for conversion to others. I am with you and before my Son Jesus I intercede for your conversion.*

*Thank you for having responded to my call."*

### **Commentary on the February 25, 2011 Message**

One of the worst storms of the winter hit much of the Northeast on Friday, February 25<sup>th</sup> - the day Our Lady gave us this message. We need Our Lady's reminder that "nature is awakening". The long, dreary winter is coming to an end. The light of spring is on the horizon!

As I was reflecting on this message and the first

fruits of the impending spring – "beautiful flowers and fruit trees", this week's Gospel reading came to my mind.

*"....do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they? Can any of you by worrying add a single moment to your life-span? Why are you anxious ....Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of them. If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you..... so....do not worry....but seek first the Kingdom of God.... and all these things will be given you besides....."Matthew 6: 25-33*

Our Lady has asked us again this month to "work on our conversion" and "witness with our lives". What better witness to this world - so heavily laden with worry and anxiety - than to live our lives like little children? Little children live simply. Children trust unequivocally; which means that they do not worry about anything. The beautiful blossoms that we will

soon see do not struggle to come into being. The "first buds" allow nature to unfold according to God's plan. The result is the glory of God revealed in his creation.

We, our Lady's dear children, are the "first buds" of the new springtime that will soon be realized in the Church. She desires that the beauty within each of us, that She, herself, has nurtured, will blossom into the beautiful flowers and fruits of holiness. If we cooperate with the operable grace that has been given us, nature will take its' course in our lives. Then we will be a "sign and incentive for conversion to others".

Perhaps, as we prepare for Lent 2011, we might use the above Gospel as an example of what God may be asking of us. Let go and let God! Simply stop worrying about things that perish. Turn away from sin and be faithful to the Gospel. Seek first the kingdom of God. Simply be! Let the interior light that we all carry within us since our Baptism...shine for all to see. Perhaps this is the conversion that Our Lady wants us to embrace this Lent. As Spring shows us the first signs of new life, notice how beautiful life is when allowed to simply unfold according to God's Plan. Let us all pray for the grace to surrender our lives into God's Plan, without struggle, without worry or anxiety. Let us go into nature and see how nature is awakening and pray that our hearts, too, open to the love of God. Thank you, dear Mother, for interceding for our conversion!

### **Message Given to Mirjana Soldo February 2, 2011**

*"Dear children;*

*You are gathering around me, you are seeking your way, you are seeking, you are seeking the truth but are forgetting what is the most important, you are forgetting to pray properly. Your lips pronounce countless words, but your spirit does not feel anything. Wandering in darkness, you even imagine God Himself according to yourselves, and not such as He really is in His love. Dear children, proper prayer comes from the depth of your heart, from your suffering, from your joy, from your seeking the forgiveness of sins. This is the way to come to know the right God and by that also yourselves, because you are created according to Him. Prayer will bring you to the fulfillment of my desire, of my mission here with you, to the unity in God's family.*

*Thank you."*

Our Lady blessed everyone present, thanked them and called us to pray for priests.

*You are cordially invited to attend...*

### **Finger Lakes Marian Conference "To Jesus Through Mary"**

**Saturday, June 25, 2011**  
Smith Opera House, 82 Seneca St., Geneva, NY

#### **CONFIRMED SPEAKERS**

Fr. Paul Bonacci  
Jerry Morin  
Fr. Neil Buchlein  
Lena Shipley

Conference Admission \$20, Youth \$10  
For additional information visit  
[www.QueenOfPeaceApostolate.com](http://www.QueenOfPeaceApostolate.com)

### **Lesson on Fasting**

Prayer is the breath of the soul. Fasting is the prayer of the body. Prayer and fasting are as necessary to our spiritual life as breathing and eating are to our physical life.

As breathing and eating are interrelated, so are prayer and fasting. When we fast, we can pray better. Try it and see if that isn't true. But we have virtually forgotten about fasting. That is why Our Lady at Medjugorje asks: "Fast strictly on Wednesday and Friday" (8/14/84). Fasting opens us up to others and to God. Our self-sufficiency can shut out God and others. Snobbishness, selfishness, self-reliance so often go hand in hand with affluence. If we have no sense of need, then we shall see no need for turning to God or to others. Our Lord Himself said that it was hard for a rich man to enter the kingdom of heaven. The reason is, because a rich person tends to be self-sufficient, to trust in his own resources, and not in God.

Fasting does not mean "not eating." When we fast we eat. But we do not eat what our palates crave. How often we eat just because it tastes so good. Fasting denies those tastes, so jaded by our abundance.

To drink sugarless coffee and one slice of toast on a Friday morning and the same with a couple of slices of toast for lunch is not too appetizing - but it is sufficient. We eat, you see but not what we would like to eat. We are in reality denying ourselves. And that is good!

Such fasting is so good, because it also helps toward self-mastery. We all experience the rebellion of the flesh against the spirit. St. Paul cried out that because of the sting of the flesh, he did not do what he wanted to do but what he hated. "I do, not the good I will to do, but

the evil I do not intend" (Rom. 7:19).

If you starve a lion you so weaken it that you can master the beast. Fasting starves the passions and so weakens their power that it becomes possible for your reason and will to gain the upper hand in your life.

Lastly, you can almost say that fasting is a physical necessity. More graves are dug by knives and forks than by auto accidents. So, thousands of people diet or go to health clubs. Fasting would eliminate this need. Fasting is not strenuous and difficult as dieting or exercising, yet it is more rewarding; for it not only slims the body but it also shapes the soul.

Mark's gospel tells of five conflicts between Jesus and the Scribes and Pharisees. The third clash was over fasting (Mk. 2:18-22). Our Lord did not attack fasting - but only fasting the way the Scribes and Pharisees did.

We must fast, but not to lord it over others who do not fast (Lk.18:914).

We must fast, but not to be seen by men, to show off (Mt.6:16-18).

We fast to atone for our past sins. When we do, fasting is called "penance." We fast to make up for the

sins of others. When we do, fasting is called "reparation." We fast to gain future strength in the struggle against the world, the flesh and the devil. When we do, fasting is called "mortification." Mortification opens up the heart to God and to others and disposes us to follow the dictates of our reason illumined by faith.

So important is fasting that Jesus began His public life with it. It empowered Him to conquer the temptations of the devil. He is the Way. There is another kind of fasting we can do during lent. It is this: pick out two days for no television. Replace the time with family games, family prayer, family Bible reading, visits to friends, letter writing.

One day Our Lady asked the seers to prepare for Christmas: "I tell you: turn off your television sets, your radios and follow the program set by God of meditation, prayer and reading the Gospel: foster the development of faith".

*(Publisher's note: This article was written by our beloved Rev. Albert Shamon, former Spiritual Advisor of the Queen of Peace Apostolate, and appeared in the second issue of the Via Ad Pacem, Feb.-March 1988.)*

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## Join A Local Prayer Cenacle

**Queen of Peace Night:** Third Wednesday of every month. All are invited. St. Dominic's Church, 6 Canandaigua Street, Shortsville, NY. 7:00 pm Rosary, 8:00 pm Mass followed by healing prayer. The celebrant for March 16, 2011 is Father Mike Sergi. The celebrant for April 19, 2011 is Rev. Paul Tomasso. (Pastor of Our Lady of Peace - Geneva)

**Medjugorje Night:** Third Wednesday of every month, 7:00 p.m. Most Holy Rosary Church, Syracuse, NY.

**Marian Cenacle:** Every Wednesday evening. St. Mary's Church, Waterloo, NY. All are welcome. 7:00 pm, Divine Mercy Chaplet, complete Rosary, Litany. Contact Darlene Duprey 315-539-9010.

**Marian Cenacle:** Every Saturday Morning, 11:00 am, St. Michael's Church (Chapel) Newark, NY.

**Marian Cenacle:** Every Thursday 1:00 pm, 394 Hickory Grove Road, Horseheads, NY. Contact Margaret Mary Colwell 607-739-8838.

**Marian Cenacle:** Every Saturday 10:00 am and every Sunday 8:30 am. Canandaigua VA Catholic Chapel, Bldg. 3, Canandaigua, NY. Contact Linda Johnson 315-536-3304.

**Marian Cenacle:** 1st Fridays 10:00 am. St. Patrick's Church, Maple Avenue, Victor. Rosary, Litany of Loretto, Divine Mercy Chaplet. Contact

Virginia Beal, Prayer Leader 585-924-2890.

**Marian Cenacle:** Every Friday 11:15 am before the noon mass. St. Joseph's Church, Weedsport, NY.

**Marian Cenacle:** First Saturday of the month at 11:00 am. St. Michael's Church, Penn Yan. Rosary Litany of BVM. Contact Nancy Richardson 315-531-3339.

**Prayer Group:** St. Mary's Church, Canandaigua, NY. Every Saturday morning after 8:00 am Mass. Rosary, Divine Mercy Chaplet and Litany.

**Prayer Group:** Every Tuesday 7:30 pm. 22 Valencia Drive, Rochester, NY. Rosary, Divine Mercy Chaplet, Litany of Loretto. Contact Antionette & Pierre Patamia 585-426-6970.

**Prayer Group:** Every Sunday afternoon, 3:00 pm, (home group) 1266 Pine Hill Lane, Farmington, NY. Rosary, Divine Mercy Chaplet, Litany. Contact Yolanda Merkel 585-742-3206.

**Prayer Group:** Every Monday 7:00 pm, St. Michael's Chapel, 210 Keuka Street, Penn Yan, NY.

**Prayer Group:** Every Monday evening 7:00 pm (through December.) St. Dominic Church, Shortsville, N.Y. Exposition of the Blessed Sacrament, Rosary, Miraculous Medal Novena, Benediction.