

THE LITTLE ANCHORS

OF HOPE



may the grace of the holy spirit
so lavishly poured out upon us
vitalize our failing faith and
confirm our hope in eternal life +

ACKNOWLEDGEMENTS.

This little publication would not be possible without the expert help given freely by the following friends..... and associates of the Host Apostolate.

Dave Brown for all his computer skills and advice especially in putting the 'Little Anchors' on the Internet and all his helpful comments, suggestions, encouragement and patience.
(www.webassembly.co.uk)

Chris Young for his photographic skills and art work.

The many people who have made contributions to this private publication.

To friends, Celine, Veronica and Charlie, whose deep friendship and spiritual support is invaluable.

Father Peter Tarantino S.A, Father Noel Colahan, Father Nicholas Kearney and Father Brian Murphy on whose counsel I depend.

And to Bishop Roman Danylak for his Imprimatur and constant encouragement.

Finally to the many people known and unknown on whose prayer I rely.

However I could not omit the unfailing and selfless help of Michael my beloved Husband.

Second Edition - March 2007

The picture on the front cover is reprinted from ' The Church's Year of Grace' by Father Pius Pasch published by St. John's Liturgical Press, Collegeville. USA. with permission for which we are grateful.



Bishop Roman Danylak

**Titular Bishop of Nyssa
302 South Kingsway 2,
Toronto, M6S 3T9**

I wish to recommend this gem of Lenten Reflections on the Way of the Cross; not only the Way of the Cross of Our Divine Lord, but the Cross each of us must follow if we are to be faithful to His invitation "Take up your cross daily and come and follow Me"

These prayerful reflections are a sequence to a series of earlier meditations on the Christian life received as Locutions of their author, Halina Holman, in a series known as *Rosebuds, Flowers of Surrender of the Crucified Jesus*.

In this present little book, known as *The Little Anchors of Hope*, Jesus speaks to us in our moments of discouragement and despondency, to encourage us to walk faithfully after Jesus, who experienced moments of despondency and abandonment in His Walk to Calvary.

In this walk, Jesus often raises examples of the lives of Saints and their 'anchors of hope' in their struggle to walk faithfully in the steps of the Master.

With this, I give a **Nihil Obstat** and an **Imprimatur**

+ Roman Danylak

+ Roman Danylak STL JUD
Titular Bishop of Nyssa

Dated at Toronto Canada
Memorial of St Josaphat
12 November 2004

L+S

Little Anchors of Hope

Reflections & Prayers

These reflections and prayers were given as locutions during Lent 2004 between Ash Wednesday and Palm Sunday.

Index

[1/2 Ash Wed./Thursday](#)

[3/4 Friday/Saturday](#)

[5/6 Sunday/Monday](#)

[7/8 Tuesday/Wednesday](#)

[9/10 Thursday/Friday](#)

[11/12 Saturday/Sunday](#)

[13/14 Monday/Tuesday](#)

[15/16 Wed/Thursday](#)

[17/18 Friday/Saturday](#)

[19/20 Sunday/Monday](#)

[21/22 Tuesday/Wed](#)

[23/24 Thursday/Friday](#)

[25/26 Saturday/Sunday](#)

[27/28 Monday/Tuesday](#)

[29/30 Wed/Thursday](#)

[31/32 Friday/Saturday](#)

[33/34 Sunday/Monday](#)

[35/36 Tuesday/Wed](#)

[37/38 Thursday/Friday](#)

[39/40 Sat/Palm Sunday](#)

Whilst writing in my diary, Jesus corrects me for not responding instantly and says: -

"I wanted you to write these things that We have inspired you with and this you must do. But I also wish to impart and implant in you some thought for each day of this Season of purification and preparation".

Jesus then asked me to spend some time in silence listening to Him. He then said: -

"Now I will give you reflections that you have missed (delayed in writing). These

'Little Anchors of Hope' will keep you, and those who follow, moving through Lent and times of hardship with a full hope and love".

Since these were given I have discovered that an Anchor is a symbol of hope from earliest Christian times:.....

"We who have found safety with Him are greatly encouraged to hold firmly to the hope placed before us. We have this hope as an anchor for our lives. It is safe and sure, and goes through the curtain of the heavenly temple into the inner sanctuary....."

Hebrews.6:18-19.

"An anchor was frequently used in the Catacombs and sometimes associated with another common symbol, the Fish. Although the cross was not used in early Christian art, the cross piece and shaft of the anchor were sometimes drawn in such a way as to suggest a cross".

***Encyclopaedia of Catholic Devotions and Practices,
Ann Ball, page 39.***

LITTLE ANCHORS OF HOPE

These reflections and prayers were given as locutions during Lent 2004 between Ash Wednesday and Palm Sunday.

Whilst writing in my diary, Jesus corrects me for not responding instantly and says: *I wanted you to write these things that We have inspired you with and this you must do. But I also wish to impart and implant in you some thought for each day of this Season of purification and preparation.*

Jesus then asked me to spend some time in silence listening to Him.

He then said:

Now I will have to give you the reflections that you have missed (delayed in writing). These 'Little Anchors of Hope' will keep you and those who follow moving through Lent and times of hardship with a full hope and love.

(1) Ash Wednesday

JESUS.....*'Remember Man that thou art Dust and unto Dust thou shalt return'. Ponder your own unimportance but the greatness of the mission that has been entrusted.*

Each one has a call, each co-relate. Remember that dust and ash too can be made fertile, and out of nothing can be brought a city. You are My 'cities' of the future if you but remember that I formed Man out of dust but graced him with Eternity.

PRAY that you accept your mission to be brought forth out of nothing to become splendid before My Father.

(2) Thursday.

JESUS.....*Today reflect on that 'mission'. Did I call the wise? Did I call the clever or rich? I came to call all to follow Me, and those who responded were the poor ones, the lame ones with faults and failings, but follow Me they did even out of the cities and into the country.*

PRAY that you will follow Me everywhere and never lose sight of Me.

(3) Friday.

JESUS.....It is I who hung on the Cross, not you.

It is I who spilt My Blood, not you.

It is I who did My Fathers bidding -

But Why-- for I love you so much, so much and wish to bring you to perfection.

Can you be perfect if you do not do like the Master and follow the will of the Father?

No, It is impossible, so do as I did -- Obey the Father in all things even to the cost of your own life.

PRAY that you do not lose sight of the Cross.

(4) Saturday.

JESUS.....So only after a few days you are weary. Was I not weary? Did I not wish to leave the crowd and find rest? But I felt compassion, for they were like sheep without a shepherd.

If you grow weary, serve and you will be replenished.

I who was a Servant will serve you with the love you need to serve.

Do not be tempted simply to rest but rest in/on Me.

PRAY that you rest secure in My Heart.

(5) Sunday.

JESUS..... (It was still Saturday 11.45.pm)
Well nearly so Halina. But wait be patient..... Stop now.

JESUS.....Sunday 11.45.pm.

Good evening Halina. I did not call you earlier as you were writing a reflection on marriage as part of your mission, but now you have finished hear Me.

Think carefully about that Holy calling. Have you upheld it as a special call, a holy estate? Have you witnessed to its gifts of permanency and stability? Have you prayed for its success and for your Husband? Today it is no more than a passing whim, a fancy, and the desires of the heart and flesh are not subject to control. You have learnt much from your own experience and indeed loved, and your intentions are even more spiritual than they were at first (in your first marriage.) But remember to pray for the marriage itself. Always present that to Me. never assume that you pray for each other and with each other that this is sufficient. Pray for the state of marriage. Secure marriages are a gift to the Church and a sign of the Covenant. They are filled with hope. I am the 'third' in all holy relationship.

PRAY that Marriage is a hope-filled estate, that it is both a sign of hope and fills all with hope.

PRAY that it fills families with joy and not sorrow.

Be faithful as I am faithful.

Be a witness to the tenderness of relationship and its requisite sacrifices made with love.

(6) Monday. (En-route to Aberdeen Scotland)

JESUS.....When all around you seems full of hesitancy and despondency--- When 'your little world' no longer is full of laughter and joy.--- When prospects seem gloomy - then think of the misery of those whose lives are not full of any hope because they have no belief in anything of God but only of Man, for they are looking without realising into constant failure. In times of distress, remember that faith is a blessing and a call to hope and a means of hope.

PRAY that those whose lives are empty find consolation in the Truth of My Being.

(7) Tuesday.

JESUS.....*When you have been stripped of all things - esteem, possessions or their pleasures, relationships and friendships. When many turn against you and do not understand. When what you believe is costly and leaves you bereft of support and encouragement, think that this is precisely where you are called to be, for it is in this lonely place that I indwell and bring My faithful followers. It is a place which is joy-filled for you cannot lose anything else, but you can gain all Eternity. Your heart may seem troubled but I am so very close to you at such times. You will hear Me call you so gently.*

H..... Lord, help me as I am sinking beneath the waves.

Lord, I stumble and fall and loneliness is my daily portion. Lord, I have no one to speak to about what I feel. Help me to remember that You have been here before me and that You are with me at all times. Help me receive your grace of endurance and fill me with hope.

JESUS.....*Halina, Do not let your own great sorrows dampen your enthusiasm, for the evil one tries to distract you. Focus on your call to service. He now uses your lovely eldest child to concern you..... All will be well. Entrust her to the guidance of the Holy Spirit. She is but young in His gifts. Suffer for her so that she will be wise in spiritual gifts too. Go gently over the next days. Observe all you see. Be Blessed by My Fathers Hand. He holds It over both of you. No evil shall befall you.*

(8) Wednesday.

JESUS.....*On Wednesday think of those who uphold hope and not those who betray it. Think of those who have stood as beacons of light against a troubled world. Hold fast to the Riches of the Kingdom not the poverty of man and world*

PRAY that many will respond to My Call to be light- bearers and fill all with hope.

(9) Thursday.

JESUS.....Did Peter not betray Me and yet died for Me and a growing church. Think of all the holy Bishops that have given their lives in order to protect the Truth. Think of those who were martyred. But remember that even those who fail to guide and serve, for I will use them too, to guard My flock in unexpected ways. Remember that they are but weak men and never cease to pray for them.

PRAY for all Bishops, especially those whose weakness leads them to errors of judgment. Pray that they may use their sacred anointing to lead My flock to safety.

PRAY that they may become 'Little Peters' and that the gates of hell shall not prevail against them.

THANK the Father, Son and Spirit for those Bishops that proclaim the Truth, for they hold the Keys of the Kingdom, though, not many, their judgments will prevail.

(10) Friday.

THE FATHER.....Peace! Be peace-filled. Do not let your heart be troubled. Remember that disturbance is not of Me. Answer satan, father of lies, with the Truth and do not let him tempt you. Tell him to adore God His Creator and he will flee.

Even when all seems threatened, be at peace for I hold you in the Palm of My Hand. Remember that I am your Father. It is My Peace I give you.

PRAY that the Holiness of the Trinity envelops you and leads you to a Perfect Hope in God's Mercy and Love.

(11) Saturday. (On a much- delayed train from Aberdeen)

JESUS.....Life is full of surprises.....and often seems like everything is stopping or delayed. Life can become dull and seemingly life-less. other times everything goes smoothly and almost too fast. All things are planned for your instruction. Look for My Hand in everything. It may be that a delay gives you time to ponder and prevents an error of judgment. It may give you a rest, it may help you to adjust to a new situation, or it may give you a choice. It always teaches patience and discernment. Know that I am there if you call on My Name and you will know what is happening, maybe not straight away, but all will become clear. So too with a smooth path. It helps and encourages you to withstand all difficulties. Life is a series of journeys ever deeper into My Heart.

PRAY for travellers, spiritual journeys and temporal ones.

PRAY that Lent may be a time of refreshment and enlightenment and that those whose actual journeys are fraught are taught to see the true purpose of such delays.

Remember too that your delays may be someone else's blessings.

(12) Sunday.

Sundays Little Anchor of Hope on the feast of St. Felicity.(7th March)

JESUS.....On all Sundays in Lent, think of all holy men and women, all those who have preceded you and those who may follow after. Think of the building up of the Kingdom and the purpose of creating man and women in the likeness of God.

PRAY in thanksgiving for all the Saints. Choose one especially and pause to pray with joy for their life and what it has taught you.

PRAY also in petition for All Souls especially who are still awaiting final purification. Choose one to pray for especially. Also supplicate My Mother to help them. Do this every Sunday of Lent, My period of Hope.

(13) Monday.

JESUS.....*All things have their place and their season. Do not think that anything that I can grant you will not be given. I withhold only that which is necessary for your sanctification and purification. All things are timed and are part of the 'Mystery of Your Existence'. Do not be troubled if you do not seem to be getting anywhere. PRAY that you see what is of God and learn to surrender all things to my care.*

(14) Tuesday.

JESUS*Do not rush, do not hurry. All things will be accomplished if you spend more time with Me. Let Me lead you gently and teach you patience and true hope. 'You can do nothing without Me'. NOTHING! PRAY - for those who rush and never finish, who act and are never still.*



(15) Wednesday. (Given on the following Friday out of courtesy because of 'certain' trials).

JESUS*All things that are not of God will end. All suffering and all sorrow will end, for the faithful a time of peace and joy to overflowing will follow.* --

Jesus pauses and sighs.

My little ones, do not get despondent - all trials will end and then you will rejoice.

PRAY that you will endure to the end.

(16) Thursday.

JESUS*Abstain from all bitterness and anger.*

Abstain from all that eats into your spirit, that takes away from hope, for it fills you with relentless anguish.

Lift your faces to the Son of Hope.

I have redeemed you and love you - Do not be afraid.

PRAY that sorrow and anguish do not deflect you from your missions.

Be open to all My promptings and fill your hearts with hope.

(17) Friday.

JESUS *Today ponder every step I made to Calvary. Tread that weary, thirsty way with Me. The sun beats down on your broken body and you long for respite and a drink.*

Stop, your body screams but you must get up and move on.

You have not energy and the Cross lies ahead - but you move on.

Your heart pumps blood around your chest and head and it leaves the body through all the sores inflicted by cruel, hard-hearted men who spit on your pain. With each drop you lose power, lose more energy, but still you get up and move on.

A hill lies ahead --- your spirit shrieks -- but you move on.

Your pain magnified by the love of those whom you love tears into your very fibres. You move on - and on - AND ON!

You see the end is near but before that - more tortuous pain. Your mouth is dry with heat, dust, exhaustion and fear. You lick your lips - but taste - salt and blood.

You CRY OUT - 'FATHER!' and His Angels walk with you.

He grants one request - for the Son of Man must suffer and die - HOPE

It bends the road, it softens the weight, it buckles the nails - Hope - the gates of hell will close - the Son will Raise the Cry -

'Come, follow Me and gain Life'. Hope will never be extinguished.

PRAY 'My Journey'.

(18) Saturday.

I woke with the words of this hymn on my lips:

'Daily, daily, sing to Mary - sing, my soul, Her praises due -

All Her feasts, Her actions worship, with a heart's devotion true -

Lost in wond'ring contemplation, be Her majesty confess'd -

Call Her Mother, call Her Virgin, happy Mother, Virgin blest

JESUS And as promised She, My Most Beloved and Precious Mother guards your children - So be at peace - Your mother's (ly) heart must be like Hers, surrendered, - but your pain will be used.

This Saturday pray for all mothers. Is a mother not a bringer forth of that which gives life. The Spirit guides each mother to love into wholeness and bring encouragement and hope to her children. A mother bears life to give life - true life - Eternal Life by being a beacon of that Life. She shows her children that in adversity, sorrow, sadness there is hope of something better - something of Heaven, by her sweet kiss, her loving embrace, her tender smile.

My Mother brought joy to My childhood's heart and upheld Me as I bore the sins of Man. She taught the Apostles the imperatives of Apostolic Action rooted in Love, Hope and Faith. She held all things in Her Heart. Today reflect on Motherhood.

PRAY for All Mothers

(19) Sunday.

JESUS..... *Remember the Saints and Holy Souls, as I asked.*

(20) Monday.

JESUS.....*And today think of children- For a mother becomes so by her children. Think of the path the little ones have to tread today. Think of all the horror of today's world - but think of the crucial nature of their calling to holiness as children - for each estate has its own call.*

Children too must be holy, lest they are called early.

Remember the little girl who assisted Naaman and the many who are crucial in the teachings of faith.

Innocence - must be protected.

Purity - must be safe guarded.

PRAY for all children that they are not misled by wicked men and false teachers, false witness.

H..... Thank you Jesus.

I am struggling to keep 'on track'. The desolation is so intense on Friday, I can barely keep upright. I seem to be totally lost and incapable of any thing even tears. Words seem pointless, prayer impossible, devotion insensible, and prey to temptations of different types - this time, of anger and frustration and denial of our call: this time, so intense I feel I am wrestling with forces of some ferocity. Even so I hope in You, but only by Your grace - not even Mass this Friday (cancelled).

JESUS.....*Halinka..... I know. Love Me as I have loved and always love you. Even this desperation is a reflection of My Path - a trial and a gift of oneness with Me.*

Lift up your eyes. Look at Me. I am with you.

(21) Tuesday.

A disagreement reminded me of the need to forgive. The Mass readings 'forgive not seven but seventy-seven times' were a poignant confirmation of this.

JESUS..... *Forgiveness is the great sign of hope.*

Only those who love can forgive and they learn forgiveness by being forgiven so much by My Father. Hope, true hope in this loving forgiveness is crucial to a 'firm purpose of amendment', a term now almost forgotten.

To love without reserve is to change around and make new all that is not of Me but comes from within the frailty of man.

Forgive deeply Halina and never cease to correct a lapse in your endeavours.

PRAY that you can always forgive and pray for those who cannot forgive.

(22) Wednesday.

JESUS.....*Ah Yes, Betrayal! This is very hard to forgive - but did I not do so. Peter is a symbol of hope for those who betray and are forgiven, and Judas those who cannot be forgiven as they cannot bow low and plead for Mercy. They cannot forgive themselves, for pride rules their hearts and wills.*

Think that all people betray someone at least once - by an unkind thought or word, not to mention gossip or false testimony. All these acts of betrayal have to be recognised and confessed so as to be forgiven. If in true sorrow they are confessed, they are forgiven.

But those who uphold lies and calumny sin grievously against the Holy Spirit and their sorrow has to be abject and sincere, and it is for My Father to judge this. Yet hope of conversion must be brought to such and prayed for with as many tears as the depth of sin requires.

PRAY that hope is given to the desperate sinner.

(23) Thursday.

JESUS.....*Today 'Little Rosie' (one of a few affectionate names Jesus uses). Look at the sky - look at the longing hearts of My Mother and My Heart - Look at the rise of spring and the beauty of Creation. Is not the recreation of nature a sign of hope? Is not the love that is shared by all the Saints such a hope? Is not the love of My Mother for all her children a sign of hope to a world determined to destroy itself.*

The heavens look at desolation and remind Mankind of the resurgence of beauty, of spirit and of nature. God made every thing good.

Thus will it be for all will be restored and not forsaken.

PRAY that all that earth yields will glorify the Creator and be sign of the Oneness of all things.

PRAY too that the beauty of the Spirit will dominate and bring others to a realisation of Presence.

(24) Friday. (Given on Thursday)

JESUS.....*Tomorrow is Friday, a day that all Holy Souls long for, for it is a day that My 'little sufferers' can offer to Me to help those who await purification. It is a day that you walk in the intensity of a broken world and look upon the sufferings of My Heart and My Love and you feel the Scourge and the Cross.*

Today OFFER every little action to My Father with Me, united so that a healing can take place of broken and sinful man and reparation can be sustained. My Blood spills over, My Love is outpoured.

Today SUFFER with all willingness and joy, for today despair was thwarted and hope hung high for all Mankind.

Today SUFFER and DIE to SELF for all people.

All people PRAY for the salvation of all!

(25) Saturday.

A REFLECTION.....

This Saturday had its own inbuilt aspects. The often heart breaking reality of not being able to affect or help a 'child', a beloved child, and that in this our Mother Mary is expert. Not only was She not able to change the course of Her Sons agony but had to witness it, yet hope in the action of Her Father in Heaven. She also now feel the pain of all mothers for their children, especially the lost ones. On Saturday I was acutely aware of this and begged Her help. Jesus reminded me several times of the imperative to love without reserve and that grace would overcome all if used.



(26) Sunday.

Again a Day for Saints and Holy Souls.

I reflected on St. Jane Frances Chantal, Foundress of the Visitandine Sisters, and also St. Paul of the Cross, Founder of the Congregation of the Passion (Passionists).

I prayed for various deceased friends and acquaintances.

(27) Monday.

JESUS..... *I left you to write the last few days for you lived them. Today think of the open Heart of Jesus. I keep My Heart open to all. I will refuse no one, not even the greatest sinner, a safe haven if they truly repent and are sorry for their sins. My Heart is an open wound for all to hide, like a harbour. Surely that is a sign of hope for troubled man? All things can come to rest in My Heart.*

ANCHOR yourselves to My Heart.

The Prodigal Son reanchored himself to his father and sought forgiveness, which was forthcoming.

He trusted and had hope that he would be forgiven. Do the same.

PRAY that all who sin never lose hope and that as quickly as they are able reanchor themselves to My Heart, so full of Love and forgiveness.

(28) Tuesday.

JESUS.....*Today reflect on mans ability to change and correct his faults. Many great Saints have had to battle with faults and failings...and sins. They never gave up even when darkness overwhelmed them. Grace is always sufficient for the task ahead. However impossible it might seem, it will be enough to ask for help and it will be given. Every sin can be rejected and faults corrected, one at a time, bit by bit, inch by inch. Storm Heaven for Grace and it shall be poured out in abundance.*

What hope lies in change. never forget that.

PRAY that all (people) will be changed during Lent, changed into a reflection of the Trinity.

(29) Wednesday.

"Today remain open to the Truth. Truth sets one free and liberates our spirits to follow Truth".

I was not given a specific reflection but an overwhelming desire for integrity of heart and mind. Seeking truth in whatever direction will reveal our path and fill us with the desire for the beauty of seeing things as God - Father, Son and Spirit- see them and lead us to perfect hope.

I prayed for clarity and integrity and love, the ability to love.

(30) Thursday. Feast of the Annunciation.

The Lord gave the following words to me:..

*I am the Good News. Proclaim Me to all peoples and nations.
Go fearlessly into the heart of man and to those dead to the words of
God and proclaim Me as Life.
My Mother heard the words of My Father and made her Fiat.:
'Be it done unto me according to Thy Word.'
Let the earth surrender itself in like manner.
Let all nations hear the Good News.
Hope in Me for I am Life Itself and bestow life on My followers.
Pray for all those who speak the Good News to others and live the
Good News in their hearts.*

(31) Friday.

JESUS.....*In moments of great loneliness - think of My Agony in the Garden and you will be encouraged.*

In moments of great fear - see how I walk the hill of death to life.

In moments of deep sorrow - meet Me as I met My Mother in inconsolable grief, yet She stood by Me.

In moments of great despondency and near despair - remember Love and that Love was Crucified and yet lives, and that you are always loved and Love's desire for you is your hope.

PRAY 'that they may be one as I and My Father are one'.

(32) Saturday.

JESUS.....*You do not know the future- it is withheld so that trust can be greater and deeper.*

One who knows the way does not require a guide.

But all mothers guide their children and My Mother guides all to Me.

If in doubt, follow Her lead.

PRAY that all follow My Mother, who will bring all Her children to Me and My Father.



(33) Sunday.

JESUS Choose one Saint of your time and one Apostle to reflect upon.

PRAY for one Holy Soul especially.

(34) Monday.

JESUS.....Soon it will be the time of My Passion. To be pierced is to be cut through. My Hands and Feet were transpierced and by these Wounds was I hung. These Sacred Wounds were filled with mans implements of torture. There are many such tools today that pierce My Hands, Feet, Side, and Heart. My Body bears the malice of many.

Imagine the lovelessness that I feel when day after day man drives more tortuous nails into Me. Man denies what I am and continues to let My Blood redeem.

I am One with My Father and Spirit.

We are inseparable. My Father sees all knows His Sons Agony.

I come from the Father and return to My Father.

He will not permit the destruction of My Body, the Church.

PRAY that true unity of spirit will prevail and that all will know Me as a Saviour and not mock My Humanity or My Divinity by denial of My Passion.

(35) Tuesday.

JESUS..... *'Man does not live on bread alone but on every Word that comes from the Heart of God'.*

Dear Rosie - If you are hungry eat, if you are thirsty drink, but if you seek Me devour My Words for you will not satisfy your hunger with food or drink, but by My Breath which I have implanted in the Word.

Eat My Words and you will be filled.

Devour The Word and you shall be sated.

Only this food brings comfort to the soul and consoles that well spring of desire.

When you do this We fuse together but hope there is then for new life.

This anchor will hold.

PRAY that you will always receive me worthily and that others will come to realise Who I Am .

(36) Wednesday.

JESUS.....*Yes, Halina, the Bishop was right. Say the words:*

'A pure heart create for me, Oh God, put a steadfast spirit within me'.

Say the whole of that psalm (Ps 50) and breath the Breath of the Spirit.

Those who are pure in heart have hope, for they understand that only through steadfastness and purity of heart will they be witnesses to the Joy of the Resurrection.

PRAY that you will not be deflected from the virtue of purity and that you will have the courage to lead others to it.

(37) Thursday.

*JESUS.....Today reflect more on how My People Israel and Judah sustained during exile and kept hope alive amidst tribulation. I did not break My Covenant with them.
I am the Lord Who keeps My Word.
Trust in Me and Hope will spring to your rescue.
PRAY that all who feel hopeless because of captivity will have the freedom of true hope.*

(38) Friday.

*JESUS.....If I hold the canvas blank it is so that you can see Me more clearly and are not encumbered by artistic form or wordy expression or any interpretation but Mine. See it is unframed for no one can contain the Works of God.
So too is the Holy Virtue of Hope. It's boundless for those who hold nothing in their hearts save a desire for Me.
I Am Hope.
If your hope lies in Me and My Truth, it will always sustain.
PRAY that Hope bears fruit in Charity and Faith for all Mankind.*

(39) Saturday.

JESUS.....' *Can you not watch with Me one Hour?*'

Mankind must not sleep but wake up to the reality of satan's wiles. Even the Elect are being deceived and are shutting their eyes to the deceptions which lead people away from Me and into the snares of the tempter. They deceive themselves as to the nature of their state of soul, thinking themselves as good when only those who have been purified can be called 'good'. They will fall into the pit, for they do not use the graces given to them to help them see their sinful states. Sin is something that they believe others do and not themselves. Seeing themselves as perfect, they do not change.

Wake up, My dear People, Wake up - Stay awake. Let My Holy Spirit shine a light into your souls.

PRAY that this Holy Week, the Week of My Passion, is a time of True Conversion of Heart, that Mankind changes from looking at the sins of others and looks at themselves.

(40) PALM SUNDAY.

JESUS.....*One day all Mankind will rejoice at seeing Me. All those purified by Grace and submitted to My Father will weep with abundant joy. The false wavers of palms will be gone and the humble will be glad*

and throw kisses and love at Me, for I shall be their Lord and Brother,

their true Hope, fulfilled unto Eternity.

Make sincere hope at My Coming dwell in your heart and give your heart joy.

PRAY for the Grace of Endurance for all.

Then Jesus says: *Halina, today ends The Little Anchors of Hope. These forty teachings and meditative prayers are to encourage all who read and live them from their hearts.....*

At the conclusion of this note book, Jesus adds:

Halina, print out The Anchors of Hope how I have shown you, clearly, with clear speech marks and two on each page when possible.

I love you, My little Rosetta.

SAINTS AND BLESSEDS OF OUR TIMES

The Christian world needs heroes of the spiritual life. Indeed there are many. A great number remain hidden and unsung though having influenced those around them. Some remain remembered and sit in the 'heavenly places' interceding for us- but there are a few who are called to be *exemplars* beacons of light and holiness and a source of encouragement and consolation for us. They proclaim that it is possible in these times to live or die a holy life, and that holiness is attainable in the everyday circumstances of life of a graced person.

The list below is made up of ordinary people, men, women, children, married and single, religious under vows, priests bishops and cardinals indeed popes.. The vast majority have been canonised during the papacy of Pope John Paul II and therefore in the living memory of many! All (and there are others) lived and died in the 20th Century. Some died very recently. They come from many nations. Several still await canonisation and these 'blessed souls' have been chosen because of their unusual paths to holiness.

Although listed under various vocations it is important to remember that all start and finish their lives as single people. Many change directions from lay people to priests, consecrated lay to religious, single to married and to become religious and founders. Some have unilinear callings some multiple ones. It is only when we look into their lives that we truly notice how the God that made them also shaped them and led them along many and varied paths to sanctity. Each is different, each one in love with God.

Let each reader pick one and explore the action of The Maker in their lives that they may discover a path to holiness and purity for themselves.

USEFUL SOURCES OF INFORMATION

John Paul II Book of Saints Matthew, Margaret & Stephen Bunson. Our Sunday Visitor Publishing Division 1999. ISBN 0-87973-934-7

Faces of Holiness, Modern Saints in Photos and Words. Ann Ball Our Sunday Visitor Publishing Division 1998. ISBN 0-87973-950-9

Face of Holiness II, Modern Saints in Photos and Word. Ann Ball. Our Sunday Visitor Publishing Division. 2001. ISBN 0-87973-409-4

Young Faces of Holiness. Modern saints in Photos and Word. Ann Ball. Our Sunday Visitor Publishing Division. 2004. ISBN 1-931709-55-6 (Inventory No T32)

Saintly Women of Modern Times Joan Carroll Cruz. Our Sunday Visitor Publishing Division. 2004. ISBN: 1-59276-003-1

Also, Saintly Men of Modern Times. Ibid.

Married Saints and Blesseds. Holbock Ignatius Press 2001. ISBN. 0-89870-843-5.

CHILDREN.

Throughout the Churches history there have been children saints. many of these are martyrs of the early Church. St Agnes, St Tarsisius (Patron of first communicants) being more famous - some remain un-named.

Who can forget the four year old, Francis Chakichi beheaded in Japan in 1622!

In more modern times there are child martyrs often forgotten about. There are also youths as during the Spanish civil wars.

In each of the listed counties there are more than one such little hero but one is listed as exemplar.

Korea (during years 1839 to 1886) St Peter Ryau 13,

St. Agatha Yi 17

Vietnam (1862)

St. Guise Tuuc 10

Uganda (1885/1886)

St. Kizito 14?15.

China (1900)

St. Anna Wang 14.

St. Andrew Wang- Tianqing 10

Thailand(1940)

Bl. Bibianna Khamphai 15

In more recent history there have been martyrs of faith and purity

St. Maria Goretti (1902) 12, (Italy)

Bl. Laura Vicuna (1904) 13 (Chile and Argentina)

Bl. Karolina Kozka (1914) 16 (Poland)

Bl. Antonia Mesina (1935) 16 (Sardinia).

There have also been saintly children who were not to suffer martyrdom.

Bl. Imelda Lambertini 11, patron saint of female first communicants (1322- 1333).

St. Dominic Savio (1857) 15 (Italy)

Bl. Francisko Marto (1919) 11 (Portugal) Little Visionary at Fatima.

Bl. Jacinta Marto (1920) 10 (Portugal) Little Visionary of Fatima.

Ven. Anne Guigne (1922) 11 (France)

There are many other examples of holy children already 'venerated' others whose lives are being investigated and upheld. Their lives are both edifying and a source of encouragement in holiness The list is long, among them lives of such as

Ven Zepherim Namuncura, Little Danny George, Chiara Luce Badano, Mary Ann Long, Monserrat Garcia. (See reference books)

SAINTLY MARRIED COUPLES.

It is a great gift to the Church that so many married people have been brought to our attention as examples of holiness. The church has recognised married people as Saints and there are examples throughout the centuries. Indeed starting with The Holy family, all of it, Anna and Joachim grandparents of Jesus, Elisabeth and Zachary and of course Mary and Joseph the most wondrous parents of Jesus there have been many others. There are married Queens of Scotland, Poland, Hungary, Kings of France and England. There are poor women such as Blessed Anna Maria Taigi and wealthy ones such as Jane Frances de Chantal and Louise de Marillac. There are rich men such as Thomas More and those like St Nicholas Flue and Bl. Frederick Ozanam. Not forgetting Saint of the New World Saint Elisabeth Ann Seton. Yet we are now witnessing couples both of whom are considered 'saints' and whose causes are being considered together. Though not many they stand as witnesses to sacramental marriage and are a great source of encouragement to all people.

There have also been couples who have been martyred together especially Korean martyrs and married saintly martyrs, men and women throughout the centuries.

The list below includes the couples who 'as individuals' and as married couples are being considered for canonisation.

Blessed Luigi (1951) and Blessed Maria Quattrocchi (1965)
Venerable Louis Martin (1894) and Venerable Zelie Martin (1877) France
Servant of God Catherine Doherty (1986) and Husband Fr. Eddie Doherty(1975) Russia, USA
Canada.
Servant of God Anna Maria Iguscio (1986) and Marcello Iguscio(1996) Italy
George Vanier (1967) and Pauline Vanier (1991) Canada.

MARRIED MEN

Saint Manuel Morales (1926) Mexico, Father of Three, Martyr.
Blessed Cerafino Malla El Pele (1936) Spanish Gypsy. Martyr.
Blessed Marino Blanes Ginir (1936) Father of Nine, Bank Employee Civil Counsellor.
Blessed Vincent Vilar David (1937) Spanish. Martyr.
Blessed Philip Siphong 'Man of Oak' (1940) Thailand. Lay Religious Leader Father of Five.
Blessed Peter To Rot (1945) Papua New Guinea. Catechist Martyr for Marriage.
Blessed Nikolaus Gross (1945) Germany. Miner and Union Official, Writer Father of seven Martyr.
Venerable Anacleto Gonzales Flores and Seven Companions (1928) Mexico Martyrs.

MARRIED WOMEN.

Saint Gianna Beretta Molla, (1962) Italy/Brazil Doctor, Wife Mother. .
Blessed Victoria Rosoamarivo. Lay Religious (1894) Madagascar.
Blessed Marianna Biernicka (1943) Poland. Mother/ Grandmother Martyr.
Servant of God. Elisabeth Leseur (1914) France. Wife. Witness
Servant of God Eurosia Fabio Barbar (1932) Italy. Mother of Seven and Stepmother
Servant of God Praxedes Fernandes (1930) Spain. Wife. Abused Wife.
Servant of God Maria Carolina Scampone (1951) Italy. Longsuffering Wife.
Servant of God Victoria Rivara- Perazzo (1957) Argentina. Long Marriage.
Servant of God Matilde Salem (1961) Syria Philanthropist.

SAINTLY SINGLE LAYMEN.

Saint Albert Adam Chmielowski (1916) Poland. Third order Franciscan Founder.
Saint Guiseppe Moscati (1927) Italy, Doctor.
Saint Richard Pampuri (1930) Italy, Doctor Founder.
Blessed Isidore Bakanja (1909) Congo/ Zaire Catechist Martyr.
Blessed Pier Giorgio (1925) Italy, Student Tertiary.
Blessed Bartolemo Longo (1926) Italy, Attorney Third Order Dominican.
Blessed Ivan Merz (1928) Croatia, Professor, Writer .Founder of Eucharistic Youth Movement
Blessed Callisto Caravario (1930) Italy Catachist in China.
Blessed Andre Bessette (1937) Canada, Miracle Worker Lay Brother.
Blessed Marcel Callo (1945) France Printer Evangelist Martyr.
Blessed Carlos Manuel Rodriguez (1963) Puerto Rico, Office Clerk, Christian Worker
Venerable Matt Talbot (1925) Ireland Labourer.
Servant of God Luigi Rocci (1979) Italy Invalid.

SAINTLY SINGLE LAYWOMEN.

Saint Leonie Francois de Aviat (1914) Fance Educator.
Saint Teresa Ledochowska (1922) Poland. Foundress Missionary Society.
Saint Genoveva Torres Morales (1956) Spain Foundress Institute for Elderly.

Blessed Karolina Kozka (1914) Poland Martyr for Purity.
Blessed Angela Salawa (1922) Poland Educator, Tertiary.
Blessed Antonia Mezina (1935) Sardinia Virgin
Blessed Victoria Diez Bustos de Molina (1936) Spain Martyr.
Blessed Boleslaw Lament (1941) Poland Foundress
Blessed Natalia Tulasiewicz (1945) Poland Teacher War Martyr.
Blessed Teresa Bracco (1944) Italy Virgin of Purity.
Blessed Alexandrina da Costa (1955) Portugal Mystic Victim Soul.
Blessed Pierina Morosini (1957) Italy Martyr of Purity.

Venerable Margaret Sinclair (1925) Scotland French Polisher Catechist Religious.
Venerable Edel Quinn (1944) Ireland/ Kenya, Legion of Mary Missionary.

Servant of God Teresa Helena Higginson (1905) England Teacher ,Catechist.
Servant of God Cleonilde Guerra (1949) Italy Catechist.
Servant of God Satoko Kitahara (1958) Japan Servant of the Poor.
Servant of God Marthe Robin (1981) France Victim Soul. Foundress 'Foyers'.
Servant of God Simona Tronci (1984) Italy Student.
Servant of God Virginia Blanco (1990) Bolivia Teacher, Servant of the Poor.

SAINTLY RELIGIOUS

MEN.

Though the list seems short it has to be remembered that many religious are also called to the Sacrament of Holy Order and are included in this category.

Saint Richard Pampuri (1930) Italy Doctor, Founder. St. John of God Brother.

Blessed Febres Koderó (1910) Ecuador Teacher Scholar, Christian Brother.

Blessed Mutien - Marie Wiaux (1917) Belgium Art/Music Teacher Christian Brother.

Blessed Cyril Bertrand Tejedor and Seven Companions (1934) Spain Christian Brothers Martyrs.

Blessed André Bessette (1937) Canada Miracle Worker Holy Cross Brother

Blessed Anthony Kowalczyk (1947) Poland/Canada. Oblate of Mary Immaculate.

Ven. Marcel Van (1959) Vietnam Mystic Missionary Redemptorist Brother.

WOMEN.

Saint Maria Guiseppina of the Heart of Jesus (1912) Spain. Passionist.

Saint Rafqa Pietrea Choboq Ar Ranges (1914) Lebanon Maronite.

Saint Teresa de Jesus de los Andes (1920) Chile Carmelite Died at 20.

Saint Marya Faustyna Kowalska (1938) Poland , Our Lady of Mercy Mystic.

Saint Teresa Benedicta (Edith Stein) (1942) Poland/ Germany Carmelite Martyr.

Saint Josephina Bakhita (1947) Sudan. Canossian Sister.

Saint Katherine Drexel (1955) U.S.A. Foundress. Sisters of Mercy.

Blessed Maria Gabriella Sagheddu (1939) Sardinia Trappist Victim for Unity

Blessed Alphonsa Muttathupandatu (1946) India Syro-Malabar Poor Clare Victim

Blessed Maria Clementine Negepete (1964) Zaire Holy Family Sister Martyr.

Blessed Maria Maravaillas de Jesus de Guzman (1974) Carmelite .

Blessed Agnes Teresa Bojaxhiu (1997) Albania/ Calcutta India. Foundress, Missionaries of Charity.

SAINTLY PRIESTS

Saint Josep Manyanet y Vives (1901) Spain Founder Apostolate for Families.
Saint Augustine Roscelli (1902) Italy, Parish Priest and Founder.
Saint Rafael Kalinowski (1907) Poland Carmelite, Spiritual Director .
Saint Benedetto Menni (1914) Italy O.H. Founder / Reformer .
Saint Hannibal Maria Di Francia (1927) Italy Pastor, Founder.
Saint Josep Maria Rubio y Peralta (1929) Spain SJ Preacher.
Saint Pedro Pavedo Castroverde (1936) Spain Pastor Founder Lay Movement.
Saint Pedro Luigi Orione (1940) Italy Multi - Founder.
Saint Maximilian Kolbe (1941) Poland OFM, Founder, Martyr .
Saint Leopoldo Castronovo Mandic (1942) Croatia OFM.Cap. Confessor.
Saint Giovanni Calabria (1954) Italy Pastor Founder.
Saint Pio de Pietrelcina (1968) Italy OFM.Cap Victim Soul, Confessor.
Saint Josemaria Escriva de Belaguer (1975) Spain Founder Opus Dei.

Blessed Edward Poppe (1924) Belgium. Victim Soul. Promoter of Adoration.
Blessed Miguel Pro (1927) Mexico SJ. Martyr.
Blessed Titus Brandsma (1942) Holland Carmelite, Teacher Martyr.
Blessed Cyrian Iwene Tansi (1964) Nigeria/ England Pastor Cistercian.

Servant of God Willian Doyle (1917) Ireland SJ. MC. Pastor/ Military Chaplain.

SAINTLY BISHOPS & POPES.

Blessed Louis Zephyrinus Moreau (1901) Canada .
Blessed John Baptiste Scalbrini (1905) Italy Founder, Apostle of the Catachism
Blessed Ezechiele Moreno y Diaz (1906) Columbia .
Blessed Andreas Carol Ferrari (1921) Italy. Cardinal.
Blessed Josef Pelczar (1924) Poland
Blessed Luigi Versiglar (1930) Italy Missionary to China.Martyr.
Blessed Michal Kozal (1943) Poland Martyr of Dachau.
Blessed Vincent Eugene Bossilkow (1952) Bulgaria. Passionist. Martyr.
Blessed Ildephonse (Alfredo) Schuster (1954) Italy, Cardinal. Opponent of Fascism.
Servant of God Fulton Sheen (1979) U.S. A. Preacher, Author, Broadcaster.

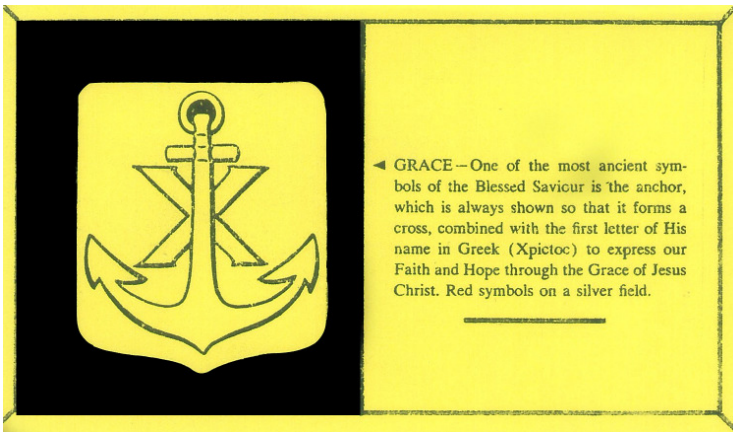
Saint Pius X (Giuseppe Sarto) (1914) Italy .
Blessed John XXIII. (Angelo Roncalli) (1963) Italy.

This is a Host Apostolate Publication which cannot be reprinted except for personal use without permission.

The Host Apostolate is an Association of Lay Faithful leading a life of prayer.

Aims: Adoration, Evangelisation and Formation.

For further information please visit www.thehostapostolate.org



◀ GRACE—One of the most ancient symbols of the Blessed Saviour is the anchor, which is always shown so that it forms a cross, combined with the first letter of His name in Greek (Xpictoc) to express our Faith and Hope through the Grace of Jesus Christ. Red symbols on a silver field.

Halina Holman lives in the North East of England.

She is married to Michael and she has three “grown up children”, two daughters and a son.

She also has a Grandson.....First Grandchild.

The couple are Co-founders of the Host Apostolate.

