

SIX TOES IN ETERNITY

BOOK F

MORE GRACES

(2013-2018)

GRACES 2013

February 22, 2013

I had an amazing grace this morning. I was kvetching and groaning over the latest about the gay lobby at the Vatican and during the rosary before the daily Mass I was thinking how this follows me everywhere. I thought, I need to just get away from this subject except for teaching at the seminary Harvey's book *Courage* (about the causes of homosexuality and their healing and groups for those who want to be chaste, etc.)

I noticed at the morning Mass after the rosary a man who just came back to the Church. He was the type I gravitate toward - seedy, ravaged, with beautiful intense eyes. Immediately I thought - maybe this man is a homosexual.

So, later after coffee and donuts this man introduced himself. We got talking and he mentioned that he had come back to the Church after a long time away (he wears a rosary around his neck) and is on disability. He is fifty but looks sixty-five. Casually I asked what his disability was. He leaned over and whispered in my ear "AIDS." Then he said - don't mention it to anyone else. You look as if you wouldn't ostracize me. I tell him about *Courage* and he can't wait to google it and find a group to attend because he is trying to be chaste. As I leave, the man gives me a kiss on the cheek with his icy cold lips!

When someone is a hidden active homosexual or a dissenter on the wrongness of it, I get enraged, but when it is someone looking for help my heart melts.

Feb. 24, 2013

From Lily (Alice Von Hildebrand) regarding looking for perfect places: "You are - like Daniel - a creature of longing and desire and nothing will satisfy you until you experience the sweetness of Christ."

March 5, 2013 Reading old journal 2002 – Jesus says to see each new place as a gift. There were many gifts for me at each place I have been. Now see the next phase for me as gifts) Then looking at the composite volume of *Way of Love* it seemed that God poured graces into me to realize that the only thing that counts now about me is that I do this Way of Love myself by praying absolutely constantly.

May 23, 2013

This letter is from an on-line student with an unusual background. His name is Alex Gotay and he was a tattooed gang leader who converted to become a Christian, then a Catholic, then a family man and now a Youth Minister and speaker at conferences. Check him out on the web.

“Thank you Dr!!! Not just for the comments (on his work in philosophy), but for everything. You really do not know the impact that you've had on me. I wanted to tell you this when Nature of Love was over, but I misjudged when the last week was.

Dr., I really cannot thank you for all that you have done for me. My spiritual director has been giving me spiritual exercises to do with the grace of "To see the goodness of God in myself." I cannot tell you of the confidence that the Lord has given me lately. This started with you simply believing in me. This is my biggest problem (spiritually). It's hard for me to see that, because I know what I have been through and how I appear to others (tatoos, jeans, t-shirts, sneakers...). But, here's the good thing...I have confidence in the person that God has made me to be. I believe it is true what Aquinas states, "grace perfects nature." I am farrrrrrrrrr from perfect. But, I know that God has redeemed me, and I'm growing more confident every day. I have so much more to go. But, I feel free. I know that I am free. You started that. You believed in me. I'm still shocked in it. As I sit here and write this, I am still shocked. I know it's all for a purpose. Thank you for being you and allowing me to be me. You're phenomenal :)

June 19, 2013

Sebastian Mahfood, the director of Distance Learning for our college and seminary, (now also head of En Route Books and Media) was saved from anger by reading by book *Taming the Lion Within* in 2008. Our joke now is that he doesn't

get angry with me when I get upset over tech while working with him, because of my book!!!

July 1, 2013 Fr. Leo: You will be serene not getting what you want but what God wants. Become sick and tired of unclean spirits of harsh judgments , chattering, anxiety. On where to be, look where my gifts can be used not where it will be nice for me. Beg the Holy Spirit for the gift of humble vs. proud attitudes. Negative attitudes come from negative stuff in the soul. Ask for the wisdom to see things the way God sees them – not hopeless.

Fr. Kolinski – pray from the depth....detachment, cannot just make things happen. Wine. At meals come and just enjoy other people without an agenda.

August, 2013: Jesus said I am your bridegroom, you don't need princes, so I take them away.

October, 2014 – sense that besides the coldness issue, I am supposed to be more alone to pray more and be more silent.

November 2, 2013 Reading Bernanos, I see that charismatic renewal saved me from that kind of morbid introspection.

October 9, 2013

Today is the 20th anniversary of my husband Martin's death. I woke up this morning early with Mahler's 9th symphony singing through my mind and heart and imagination. Especially, the part he loved so much from Goethe's Faust "all that is earthly is only an image...eternity, eternity, eternity."

Anneliese, Martin's first wife, who is visiting here, hated his love of music. She was jealous of it. But after listening to her ranting about him - the whole sense of everything absolutely wonderful about him came rushing forward when I woke up.

She kept talking about how she felt he didn't love her real self, only a projected image of what he wanted her to be and didn't give himself and couldn't succeed because his mother devoured him...

but when I woke up I felt how ALL OF US we give not what we succeed at - we give what we LOVE.

He gave me what he loved: music, life, love of our children. And I gave him what I loved: the truth of the Catholic faith and love for the unique selves of each of my children.

AND you, big Carla, little Carla, Diana - you are all vibrantly unendingly pouring out for all of us your love for dance, family, children, art, life!

As God pours out on us, all HIS LOVE FOR TRUTH, BEAUTY, LIFE, AND US.

"And all will be well, and all will be very well."

Excerpts from Carla's Poem to Diana November 9, 2013

My sister paints a room by being in it

the way a firefly tacks pins in space.

You needlepoint a trail of glow, a skin. It

will evanesce before you catch its face.

She larks and splashes hard against the shallow

membrane of the sea. She will not dive

down low where there be monsters, where the shadows

succeed, withdraw, succeed. She stays alive,

in short. There is no time which means forever

that can be spelled. She says that this is why

our sentences are slight and words like never

squeeze the air and punctuate the sky.

My sister fills a void by speaking in it

the way The Word finds being. Empty space,

begins with silence, paper-like and thin. It

flutters, forms a forehead, frames a face.

She will not heed The Walrus at the shallow
end of the sea. Nor scramble for the shore
where weeping Carpenters throw dire shadows.
She dives in deep, and finds in depth a More.

The More might mean a moment lasts forever;
it might be held, examined, made to stay,
or tremblingly freed, though it might never
return, though it is seldom far away.

November 13, 2013

A sort of Christian Haiku?

To a Priest for the Elderly

When I take off

on the wings you have strengthened

may a Son-bleached feather

descend into your wounded hands.

December 4, 2013

I woke up in the night upset because of the incident involving a priest. I asked Jesus: why do I love the wrong people? He seemed to say: "You don't love the wrong people. I gave you the gift to be able to see the beauty of their souls in their personalities. But it is their souls that are lovable and that will last for all eternity;

not their frail earthly frames that you want to lean on. I told you not to put your trust in princes. Can you love them in their weakness, the way I love them? Will you let Me teach you how?"

HEALING OF MY HEART (2014-2016)

February 12, 2014

Fr. Dominic questioned me – what would happen if you are not liked?

Me: I would be afraid of being fired, rejected, alone, insane.

Fr. D: in our weakness He is strong. Drop your defenses. Don't jump to conclusions, you could be wrong. Give others the benefit of the doubt.

WAIT: Above all patience to wait before TALKING, ACTING, DECIDING. Zeal is great but not uncontrolled zeal. When very sure what I want to communicate then talk.

Go more slowly. Say the Jesus prayer. Be more introvert.

February 14, 2014 Letter to Fr. Dennis

Maybe from reading so much Josefa Menendez, I have become more sensitive to how others here at the seminary are engaged in offering sufferings for all of us, and carrying our sufferings.

The long day with so much less speech was, even without a power outage, very good for me.

Again, maybe just from osmosis of reading the alleged words of Jesus to Josefa (I looked it up and what I read says it is an approved revelation) I feel a faint, faint suggestion of invisible stigmata.

With that I feel that possibly God wants me to suffer for the seminarians. Not in some dramatic way, but by some sort of empathy. With this thought came the thought that this is your real interior mission here and that you are voluntarily suffering inside every moment for them and for your directees even with all your joie de vivre.

Letter to John Melody (the leader of one of my Recovery, International phone groups)

February 15, 2014

Dear John,

I think you will like this very much. I keep thinking that I don't need 3 little Recovery meetings.

Anyhow, today I started thinking, instead, that because of the universal call to holiness and how anger and fear are my worst obstacles to holiness, instead of thinking of these meetings as optional extras I should realize that I NEED THEM, and that God is working to heal me through them. Much better than paying \$100 a session to a therapist!

February 28, 2014

In spite of all the Recovery, Intl work on anger and fear mentioned in the above entry, I started to get worse, maybe due to anxiety about Carla's possible cancer. I was thinking I might need psychological therapy, when a therapist who teaches part time here, passed near me and then sat down and seemed as if he was doing an intake session. (This man is Bob Sizemore and you will see my notes from these sessions in the next journal segment) I decided to try and then had great qualms that I didn't want to tell my spiritual director, Fr. Dennis, because since he doesn't like psychology it could seem I was rejecting his insistence that it all revolves around accepting the sufferings of life better vs. going into crisis at every little thing that happens that I don't like – drama queen style (my take). I told him by telling him about wanting to go to therapy, prefaced by saying that I was afraid to tell him something lest he despise me. His eyes lit up with love as he said "I would never despise you....I never despise anyone!" It was such a healing moment. He thought it was a good idea, and so did Marti who knows me so well. I was so moved to have two such wonderful friends so near. Fr. Dennis thinks that the combination of trying to do everything by intellect and will and out of control emotions keeps me from opening more simply to grace which is neither intellect or will or my turbulent emotions.

March, 2014

Visiting Marti, I suddenly got this ravenous craving for silence and solitude – just to be with Jesus. Since I had told Bob Sizemore, my new Gestalt therapist, that my greatest fear was being alone and going crazy, I think this was a huge grace.

Worrying about my daughter Carla's lymphoma:

I am remembering from maybe 35 years ago a play called Blood Knot. It was about male twins in South Africa. One was subservient to the colonial powers, the other a rebel, if I recall correctly. The image that they were tied together with a blood knot stuck in my psyche and it reappeared when I made my dedicated widow consecration as an image of my heart tied to the Sacred Heart of Jesus. Now, after all these years, anxious about my daughter Carla's lymphoma diagnosis, I woke after a nap with the image of she and I tied with a blood knot such that even if I am not there with her, everything she is going through is happening within me at the same time because we are tied in a blood knot. Fits with twintinabulation also.

March 14, 2014

The report isn't back on the lymphoma. But I talked to her on the phone and she made this amazing statement:

Jesus is with me sharing my pain.

I asked: Do you feel His presence or also see Him?

She replied: Both. I see his face in the window and I see him next to me and also feel him. And I feel all this love coming toward me from everyone around and of all those praying for me.

I said: That, in itself, is a miracle.

She replied: Everything is a miracle.

March 21, 2014

Insights coming from Bob Sizemore, Gestalt/Jungian therapist, who is also a spiritual director, who I am seeing:

We do not get what we could from what is in “the now” if we are always thinking of something else such as the past or the future. It is wanting the ego to control to want to plan everything even to the last moment of life. Since my mother had dementia around 85 years old, if I live in the future instead of the present I have more fear of dementia!

I am like Peter walking on the water toward Jesus, but then sinking periodically as I take my eyes off Him.

Looking for male “teddy bears” can be a counter-balance for my analytic side.

I present as someone grieving by my clothing and the expression on my face in repose.

The father is the one who extends a hand to the child to bring him/her out of the symbiotic swamp of the mother. Because my twin was closer to my Dad, I stayed closer to my mother? Therefore, I am so analytic?

Some of my talents and problems come from my Jewish side but the solutions come from the Christian side. I am a wisdom figure. That is where my gifts lie.

Don’t push the river, let it flow. The walking speed is the right speed. My best is enough, not just in my work but also in daily life. Sometimes the shadow side endears others to us.

Seldom do the things we worry about happen.

I am longing to be more feminine. I said to Bob that in prayer I feel feminine, contemplative prayer, and praying over others in a charismatic way. I could want the whole thing – not only my apostolic work, but also more for my heart through women family members and friends. I have many close family women and woman and men friends who do give me this. Maybe I need to value them even more? Envy of my daughters who are brilliant, creative, but much more feminine attractive and motherly than I am.

Fear of abandonment – I could have felt abandoned at birth because separated from the twin in the womb! Afraid of being alone in the world?? Abandoned by my father? Then, did I grieve enough for the death of my son? Could I have felt abandoned by him?

Hatred of smug men that I have. Bob Sizemore wonders if this is because smug men have no room for bright women. I am thinking my father rejected my brilliant mother for a soft feminine wife.

March 22, 2014

Because this therapist thinks that mostly I convey a sense of grief and Gestalt emphasizes expression of stuffed feelings, I tried listening to my son Charlie's music. Usually I cry but not this time.

I thought about loss: "I can't hear Charlie, in real time, playing and practicing his music, I can't see my twin sister do her beautiful dancing on a regular basis, I can't listen to Mahler's music with Martin, I can't see my daughter's beautiful faces because I don't get along with their spouses, but they all are in God and will all be in heaven through the redemptive sufferings of Jesus and my co-redemptive prayers for them."

March 27, 2014 Bob Sizemore

Arguments with Fr. Dennis are unfinished business with my father. Arguments are ego defenses. I cannot use the mind for this therapy work because the mind is the ego and self-defensive. I need to feel, instead. In this process I am going through, time is obliterated and I am feeling my father talking to me and that ignites the argument. I have not had closure with my father. I need to mourn him more and forgive him for whatever I didn't get from him.

I need to find positives of my father and stop focusing on the negatives.

Here I go on positives of my father: a character, fearless toward the world around him, original, humorous, punny sense of humor, hard-working, responsible in terms of work, punctual. I found the factualness boring but being very factual is good for practical things.

I think I get from him a certain courage, originality, hard-working, responsible, punctual.

With regard to Fr. Dennis, right now, Bob thinks I am putting what I think of as negative qualities in the foreground and all the good qualities I love in the background.

The ego wants to be satisfied and right. We want a confluent oneness with others. I want others to be ideal twins to get back to the unity in the womb. Can I give others permission to exist separately?

Diverting energy from my real goals to, instead, putting that energy into finding a twin doesn't work. Underneath Jesus and my work I am looking for warmth and relationship. But instead of seeking that goal, I fall back on the mind, which I am using like a sword vs. resting in warmth. I try to get warmth from admiration and recognition.

I am over-accomplished in my work as an adult, but under-accomplished in what I needed as a child. I am a wounded child. I sabotage my life when it is most inconvenient. His example for this strange sentence was Bill Clinton and Monica Lewinsky. That Clinton once said at 15 years old he was 50 and at 50 he became 15, wanting to play.

Bob thinks I need more time for play to heal the wounded child (In my childhood my mother made me an adult interlocutor early on and my father only wanted to teach us things, not play with us but I played with my twin, therefore always looking for a twin) or I need to at least seek more of a balance of different things than work, such as walking more, or drawing/painting, dance.

Constipation and diarrhea are like bulimia, hold on vs. expel, I am ambivalent about what to hold onto and what to expel.

Question: How do I disagree with women vs. how do I disagree with men? With women friends, I generally pick women I agree with on many things whereas with men, maybe I am so hungry for their company that even if there are significant areas of disagreement I imagine, unrealistically, that I can overcome these areas with the truth of my positions on them.

With women in the family I can get more easily enraged than with women friends, and with my twin, we overcome the rage, when it is public, by her leading me in a healing dance. But then the argument churns away inside me coming out with sudden verbal attacks later on, but less so recently because both being widows we need each other more and try harder not to engage in arguments.

With my daughters, we tangle, but generally are resigned to different ideas and so argue about “why did you do this hurtful thing just now” and when we get angry we easily forgive teach other.

With men there is much more hate in the anger and much more desire to end the relationship. With Martin, my husband, because of Catholic commitment with no divorce, I would mostly express my anger interiorly by constant fantasies that he would die and I would find a perfect husband.

March 28, 2014

God, the Father, it is you who created me from the sperm and egg of my father and mother. It is you who loved my unique self into being on this earth. In your providence it is you who gave me the different types of love that I had as a child from my father, mother and twin-sister. After her 12 abortions, my mother would have aborted me and my sister, except that my father said he would support her and the babies. Thank you Daddy for being that lover of hers who wanted her and the babies!

Thank you, Daddy, for all the hard work you did raising us the first 8 years before you left. Your father was not a teddy-bear, so you didn't know how to be one with us, but you did love us. I forgive you now for not being the teddy-bear I wanted. I thank you for the teddy-bear men I did know, fat Fred the artist who loved my mother after you left; for Mr. Warner, my warm teacher in High School; for Balduin, my dear loving, tender, godfather; for my husband, a father-figure indeed, full of warmth. I forgive you, Martin, for lavishing that warmth more on my daughters after they came and neglecting me. Thank you, Daddy, for the warmth you gave me after the reconciliation years later; for affirming me as a loving woman.

Thank you, Father God, for revealing to me your fatherly love as I worked on the healing book about you, God the Father. Thank you, Father God, for the love of your Son for me, expressed in so many locutions over so many years, and the love of the Holy Spirit you showered on me. Thank you for the fatherly side of Jesus scooping me up to be his bride after my widowhood.

Thank you, Father God, for the spiritual fatherhood of Charlie Rich for so many years; for his unconditional love.

Thank you Father God for the fatherly love of so many priests, giving me the bread of life in the Eucharist, and fatherly spiritual advice, Fr. Shaules, Fr. Leo, Fr. Eckley, Fr. Flanagan, Fr. Ken, Fr. Brad, Fr. Dennis, and the fatherly love of laymen, Frank Sullivan, Richard Geraghty, Dr. Lou, Richard Ballard, Bob Olson and now, Bob Sizemore.

Putting all this supernatural and natural love into the foreground, how could I not forgive each of these men for their limitations? I couldn't help wishing them to give me total absolute love with no failings and defects, but now, looking forward instead of backwards, I am going through each of these men thinking of those defects and one by one forgiving them for those defects if they had any.

And now, God the Father, God the Son, God the Holy Spirit; holy male saints mine: St. Joseph, St. Paul, St. Augustine, St. Francis, St. John of the Cross, St. JP II, I give to you that wounded child, me, and ask forgiveness for all the revenge I have tried to take with the sword of my mind on those men who I felt abandoned me physically, emotionally, intellectually or spiritually. And I forgive myself for all this angry vengeance.

You know how weak I am and that one heartfelt prayer will not change a character build up over 77 years. So I beg you, God the Father, God the Son, God the Holy Spirit to flood me with healing graces. And I beg you, all saints, and especially Mother Mary, to intercede for me to be the loving anger-free person I am called to be.

The incident seems to confirm the idea of Perls, the Gestalt therapist Bob Sizemore has me reading, that in the transference to the therapist as a father figure, we get a different configuration because the other is not the original source of the problem

and this can free us from being stuck in the original gestalt, I think is the right use of this word.

March 4 Sudden image, communicated to Fr. Dennis:

If it were a ballet dance I would say you are holding up, with all your strength, high in the air with her body flat above your flat hands, with her eyes facing the dome above the stage, that former directee who needs to be looking up and not at her partner. And "the audience" is clapping.

----- Between the grey night of the soul and mystical grace is "the image."

A spiritual director primarily listens and prays and responds but, a spiritual friend prays and waits to see the graces permeating what he/she sees as the other transformed.

May 3, 2014

Each half of the twin is only 1/2 a person. I didn't have to be a graceful and beautiful and live in the body, because my twin the dancer did it for us!

She didn't have to be a philosopher or a biological mother, because her twin did it for her.

What are the 2nd set of twins doing like this? Let them tell me and each other.

But, healing is to become integrated, especially in the 2nd half of life, so

I have to love my body and dance my prayers and Carla has to be more aunt-mother to her nieces and grand nieces and nephews and...?

And the second set of twins? What corresponds?

And in heaven we will be together forever and all in the God who is all in all!

And I have right now 5 people wanting me to help them with their books so I am now mother to my students and mother-mid-wife to other writers and I can do this even in a wheel-chair someday.

May 15, 2014 Sizemore suggested I send each daughter a letter of appreciation after the visit last week:

For Diana:

- you walk into a room and warmth and joy come with you.
- you bend down to embrace the mood of another and to see what she or he needs to feel better.
- you are humble enough to cry and let us embrace your sorrows.
- you relate to each of us with subtle differences in your approach.
- you are radiantly beautiful even when you don't even try.

Such a daughter, I should have?

For Carla:

A sort of thank you card. Smile.

My daughter is like a lark ascending
into the eyes of her Savior.

My daughter is like a shorn lamb
hiding in the cleft of the rock.

My daughter's eyes scan the horizon
looking to see which insecure ones need consolation.

My daughter's fingers clutch our hands

to let us feel we are helping.

May 15, 2014 Sizemore

Blue jumpers – I saw the look on EWTN when I am not smiling – a look of grieving, grim. Bob says we all speak in coded messages. 90% of communication is not verbal.

The twin as the positive shadow?

All addictions are ego-defenses. RC workaholism as defense against feeling weak.

I think rocking back and forth in prayer is a form of grieving and poems are softer than other writings and dancing grief some. Also I cried some listening to Barenboim playing the Beethoven Sonata.

May 22, 2014

Grieving comes when you see that even with a strong ego, work ethic, and will, there are some things I couldn't control even though I thought I could. (Ronda: thought I could through prayer if nothing else?) That opens up accepting God's will and grace not our will.

Do I need to see, as Bob Sizemore thinks, that it is a pattern to want to lean on men and then find I am stronger? Martin, R.G. in some ways, C.R. in some ways?

Bob is reading a method called Mindfulness. It is about how we are not our emotions or thinking but something bigger. Partly innermost core that we find in prayer, but also the whole person as in someone could read all my books and not know me if they never met me. Detachment in the sense of not obsessing over thoughts and feelings? Deliverance prayer says that – I rebuke rather than identify with anxiety. Christ came to save the person, not the role. Thoughts and emotions are gifts sent to me when they are good, not me, says Bob. In deeper prayer we get the sense of the real self.

Because I had the other twin in the womb, I look to others for strength. In a natural birth the baby gets more strength from moving out of the birth canal than in a Caesarean. (Maybe Ronda says especially if I am the second twin who rides out more easily, I am weaker? We always want to go back to what was comforting in the past. Instead of looking to the other I need to see that I am strong with God in myself.

If we, twins, chose to live with each other it would be the gestalt of the womb but with new awareness.

A sort of a prayer on who I am:

Oh, dear Jesus,

without You I am a co-dependent, rage-aholic, workaholic basket case indeed!

But with You,

I was saved from young adult suicidal tendencies to become:

A wife and mother – maybe C- in some ways but in others ways, eventually B plus?,

A witness as a daily communicant,

A Catholic philosophy teacher – about B plus but with innumerable students who loved me and benefitted greatly,

A Catholic writer – A minus in terms of popularizing Catholic philosophical and spiritual truth !

A Catholic speaker for parishes, conferences, TV and radio - A – maybe judging by responses.

A Dedicated widow - B plus in terms of following my own rule of life.

A good friend to many, many people You have sent to me.

A receptive client for the healing of many therapists and spiritual directors!

So, dear Jesus, why do I still feel so insecure?

I hear You tell me – “My sweet little Ronda. I love you so much. I let you feel insecure, so that you will the more rush into My arms for comfort and strength. I promise you that if you give me the time each day to come to you in My way, even if You don’t always feel My presence or understand, I will carry you over the rest of Your life into My home. Trust! Trust! Trust!

Woke up next morning with this thought written to Bob: Of course, if everything revolves around my roles I feel insecure vs. in a more contemplative mode seeing my life more as being moved into the being of God!

May 23, 2014

Praying today while reading on and off the mystical writings of Bd. Angela of Foligno, it seemed to me that Jesus is telling me:

“See how original and unusual Blessed Angela of Foligno was? Can’t you see that from your unusual background onward your life has been unusual yet blessed? You are always imagining that you have to be like some ideal image of a contemplative nun. But I have made you something so different. I want you to be a very active but mystical personality in my Church. That has risks, but also pluses.

Yes, I want to modify certain extremes of a kind of restless, ditzy, as you would say, ADD type. Yes, I want peace for you in the depth of your soul, but meanwhile, you mustn’t chide yourself so painfully for being jumpy even during your prayer time.

You are correct in thinking that I want to squeeze from the last decades of your life even more writing, speaking, teaching and witness to others. But, simultaneously, at this time of summer with less obligatory work I do want for you to come closer to Me, not just in quiet prayer time but all the day. I want to blend within your soul the corrective insights of Fr. Dennis and the, new to you, insights of Bob Sizemore, and the steadying love from Carol.

With all this I want you to be joyfully, very joyfully confident. Every time waves of anxiety course through your body, gently bring it to Me, offering it for your daughters in their present struggles.”

I ask you, dear Jesus, what about the problem of finding a spiritual director?

You, Jesus seem to say, stay with all these present advisors and friends...and wait until I choose the right person for that other role.

May 25, 2014

I was feeling anxious about the funny, funny blog I did today about Garbage Soup wondering if it was too cutesy. Then I read some Bd. Angela and took a nap. When I awoke I felt a deep intense inner sense of God.

Ronda: Jesus, I am so unsure. I do something full of spontaneity, but then wonder if it is just ego-mania or truly just manic.

Jesus seems to respond: Because you are so analytic, as a philosophical thinker, you can take absolutely anything and see many different angles and judgments of it. This is a shadow side of the gift. I don't want you to do that. I want to use your whole self with all its facets to build the kingdom of love. Do you see how this analytic side helped you write a friend to keep him from over-reacting to something? It is good to pray to the Holy Spirit before doing anything but I will bring good out of it even if you do something that is not perfect. Just bring it to Me every time you have anxiety about it. You cannot have My peace, if you are always analyzing everything too much. Part of this is fear of being disliked so that when you go forth spontaneously you think that someone will judge you harshly. Now, let go of all of this and hide in My heart. See, I am taking you deeper within Me. Can you feel the difference? Instead of wondering if Fr. D. would question this, remember that you are not he and I go differently into him than I do into you. I want you to feel Me inside you so that you will stop obsessing about the future and just know that wherever you go or stay I am there. I am using Fr. Z.'s mystical sermons to help you. He prays deeply before giving these sermons for all who will hear. But, little bride, am I not more important than any human in your life?

Ronda: Yes! Yes! Yes! Jesus, I trust in You.

Jesus: Now, love and do as you will.

May 26, 2014

Ronda: I am reading about the horrible demonic temptations and physical sufferings of Blessed Angela.

Jesus: Because of your physical and spiritual comparative frailties, I did not permit such temptations for you, but I have given you much mental pain, darkness and aridity to purify you. I am bringing you out of that period into a time of greater union and joy even as the pain of maternal anxiety for your daughters continues. Do not fear! Hour by hour, minute by minute, bring your thoughts and feelings to Me.

Ronda: Thank You for my so wonderful on campus Vietnamese sisters, and so wonderful Distance students lapping up the insights on obstacles to love that the Holy Spirit has given me throughout so many years. It is wonderful that they are bringing forth such good fruit.

Jesus: I have always told you that I wouldn't have anyone to teach the truth if I had to rely only on saints!

Ronda: I see, in my heart, You smiling as you say this.

Jesus: Think of your dear mentor Dietrich Von Hildebrand and how he became much more holy in his last years and also Alice Von Hildebrand now, the same. Do you see that what I am giving you as words in the heart now, 6 years later than the ones you assembled as God Alone, are sweet and tender and less philosophical? That is because you are overflowing with philosophical insights, and what you need more are sweet and tender good thoughts to overcome your anxiety.

May 27, 2014

Ronda: I know that You are even more present in the chapel in the tabernacle, but somehow I resist going there and prefer my little room for prayer in spite of distractions.

Jesus: I want your room to be as close as possible to an "anchor hold" for you because when the seminarians come back rarely will the chapel be just you and I.

When you don't have guests, which is most of the time, I want you to be very, very, close to Me here in your room. I have given you this very small sign of a feeling in the center of your body. It is not a sensational sign like a stigmata or transpiercing, but it is so you can feel drawn inward since you are often much too outward. During your time of quiet prayer, after reading or giving Me your concerns, go into that place and say My holy name, quietly. I cannot give you My peace, as I so wish to do, if you are always excited or agitated by your works and dreams. These are good but they need to be transfused with My peace if you are to be purified and sanctified. Do not do or plan anything you don't have to do until Holy Mass and this inward time is truly the most desired part of your day. I will talk to you this way during your quiet time to woo you into this new rhythm.

Ronda: Yes. I surrender.

Letter to Bob Sizemore: Another puzzle piece: From reading the Gestalt book on poetry and the word, I think that too many words to others, and with Jesus, is a defense mechanism against greater non-verbal intimacy. I will see if you, Bob, agree.

Ronda: I thought for half a day that everything had come together and that I could launch forth into the future without anxiety.

Jesus: To be My bride is to be like Me both as I was on earth and now as I am in heaven. So, in your soul there must be the partaking of the pain in the hearts of all those you meet; sometimes hidden pain and, at the same time, small pieces of the joy you will one day have in heaven. Do you understand? These fluctuate in you moment by moment are part of the cross of being more contemplative. I could take away the pain part, but then you would be less like Me, and ultimately much less the holy self you can become with My love expanding even more your heart. Peace is not the absence of pain as you wish it would be. Because you have such conflicts with your twin about the Church, you want to avoid partaking of the many layers of pain in her heart and soul, but you cannot become closer, you two, without such mutual participation.

May 29, 2014

Jesus: You want to understand all of this with your mind. I gave you your fine mind. But I am trying to bring you into My heart. Fleeing into My heart is “the right way to go.” I wish you would stay in Me longer, because “I have the words of eternal life.” In certain ways you were what people call an “old soul” or “a come see.” I want you to stay in My heart every day until you feel really secure. Then, you can sally forth to all the different places where you bring My love. Won’t you let me woo you into our “interior castle”?

Ronda: Yes!

May 30, 2014

Summary of Notes for Session with Bob Sizemore

In relation to the books Dr. Martha Stout: *The Myth of Sanity* and *The Republic of the Dead* by Dr. Faust, President of Harvard: Sizemore quotes Alice in *Wonderful: The King* says “the horror of that moment I will never, never forget.” The Queen says “You will, though if you don’t make a memorandum of it.” Paul Tillich: neurosis is the way of avoiding non-being by avoiding being.” We all disassociate, even mildly, based on the original trauma, taking it in in an unaware fashion; there is in the desire not to confront the original trauma because it was too overwhelming. For instance the great depression is in the family memory or the holocaust. Do we have “a culture of death” in our family? Does the way I am a Catholic stem the effects of this by being a daily communicant? Ronda, later, like God can’t get rid of me because I am so good?

This morning thinking about Bob Sizemore, I am thinking that more important is the eternal child theme – that is that because my mother loved me so much even though in part this was her ego projection, etc. etc., like Charlie, my son, who was so loved and couldn’t face adulthood, when I was a teen I was looking for this same kind of mother love from a male figure. When I couldn’t find it, I thought of committing suicide, but I didn’t because I found the much better perfect love of Jesus in the Church. But I still sought that male love in Martin, who failed me by loving the children so much more that I felt cheated, and sought it in ambivalent spiritual friendships with men, and then by the loss of Charlie and Martin in my

late 50's I tried to find it through a second marriage, but when none of the possibilities worked out, I flung myself into Jesus alone as a dedicated widow. The blue clothing does express grief but also hiddenness in the heart of the Bridegroom.

When in the grey night of soul, Jesus, is still my ultimate answer –for with Him I am an eternal child. When Jesus speaks to me in alleged locutions, then I feel I don't need anyone but Him.

Ronda: Jesus, I come to You with all this, to see what You might want to tell me.

Jesus: Because of learning so much about psycho-analysis from your mother when you were a child, when you are in therapy you become afraid that everything supernatural can be reduced to psychological patterns. That is not the spirit of what Bob wants to do with you. He wants you to come to integration – through feeling the pain again of your childhood and the rest of your life until now – to have a catharsis – so that you can accept the limitations of all human love, but rejoice in the healing goodness of the good part, and bring the anxiety to Me for I am in the Father and the Father is your only eternal solution. Dear Ronda you are very, very, close to this healing. Hang into the process. Bring the anxiety to me. Stop fretting. "All will be well, all will be very well."

May 31, 2014

Dear Mary,

It is your *magnificat* feast of the Visitation. I want to greet you and thank you. You have always been my mother in heaven. I spent a hard night after reading Carla's e-mails with the tiny print and few words just begging for prayers. I was sure she was dying.

Mary: My child. Do you not know that all the time Jesus was on earth I was awake at night thinking any time He would die from the hate of His enemies! I understand. I have been helping you face that it could happen to either or both of your daughters, any time. You cannot wish to become like me, if you won't face that fact. But, look, after the Ascension, was I without a child? God is expanding your heart, and you cannot even count those who come to you as a spiritual mother, personally, or through your writings and EWTN shows.

Never, never, never, picture your loved ones who have left this earth as alone in space. Always with us, your Holy Family, and their angels and saints. But if my Jesus could forgive his Roman torturers and Mary Magdalene and St. Paul, don't you think He will take care of your daughters in eternity? Have we not given you a sign in the mystical graces Carla is receiving? Even she knows that these are somehow for the whole family.

Ronda: Immaculate Heart of Mary, take me into your heart for solace and hope.

Jesus: "To our loved ones we give it in sleep." Do you see how even though sometimes you wake up frightened in the night, more and more you awake from sleep in deep peace. Enjoy every moment of peace during your day as a gift from us. Bask, as your daughters bask in the sun.

June 1, 2014

Jesus: As preparation for Pentecost, ask the Holy Spirit to fine-tune your consciousness moment by moment – for example, just now you were glancing at Fr. Gaitley's book on Mercy in Action. You were delighted to see how concrete he makes concepts. Then a little twinge of disappointment went through your mind that he didn't decide to bring the books you offered him to his publishing house for first edition or reprint, etc. You felt envious that his similar books will spread further than yours. You caught yourself or, rather, the Holy Spirit stopped you to see the ugliness of the envy. If it is only truth you want out there, why would it have to name your name on it?

Now ask Me to send the Holy Spirit to show you these minor passing defects of character as they manifest. Would it not be sad if, at your funeral, friends and family bemoaned that you never lived out what you wrote that reached so many others?

Ronda: Yes, Jesus. Please help me with all these negative thoughts that pass through my frenetic mind all day long, dear Holy Spirit.

Jesus: Now, dear, dear, little Bride, this is not to make you scrupulous and sad. No, it is to liberate you from these defects. The more you hide in My heart during the day, the less your substitutes for love, like the admiration of others, will matter to you. Now go hide in my heart until you feel peaceful.

June 2, 2014

Ronda: Thank you for sending Bob Olson to be a friend I can see sometimes this summer because of his changed circumstances. Just the same I feel anxious and the anxiety keeps returning even though I rebuke the spirit of anxiety and lay it at Your feet.

Jesus: Sometimes it is your own anxiety but sometimes that of the people you are going to encounter in the next little while. Offer to me the anxiety that might be in others also that this fear could impact you, as in “if so and so is anxious is it because she/he rejects me.”

Ronda: I now give you the anxiety I feel pervades the heart of this friend I will see today. Jesus, take that anxiety. May our visit be healing for her as well as for me.

Jesus: Now, lift your heart into Mine. Or, rather, let me lift your heart into Mine. Do you feel the lightness coming?

Ronda: Yes. I am even smiling, like Mary Magdalene smiling seeing You resurrected.

Jesus: Now, you feel a pain in your heart. That is My pain that I cannot sweep you and your friend into eternity now, because I need you both so much on earth in this place of the seminary/college. I need you both to bring loving joy and empathy to the seminarians, students, and also the other professors, staff, and Father rector, and other friends of Mine nearby.

Ronda: Jesus, I accept that slight feeling of pain as Your bride.

Jesus: I want you to feel that pain just enough so that I can build an underground tunnel of mutual empathy between you and the friend you will see shortly. Now just pray her name and mine on your beads...notice that you are seeing the pain she feels because of traits I have given you that she doesn't have. But I have given her traits such as self-control, wordless empathy, and hope, that you have less of. Ask me for more of these.

Ronda: Jesus give me the self-control I need without taking away the good part of the gift of spontaneity. Give me wordless empathy I can express in touch or

through my eyes when others speak. And give me hope, not hopes, as a spiritual writer expressed it.

Jesus: If you slow down you will be able to notice that I am giving you more of those gifts.

June 4, 2014

Ronda: There is a new person in my life, likable, fun, but I feel anxious about him. What a history I have of bad spiritual friendships with all kinds of co-dependency issues hovering underneath. I want to keep all the energy in the project I am helping him with to avoid these complications. I don't want sharing with him to deflect energy away from this closer walk with You, dear Jesus. As the bridegroom of my heart, can You tell me what You want out of this new friendship?

Jesus: Many priests and single men need to have what you call "safe women" in their lives. "Safe" does not mean only moral women but also women who are not co-dependent because all their dependency is on Me. As a dedicated widow, I want to form you even more than before into that kind of woman. You put up a false alternative of either being a reserved, unspontaneous, tight woman to avoid all emotional dangers, or being overly flamboyant, then frightened, full of doubts and dreads. Take as your model St. Teresa of Avila who was so warm and close to all her friends; who might have expressed herself sometimes in exaggerated ways, but never lost Me, her perfect friend. Don't be too busy about all your good works that you can't really "listen" to the leadings of the Holy Spirit whenever you are in relationship to any man with whom you are collaborating, not just in projects but also in heart to heart conversation. Have several spiritual friends, not just one very intense one. Now throw yourself into My heart. Don't you want to have not a puny heart, but a heart big like Mine?

Ronda: Yes! St. Teresa of Avila and St. Catherine of Siena pray for my friendships.

June 5, 2014

Ronda: After these months of crisis therapy, I feel today that I am going to come through stronger in You, and eager to be the self you have formed me to be with less anxiety about the future and less co-dependency. My therapist agreed.

Jesus: Don't see yourself as Ronda. See yourself as Ronda and Jesus for, as my bride, we are a couple. You may not wish to be a handmaid of any purely human man, but you can be My handmaid without any diminishment of the unique person I have created, redeemed and formed you to be.

Can you see this summer, with less to do than usual, as a time for us to be together? Heart to heart?

All you have to do is slow down and let the Holy Spirit pace you.

If you always let Me be with you moment by moment, then even moments of anxiety and pain, especially for your daughters, will not be overwhelming, just...painful. When in pain, you will be like a baby held so tight in its father's arms that the baby can stand it.

Wisdom from Bob Sizemore in the sessions. I want to keep the twin state going because that is familiar. I put more eggs in the basket of projects than in relationships. In our family relationships don't work as well as projects do. Because of the sense of loss from the deaths and the rejections, we always made creativity our theme.

The common woman conforms to the world; the uncommon woman conforms the world to herself; therefore progress depends on uncommon women or men.

I need to waste less energy in defending my ideas and more into the creative exposition of them.

Life will place us where we should be, not where we want to be.

June 6, 2014

Jesus: Look at the interaction last night and this morning with the former seminarian you love who is in such bitterness of heart. You kept thinking you should write him off as crazed and only looking for a way to take out his anger on you. That was partly true, but not the whole truth. By following impulses of the Holy Spirit you got a chance to re-affirm him and maybe help Him see his anguish in perspective. Surely you see that I was with you when that happened.

You are in such a rushed state most of the time, that you don't even take in such clear realities as what I just told you.

Ronda: I wish You would tell me about the summer, family visits, or will it be more like a retreat here with You?

Jesus: It is more important that you believe in the depth of your heart and mind and will that wherever you are from now until your entrance into eternal life it will not be Ronda, but Ronda and Jesus.

Why don't you spend some time now using your Jesus beads to pray over and over again Jesus and Ronda?

June 7, 2014

Ronda: Oh, Jesus, help! After a night sporadically waking up grieving over Carla, I woke up full of ideas for En Route Books, tumbling out in a manic way that started with the manic encounter with the visiting Franciscan Friars of the Renewal last night. Is this all wholesome bubbling joy, or is it a manic phase the devil is using to make me crazy?

Jesus: Don't try to answer those questions when you are in a high or a low. Bring them to me during this quiet time of being together more totally. Now pray the Jesus prayer for a while with consciousness that I am really, really, here with you.

Ronda: The minute I started praying the Jesus prayer, I thought of St. Philip Neri, the joyful saint whose heart beat so hard and fast people could hear that beat in his confessional.

Jesus: That's part of the answer. Your question should be about each project, each encounter, and each mood: is this full of holy love or is there too much ego mixed in? Seeing the ego-mixed in doesn't mean you shouldn't do the project, but that you should bring the ego to me to be expunged before going further. Your prayer could be: Jesus, I love the idea of this project, or the way this person or persons are full of qualities I love, or I love being "high as a kite." Smile. "But, Jesus I need You to purify those feelings. I don't need to know how. Help me to bring those feelings to you for purification." Just throw yourself into My heart and wait quietly

so that you can do the same projects, or be with the same people with felt joy but without a manic hysterical overtone.

Ronda: Praying this way, I went into tongues and got Sana me!”, which sounds like Spanish for clean me. Also the image of Isaiah’s lips being purified with the burning coal. And words in the heart from You, my Jesus: of course, Satan wants to keep you on a revved up high. That high is not the same as depth or intensity. Let Me give you those two beautiful qualities which were My own. Remember? Not Ronda, but Ronda and Jesus! When we are together I can tame that manic part.

June 8, 2014

This copy of an e-mail my daughter Carla, the poet, sent to Pat. It brought sobs and tears and such joy to my heart that Martin and I spawned such as she. It starts with a poem she wrote years ago.

Carla’s Song

I am that silver spear of violin
shot like a fountain, knowing it will fall
a little in love with everyone -
with you.

Call it compassion, mercy, lullaby,
or anything that only hopes for wings
and leaps despite the lack.
I name you: child

of the lark ascending, crawling out of pain
because there is a word you cannot say
but it IS, it lives, and so are we alive
in the stout-hearted night, a tiny claw-mark,
glittering and bright;

mine.

I want to take you
anywhere.

In part of her comments on the poem which she now says she hates, she writes:
The words do not come from God and dribble out your pen - they come as a gift of
clay from God so that you might partake with Him, so far as you can, the joy of
creation.

Ronda: Jesus, this poem of Carla could be your poem to us in certain ways.

Jesus: Do you see how I have been dwelling in Carla's mind and heart a long time,
slowly building the images that can woo her to me? Not the same images I use to
win your love. Do not limit Me, Ronda, of the syllogistic mind. Do you think that
I am done with surprising you?

This afternoon, you were with people you had analyzed into certain boxes, but they
were quite different. You floundered around trying to relate to the way they were
before. But I was with you, showing you more of why and how they could need us,
Ronda and Jesus.

June 9, 2014

Ronda: So, I am expected a jumpy day with dental stuff, prayer group without
Carol running it. I have a bit of anxiety about one of those encounters.

Jesus: You are, again, imagining your day as if it was you and them instead of you
and I with them. This morning the reading was from the Beatitudes. Poverty of
spirit means that you realize you can't make all those encounters come out lovingly
just because you have lots of insights about love in your books. This is because
each encounter could either be a repeated pattern, often negative in tiny or big
ways, or it can be fresh because you can't know beforehand what I want to do in
that situation. Also, it is the week of Pentecost. Call upon the gifts of the Holy
Spirit, especially healing in the form of praying for the gift of healing to be a
healing presence for those you meet who are suffering in many ways, bodily and in
the heart.

June 10, 2014

Ronda: The stress of waiting to see what will be happening to Carla is so great now. Help!

Jesus: Because the physical cross is to you mostly an artistic sight rendered by the Great Masters, you don't live with that kind of physical agony in front of you as did the disciples, who saw men on crucifixes often right on the roadside. So, imagine now the stress they felt thinking that I, their leader, and the purpose of their lives would one day be suffering like that. Give to me that pain in your heart for Carla and Diana, in a different way, and you will be able to stay close to them in your maternal love instead of trying to distract yourself from the pain. Distracting yourself makes you more distant instead of closer.

Ronda: I like this image You gave me of throwing myself into Your heart. Now I will throw Carla and Diana into Your heart.

How beautiful it is that the Vietnamese Sisters are sharing with each other and with me from their hearts in response to *The Way of Love*. It validates the work I put into writing and assembling that volume.

Jesus: Rather, "that The Holy Spirit and you" put into writing and assembling that volume? The more you think of everything you do as "we" with members of Us, the Holy Trinity, the less stressful you will find this work.

June 11, 2014

Ronda: Fr. Dennis was right – I go into hyper-mind with speculations about the future and then hyper-emotions and then I don't think prudently. So, I didn't even think that Carla, if disabled gets disability payments and that and other contributions from family could tide them over.

Jesus: The Holy Spirit told you that this summer would be a time of letting all the wisdom of many mentors percolate through your mind and heart and soul. Take those messages seriously when We send them. You see how this dreaded summer you feared would be lonely has been so rich in My presence and the presence of those I have sent to you. Pray now on your beads: Jesus give me peace, Jesus give me trust.

Ronda: Thank you for Marti who understands locutions and my writing, and psychological terminology.

Jesus: Do you see, you prayed for a Dedicated Widow group, but I gave you a dedicated widow close friend to help you. “God writes straight with crooked lines.”

June 12, 2014

Jesus: When you picture your sister visiting, I want you to picture Me smiling at both of you with Me in the middle with My arms around you each of your shoulders, because I want to bring you closer My way. So stop planning about outcomes of your own devising and keep picturing Me this way with both of you.

June 12, 2014

Session with Bob Sizemore: needing an adrenalin rush from spectacular projects and feeling low when I don’t have a good fantasy, is ego. I prefer the spectacular to the ordinary; the surreal to the real? We learn not from fantasies but from contact with the real. Contact, not projects...Do I think the ordinary is not worth thinking about? I am missing what is in the ordinary, such as people’s comments or a gesture, or I lose feedback from them. Sometimes the smallest thing mentioned may open up a whole new way of looking at things. I don’t have to be moving along all of the time. Do I think I am not worth anything unless I am highly productive? Do I go into “trance” wanting to be somewhere else unless my ego is in the forefront?

We reach others even when we are not performing. Does my interior core diminish if I can’t be doing, say baseball...or whatever. The Good Samaritan took time out of his agenda to respond to a call.

If God is in control I don’t have to know how long I can “do my own thing.”

Anxiety comes from the ego realizing it is not in control but God is in control. That is the worst thing for the ego to “hear.”

When I am in more of a spectator mode in situations I could learn from listening to others.

To analyze is to paralyze; to avoid reacting from the heart. Small talk may be the way that person is trying to open up to us because people have coded messages – messages under the message. People camouflage. We are layered entities. I can listen without judgment. There is no simple answer to things. Monet and Rembrandt are great in different ways. There are many facets to a diamond. I don't see the whole person.

R.C.: I like truth because it is strong. I don't like to see the fear underneath the conversation of those with self-righteous vilification in politics. Bob says but they could be right to fear certain things just the way the Depression became part of the whole psyche of some families.

I prefer one on one meetings because I want to be in my comfort zone.

I can have peak experiences, especially when it is not planned. (I had a sudden peak experience yesterday when adding up family, friends, beautiful work, speaking, writing, and the faith, I realized how incredibly rich my life is now.)

My homework can be to stop orchestrating everything. Let life teach me, do not try to teach it.

We are all the same at the molecular level. I can suddenly see that this is a human being, not someone to judge. Allow people to evolve in our presence. We want to put people in a mold and stereotype them so we don't have to think about them anymore. We want to put things into frames, or in a box.

In therapy we have awareness and then later assimilation.

Ronda: Jesus, I feel so tired when I do anything different in my day such as the excursion to do the Taming talk at the Basilica. Yet if I am just in the normal quiet routine I feel depressed.

Hatred of the ordinary because I am so ego-oriented, as Bob Sizemore expressed?

Jesus: Extroverts don't make good hermits usually. Balance doesn't come easily to my dear humans. I want you to trust. Observe, and as much as possible don't plan too many unusual events one on top of the other. Don't think you will miss out if you postpone something that becomes one thing on top of the other.

Ronda: What about the possible trips to see the daughters this summer? Should I try just being here very quietly with You and then, see what seems good to do involving travel?

Jesus: You should visit either because they want you to come very much or you want to visit, not because you are afraid to be more alone after summer school is over. The Holy Spirit told you to save out money, so don't worry about greater expense if you get tickets the last minute. It is more important not to plan something just out of anxiety.

Now, throw yourself into My heart and bring also your sister and your daughters with you. My Heart is very roomy!

June 14, 2014

Ronda: I am so careful to set the alarm. I check it several times. But last night I did forget and woke up late so I had to rush to Mass and felt all discombobulated. I watch the other older members of this community at the seminary and realize they are experiencing the same jolts of forgetfulness. But it frightens me just the same when it is me.

Jesus: You wrote yesterday in your novel about being afraid of weakness of old age. In the case of forgetfulness you are afraid of missing something. But what you are really forgetting that is more important is that I will be with you every moment of your day and night no matter what you are doing or not doing! Remember how peaceful your godmother became when she couldn't do anything anymore?

Ronda: Yes.

Jesus: Now don't throw yourself into My heart, but let Me gently take your heart and place it into Mine and just rest for a while.

June 15, 2014

Ronda: I was sad my day was so full because of travel that I didn't have my time with You.

Jesus: I was there with You and I urged you on to interrupt long complicated conversation with prayers to Me. It was Me who said that there was no formula

solution to the problems of the group you were talking about, but rather that each one by being more faithful to Me would lead to a better horizon. I let you know so much about this group because I want you to pray for them much more person by person as you interact with them and think of them.

Did you notice that you didn't want to go on this excursion today because you thought it would be tiring. It was. I want you to follow those leads of the Holy Spirit. I wanted you to be a friend to the 2 people you met. You bring fresh ideas to many people. That is your gift.

You don't mind if I speak to you many times during the day this way, not just on your schedule, silly little "J"?

June 16, 2014

Jesus: Did you notice that the world didn't come to an end because you didn't finish all your work on the Sabbath? I helped you to pace yourself today and you have plenty of time left over.

Ronda: I see that my twin is afraid because her body is weaker. Afraid of doing less of her dance thing. Just as I feel that twinge of fear each senior moment thinking maybe I will get senile quicker than I think and not be able to teach.

Jesus: This summer let me take you on little walks and show you many beautiful things to get you out of that cramp of over-working.

Ronda: So, I took a little walk with You and a Friar said he wanted to send a manuscript to me for a friend. Maybe You set that up?

Jesus: It is my fun to surprise you with all these little unexpected things. Did you notice the radiance in the face of Fr. Pio Maria? Now let's take another little walk.

Ronda: I am so enjoying seeing Your real Franciscans so joyful, smiling, and so warm with each other.

Jesus: Every day I send you signs of hope amidst all the sad, sad, things in the Church, but also I want you to feel the pain with Me about the bad things, and pray with groans and sighs for all of that. Out of love for Me and for ideals you want to fix everything bad you see. Mostly you can't do that. But, by drowning in My

love, you can be less of the bad, and less of the bad will be emanating from you!
Now sit still and let me move your heart into Mine.

June 17, 2014

Ronda: The plethora of details with my sister's visit including the computer issue and other things I didn't think of before at all such as her jet-lag, got me totally rattled and irritated, which I showed by raising my voice to try to get them out of my way. Sigh! I woke up feeling that I just have to avoid all of life and hide in a retirement home from everything involving details of life – my life and the life of others. I feel ashamed at being so irritated about trifles.

Jesus: That's why you still need Recovery, Intl., my dear. At any time you could stop all work and retire and devote yourself to contemplation. That would be less irritation but much more piercing anguish of purifying contemplation. Does that sound like a good change? [I see the face of Jesus smiling humorously].

Ronda: Could I just pray for death?

Jesus: Oh, you think purgatory is pleasant? [Another humorous smile.]

Ronda: So, I'm trapped, eh?

Jesus: At least with your active life-style you are doing all this good for your students and those who read your writings. Now, just plan to confess sins of irritation as soon as you can. And now do deep breathing Jesus prayers.

June 20, 2104

Ronda: I missed our locution time together yesterday. I am going to type up first highlights from the session with Carla and Bob Sizemore first.

Jesus: It is fine. I understood. Did you forget that I was there?

Ronda: Smile.

June 24, 2014

Ronda: Alleluia. I checked out the origin on the wonderful meditations in the AA book 24 Hours a Day and found out they were locutions to a Christian woman of prayer! And so, dear Jesus, I am thinking why am I doubting, thinking that Yours

to me these days might not be from You? If You give locutions that have helped millions of alcoholics to get into deeper spirituality of everyday life to one who is not a Catholic, surely You would do that for me your 24/7 Catholic leader. Smile.

Jesus: I am smiling at you, my dear, dear, dedicated widow. Remember how I like to surprise you.

June 26, 2014

Ronda: I talked to Bob Olson yesterday about redemptive suffering as the key missing item in leaders such as myself who still have glaring faults (mine being anger still). I decided to try making an accountability list of daily sufferings offered up instead of complained about and sent to Bob as an accountability exercise. After half a day it makes me feel depressed even to write them down. I thought I should make a companion list of all the pleasures and joys of each day.

Jesus: I appreciate the way you, My dear, work so, so hard, at whatever you think will make you more holy. I will help you on this, but you mustn't think it is all effort, vs. bringing Me your whole self, body, mind, heart, soul, moment by moment....

Since your conversion so many years ago, I have sent the Holy Spirit to grace the nature I gave you of love of truth and clarity of thought. I rejoice when I see that out of confusion, muddle, anger, and desperation, you come to a good insight about behavior and about remedies. Especially frequent confession. As you, yourself, recognized, you are better at mind and will than the heart. I am expanding your heart during this time especially so you can see that when you are angry you hurt other people.

Now, confess to me that you often care more about the pseudo-victory of anger than about the hurting of others and beg me to place you once more in My Sacred Heart and the Immaculate Heart of Mary. [The feast day of today and tomorrow.]

June 29, 2014

I added this paragraph to a part of my novel after a description of how after my father spanked me, only once, as a child, "From a psychological standpoint one could surmise that I have a need to be brash with men in order to test out if they only like sweet, subservient women. If that is the case, then to hell with them!" [After writing this theory with the word "hell" in the last sentence, I woke up in the night and realized that the sudden use of that word was itself extremely symbolic. The thrust is that I want to punish them as if I were a God against whom they had rebelled by refusing to love me unconditionally. Or, at least, an animus driven woman as Jungians describe women who have too much negative masculine in them also called, "in the vernacular" bitches!"]

Jesus: You are hitting here on the extreme of a negative side that is always a temptation for a strong woman. You are not simply that, for you have been deeply permeated with My healing love, but it explodes out of you when you are in extreme stress, and this still needs more healing love, not to banish the strength part, but to blend it in as a painter would blend a little red into a dark brown on a palette.

Ronda: I went to confession to Fr. Tom about this Jezebel like spirit of rage at men. After absolution I felt a demon leave me and emerged shaking inside.

Jesus: I did exorcize you in that confession this morning of the way that chronic rage obsesses you.

June 30, 2014

Ronda: Here I am after a beautiful peaceful Mass all fussed up about two "A" students who didn't get the book for the course and one of them wanted me to scan in the first chapters. Growl! I realize that Distance is new to many and that it is average for students not to follow the syllabus well and to avoid later books because of money, etc. etc. etc. Surely, I can forgive them for that, duh! A great Recovery, example, indeed!

Jesus: You need always to make quiet prayer the first thing of your day except when you have morning campus classes. 77 years of hasty anger will not disappear easily. Smile. Now, before anything else, have your quiet prayer time in My arms.

July 1, 2014

Ronda: I feel much calmer after a day of strife over so many relatively trivial academic matters. Joy about Hobby Lobby victory.

Jesus: You thought I was “sleeping in the boat” and not doing anything for the storm your country is going through of the culture of death. You see that is not so with this small but possibly huger pro-life victory.

Ronda: Thank you, Jesus. Now I want this to be “the first day of the rest of my life” with more time for deeper and slower prayer to be closer and closer into Your heart and the Immaculate Heart of Mary, so that You can purify and sanctify me to be all love for Holy Apostles College and Seminary in all its facets and for the upcoming family visits.

Jesus: Yes. Now pray the slow Maranatha mantra so that I can give you rest and peace for this day – one day at a time. I like to go into the silent part of your soul, where you so rarely go! I love you. In this way, also, you are in union with all those Catholics who are going to silent Adoration. But I want you to have this in your room so it will really be “our cell” and less and less “your cell.” “And all will be well, all will be very, very well.”

July 2, 2014

Jesus: Are you having a good morning having done work before your quiet time and now you are all rattled and anxious?

Ronda: Mea culpa!

Jesus: These things in your work that rattle you are not as important as you think. If you handle everything with justice instead of analyzing each thing to death then you can let the Holy Spirit tell you where mercy is more called for. Part of being rattled is because you are very, very, over-extended even though you can fit each

thing in. Let go of all arbitrary deadlines. You can work around delays of others rather than want to pound them to meet deadlines that are not fixed such as with the extant manuscripts. Think of each one now and give it to Me.

Ronda: Sigh! I see. I idol-worship these little works and that's why I get rattled. Now I am going to hand over each of these to you, one by one.

When I see how hard this is to do, I realize how much I make order and closure into an idol, indeed. Why? Pride, wanting to get into heaven on merit not mercy? Groaning in the Spirit.

Jesus: You are right. You can't let go easily. Now, picture, instead, that they are each in your hands and I am taking each one out and saving it for you. Good! Now ask the Holy Spirit to remind you each time you obsess over something like this to pray "Into Your hands, Jesus, I commend this project." And "Help me to love my collaborators and accepting their pace more than I love the works." Maranatha. This time of summer where you have more space for in depth spirituality is like your Maranatha Marathon! It is like a custom-made by Me retreat for you.

July 3, 2014

Ronda: Relief that I figured out a way to do the Spiritual Classics On Line.

Jesus: You think you talk to me all day but you never even thought that I want you to do this On-Line? But I wanted my son, Raul, to also be at peace about the method. Don't be so busy that you don't talk to Me all through the day.

Since your mind and will are stronger, I brought you into charismatic renewal to bring out your heart. Now I am doing it all through the day. Please notice!

Ronda: Yes, you got me to stop to ask a member of the prayer group how she was feeling. Tiny, but a step, to thinking more of others and not always of myself.

Jesus: You have prayed in your dedicated widow prayer to be a spiritual mother to all you meet. Do you see that I, and Mary, exalted widow, and all those widow saints have been making you a spiritual mother to your students, especially the very creative or off-beat ones?

Ronda: Thank you, Jesus, for showing me this more clearly.

Last Session with Bob Sizemore:

He likes my novel very much – thinks it's a good style. He sees in it a diaspora theme of people without roots. I am unrooted in many ways. Trying to find our identity. Not rooted in a culture to have as my own, so feel insecure. Lots of rage when I don't fit in even in the Church. So, since I don't fit in I think I'll be fired. Am I the yeast in dough; stirrer, gadfly. Gadflies don't have roots.

Ronda: I feel deflated a bit and scared to be going forward without Bob Sizemore in this regular way even though he said I could call or write.

Jesus: You were hoping for a one sentence formula, but you don't need a formula, you need a person, a divine person, Me! Every time this wave of anxiety comes just stop and pray until it dissolves in My heart.

July 4, 2014

Ronda: After last session with Bob I am feeling stronger, more focused, more ready to face the future, especially facing it with You, dear Jesus.

Jesus: That's what I want you to feel. Make this a very, very, slow day full of Me and My gifts and My interplay with your life.

Ronda: I am feeling uneasy about the growing senility issues with respect to the courses. I am wondering if this is my last year of teaching because of that.

Jesus: You hope to continue through end of 2015 because of accreditation. Just do everything much more slowly and don't plan for more than that time in case there is something else I want you to do at that point. Don't obsess over this. I can use you in many ways, as you have experienced. If you look at your e-mails you see that you are a spiritual leader and those answers are not just an interruption but part of your role in My Church. Now lift up to me all the projects one by one.

Ronda: The trip to Carla and the family in North Carolina?

Jesus: Take it moment by moment so I can make openings. Don't be anxious. Make the Mass and prayer times the most important and let Me lead. Make it as much vacation as possible.

Ronda: I am so grateful for this quiet day. Working on the Widow Retreat made me feel how much you have "melted me, molded me, filled me, used me" as I pray after Holy Communion each day.

July 5, 2014

Jesus: Do you see how I have sent Dale and Marti to be like a little family for you here and so many others who love you?

Ronda: Yes. I am so grateful. And many people for me to love, those who love me, and others by appreciating their gifts, struggles, goodness, long-suffering.

Jesus: You are always going ahead and looking for final solutions to things. Just let out what is coming from you out of the past and keep these other possibilities in the back of your mind. Otherwise it will become too patterned in a forced way. Think of my parables. Sometimes I had to explain them but sometimes people got it without an explanation.

July 6, 2014

Ronda: Such a good evening playing Scrabble with Dale. The game opened her to talk more about the needs of her soul which she rarely does. And then the Romain Gary novel – the shocking violence and that portrayal of the appeal yet evil of the anarchists ends justify the means type of rationalization for violence. All this in Roots of Heaven and Lady L seem to show that in the back of his heart he knew that God is the only solution.

Jesus: I am the Way, the Truth, and the Life, but humans have a desperate need to try self-redemption in the form of average sins and spectacular political and anti-political movements. That is because they despair of Me and heaven. It is just so hard for all of you to really trust in spite of My great deeds of love to prove My promises. That is why I want you to keep teaching Me through your classes for the rest of Your professorial life. But even more you must be witnessing Me through never committing even the smallest sins of self-redemption. I am taking You into

My own hands now not only through these locutions but all day long if you will only say Yes.

Ronda: Yes.

Letter to Steve as they go off to the chemo:

It seems to me as you go off on the pilgrimage to the torture chamber today that you are having to see Jesus so often now visibly, as it were, in the Amejian picture (this is a famous painting of Jesus based on the Shroud of Turin that Carla loves and has hanging in their bedroom and this is the one that speaks to her) and then because Carla, like Jesus, is laying down her life on the cross of chemo out of love for you and the children. There are many who simply refuse chemo, radiation, and the like, because they don't have anyone they would rather suffer for than leave by just letting go.

Ronda: I am all keyed up about the trip to Carla.

Jesus: Don't forget I am going with you. Smile.

Ronda: I keep picturing us walking hand in hand.

Jesus: Now, again, quiet Maranatha prayer until your soul quiets down.

July 8, 2014

Ronda: I am afraid for Carla. I thought my sister Carla meant that Carla my daughter seemed close to death at the chemo yesterday.

Jesus: You see, now they have only Me to give them hope and you, too, have only Me.

Ronda: I will pray all day and during the trip "Into Your hands I commend their spirits."

Carla does seem okay. Big Carla said she was busy buying eyelashes! Amazing!

July 9, 2014

Ronda: Here it is the day of departure and, as usual, I am forgetting that you are going with me to Carla's even when You are speaking to me in my heart so consoling every day!

Jesus: Humble yourself. That is human nature, but I am greater than your fickle heart! Are you surprised when a cat after purring in your lap leaps off to go to other things? Smile.

Ronda: Yes, but as I go to other things I want to be more aware that You are with me. I am Yours and You are mine, bridegroom of my soul.

Jesus: Start right now, praying constantly to me as you go to Mass and last tasks before leaving.

July 10, 2014

Ronda: The beauty of Carla's eyes. Beauty is truth, beauty is truth....Keats.

Ronda: I count 9 people who are dependent on her.

Jesus: You should rejoice in the beauty of heart of both your daughters. That is real even if they are not yet where you wish them to be in the Church. Keep offering up little sacrifices for both of them and the whole family in North Carolina, including your travel fatigue. Pray quietly Maranatha.

July 11, 2014

Ronda: Carla crying and crying. Feeling You are not there in the same way. Despairing. I don't know how to help her.

Jesus: The disciples couldn't stand it and ran away, even John. But then John and Mary stood under the cross. Stand under the cross and feel it all with her without many words except "I love you."

Ronda: A good meeting with Fr. Ken, reminding me not to stereotype since he is way ahead now on redemptive suffering. With him I could see that I can't control these sufferings of my daughters. We resist redemptive suffering, he said, because transformation is hard. I am afraid that if I embrace redemptive sufferings then I

will become a victim soul. He said look at St. Paul and strength in weakness. He thought I am trying too hard probably.

Jesus: I am reaching you through everything to bring you through. My mother knew this same pain for me. Go to her often also. Take in everything joyful here also.

Love doesn't escape from sharing pain. But it's all right to take breaks such as taking a nap now. Do you think I won't be here when you wake up?

Jesus: Pray first: "Father forgive them, they know not what they do." Pray it separately for each one in the family who isn't with you about God and the Church. Offer the deep grief that You cannot convince them as redemptive sufferings, joining in Mine for all those in the whole world from all times who I couldn't reach as I wished to.

Ronda: What about visiting Diana?

Jesus: Wait and see a little while longer. Any over-all plans you are thinking of now are partly attempts at symbolic victory. Pray Maranatha now.

July 14, 2014

Ronda: AAAARRGGHHH! Help!

Jesus: Without making any decisions at all, now give each member of the family to Me; or better hold them in your hands, each one, and let Me take them from you.

Ronda: Here is Carla, pause, take her into Your hands and heart. Here is Steve, take him into Your hands and heart. Here is Diana, pause, take her into Your hands and heart. Here is Pete, take him into Your hands and heart. Here is Jenny, pause, take her into Your hands and heart. Here is Nicholas, pause, take him into Your hands and heart. Here is Veronica, take her into Your hands and heart. Here is Alex, take him into Your hands and heart. Here is Chris, take him into Your hands and heart. Here is Max, take him into Your hands and heart. Here is Zacko, take him into Your hands and heart. Here is Martina, take her into Your hands and heart.

Jesus: Say goodbye now to the project of trying to change them directly. Every time you think of them or of things you want to tell them, pray, instead, “into Your hands I commend the spirit of _____!” Peace be with you.

July 15, 2014

Ronda: What I am sensing now is that what seemed like an excuse is a reality, simply that at my age with everything stressful in my life, I just need to be on my own turf at the seminary vs. travel of any kind and that others need to come to me if they want to see me.

Jesus: At some point. You need to trust that when that time comes whoever really needs to see you will be want to do so. You don’t need to know now how it will be. I told you to go ahead with the plan to stay at Holy Apostles through Fall of 2015. Don’t let fantasies of perfect other solutions substitute for that plan. Now, pray Maranatha.

July 16, 2014

Ronda: Carla was so sweet, praying to you that she could break through to me to be closer in spite of differences and You made it happen. Thank you, Jesus. She is more sanguine than I am! Sigh.

Jesus: Moment by Moment with Me! Keep commending each one of your dear ones into My hands. Now Maranatha.

July 17, 2014

July 19, 2014

Ronda: Thank you for lovely visit with Miguel and his wife. (These are Guatemalan charismatic healers. They came to prayed a lot over Carla. They tried to get her to claim a miracle. She responded amazingly: “Don’t you realize that the love you showed to visit me, a stranger, is more important than my being healed?”

Jesus: You see, everywhere you go I use you to help people. Families are not fans.

Ronda: What is behind that?

Jesus: Behind it is that if families go along well, they would just cling to each other and not become close to others and I am building a kingdom of all brothers and sisters for heaven. You have to accept the pain connected to this. When you are far from family, it is easier for you to see their souls and not the whole person with all the features that upset you. Just pray now Jesus thank You for the virtues of each one. Jesus, I offer up to You all their flaws. Jesus, I trust You. Maranatha.

July 20, 2014

Ronda: Thank you, Jesus, Mary, Joseph, guardian angel, God the Father, God the Holy Spirit, St. Mary Magdalene, St. Francis, St. Catherine, St. John, St. Teresa, St. Therese, St. John Paul II, for bringing me home to my dear interior castle and for Dale.

Jesus: Home in My heart. I was with you every moment of your time with the family, but now I want you to rest quietly. Do everything slowly today and don't think about the future. You are grieving because you thought you would be so much closer because she knows My love now. That's all right. You are participating in My grief that all are not one.

Ronda: Was I unconsciously hoping for a healing miracle and maybe she also hoping for a miracle?

July 21, 2014

Jesus: Don't you want to just be with Me day by day for a while? Smile. Now, as you go about things today, try to be with Me in everything. Yes, even in the shower. With thanksgiving for each thing. Please!

July 22, 2014

Ronda: Thank you for Francette's advice. It was steadying and gave me more hope for Carla. Thank you for Carol and Elizabeth and Debra in the little prayer group, praying over me for residual anger at the difficulties of the visit to the family. Today I see Sebastian and his children.

Jesus: Do you not see that I am sending people to you to help you through this very hard time for you? You are deflecting your own fear of death and Carla's into trying to predict the future on this. But you cannot. The future is always in My hands. And I assure you that your children have always been in My heart. That is there future and yours – in My heart now and at the hour of your deaths with Mary, My mother and yours. As you pray quietly today, keep seeing yourselves in My Sacred Heart.

Ronda: Today is the feast of St. Mary Magdalene and we three are in her mansion. (Myself, Carla and Diana.) St. Mary Magdalene help us to know Jesus so well and so deeply that nothing will frighten us or lead us to despair. I prayed for myself and each one "Into Your heart, Jesus, I commend my heart, Carla's heart, Diana's heart, and so on of all who are close to me.

Jesus: Do you see that even if you are distracted during the quiet prayer and cede to the temptation of interruption, I still can bring you more peace?

Ronda: Yes. Thank you, dear heavenly spouse.

July 23, 2014

Ronda: Okay. Now I am sitting trying to pray and waves of anxiety are coming over me about Carla, again.

Jesus: Keep praying on your beads: Jesus, I trust in You and "into Your heart, I commend Carla's heart." Do you see how praying in trust this way then gives you ways and means to help Carla and Diana that you didn't think of before?

Ronda: Yes. Thank you, dear Jesus, Mary, Joseph.

Jesus: I have surrounded you with helpful people, be shrewd a serpent in prudent thoughts, and acts in this time of turmoil. I want to help you.

J

Here is something from Pope Benedict's *Spe Salvi* which spoke to me:

The true measure of humanity is essentially determined in relationship to suffering and to the sufferer. This holds true both for the individual and for society. A society unable to accept its suffering members and incapable of helping to share their suffering and to bear it inwardly through “com-passion” is a cruel and inhuman society. Yet society cannot accept its suffering members and support them in their trials unless individuals are capable of doing so themselves; moreover, the individual cannot accept another's suffering unless he personally is able to find meaning in suffering, a path of purification and growth in maturity, a journey of hope. Indeed, to accept the “other” who suffers, means that I take up his suffering in such a way that it becomes mine also. Because it has now become a shared suffering, though, in which another person is present, this suffering is penetrated by the light of love. The Latin word *con-solatio*, “consolation”, expresses this beautifully. It suggests *being with* the other in his solitude, so that it ceases to be solitude. Furthermore, the capacity to accept suffering for the sake of goodness, truth and justice is an essential criterion of humanity, because if my own well-being and safety are ultimately more important than truth and justice, then the power of the stronger prevails, then violence and untruth reign supreme. Truth and justice must stand above my comfort and physical well-being, or else my life itself becomes a lie. In the end, even the “yes” to love is a source of suffering, because love always requires expropriations of my “I”, in which I allow myself to be pruned and wounded. Love simply cannot exist without this painful renunciation of myself, for otherwise it becomes pure selfishness and thereby ceases to be love. (#38)

Ronda: Through the quote from Pope Benedict I see that I have to suffer with Carla and Diana if I am to love them truly not just with delight love but with true compassion.

July 25, 2014

Jesus: You cannot help longing for greater closeness to all those you love. That is part of love. But you have to accept the suffering that on earth this is so difficult because everyone is afraid great love from you could mean greater attempts by you to dominate them! Please let the Holy Spirit lead you moment by moment on initiatives with family and close friends without so much anxiety, guilt and anger!

Now, my dear, simple Mercy Chaplet and Maranatha prayer so I can bring you to equilibrium.

July 26, 2014

Ronda: I feel all jumpy and stupid for cracking all those jokes at a dinner here. Why am I still doing this? It feels like I am so insecure I have to be “frisky” with these male authorities and play the buffoon Karamazov style – like the father, like Grushenka in a way.

Jesus: Do not try to dig out all the layers of self-judgment in these things. When you fall into these patterns, see it, but then swiftly run into my arms so I can purify your consciousness. Repetitive prayers such as rosary, chaplet, help you get into Our world instead of dwelling in your own little brain.

Ronda: During the ordination Mass you seemed to be purifying my consciousness by showing me that my being spontaneous, vulnerable, and funny is part of Your plan and how You created me to be. So even if it can sometimes need purification, I also need to accept that when I do this, I am vulnerable to rejection, but it is worth it.

During Mass I felt so exhausted. I wanted to never go anywhere again in the whole rest of my life. When I saw the tears of Fr. Martin Noe to give me his first blessing, I felt it was worth it. That is part of being a spiritual mother here at the seminary. And I was flabbergasted to see Fr. Martin, 150 lbs.! (This is a priest who was very overweight, but went into a program that worked.)

Jesus: It is part of being old to be so tired when you do anything not in your routine. You don't have to figure it all out. Each time something comes up be more flexible about saying yes or no. You have already done so much for the kingdom. I am grateful. Come back to "Love and do what you will."

July 27, 2014

Ronda: I am waking up early after reading so much of Brothers K yesterday – so much of the beautiful teachings of Zossima and of Dmitri's wild ways. My sense is You are telling me this, Jesus.

"What I want to bring you to, starting this very day, is a much simplified spirituality of receiving in the now everything We, the Trinity, your angel, and our saints, can pour as grace into your jumpy, jittery, soul to make the last years of your life truly holy, whole, full of Our love and yours."

"Let us start today with this very simple challenge: It is Sunday. Take in the beauty of the trees, the beauty of Holy Mass, quiet time, but everything without rush, strain, obsession. Every time a stressed impulse to finish something in a rush comes over you, stop and pray: "Into Your hands, Jesus, my bridegroom, I commend my spirit; into Your hands I commend this moment, this hour, this day. Into Your hands I commend this project."

July 28, 2014

Ronda: Following Your dear advice, my Jesus, I did have a very, very, much more peaceful day. Thank for this proof that, with Your grace, peace is a possibility for me. Now may I remember to pray the same way throughout the day and not get revved up about anything, even the smallest things.

Jesus: It is because you get a little bored when you don't have an exciting pace that you don't beg me for peace even if you pray that word as a mantra. Not you, alone, but we together, will do this each day now, yes? Make it a theme.

Ronda: Yes. I will write it and paste it on the computer. "Into Your hands, I commend this project or little errand."

July 29, 2014

Ronda: Oh, thank you dear Holy Spirit, for waking me up in time for the Mass at the little chapel of the Vietnamese sisters!

Ronda: You see how “bi-polar” I tend to be: down and up sometimes for slight reasons. Very Russian, eh? What a tortuous life Dostoevsky had! Oy veh! I love him so much.

Jesus: Yes, but now he is in heaven and blissfully happy and that is eternal. Please, dear little Ronda, don’t be so, so, very afraid of mental sufferings! Have I not brought you through them yea these 77 years? I know, because of Charlie, you are more afraid, but I saved him also. I love to save anyone with a loving heart no matter how confused they become. And so also others in your family you fear for. I have to use fear of hell to overcome the tendency to sin in you all, but I am happy to bring people through purgatory instead whenever there is even “an onion.”

Ronda: I get so anxious with each new senior moment category.

Jesus: Just humbly accept it. You have so many pluses here that little mistakes will not sink you. I need you to experience this anxiety to help other older people by your openness about it. Most people feel the need to hide all their defects. I use you to show them that you survive in spite of revealing these defects.

Ronda: I didn’t really ask you about the Street Preaching idea except to be sure You didn’t say no.

Jesus: I like you to be open to different initiatives and I show you that by fresh energy, but I want you to let others administer these apostolates and that you should be at peace and not push. I have given you plenty to do.

July 30, 2014

Ronda: It is just 9 AM and I am already nervous and anxious, though there are no real pressures on me and not even any appointments today! Sigh!

Jesus: Years of bad habits of idol-worshipping projects, work-aholism, and so on. I am working with you on this, but it will not be instantaneous. But don’t lose heart. Quietly bring each of these anxieties to me right now.

Jesus: It is as hard for those friends you speak of to divest of possessions as it is for you to divest of being a chatter-box, precisely for the reasons you allude to for you. For them they feel less successful in life and having their “works” and the possessions they accrued through their works gives them a feeling of greater security.

If you felt more loved by Me you wouldn’t need constant affirmation by smiles and approval from others.

I want to teach you and them, individually, but sometimes them through you, how heaving yourselves into My heart slowly and at a good time each day for a long enough period will bring you out of these syndromes that are obstacles to your holiness.

Now pray “Into Your heart, I commend my heart and everything that I do today.”

July 31, 2014

Ronda: Day with lots in it: Mass at St. John’s Middletown, Dentist, visit with friend. When I have days out of routine I get rattled.

Jesus: Let’s see if this one can be better by constantly during it commending the happenings into My heart. Every little tiny part. I don’t want you to be rattled. Was Mary rattled? Especially ask Mary, your mother and Mine, to help you.

Ronda: Everything went much better this morning praying this way. Thank you dear Jesus and Mary and Joseph. Now I have this letter from Avila Gardens and I am unsure about trying this Carmelite assisted living home.

Jesus: The point is not so much what you do or try but whether you can do it in a right spirit in terms of not fantasizing about perfect places, being while you are there more at peace and letting things flow from Me vs. than from your frenzied little heart. “This, too, will pass away.” So, start now with a peaceful reply to this Sister who is looking into arrangement. Pray,” into Your heart, Jesus, I commend my future.”

August 1, 2014

Jesus: You can't have My peace if you indulge in manic highs. You are feeling manic because Alex is a kindred soul son person for you, but it is not he who can save the world, but Me who saved the world. I want you to have real joy because I am sending kindred souls to you and you can help them by being their spiritual and intellectual mother, but joy is different from this kind of extreme excitement. So quietly finish the mercy chaplet inserting his name into it and "into Your heart, Jesus, I commend the heart, mind, soul and body of Alex." You are right that I want you to be a spiritual mother to such students because you have the gutsy way and tragic experience to give them good counsel.

August 2, 2014

Jesus: You know not the day or the hour, so you need always to be ready in case any given day is much more important or tragic than you think, but with peace, My peace. Have you ever thanked me for the gift of humor to you which I use to lighten your crusader roles?

August 3, 2104

Ronda: lots of stress in the night thinking Carla might die during this 6th chemo. You seemed to say:

Jesus: You are picking up her fear. This is the long week of suffering with her interiorly. Out of love you have to suffer this way. When the anxiety and empathy come give them to Me and keep putting her in My heart. Today, Sunday, during your silent prayer time go through all My messages to you since they started and take in My plan for your life at this time.

Ronda: I just prayerfully went through all your messages of the last 2 months or so. They are so wonderful and beautiful. Help me do Your bidding in everything.

I had lunch with an out of town priest I knew very well many years ago. I felt so sad I couldn't come up with a scheme to have him nearer.

Jesus: It is usual for widows to feel as you did. He is My priest! If you had to choose between him and Me, which one would you choose?

Ronda: You.

Jesus: Good. I love you.

August 4, 2014

Ronda: Missed Mass because of senior moment but Fr. Choa gave me Your Body. Then I sat awhile in the chapel praying and You seemed to say that it was very good to slough off that special project that I didn't like at all.

Jesus: You are My slave, so you don't have to be the slave of others. Smile

August 5, 2014

Jesus: Did you see how Diana helped you with your anger at someone by talking you down? I am using both Carla and Diana to help you make better decisions. Let them counsel you. They love to do it and they know you so well, they can really help you.

August 6, 2014

Ronda: So, Jesus, it did feel much more peaceful at least not answering e-mails until after Mass and some quiet prayer! Thank you. You see tomorrow is Fr. Mike Phillippino (an Italian ancestry parish priest I love who is charismatic and magisterial) for spiritual direction and I am anxious that You will stop speaking to me in words in my heart because You will work through him.

Jesus: The part you write down is just the tip of the iceberg. I want to woo you into talking to Me all day about everything and taking heed of My good advice. Why do you hesitate to live this way? If I did it with St. Catherine of Siena and with St. Teresa of Avila and with Sister Faustina, why not you?

Ronda: Because I am worse than them, so I fear You will give up on me.

Jesus: I will never give up on you. Look how much I have invested already for 77 years! Smile. Remember what I told you about loving others that they are not a fallen idols, but funny little creatures. So you are Not Catherine or Teresa or Faustina, you are my funny little creature, Ronda, like Felix your little cat was to you.

Ronda: Thank you, dear Jesus, Mary, Joseph, Guardian angel of Carla, Francis Seelos that Carla survived her 6th chemo so well. I know it's not over yet since not enough proof of remission until September but what joy that she survived!

Jesus: If each day of uncertain life brings such joy, what will heaven be?



e-mail from daughter Carla, photo above, to all of us close friends:

Still having a bit of a struggle, but wanted to check in quickly with my most valiant prayer army.

1. All of you divined that an important element in this chemo would be the direct intervention of Mary
2. I had an audible locution from Christ, very stern, before the chemo: It was very direct and simple: You have a rosary: Pray it. I listened.

The chemo was SIGNIFICANTLY easier than the one before it. I still have after effects to cope with but the medications appear to be working pretty well. There may be other implications, of course, but I choose to believe that it was your efforts that brought me to Mary's attention.

If you choose to share this email with those wonderful unknown to me army members in order that they be encouraged in their ceaseless efforts, please feel free to do so.

I will be in touch with some of you by phone soon: needing a few days to get through the worst of it.

August 7, 2014

Spiritual Direction with Fr. Mike:

Surrender the daughters into His heart. More surrender. Anxiety and irritation and anger always come from something not surrendered. See where I am not docile.

Do Ignatius Examination of Conscience each evening. (I looked this up and see how good it is. It is a lot like the dialogues with Jesus I am having.

Carla's poem in response to Marti's letter to her about the Mercy chaplet:

May the Lord have mercy on me, a lowly sinner of no account. May Mary accompany me, though my knees are hobbled and heart is troubled. May the spirit inhabit my soul and grant me the fire of truth. Lord God, steer this small boat safely; Christ Jesus: let me be not alone.

Ronda: Still numb and exalted from message of You, Jesus, audible, to Carla about praying the rosary. I have so often thought, when frustrated with trying to win an argument with family members that You, Jesus, could tell them directly if You wished, and here You actually did just that! Thank You, thank You, thank You. Dear Mary, come to her especially at this terrible time of anxiety to bring her through.

August 8, 2014

Jesus: You cannot surrender unless, indeed, "God alone is enough."

August 9, 2014

Ronda: What do You want me to do with Spirituality for All Times?

Jesus: Offer it to En Route as an e-book. Work on it the way you both like it and then send the whole to En Route or goodbooks.

Ronda: Thank you, Jesus. Such a good day offering each activity into Your heart.

Jesus: Are you surprised that I am always right? Smile.

August 11-13, 2014

Jesus: Nothing is perfect until heaven. So, God alone is enough includes surrender to the sufferings of the imperfections of each place and person, so sometimes going

away in spite of the physical hardships can be worth it. That is up to you. I will be with you wherever you are or go.

Ronda: I am giving a talk at a new order of older women near Franciscan University of Steubenville. Wondering if I am supposed to join them.

Jesus: I told you not to start to obsess about others place until end of 2015. If you go off on long fantasies of other places you will just get emotionally worn-out. It is not a sin, but it is not good either. Take in whatever presents itself without making decisions. Keep coming back to "Into Your heart I commend my future."

August 15, 2014

Ronda: Overwhelmed with all that happened on the widow retreat and the pull to being in this Franciscan community in some form, not Sisters. Remembering you saying not to try to figure this out now but stick with Holy Apostles for 2015. Then thinking if this worked out before Sept. I could go back and forth for intensives and accreditation if necessary, but feeling jangled by uncertainties and anxieties.

Jesus: All day long today keep praying Into Your Heart I commend my future, to avoid over-enthusiasm. Do you trust Me about this, or are you scheming to avoid suffering again? I am not angry with you for being weak, dear little one. I was happy with what you did with the Retreat and being able to help my other poor widows so much. Don't spoil the joy of that by leaping into the future.

August 17, 2014

Ronda: Jesus You seemed to want me to teach others that even if you don't have any sins, venial or mortal, if you are still attached then you can't be happy in heaven because always would be longing for what you desire still, so you need to be purged of these attachments first.

August 19, 2014

Jesus: Dear daughter, mine, please be happy seeing all the love of the returning people for you, and I am happy with the loving interest with which you greet newcomers such as Msgr. Albert. Now, today is a very good day for you to keep

your promise to Me to go very slowly always surrendering each activity, no matter how small, into My heart.

Ronda: All day I see how I dealt with lots of issues in a very gentle way instead of in a confrontative way. It felt good. I see how if I am slower and more peaceful from deeper prayer with You so that I have room for the Holy Spirit to open me up to different solutions. One instance was not to quit something but to stop being a leader so there is no pressure if I am too busy to do it one week but could do it another week.

Jesus: On that particular activity, this way you can do it because you love these people who are with you in this activity, vs. because you think you will save the world by doing it!

August 20, 2014

Ronda: Joy, joy, joy about new Edition of Voyage to Insight. (Now in a more beautiful form as an Enroute Book.)

Jesus: See how we love to surprise you. You gave up, but We didn't. Of course We honor your hard, hard, work and zeal. It comes from Us but you receive it and make it your own.

Ronda: Sighs of joy! And how sweet to have Diana do the graphics! And how sweet to have Sebastian on En Route Books! Into Your heart I surrender the new future of Voyage to Insight. God bless Lois (original co-author), who helped me with it wherever she is on her journey...

August 21, 2014

Ronda: Such joy in Nicholas' face, Veronica's joyful warmth, and Maxi's earnestness and piano playing of his pieces.

Jesus: See how good it is to concentrate on the good in others instead of their sins and defects! My mother Mary and the Holy Spirit give you these extremely wonderful moments to encourage you and show you not to sink into that discouraged pessimism which is certainly not of Me!

August 22, 2014

Ronda: Oh, Jesus, of surprises, what a wonderful surprise to visit the Mark and Anne Louise house in Staten Island! Such wonderful personalities. Such proofs that you search for the lost sheep. Such wonderful beauty of the lake and swans and cat and gourmet dinner and parish and appreciation of Way of Love! Thank you, thank you, thank you.

Jesus: We love to surprise you, dear little one. So, you are tired in a good way, but you survived and many graces came to them. Now, slowly, slowly, slowly, go about your catch up without speed and pressure!

August 23, 2014

Ronda: Crushed that Carla may have the rest of her life full of fear of recurrence of lymphoma regardless of what she tries.

Jesus: Suffer it with her as I did for all mankind.

Ronda: Little anxiety attacks about Carla. Wrote her about them.

Jesus: Keep praying “Into Your heart, I surrender the body and soul and mind of my Carla.”

August 25, 2014

Jesus: I didn’t really plot out the timing of my ministry with its tragic but triumphant end. Maybe you don’t need to plan your work so tightly, but adjust more day by day, breathing deeply when startled and seeing what can be done easily. “Into Your heart, I surrender my work.”

August 26, 2014

Ronda: Digestive explosions last night. Anxious and upset about this possibly increasing.

Jesus: When you are too tired to come to me with something, you are too tired to analyze it yourself! Now thank God for helpful medicines you took and greet this first day of your new classes full of joy, of course, surrendering each student to Me.

Ronda: I am happy with the Ethics class – I realize I could not be so easy with the Vietnamese students – 5 out of 6, but since the summer went so well with them I should have confidence this one will also go well.

Jesus: You see My providential care.

Ronda: Little nap. Woke up feeling blissful. Thank you for my very varied good life here.

Disappointed only 4 students in Spirituality for Our Times. Now I have 21 eager beaver Distance Students and only 10 on campus. Of course these courses aren't required for seminarians, but...? If an even more elderly professor than I am retires, there might be more required courses for undergrad seminarians in my field, true.

Jesus: My poor little bride always trying to figure everything out in your insecurity. How about surrendering into My heart all of this?

Ronda: Skype with Richard. He thinks also that I should stick with here. I do trust what You tell me, Jesus, but there are all these epistemological curves on this, so it doesn't hurt to get human views also, which all agree with You. Smile. (What I mean by epistemological curves is that no one can take locutions or words in the heart on action items to be infallible, so we have to balance our hope that beautiful locutions such as these are from You, Jesus, and common sense and advice of others.)

Jesus: Don't be scrupulous about Me. I am hoping to bring you more peace by not speculating about the future so much and I can also use our mutual friends. Did you notice that long time of peace this afternoon where you felt more gentle and slow?

Ronda: Yes. Thank you.

August 27, 2014

Ronda: Great responses from Distance Learning students. I see with 21 of them and only 10 on campus that it is truly a big part of my vocation now to work with those Distance students, many of whom are reverts to the Catholic faith in ministry.

Jesus: I use former big sinners like you to relate well to other sinners who, themselves, are eager to bring My saving love to those who seem lost or will be lost without their help. Rejoice that you can do this here or anywhere!

August 28, 2014

Jesus: Now, today, especially go very slowly, showering others with love and gratitude...and be glad of the love awaiting you in Texas. Also very good, prepared by your Holy Family.

Ronda: I am actually retiring! Sense also of being a kind of missionary – off to Nicholas and Veronica, and then to those in Texas in a different way and then the family at Christmas.

Jesus: Gary has shown you how you overdo on labels for people. How about just opening yourself each moment to be an instrument of love and to enfold others in My wounds?

HERE IS A HIATUS WHERE THERE WERE MANY BLOGS – THESE ARE SOMEWHERE ON GOODBOOKSMEDIA BLOGS RONDA VIEW. IF YOU WISH TO FIND THEM AND CANNOT FIND THEM CALL THE WEB-MASTER JIM RIDLEY AT 361-852-8367.

Invisible Stigmata Advent 2016

(During the night of the First Sunday of Advent November 27, 2016 I was praying ahead in my bed the Joyful Mysteries for Monday. Starting with my feet and very slowly moving upwards I had a sense of invisible stigmata. It was in the form of a very mild pain that was also felt warm and aglow. It seemed related to reading earlier that evening in Sister Mary Agreda about Mary's surrender to sharing in the Passion, as she was asked to do by God the Father, and by Jesus, just before He entered into that Passion on Passion Week.

It felt as if this invisible stigmata would make it impossible for me to speak at all except in mystical utterances and to otherwise be silent and absorbed in offerings for souls, beginning with the souls of my family and extending to the souls of each person I would meet from now until my death. It seemed as if it could be related, in

a participatory way to whatever is happening at the Society of the Body of Christ in Corpus Christi, Texas where I am going to move shortly.

I thought it might prove itself to be just a kind of symbolic experience during the night yielding to a normal sense of the day's practical agenda on awaking to the last week of my time at the Seminary here but, instead, it feels as if that imprint of the invisible stigmata is echoing in my body and soul in a milder, but real, way.

This came with the "lead" to start a new file in my spiritual journal, the dialogue being essentially with Jesus again, after a long time of primarily speaking, interiorly, to Mother Mary.)

November 28, 2016 6 AM

Ronda: I hesitate thinking all the above could be some new trap of evil spirits trying to get me in the last period of my life through grandiosity. If that is so, dear Jesus, immediately get me out of that trap.

Jesus: (allegedly - in case anyone reads this who has not read all the caveats before in these spiritual journals, I mean by "allegedly" that we cannot be sure that any such "words in the heart" are really from the interior voice they seem to come from and so we must just await the fruits, making sure the words correspond to Catholic teaching and are not condemned by our spiritual director.)

Jesus: My Ronda, I have been preparing you for this form of invisible but real union with my Passion for a long, long, time. You do not need to analyze these feelings of invisible stigmata. You need to feel them and gently bring them to Me and tie them up around each person you think of or meet.

Do not fear!

Ronda: As the day unfolds and after looking up invisible stigmata on the web, my sense is that this is more of a psychological reality - to feel a faint sense of those wounds of Jesus enough to remind me to enfold everyone I meet in those wounds

vs.

some very, very, painful constant sense of those wounds as some have experienced invisible stigmata.

Jesus: Yes.

November 29, 2016

Ronda: I woke up thinking that You, Jesus, must have felt grief to leave the world on earth as You ascended even though you had chosen to leave...

Jesus: Yes. Unite everything you feel now this week to My sufferings represented by the stigmata wounds.

Ronda: I had a very good conversation with Fr. Mosey concerning retiring from teaching at Holy Apostles. I felt released truly, relieved, and everything went with great love on both sides. (My biggest external reason for wanting to leave is that at age 80 I find it so hard to cope with the cold in the East and wanted to move to a warm place like Corpus Christi, Texas.)

Jesus: You are walking off on my arm, dear bride! Stay in our hearts, Jesus, Mary, and Joseph....

November 30, 2016

Ronda: Waking up still feeling very, very, good about leaving even though there is such a tug to leave the students and friends who love me so much!

Jesus: Now, today, especially go very slowly, showering others with love and gratitude...and be glad of the love awaiting you in Texas. Also very good, prepared by your Holy Family.

Ronda: I am actually retiring! Sense also of being a kind of missionary – off to Nicholas and Veronica, and then to those in Texas in a different way and then the family at Christmas.

Jesus: Gary has shown you how you overdo on labels for people. How about just opening yourself each moment to be an instrument of love and to enfold others in My wounds?

December 1, 2016

Jesus: Now, dear little one, spend the whole day very slowly being an instrument of My love, responding not initiating. Give thanks for dear Fr. Joe and all the many who love you here.

December 4, 2016

Ronda: Wonderful trip to see Nicholas and Veronica – I feel it is a Christian home because there is so much love there... also sense of leaving Holy Apostles wearing a cloak of their love over my shoulders...it is not that I must force through my salvation by my last big push efforts but that the love of others will waft me there.

Jesus, Mary, Joseph: Yes. We are with you. Just take in the love we send you through everyone.

In Corpus Christi, Texas living in a residence usually for visiting priests and sisters above the garage of Sister Anne Sophie's convent.

December 9, 2016

Ronda: Oh, if I wrote on this it didn't save. So busy with move, but feeling very happy and grateful to be here and so happy with all my pictures up, my beloved Jesus, Mary, Jesus, saints and family.

Jesus: Now, slow down very, very, much and do not push anything so that you can better enfold everyone you meet by empathy into My wounds.

December 10, 2016

Ronda: At the Relic talk I thought it was you, dear Mother Mary, who wanted to be closer to me again, so I will address you. Some things in the talk bothered me.

Mary: Even though we have come with you here to Corpus Christi, it is not as if this is really paradise and there will be plenty of different crosses here for you to enfold into the invisible stigmata. Instead of obsessing over them, we want you to immediately bring those confused feelings to us to sort out for you.

December 11, 2106

Ronda: I awoke feeling soft, hopeful, feelings about the booklets and that there will be a way to do them that is not going to become pushy and awful. (This concerns a

series of booklets I am editing to be published with Jim Ridley's beautiful graphics called *Why I am Still a Catholic*, designed to reach out to wavering or lapsed Catholics. Now in 2018 we have some 14 of them. Check them out of goodbooksmedia.com Click on Still a Catholic.)

Mary: Persuade with enthusiasm. That is what you share with Jim.

December 12, 2016

Mary: It is my feast day, and see what a good day I am giving you with praying with Michael and good work with Jim on booklet plans! And getting the volumes of Mary Agreda to read again!

Ronda: Yes. I must pray against the spirit of pessimism. Lots of joy working on the booklet series and good talk with my sister, Carla...feeling all will be well.

December 13, 2016

Mary: Now, lento. We so much are yearning to make you a saint, partly by teaching you a less jerky rhythm. Reading about my mind in Mary Agreda should make you want to be more like me.

Ronda: Yes!

December 14, 2016

Mary: Today you meet with the Endow woman's group for lunch. You need to emanate sweetness and peace so that they will better go through Way of Love with you. It's the feast of St. John of the Cross – he was such a favorite of mine because he went all the way. Won't you?

Ronda: You know that I will fail, but I will try and gradually I will be less defensive and pushy, only with your help.

December 15, 2016

Ronda: I was rattled by the water turn off in the city and the consequences...

Mary: We don't want you to be thinking you are in paradise. We need you to be in solidarity with everyone around you here and offering all this up for your family

and dear friends here. Now, see, the quiet prayer did calm you down. We want a peaceful Ronda. You can't be peaceful without being much, much, closer to us.

Ronda: Yes.

December 16, 2016

Ronda: Thank you for Al who I can call. Still rattled by water problem...he was reassuring. (This is Al Hughes. Years ago, when I taught here at Our Lady of the Most Holy Trinity college, he was the Dean. He came to my writing group and I went to his wife's charismatic prayer group. Now as a retired widower, he felt called to be my chauffeur and also, eventually, to work with me on co-authored spirituality books: *Escaping Anxiety on the Road to Spiritual Joy*, and *Simple Holiness* – these are being published by Enroute Books and Media. Check that web. Since Al is a pastoral counselor and also a spiritual director, I asked him to be mine at this time in my life.)

Mary: You need to not just repeat the sayings we have given you but repeat them when you get anxious. Remember, when upset bring it to Jesus.

December 17, 2016

Ronda: Jesus, Mary, Joseph, guardian angel, am I upset because of the water issue or because of the trip to the family Christmas or....

Mary: When you feel that way don't analyze it...just keep praying Jesus be with me, I am upset.

December 18, 2016

Ronda: I had wonderful feelings at the Mass at the hispanic Church – warmth, and the noble homily, good good lunch with Al Hughes – and sense of the souls of Francette and Michael...then on the way to sleep before the trip to Carla's for Christmas, this image of the soul of Jim Ridley:

Jim Ridley's Soul

Day and night

You swim through

Myriads of images.

At the hour of Mass

the blinding

light of Christ

brings you

“To the still point

Of the turning world.”

December 22, 2016 Visiting the family in North Carolina

Ronda: I am stunned by the Miller offer to take care of me at a new house. Wary, though.

Mary: You are just making yourself a home in Corpus Christi. Just leave this in the background as a possibility. We know how hard it is for you not to know. For you it is a major cross as it would be for almost all elderly widows. You need to just heave that pain of insecurity up to us and offer it for everyone in your family to be saved. Now stop and pray Jesus, I trust in you over and over again until the waves of insecurity dissolve in His heart.

Ronda: Glory, Jesus, Mary, Joseph, guardian angel of Carla – seems as if cortisone will work and hope of no pain after ostomy reversal...

Here is what Fr. Ken told me yesterday: being in the presence of Jesus all day is not so much a matter of willing it every moment, but rather spending more time with God, which will gradually form me! R.C. Like food gives us strength without us thinking about it when we are not eating. Fr. Ken, it is more a matter of surrender than of thinking and willing. More a flow, like with those we love where our conversation flows.

With Carla, my twin, the Holy Spirit wants healing.

We both would have to sacrifice out of love vs. desire to prove we are each right.

December 24, 2016

Ronda: Upset with Carla's premonitions about dying soon and then ER digestive pain incident.

Mary: Notice she was not that upset. This is because we are in her soul. Honor that residence!

December 25, 2016

Ronda: Good to sit next to Gen Lesko at Mass...beautiful Masses. Good to see the wonderful side of Fr. Ken so much here.

Mary: Slowly take time to enjoy that great, great, moment in my life, the nativity.

December 26, 2016

Mary: The "theme" today is welcoming and helping as more and more people come to your daughter's house. Just be a warm presence, as I often was.

Mary: You seem not to understand that at this stage of your life it doesn't matter where you are on earth, but rather your closeness to your holy family....

You have to go hour by hour on this visit. Don't try to evaluate each incident. Just beg to be an instrument of love.

Ronda: I want to just give up travel except to fulfill last obligation at parish in Poughkeepsie.

Mary: Don't try to get symbolic victories this way...just don't commit to anything further and see what comes to you as options.

December 28, 2016:

Ronda: A good day, full of surprises. Ioana wants to become a Catholic. Good time with Alex about problems in the Church. Veronica's upbeat joy, and then understanding that of course I am a prima donna when I am a speaker and they have to help me with all physical problems and so it is okay. But, of course, in the family I am not the prima donna. Much more I am thinking to just say I am only going on trips for talks and otherwise save up money and they come to me. It feels right now, not like symbolic victory, just realism of aging.

Mary: Yes.

January 1, 2017

Ronda: New Year's hope to be more silent and speak less, especially not sharply and with irritation.

Mary: Decide right now, with my help, that you will put speaking in a loving way or not speaking as your main goal.

Ronda: Yes.

January 2, 2016

Ronda: Very tiring plane ride. So happy to be back in my own beautiful place in Corpus Christi.

Mary: Thank God the Father and all of us, your holy family, for this great gift.

January 3, 2016

Ronda: Looking back at the family Christmas I am thinking it is too intense to have that many people in one house for a holiday, especially because most of us are very intense to begin with.

Mary: That's why many people in my time prayed at night.

January 4, 2016

Ronda: Alternately happy and anxious because of adjustments.

Mary: We let you become anxious so that you will turn to us all the day long. Whenever you feel anxious prayer Jesus, I trust in you, until that feeling leaves.

January 5, 2017

Mary: When anxious because of adjusting to new routines, call upon us, Jesus, Mary, Joseph, meanwhile be thankful for all the good. I am telling you that there are many ways to go for the elderly, each one with good and bad features, nothing perfect because heaven is your only true home.

January 6, 2017

Notes from Al Hughes Spiritual Direction:

Gladness whatever happens. If you feel rejected it is because of co-dependency with the children. A mantra could be whatever happens is God's will. Stop worrying and accept it with joy. St. Alphonsus on the will of God. Everything that happens is God's will, either perfect or permissive. He allows it so you have to accept what befalls you without anger, blame or anxiety. Total detachment. And therefore joy. You have to be pleased that God's will is being done now or in the future. Just do your best but accept what comes.

Mary: Now the evil spirits are working on their strategies to get you anxious for no reason. Today just steadily call upon us as you slowly, very slowly, work on your home and your small projects.

January 7, 2017

Ronda: Anxious for Michael Meaney and Francette and also for what this could mean about my residence here. (Francette is a dear old friend of mine. Her husband is dying slowly at this time. I am afraid that when he dies she will move back to France where she was born and grew up and still has adult children.)

Mary: We will give you a home. Now just offer those waves of anxiety for the whole Meaney family and your family.

Ronda: Very good time with Jim Ridley (publisher of goodbooksmedia, and one of my close friends from my previous teaching time here years ago) and good advice to stop worrying also good chat with wonderful Diana. who seems in better shape.

Mary: Just keep offering up the cross of uncertainties. We have made you love simplicity of life and not have many possessions so we can put you anywhere. Remember that locution some 30 years ago?

January 8, 2017

Mary: Watch what gives you joy and energy such as the planning with Al for the new book or the singing and kids at the Mass this morning and Fr. Farfaglia's vehemence. And pray very persistently all your special on-liners when you feel

lonely or low. (Fr. James Farfaglia is the priest at Our Lady of Guadalupe where Al goes to Church and takes me with him.)

January 9, 2017

Mary Do you see how we are making you an instrument of love one on one with many people and now a new woman? To intercede for others and give good counsel you need to be as peaceful as possible, so do not over-analyze your daily problems but just respond as much as possible with common sense.

January 10, 2017

Ronda: So difficult the time with Michael Meaney in the hospital but I was amazed at the loving kindness of his nephew, also Michael Meaney, and Francette's sweet loving smile. Also good time with Jim and Al at Holy Mass and the good talk with Fr. Farfaglia about the evangelization plans and reading St. Alphonsus Liguori on Uniformity with God's Will which is the center of Al's spirituality.

Mary: Slowly in prayerful union with my heart, take all this in.

January 11, 2017

Mary: Do you see how you now have many good things to do each week and a good project with Al? But, still, we don't want you putting these first instead of gently spending lots of time with us in prayer, not as a routine but as an encounter.

January 12, 2017

Mary: Do you see how we encouraged Al to be a big help to you with daily problems of all sorts? Be of good cheer.

January 13, 2017

Ronda: Al had a totally different take on something that made me upset and I could see that he could be right. Then I was up in the night anxious about the money issues with the big trip of others in the family to see me that I promised to pay for I decided to postpone that trip of the others. I feel rattled that I didn't do the math right planning air fares, etc.

Mary: This is just part of the cross of being older. You leap on exciting plans without the prudence to plan them, partly because we are weaning you from being the “captain,” the “planner.” More to respond to what possibilities come through but slowly without hasty excitement about them that leads to imprudent decisions. Now enfold your future into our Hearts. Do you see how we are surrounding you with helping people?

January 14, 2017

Ronda: I woke up later and did all kinds of things before going into my little chapel and then remembered I had not talked to you first, dear Mary. I felt ungrateful and ashamed a little.

Mary: I don’t mind watching my spiritual daughter doing good things slowly without anxiety. But, of course, I do want you to talk to me first each day so I can help you the more. Do not go into “rejection” fears about me leaving you. It was I who decided to be with you to help you, remember, not you!

Ronda: I have an image of you smiling at me.

January 15, 2017

Mary: You want to show your gratitude to Al. He never studied philosophy, so though he has a logical mind, he needs you to carry that side of the project. We have given you this project because you both need it in different ways and we can put wisdom for many through the Holy Spirit Who is really writing it.

January 16, 2017

Ronda: Heavy to be at the Meaney’s with Michael in the Hospice bed.

Mary: It is not by chance you are reading about the Passion in the Mystical City of God by Mary Agreda. We are trying to bring you from an overly intellectual faith into a faith right in the fire of the reality of suffering from which the glorious mysteries shine in their true glory. Cling to us.

Ronda: I enjoyed much writing about Obsessive Anxiety in the conversation format. I get the sense that the only way God can sanctify us is not by reason but by passive purification.

January 17, 2017

Mary: Now, such a full morning. You need to go much slower and take in whatever is good.

Ronda: Got a little peace from Al saying it is basically okay and also from suddenly getting the song “He’s got the whole world in His hands.” And then after a nap, getting a sudden sense of peace.

Mary: We inspired Al to be your good, good, spiritual friend and mentor, also to bring his heart out to so vulnerable a creature as you are!

January 18, 2017

Ronda: Al sent me an e-mail about how mine and his rejections have made us wounded healers.

Mary: Yes. All day today speak as little as possible and take in what Al wrote.

January 19, 2017

Ronda: Into your Heart I surrender dear Diana with her exploratory surgery for esophagus.

Mary: Here is a good time to accept the will of the Father with any outcome, as you are trying to do following your spiritual work with Al. I love her also and so does her guardian angel and saints, Diana and Helena. Every time waves of anxiety come, surrender her to us and the future to us.

Ronda: Very good writers’ group. I had a sense that the theme of our book on escaping from obsessive anxiety went over very well in this format mixing my kind of bantering humor with Al’s profound insights.

I was thanking Al afterwards for taking me on and he responded with “For now let’s just say you are worth it.”

Just before going to sleep, I had a sense, I thought related to his loving comment, that

I didn’t have to see Diana and her crisis as far away but rather that we are all one, suffering these things together in our family, and this was combined with a

mystical sense, perhaps coming from reading before going to sleep Mary Agreda about the resurrection and Mary's experience of it before it was shown to others, that

ALL IS ONE.

Not in a pantheistic sense, but more that all our sufferings and joys are one in the heart of Jesus and that this experienced knowledge trumped all words and exterior little events around me.

January 20, 2017

Ronda: Today is the rosary for Michael Meaney and was Trump's inauguration speech – good in many ways, and not in others.

Mary: Spend today in constant “make me an instrument of your love” prayer for the radio show with Libby and for Al, Holy Mass, and the people you meet at the rosary, and for Diana and Carla in their so anxious week. Don't fret about anything.

January 21, 2017

Ronda: The Rosary at the Our Lady of Corpus Christi chapel I loved but the funeral Mass for Michael Meaney upset me by its formality. I longed for the charismatic spirit.

Mary: We are doing our best to make this place the best it can be for you but it will be hard for you not to know what will be in the future, and we want you to make heroic acts of trust in order to help other elderly who have to make the same acts of trust.

Ronda: Reading in Mary Agreda about how Mary was taken up to heaven in the Ascension but agreed to come back down to nurture the Church, it seemed to me that Jesus said this:

Jesus: Out of compassion for all your sufferings in your lifetime, we would want to take you to ourselves now, but we would prefer you to stay and be an instrument of love to everyone you meet as you are being to Paula and Al, and Jim and Francette and others.

Ronda: Yes. I am happy to do whatever is your perfect will, dear Jesus.

January 22, 2017

Ronda: I am so thankful for the sessions with Al. I realize you have sent him to me as a healing man to overcome rejections of the past. And many good moments with Elizabeth Meaney and the people at Our Lady of Guadalupe, such friendly old abuelitas!

Mary: Now, you have been going very staccato – calm down, then come to us in prayer so we can keep you from huge mood swings which tire you even though you like the highs.

Ronda: I am greatly impressed by the intro of St. Mary Agreda to the Coronation volume and how her guardian angel was to help her desist in any temptation to do what was not God's will.

Mary: Yes. Your guardian angel longs to do the same for you, but you have to advert to him.

Ronda: I will forget, do you remind me!

January 23, 2017

Ronda: I woke up with a long half hour of sweet good feelings all over. Later I remembered to advert to my guardian angel. Thank you, dear Mary. And, to pay attention to Al's admonition from St. Anthony not to worry about tomorrow.

Mary: Good. Believe that we are helping you.

January 24, 2017

Ronda: A complicated day and I didn't call to you, dear Mother Mary, or at least not in writing. Upset seeing Jim so upset about huge tech problem, but good talk with Gary and with Al and was cheered with the exercise where Al told me to list all those people I really cared about. So many, and they care for me, too.

Mary: I am glad you are reading Ven. Mary Agreda to learn more about me. It is beautiful and true. Fill your mind with this and less with anxieties about passing matters on earth.

January 25, 2017

Ronda: I love being in my residence because of all the graces I get of joyful hours of infused contemplation.

Sister Anne Sophie: That's because of the Eucharist down here in the chapel, the graces from which infuse the whole house including your part. The Blessed Sacrament used to be in your little chapel.

Ronda: My main problem I wish you to pray for me about is anxiety.

Then I stayed for Sister Anne Sophie's Mercy Chaplet prayers and I left feeling much less anxious. Win-win! Praise the Lord.

Also I found the prayers on the 7 sorrows that her group does more powerful because of reading your locutions about your life in the Mystical City of God.

Mary: Notice that I am bringing you these graces because I love you and want to console you in these weeks of fears about your daughters' health.

January 26, 2017

(Day of Carla's ostomy reversal)

Mary: To love is to suffer. You read about how I suffered and also the glory that came afterwards. Now, just offer your heart suffering for your daughters to our Jesus.

Ronda: Great relief that Carla made it through her ostomy reversal. And, good writing group.

Mary: Watch to see what gives you good energy and what becomes very complicated. Do what has that good energy which is the Holy Spirit using you.

January 27, 2017

Ronda: I thought that Carla was in great pain. The notice on her board said she was.

Mary: Suffer with her in your heart and soul, offering it for graces for everyone in the family.

Ronda: I had a thought that God was answering that prayer I say most mornings about being humble and cast aside in relation to some people here who don't seem to want to be as friendly as I thought they would be.

Mary: You don't need to figure this out. Just show love to each of these as opportunity arises and totally forgive them for any slight you feel. When you have more time than you need for apostolates spend more in prayer. The Ven. Mary Agreda is very good for you.

January 28, 2017

Ronda: Thank you, Holy Spirit, for better conversation with my sister about aging problems and letting go of totally identification with our work, and diminishment.

Mary: Now, my dear, just keep being an instrument of love, very, very, slowly, today letting Francette take the lead.

Ronda: Such a wonderful time with Francette. She was so lively and loving and dear! Thank you dear, dear, Jesus, Mary, Joseph for Francette.

From letter to Marti

My friend here, Francette Meaney, just became a widow a week ago. I always knew her as Michael Meaney's wife, Francette. They were very close.

Tonight, I visited their home a week after the funeral. Suddenly she was just Francette instead of Michael's wife.

Part of Divine Providence it seemed to me, as I know you just as Marti and others know me just as Ronda, not as Ronda, Martin's wife.

January 29, 2017

Mary: Now you have not yet started your formal morning prayer and you are already in staccato mode as you would put it! Immediately slow down, stop with the pessimistic thoughts and just keep putting the glitches that are around today into our hearts, offering it for family conversions.

January 30, 2017

Ronda: So sad about the pain of Carla and not being there.

Mary: You are right to think that your generation in your country, those of you who weren't in war in other countries find any kind of prolonged suffering to be bewildering. Only in heaven will you understand why so much suffering was necessary as passive purification. Now just participate in Carla's suffering by suffering with her.

Ronda: In the night, a long rapturous sense of invisible stigmata in feet and hands. It is linked to Al's writing to me about worth as a child of God giving a strength that no human rejections can touch.

January 31, 2017

Ronda: Anxiety (or concern?) about Steve not reporting on Carla's condition. Is it okay to try to reach her contrary to Steve's ban? I have a sense you are suggesting, Mary, that I call Pat Smith.

Much upset and angry thoughts as I was thwarted in different ways, but then the news of her getting better was just when Marti's rosary group was praying for her and for me...

Mary: I am with her, your daughter who makes rosaries. Do not fear.

February 1, 2017

Mary: With Carla still suffering far away = her heart and soul are not far away. Be with her there with me.

February 2, 2017

Mary: We are allowing this anxiety to surface to such an extreme so that you will be convinced you need us every minute of the day, as I taught Venerable Maria Agreda.

Ronda: That ties together everything that Al is trying to teach me into an immediate "action item" for me to grab hold of. Amen. May it be!

Gary: Yes, but not like a machine and a formula! Not Pelagian!

Ronda: More I-Thou...

February 3, 2017

Jesus, Mary, and Joseph: We want so much for your last years to be peaceful even if painful.

Ronda: Oh, forgive me for the anger I felt toward someone concerning a tech issue. Even though I pray to you 3 to help me.

Mary: You prayed but not with enough fervor and thought of how easily the evil spirits work with you in this area. Next time take more time in prayer and anticipate attacks. Thank us for sending you Al to calm you down with prudent advice.

February 4, 2017

Ronda: Al is right. I am always expecting bad even if there is no reason as in thinking that Carla's not wanting to talk to me or Diana is because she is rejecting us rather than that the heavy medicines have just screwed up her head or something else.

Mary: So, what you need to do is to call on us personally, your Holy Family. You haven't really done so now and you have been up for an hour.

Ronda: Oh, Jesus, Mary, Joseph, Guardian angel of Carla, Padre Pio, thank you for all the graces that Carla is better.

Mary: Do you see how we are building up around you a very good "lighthouse" type of life with lots of little deeds of love vs. the pressure of regular teaching. (A reference to a locution from Jesus that in this time of my life I should be less a captain and more a lighthouse.)

Ronda: Yes.

February 5, 2017

Ronda: After so joyous hearing Carla's voice and seeing her hope that this long agonizing illness is almost over, I woke up anxious about Jim and the computer!

But had read in the night this good thing from Koontz about the mind being a worry generator without trust in God's providence.

Mary: You, yourself, with the help of the Holy Spirit, trust that you need, especially in old age, to spend more time meditating on the joys of heaven. There will always be sufferings in your life on earth, as we have also taught you, but your joy is in plunging your imagination less into future crosses in life and more into eternal bliss with us. Now spend your Sunday as much as possible heaving your whole self into anticipation of heaven.

Ronda: Oh, such a big, long day, without time to even remember this beautiful advice, dear Mother Mary. I will meditate some on this now.

But wonderful deep admonitions about stillness and avoiding schemes to avoid suffering from AI in spiritual direction.

February 6, 2017

Mary: Please go slowly just trying to be loving vs. any other agendas and show great love for Michy. (Michaela Ferri is an Italian philosopher writing a biography of me who I spend time with on Skype).

Ronda: Notes from meeting with AI:

Look up detachment. I did: Russell Shaw: to value things only in so far as they unite me to God.

Try to have more stillness of mind. Do I desire to be still of mind? No? Then pray to desire to be more still of mind. Make a sign to Stop Scheming to Avoid Suffering.

In all my maneuvers to avoid rejection I am saying to my father "Look at me, I am real and lovable."

60 books are 60 cries for love!

Step 1 Stop Scheming

Step 2 Be Still of Mind.

February 7, 2017

Ronda: I am freaked over computer dying, drop it all together, try Smart Phone instead, or, cost of new one.

Mary: Jim said he would help you. We are training you to be more willing to accept your need for help as an old person.

Ronda: Thank you for all dear Paula's help and friendship! (Paula is a friend from many years ago when I taught here who is now befriendng me again). I am feeling more peaceful and still of mind. Very happy realizing thousands reading excerpts from my first book Church of Love inspired by the Holy Spirit.

Mary: Now, from now until the end of the day, more silence, slowness, peace! The peace of My Son!

February 9, 2017

Mary: Today and tomorrow just pray all day to me for Diana and offer every difficulty up for her, especially your concerns but without excessive anxiety.

February 10 2017

Ronda: I am happy that Diana doesn't need surgery but so upset that she may not follow the doctor's orders about other problems.

Mary: Keep praying and putting her in our hearts and believing we will save her. "Perfect love casts out fear." And "Love covers a multitude of sins."

February 11, 2017

Ronda: I am off Puerta to Puerta. (Door to door evangelization at the mostly Hispanic parish) Please be with me every moment as if I was in Nazareth with Jesus, Mary, Joseph.

Mary: We will be with you. Yes, an adventure, but partly to fix in your imagination the faces of the people who are yearning but not hopeful.

Ronda: I woke up after an early afternoon nap, with an hour of perfect bliss, grace! Everything earthly departed, no thoughts, only God. What a foretaste of heaven!

February 12, 1017

Ronda: Very moving time with Fr. Bob Shaldone. I felt honored he would open up to me the way he did. Also, good feeling that I am on the cusp of peace after still another after nap very peaceful time praying Abba Father.

Mary: We want that peace for you. Now slowly enjoy your Sabbath.

February 13, 2017

Ronda: Big day buying new computer. I am praying to practice deep patience out of gratitude to Michael, the tech expert, setting me up this week.

Mary: Offer every difficulty for Diana and Carla.

Ronda: In spite of prayer, a horrible day with glitches and falling into yelling at Jim and Michael and then going into desire to give up...why did that all have to happen?

Mary: Well, we did bring you to the shore. There are many reasons why we let you slide into your worst traits. To bring you humbly to our feet to show you that you can't just say a mechanical prayer and become holy, but you have to call out again and again as you seem to drown in the waves of frustrating circumstances. Think of St. Peter almost drowning. See you could laugh with Al about it all. We did laugh at you also!

February 14, 2017

Mary: Now, today could be a wonderful day of thanking God for Paula and for the good food you are able to buy from years and years of fruitful work at all those jobs, and then thanksgiving for a holy Confession, and then the beautiful concert. Why make it a miserable day blaming people for publishing delays? So, now as you go into your beautiful little chapel, just offer to us the difficulties for Diana and Carla and let us float you through this day.

February 16, 2017

Mary: My Jesus wasn't a zealot. Rome was horrible in similar respects but he didn't kill them all in one blow as you would have wanted to. To be a Christian is not to be a zealot. Offer the terrible pain about abortion and those in the Church who are not enough against it, for graces for mothers and babies and for the conversion of the world to God's plan for sex and love and marriage to win victories in hearts.

February 20, 2017

Ronda: Diana might be able to help with new computer set up. Please help me to be peaceful and not hysterical about not being able to understand.

Mary: We are teaching you to be able to accept the help you need after your whole life of self-giving in so many ways.

Ronda: Thank you Mary, Jesus, Joseph, God the Father, Holy Spirit and guardian angels for Diana helping me so, so, well on the computer transfer. She is amazing.

Mary: See we bring good out of every cross. You just don't usually see it!

February 21, 2017

Ronda: Anniversary of Charlie's death always painful.

Mary: It is your Good Friday, participating in mine.

Ronda: Woke up also with a sense of a sea change in my soul to be less greedy and then less anxious and also a portentous sense about the Church in its present crisis and somehow the Mother Teresa project will be related.

(This is a project to help a young woman, Laura Qirko, write a book called Touched by a Saint, about her experiences with Mother Teresa.)

Mary: Yes. Day by day cling to us, and very slowly go about seeking our graces each moment.

February 22, 2017

Ronda: Awful nightmare – usual about being lost and can't find my way home type thing and no one would help.

Mary: Now, give the anxiety behind the dream to us. Be thankful that nightmares release anxiety and are not true because in real life even awful crosses have great blessings attached.

Feb. 23, 2017

Ronda: I am so pleased with Jenny's repeat invitation to live with them in the future. It feels as if you inspired them to love me enough to imagine dealing with my faults.

Mary: Yes. But you don't need to leap desperately onto this. It's a way off and other things may emerge. Just be grateful you have options.

February 25, 2017

Ronda: Help me Mary, Jesus, St. Teresa of Calcutta and St. Joseph, Holy Spirit, Guardian Angel with this conference with the agent about the Mother Teresa book.

The phone call went marvelously. They really seem like new friends sent by you. I am thinking I need this project as a substitute for anxious planning about unknown things.

Mary: See, surprises! Trust, poor dear one.

FEBRUARY 26, 2017

Ronda:

PRAYERS FOR LENT:

I REBUKE THE SPIRIT OF EXCESSIVE ANXIETY AND LAY IT AT YOUR FEET, MY JESUS, TAKE IT AWAY!

ABBA, FATHER.

DETACH ME, LORD, FROM SCHEMING TO FILL MY NEED FOR HUMAN FATHERLY PROTECTIVE LOVE. LET ME TRUST YOU WILL SEND ME WHO I NEED.

Mary: That is what you need, and I prayed for such helps and after St. Joseph died, and Jesus went to heaven God He gave me St. John. Al is your St. John now.

February 27, 2017

Mary: Try to make this be a quiet day since you have very little that you need to do. Soak in all the wisdom from the session with Al yesterday.

Ronda: It turned out to be a much more complicated day than anticipated. But the quiet times were good and the pledge of offer Lent to try to find a pathway of peace with my twin through contemplative prayer. (Diana planned a visit with herself and my twin, Carla, and others for our 80th birthday at the end of April, here in my residence.)

March 3, 2017

Ronda: Help me, Mary. Nothing big but anxious feelings for no good reason. I rebuke the spirit of excessive anxiety and lay it at your feet dear Mary, Jesus, Joseph.

March 4, 2017

Ronda: Oh, dear Mary, I completely forgot to write to you though I prayed many Hail Mary's on the way to Puerta a Puerta. I am ashamed how much I reacted to the gloomy, raining weather, with such a depressed feeling.

Mary: Oh, my poor, little, old widow woman! I love you even when you forget that I am more than words in a prayer. Now slowly pray my name as Mother Mary while breathing deeply.

March 5, 2017

Notes from Session 7 with Al:

Al: I think there is a bitter root underneath the one we talked about last week. Here it is: you need to distinguish between me and the inner child who has this root. The inner child yells or quakes. While adult Ronda trusts usually, your inner child trusts no one. She doesn't trust face values, always looking for ulterior motives.

Ronda: For example, because of many rejections in the past I do look for ulterior motives, but I think correctly because there are lots of them.

Al: Maybe you think I have ulterior motives. That's false. I would direct you even if you didn't have more good qualities than bad ones, which you do.

Women, more than men, think that men have ulterior motives.

Ronda: Yes, not wonderful Catholic men, but many men are motivated by lust or the desire to make a slave of a woman, called exploitation.

Al: Your bitter root is lack of trust. You can't trust anybody.

Ronda: Right. I need only to trust God, but I do trust God for eternal joy, but on earth I think the worst will happen, since after all even perfect Jesus was allowed by God to be crucified.

So, I prayed Abba father all week and I am still anxious.

Al: You need to pray Abba Father from your inner child, not just your adult mind.

You also need to shift from so much personal concern to affirmation of others.

Ronda: I don't like the bitter root being not being able to trust. It feels to me more as if the fear of being rejected and alone leads to not trusting others.

Maybe I should work on an exercise where whenever I want to grab something good for my future, I just accept that God alone is enough.

Al: I was getting to that. You need total abandonment. Work on abandonment prayer of whatever kind you wish.

March 6, 2017

Ronda: Weird feeling after nap that I was losing it. Walk to the Bay and looking at the sea helped. That I am being weaned from words and thoughts for more time with beauty in nature and music.

Mary: You are picking up lots of moods of those around you and in the family. Bring such feelings quicker to us, and offer the pain of them.

March 7, 2017

Mary: It is a time of many changes and transitions where your tendency to anxiously speculate is especially useless, my dear!

Ronda: I rebuke the spirit of excessive anxiety and lay it at your feet, dear Jesus, take it away.

It was a better day. Less anxious. Good not to follow the news every few hours.

December 1, 2016

Jesus: Now, dear little one, spend the whole day very slowly being an instrument of My love, responding not initiating. Give thanks for dear Fr. Joe and all the many who love you here.

December 4, 2016

Ronda: Wonderful trip to see Nicholas and Veronica – I feel it is a Christian home because there is so much love there... also sense of leaving Holy Apostles wearing a cloak of their love over my shoulders...it is not that I must force through my salvation by my last big push efforts but that the love of others will waft me there.

Jesus, Mary, Joseph: Yes. We are with you. Just take in the love we send you through everyone.

December 9, 2016

Ronda: Oh, if I wrote on this it didn't save. So busy with move, but feeling very happy and grateful to be here and so happy with all my pictures up, my beloved Jesus, Mary, Jesus, saints and family.

Jesus: Now, slow down very, very, much and do not push anything so that you can better enfold everyone you meet by empathy into My wounds.

December 10, 2016

Ronda: At the Relic talk I thought it was you, dear Mother Mary, who wanted to be closer to me again, so I will address you. Some things in the talk bothered me.

Mary: Even though we have come with you here to Corpus Christi, it is not as if this is really paradise and there will be plenty of different crosses here for you to enfold into the invisible stigmata. Instead of obsessing over them, we want you to immediately bring those confused feelings to us to sort out for you.

December 11, 2106

Ronda: I awoke feeling soft, hopeful, feelings about the booklets and that there will be a way to do them that is not going to become pushy and awful.

Mary: Persuade with enthusiasm. That is what you share with Jim.

Ronda: Writing that Letter for the HACS web, was that too boastful?

Mary: Your soul was magnifying the Lord without your seeming to be too pious sounding. It's okay. We let you do it to boost your spirits that were slightly depressed from the move.

December 12, 2016

Mary: It is my feast day, and see what a good day I am giving you with praying with Michael and good work with Jim on booklet plans! And getting Mary Agreda!

Ronda: Yes. I must pray against the spirit of pessimism. Lots of joy working on the booklet series and good talk with my sister, Carla...feeling all will be well.

December 13, 2016

Mary: Now, lento. We so much are yearning to make you a saint, partly by teaching you a less jerky rhythm. Reading about my mind in Mary Agreda should make you want to be more like me.

Ronda: Yes!

December 14, 2016

Mary: Today you meet with the Endow woman's group for lunch. You need to emanate sweetness and peace so that they will better go through Way of Love with you. It's the feast of St. John of the Cross – he was such a favorite of mine because he went all the way. Won't you?

Ronda: You know that I will fail, but I will try and gradually I will be less defensive and pushy, only with your help.

December 15, 2016

Ronda: I was rattled by the water turn off in the city and the consequences...

Mary: We don't want you to be thinking you are in paradise. We need you to be in solidarity with everyone around you here and offering all this up for your family and dear friends here. Now, see, the quiet prayer did calm you down. We want a peaceful Ronda. You can't be without being much, much, closer to us.

Ronda: Yes.

December 16, 2016

Ronda: Thank you for Al who I can call. Still rattled by water problem...he was reassuring.

Mary: You need to not just repeat the sayings we have given you but repeat the when you get anxious. Remember, when upset bring it to Jesus.

December 17, 2016

Ronda: Jesus, Mary, Joseph, guardian angel, am I upset because of the water issue or because of the trip to the family Christmas or....

Mary: When you feel that way don't analyze it...just keep praying Jesus be with me, I am upset.

December 18, 2016

Ronda: wonderful feelings at the Mass at the hispanic Church – warmth, and the noble homily, good good lunch with Al Hughes – and sense of the souls of Francette and Michael...then on the way to sleep before the trip to Carla's for Christmas, this image of the soul of Jim Ridley:

Jim Ridley's Soul

Day and night

You swim through

Myriads of images.

At the hour of Mass

the blinding
light of Christ
brings you
“To the still point
Of the turning world.”

December 22, 2016

Ronda: I am stunned by the Miller offer to take care of me at their new house.
Wary, though.

Mary: You are just making yourself a home in Corpus Christi. Just leave this in the background as a possibility. We know how hard it is for you not to know. For you it is a major cross as it would be for almost all elderly widows. You need to just heave that pain of insecurity up to us and offer it for everyone in your family to be saved. Now stop and pray Jesus, I trust in you over and over again until the waves of insecurity dissolve in His heart.

Ronda: Glory, Jesus, Mary, Joseph, guardian angel of Carla – seems as if cortisone will work and hope of no pain after ostomy reversal...

Here is what Fr. Ken told me yesterday: being in the presence of Jesus all day is no so much a matter of willing it every moment, but rather spending more time with God, which will gradually form me! R.C. Lie food gives us strength without us thinking about it when we are not eating. Fr. Ken, it is more a matter of surrender than of thinking and willing. More a flow, like with those we love where our conversation flows.

With Carla, my twin, the Holy Spirit wants healing.

We both would have to sacrifice out of love vs. desire to prove we are each right.

December 24, 2016

Ronda: Upset with Carla's premonition and then ER digestive pain incident.

Mary: Notice she was not that upset. This is because we are in her soul. Honor that residence!

December 25, 2016

Ronda: Good to sit next to Gen Lesko at Mass...beautiful Masses. Good to see the wonderful side of Fr. Ken so much here.

Mary: Slowly take time to enjoy that great, great, moment in my life, the nativity.

December 26, 2016

Mary: The "theme" today is welcoming and helping as more and more people come to your daughter's house. Just be a warm presence, as I often was.

Ronda: Is the purpose of the potential community novel to convince Al to join or for him to convince me to give up on it???

Mary: You seem not to understand that at this stage of your life it doesn't matter where you are on earth, but rather your closeness to your holy family.

Ronda: Big scene with Carla accusing me of being a prima donna. Marti mediated it during a very good prayer session and Jesus did come and help at Carla's bidding.

Thank you, dear Mother Mary for giving us Jesus.

December 27, 2016

Ronda: So good to be with Pat Looper and Dan Looper.

Mary: You have to go hour by hour on this visit. Don't try to evaluate each incident. Just beg to be an instrument of love.

Ronda: I want to just give up travel except to fulfill last obligation at parish in Poughkeepsie.

Mary: Don't try to get symbolic victories this way...just don't commit to anything further and see what comes to you as options.

December 28, 2016:

Ronda: A good day, full of surprises. Ioana wants to become a Catholic. Good time with Alex about problems in the Church. Veronica's upbeat joy, and then understanding that of course I am a prima donna when I am a speaker and they have to help me with all physical problems and so it is okay. Much more I am thinking to just say I am only going on trips for talks and otherwise save up money and they come to me. It feels right now, not like symbolic victory, just realism of aging.

Mary: Yes.

December 29, 2016

Ronda: Rattled by Christmas stockings....But better when Carlas prayed together to you, dear Mary.

Mary: Don't draw any conclusions about today with the big present openings. Just enjoy the good without the symbolic victory of "flounce images."

December 31, 2016

Ronda: I was upset that my sister Carla said she loves me and honors me for clinging to tradition for hope, because I think it is truth I am clinging to that that those who think as she does it is because they want to eliminate obligation in certain moral areas, and then call us fanatics for holding to them.

Mary: Forgive. Think of the weaknesses behind certain sins. Thank Jesus for giving you the grace to avoid some of them. Your rage is also a sin.

January 1, 2017

Ronda: New Year's hope to be more silent and speak less, especially not sharply and with irritation.

Mary: Decide right now, with my help, that you will put speaking in a loving way or not speaking as your main goal.

Ronda: Yes.

January 2, 2017

Ronda: Very tiring plane ride. So happy to be back in my own beautiful place.

Mary: Thank God the Father and all of us, your holy family, for this great gift.

January 3, 2017

Ronda: Thinking it is too intense to have that many people in one house for a holiday, especially because most of us are very intense to begin with.

Mary: That's why many people in my time prayed at night.

January 4, 2017

Ronda: Alternately happy and anxious because of adjustments.

Mary: We let you become anxious so that you will turn to us all the day long. Whenever you feel anxious prayer Jesus, I trust in you, until that feeling leaves.

January 5, 2017

Mary: When anxious because of adjusting to new routines, call upon us, Jesus, Mary, Joseph, meanwhile thankful for all the good. I am telling you that there are many ways to go for the elderly each one with good and bad features, nothing perfect because heaven is your only true home.

January 6, 2017

Notes from Al Hughes Spiritual Direction:

Gladness whatever happens. If you feel rejected it is because of co-da with the children. A mantra could be whatever happens is God's will. Stop worrying and accept it with joy. St. Alphonsus on the will of God. Everything that happens is God's will, either perfect or permissive. He allows it so you have to accept what befalls you without anger, blame or anxiety. Total detachment. And therefore joy. You have to be pleased that God's will is being done now or in the future. Just do your best but accept what comes.

Mary: Now the evil spirits are working on their strategies to get you anxious for no reason. Today just steadily call upon us as you slowly, very slowly, work on your home and your small projects.

January 7, 2017

Ronda: Anxious for Michael Meaney and Francette and also for what this could mean about my residence here.

Mary: We will give you a home. Now just offer those waves of anxiety for the whole Meaney family and your family.

Ronda: Very good time with Jim and good advice to stop worrying also good chat with wonderful Diana who seems in better shape.

Mary: Just keep offering up the cross of uncertainties. We have made you love simplicity of life and not have many possessions so we can put you anywhere. Remember that locution some 30 years ago?

January 8, 2017

Mary: Watch what gives you joy and energy such as the planning with Al for the new book or the singing and kids at the Mass this morning and Fr. Fargalia's vehemence. And pray very persistently all your special on-liners when you feel lonely or low.

January 9, 2017

Mary Do you see how we are making you an instrument of love one on one with many people and now a new woman? To intercede for others and give good counsel you need to be as peaceful as possible, so do not over-analyze your daily problems but just respond as much as possible with common sense.

January 10, 2017

Ronda: So difficult the time with Michael Meaney in the hospital but I was amazed at the loving kindness of his nephew, also Michael Meaney, and Francette's sweet loving smile. Also good time with Jim and Al at Holy Mass and the good talk with Fr. Farfaglia about the evangelization plans and reading St. Alphonsus Liguori on Uniformity with God's Will which is the center of Al's spirituality.

Mary: Slowly in prayerful union with my heart, take all this in.

January 11, 2017

Mary: Do you see how you now have many good things to do each week and a good project with Al? But, still, we don't want you putting these first above, gently spending lots of time with us in prayer, not as a routine but as an encounter.

January 12, 2017

Mary: Do you see how we encouraged Al to be a big help to you with daily problems of all sorts? Be of good cheer.

January 13, 2017

Ronda: Al had a totally different take on something that made me upset and I could see that he could be right. Then I was up in the night anxious about the money issues with the big trip of others in the family to see me. I decided to postpone that trip of the others. I feel rattled that I didn't do the math right planning air fares, etc.

Mary: This is just part of the cross of being older. You leap on exciting plans without the prudence to plan them, partly because we are weaning you from being the "captain," the "planner." More to respond to what possibilities come through but slowly without hasty excitement about them that leads to imprudent decisions. Now enfold your future into our Hearts.

Ronda: I am glad of solution to visit plan that Diana came up with.

Mary: Do you see how we are surrounding you with helping people?

January 14, 2017

Ronda: I woke up later and did all kinds of things before going into my little chapel and then remembered I had not talked to you first, dear Mary. I felt ungrateful and ashamed a little.

Mary: I don't mind watching my spiritual daughter doing good things slowly without anxiety. But, of course, I do want you to talk to me first each day so I can help you the more. Do not go into "rejection" fears about me leaving you. I decided to be with you to help you, remember, not you!

Ronda: I have an image of you smiling at me.

January 15, 2017

Mary: You want to show your gratitude to Al. He never studied philosophy, so though he has a logical mind, he needs you to carry that side of the project. We have given you this project because you both need it in different ways and we can put wisdom for many through the Holy Spirit into it.

January 16, 2017

Ronda: Heavy to be at the Meaney's with Michael in the Hospice bed.

Mary: It is not by chance you are reading about the Passion in the Mystical City of God by Mary Agreda. We are trying to bring you from an overly intellectual faith into a faith right in the fire of the reality of suffering from which the glorious mysteries shine in their true glory. Cling to us.

Ronda: I enjoyed much writing about Obsessive Anxiety in the conversation format. From arguing with Jacke, I get the sense that the only way God can sanctify us is not by reason but by passive purification.

January 17, 2017

Ronda: Anxious about draft of first chapter. Al reassured me. Good visit with Paula. Breakthrough thinking of Grandma rejected because old and sick.

Mary: Now, such a full morning. You need to go much slower and take in whatever is good.

Ronda: Got a little peace from Al saying it is basically okay and also from suddenly getting the song "He's got the whole world in His hands." And then after a nap, getting a sudden sense of peace.

Mary: We inspired Al to be your good, good, spiritual friend and mentor, also to bring his heart out to so vulnerable a creature as you are!

January 18, 2017

Ronda: Al sent me an e-mail about how mine and his rejections have made us wounded healers. In response I told him about wounded healer image for this version and that last night this sensation was repeated for a good hour during the night.

Mary: Yes. All day today speak as little as possible and take in what Al wrote and what you experienced in the night.

January 19, 2017

Ronda: Into your Heart I surrender dear Diana with her exploratory surgery for esophagus.

Mary: Here is a good time to accept the will of the Father with any outcome, as you are trying to do following your spiritual work with Al. I love her also and so does her guardian angel and saints, Diana and Helena. Every time waves of anxiety come, surrender her to us and the future to us.

Ronda: Very good writers' group. I had a sense that the theme of our book on escaping from obsessive anxiety went over very well in this format mixing a kind of bantering humor with Al's profound insights.

I was thanking Al afterwards for taking me on and he responded with "For now let's just say you are worth it."

Just before going to sleep, I had a sense, I thought related to his loving comment, that

I didn't have to see Diana and her crisis as far away but rather that we are all one, suffering these things together in our family, and this was combined with a mystical sense, perhaps coming from reading before going to sleep Mary Agreda about the resurrection and Mary's experience of it before it was shown to others, that

ALL IS ONE.

Not in a pantheistic sense, but more that all our sufferings and joys are one in the heart of Jesus and that this experienced knowledge trumped all words and exterior little events around me.

January 20, 2017

Ronda: Today is the rosary for Michael Meaney and was the inauguration speech – good on many ways, and not in others.

Mary: Spend today in constant “make me an instrument of your love” prayer for the radio show with Libby and for Al, Holy Mass, and the people you meet at the rosary, and for Diana and Carla in their so anxious week. Don’t fret about anything.

January 21, 2017

Ronda: The Rosary at OLCC chapel I loved but the funeral Mass for Michael Meaney upset me by its formality. I longed for the charismatic spirit. Also I was rattled by not being able to open my door, but Al finally did. Also worrying about Francette going to France more and more. Good chat with Diana about all this.

Mary: We are doing our best to make this place the best it can be for you but it will be hard for you not to know what will be in the future, and we want you to make heroic acts of trust in order to help other elderly who have to make the same acts of trust.

Ronda: Reading in Mary Agreda about how Mary was taken up to heaven in the Ascension but agreed to come back down to nurture the Church, it seemed to me that Jesus said this:

Jesus: Out of compassion for all your sufferings in your lifetime, we would want to take you to ourselves now, but we would prefer you to stay and be an instrument of love to everyone you meet as you are being to Paula and Al, and Jim and Francette and others.

Ronda: Yes. I am happy to do whatever is your perfect will, dear Jesus.

January 22, 2017

Ronda: I am so thankful for the sessions with Al. I realize you have sent him to me as a healing man to overcome rejections of the past. And many good moments with Elizabeth Meaney and the people at Our Lady of Guadalupe, such friendly old abuelitas!

Mary: Now, you have been going very staccato – calm down the come to us in prayer so we can keep you from huge mood swings which tire you even though you like the highs.

Ronda: I am greatly impressed by the intro of St. Mary Agreda to the Coronation volume and how her guardian angel was to help her desist in any temptation to do what was not God's will.

Mary: Yes. Your guardian angel longs to do the same for you, but you have to advert to him.

Ronda: I will forget, do you remind me!

January 23, 2017

Ronda: I woke up with a long half hour of sweet good feelings all over. Later I remembered to advert to my guardian angel. Thank you, dear Mary. And, to pay attention to Al's admonition from St. Anthony not to worry about tomorrow.

Mary: Good. Believe that we are helping you.

January 24, 2017

Ronda: A complicated day and I didn't call to you, dear Mother Mary, or at least not in writing. Upset seeing Jim so upset about huge tech problem, but good talk with Gary and with Al and was cheered with the exercise where Al told me to list all those people I really cared about. So many, and they care for me, too.

Mary: I am glad you are reading Ven. Mary Agreda to learn more about me. It is beautiful and true. Fill your mind with this and less with anxieties about passing matters on earth.

January 25, 2017

Ronda: Conversation of 15 minutes summarized for Al:

She greeted me with a warm smile.

Ronda: I love being in the apartment because of all the graces I get of joyful hours of infused contemplation.

Sister Anne Sophie: That's because of the Eucharist down here in the chapel, the graces from which infuse the whole house including your part. The Blessed Sacrament used to be in your little chapel.

Ronda: My main problem I wish you to pray for me about is anxiety.

Then I stayed for her Mercy Chaplet prayers and I left feeling much less anxious. Win-win! Praise the Lord.

Also I found the prayers on the 7 sorrows that her group does more powerful because of reading your locutions about your life in the Mystical City of God.

Mary: Notice that I am bringing you these graces because I love you and want to console you in these weeks of fears about your daughters' health.

January 26, 2017

(Day of Carla's ostomy reversal)

Mary: To love is to suffer. You read about how I suffered and also the glory that came afterwards. Now, just offer your heart suffering for your daughters to our Jesus.

Ronda: Great relief that Carla made it through her ostomy reversal. And, good writing group.

Mary: Watch to see what gives you good energy and what becomes very complicated. Do what has that good energy which is the Holy Spirit using you.

January 27, 2017

Ronda: I thought that Carla was in great pain. The notice said she was.

Mary: Suffer with her in your heart and soul, offering it for graces for everyone in the family.

Ronda: I had a thought that God was answering that prayer I say most mornings about being humble and cast aside in relation to some people here who don't seem to want to be as friendly as I thought they would be.

Mary: You don't need to figure this out. Just show love to each of these as opportunity arises and totally forgive them for any slight you feel. When you have

more time than you need for apostolates spend more in prayer. The Ven. Mary Agreda is very good for you.

January 28, 2017

Ronda: Thank you, Holy Spirit, for better conversation with my sister about aging problems and letting go of totally identification with our work, and diminishment. And we did better on the little problem with talking about the Women's March and the March for Life.

Mary: Now, my dear, just keep being an instrument of love, very, very, slowly, today letting Francette take the lead.

Ronda: Such a wonderful time with Francette. She was so lively and loving and dear! Thank you dear, dear, Jesus, Mary, Joseph for Francette.

From letter to Marti

My friend here, Francette Meaney, just became a widow a week ago. I always knew her as Michael Meaney's wife, Francette. They were very close.

Tonight I visited their home a week after the funeral. Suddenly she was just Francette instead of Michael's wife.

Part of Divine Providence it seemed to me, as I know you just as Marti and others know me just as Ronda, not as Ronda, Martin's wife.

January 29, 2017

Mary: Now you have not yet started your formal morning prayer and you are already in staccato mode as you would put it! Immediately slow down, stop with the pessimistic thoughts and just keep putting the glitches that are around today into our hearts, offering it for family conversions.

January 30, 2017

Ronda: So sad about the pain of Carla and not being there.

Mary: You are right to think that your generation in your country, those of you who weren't in war in other countries find any kind of prolonged suffering to be bewildering. Only in heaven will you understand why so much suffering was

necessary as passive purification. Now just participate in Carla's suffering by suffering with her.

Ronda: In the night, a long rapturous sense of invisible stigmata in feet and hands. It is linked to Al's writing to me about worth as a child of God giving a strength that no human rejections can touch.

January 31, 2017

Ronda: Anxiety (or concern?) about Steve not reporting on Carla's condition. Is it okay to try to reach her contrary to Steve's ban? I have a sense you are suggesting, Mary, that I call Pat Smith.

Much upset and angry thoughts as I was thwarted in different ways, but then the news of her getting better was just when Marti's rosary group was praying for her and for me...

Mary: I am with her, your daughter who makes rosaries. Do not fear.

February 1, 2017

Mary: With Carla still suffering far away = her heart and soul are not far away. Be with her there with me.

February 2, 2017

Mary:

We are allowing this anxiety to surface to such an extreme so that you will be convinced you need us every minute of the day, as I taught Venerable Maria Agreda.

Ronda: That ties together everything that Al is trying to teach me into an immediate "action item" for me to grab hold of. Amen. May it be!

Gary: Yes, but not like a machine and a formula! Not Pelagian!

Ronda: More I-Thou...

February 3, 2017

Jesus, Mary, and Joseph: We want so much for your last years to be peaceful even if painful.

Ronda: Oh, forgive me for the anger I felt toward someone concerning a tech issue. Even though I prayer to you 3 to help me.

Mary: You prayed but not with enough fervor and thought of how easily the evil spirits work with you in this area. Next time take more time in prayer and anticipate attacks. Thank us for sending you Al to calm you down with prudent advice.

February 4, 2017

Ronda: Al is right. I am always expecting bad even if there is no reason as in thinking that Carla's not wanting to talk to me or Diana is because she is rejecting us rather than that the heavy medicines have just screwed up her head or something else.

Mary: So, what you need to do is to call on us personally, your Holy Family. You haven't really done so now and you have been up for an hour.

Ronda: Oh, Jesus, Mary, Joseph, Guardian angel of Carla, Padre Pio, thank you for all the graces that Carla is better.

Mary: Do you see how we are building up around you a very good "lighthouse" type of life with lots of little deeds of love vs. the pressure of regular teaching.

Ronda: Yes.

February 5, 2017

Ronda: After so joyous hearing Carla's voice and seeing her hope that this long agonizing illness is almost over, I woke up anxious about Jim and the computer! But had read in the night this good thing from Koontz about the mind being a worry generator without trust in God's providence.

Mary: You, yourself, with the help of the Holy Spirit, trust that you need, especially in old age, to spend more time meditating on the joys of heaven. There will always be sufferings in your life on earth, as we have also taught you, but your joy is in plunging your imagination less into future crosses in life and more into

eternal bliss with us. Now spend your Sunday as much as possible heaving your whole self into anticipation of heaven.

Ronda: Oh, such a big, long day, without time to even remember this beautiful advice, dear Mother Mary. I will meditate some on this now.

But wonderful deep admonitions about stillness and avoiding schemes to avoid suffering from AI in spiritual direction.

February 6, 2017

Mary: Please go slowly just trying to be loving vs. any other agendas and show great love for Michy (Michela Ferri, the Italian philosopher writing my biography)

Ronda: Notes from meeting with A February 6:

Look up detachment. I did: Russell Shaw: to value things only in so far as they unite me to God.

Try to have more stillness of mind. Do I desire to be still of mind? No? Then pray to desire to be more still of mind. Make a sign to Stop Scheming to avoid Suffering.

In all my maneuvers to avoid rejection I am saying to my father "Look at me, I am real and lovable."

60 books are 60 cries for love!

Step 1 Stop Scheming

Step 2 Be Still of Mind.

February 7, 2017

Ronda: I am freaked over computer dying, drop it all together, try Smart Phone instead, or, cost of new one.

Mary: Jim said he would help you. We are training you to be more willing to accept your need for help as an old person.

Ronda: Thank you for all dear Paula's help and friendship! I am feeling more peaceful and still of mind. Very happy realizing thousands reading excerpts from my first book Church of Love inspired by the Holy Spirit.

Mary: Now, from now until the end of the day, more silence, slowness, peace! The peace of My Son!

Ronda: Amazing possibility involving house-sitting the Meaney mansion.

Jesus, Mary, Joseph: Remember, we love to surprise you.

February 9, 2017

Ronda: Lots of second thoughts about the mansion possibility...then weird conversation with Diana...relieved talking to Carla who explained her theories which make sense.

Mary: Today and tomorrow just pray all day to me for Diana and offer every difficulty up for her, especially your concerns but without excessive anxiety.

Ronda: Thank you for a better, more peaceful day, and joy of talking to Paula, Diana and Carla's old, old friend.0, 2017

February 10 2017

Ronda: I am happy that Diana doesn't need surgery but so upset that she may not follow the doctor's orders to stop drinking and smoking.

Mary: Keep praying and putting her in our hearts and believing we will save her. "Perfect love casts out fear." And "Love covers a multitude of sins."

February 11, 2017

Ronda: I am off Puerta to Puerta. Please be with me every moment as if I was in Nazareth Jesus, Mary, Joseph.

Mary: We will be with you. Yes, an adventure, but partly to fix in your imagination the faces of the people who are yearning but not hopeful.

Ronda: I woke up after an early afternoon nap, with an hour of perfect bliss, grace! Everything earthly departed, no thoughts, only God. What a foretaste of heaven.

February 12, 1017

Ronda: Very moving time with Fr. Bob Shaldone. I felt honored he would open up to me the way he did. Also good feeling that I am on the cusp of peace after still another after nap very peaceful time praying Abba Father.

February 13, 2017

Ronda: Big day buying new computer. I am praying to practice deep patience out of gratitude to Michael, the tech expert setting me up this week.

Mary: Offer every difficulty for Diana and Carla.

Ronda: In site of prayer horrible day with glitches and falling into yelling at Jim and Michael and then going into desire to give up...why did that all have to happen?

Mary: Well, we did bring you to the shore. There are many reasons why we let you slide into your worst traits. To bring you humbly to our feet to show you that you can't just say a mechanical prayer and become holy, but you have to call out again and again as you seem to drown in the waves of frustrating circumstances. Think of St. Peter almost drowning. See you could laugh with Al about it all. We did laugh at you also!

February 14, 2017

Mary: Now, today could be a wonderful day of thanking God for Paula and for the good food you are able to buy from years and years of fruitful work at all those jobs, and then thanksgiving for a holy Confession, and then the beautiful concert. Why make it a miserable day blaming Sebastian for delays? So, now as you go into your beautiful little chapel, just offer to us the difficulties for Diana and Carla and Laura, with the date for Way of Love, and let us float you through this day.

February 15, 2017

Mary: Now ‘let go and let God’ and have the grace-filled day we want for you with so much good in it of Holy Mass, your Way of Love group, Sister Anne’s group, and the family prayer group. We cannot make everything go smoothly. That will be your heaven.

Ronda: A very good day. Even worked well with Michael on the computer. Wonderful intervention of Jenny when Carla and I got worked up during the prayer meeting.

February 16, 2017

Ronda: After writing last night, I woke up much more upset about controversy with someone about legal abortion. I got into sarcastic rants in my head, more prayer, then good conversation with Gary, and then after my nap more rants in the head.

Mary: My Jesus wasn’t a zealot. Rome was horrible in similar respects but he didn’t kill them all in one blow as you would have wanted to. To be a Christian is not to be a zealot. Offer the terrible pain about abortion and the those who don’t put its abolition first who are in the Church, for graces for mothers and babies and for the conversion of the world to God’s plan for sex and love and marriage to win victories in hearts.

Mary: Try praying offering the suffering to us for graces for a while before deciding.

Ronda: Good feelings after venting with Marti and Jim and Al. Good writers’ group. I am feeling more peaceful.

February 19, 2017

Ronda: Because of transferring from laptop to desktop, 2 days without writing to you, dear Mother Mary.

Mary: But you felt my presence, did you not, when I softened the anxiety as others helped you along.

Ronda: Yes.

Mary: Now, today is Sunday. In this situation of less fuss about the computers, can't you let us make it a peaceful day?

Ronda: Yes. First I lift into your Immaculate Heart the project with Laura and Mother Teresa. (There is a book called Touched by a Saint I am helping a young woman write.)

February 20, 2017

Ronda: Diana might be able to help with lap top set up. Please help me to be peaceful and not hysterical about not being able to understand.

Mary: We are teaching you to be able to accept the help you need after your whole life of self-giving in so many ways.

Ronda: Thank you Mary, Jesus, Joseph, God the Father, Holy Spirit and guardian angels for Diana helping me so, so, well on the computer transfer. She is amazing.

Mary: See we bring good out of every cross. You just don't usually see it!

February 21, 2017

Ronda: Anniversary of Charlie's death always painful.

Mary: It is your Good Friday, participating in mine.

Ronda: Woke up also with a sense of a sea change in my soul to be less greedy and then less anxious and also a portentous sense about the Church in its present crisis and somehow the Mother Teresa project will be related.

Mary: Yes. Day by day cling to us, and very slowly go about seeking our graces each moment.

February 22, 2017

Ronda: Awful nightmare – usual about being lost and can't find my way home type thing and no one would help.

Mary: Now, give the anxiety behind the dream to us. Be thankful that nightmares release anxiety and are not true because in real life even awful crosses have great blessings attached.

Feb. 23, 2017

Ronda: I am so pleased with Jenny's repeat invitation to live with them in the future. It feels as if you inspired them to love me enough to imagine dealing with my faults.

Mary: Yes. But you don't need to leap desperately onto this. It's a way off and other things may emerge. Just be grateful you have options.

FEBRUARY 26, 2017

Ronda:

PRAYERS FOR LENT:

I REBUKE THE SPIRIT OF EXCESSIVE ANXIETY AND LAY IT AT YOUR FEET, MY JESUS, TAKE IT AWAY!

ABBA, FATHER.

DETACH ME, LORD, FROM SCHEMING TO FILL MY NEED FOR HUMAN FATHERLY PROTECTIVE LOVE. LET ME TRUST YOU WILL SEND ME WHO I NEED.

Mary: That is what you need, and I prayed for such helps and after St. Joseph died, and Jesus went to heaven God sent me St. John. Al is your St. John now.

Mary: You see from the Mystical City of God that I prayed for all the enemies of my Son and of the early Church. I never yelled at anyone. Do you want to be a zealot or a daughter of me?

Ronda: Good graces with Carla, due to your graces, dear Mother Mary. I have good feelings of release and greater hope. And wonderful conversation with Gary!

March 3, 2017

Ronda: Help me, Mary. Nothing big but anxious feelings for no good reason. I rebuke the spirit of excessive anxiety and lay it at your feet dear Mary, Jesus, Joseph.

March 4, 2017

Ronda: Oh, dear Mary, I completely forgot to write to you though I prayed many Hail Mary's on the way to Puerta a Puerta. I am ashamed how much I reacted to the gloomy, raining weather, with such a depressed feeling.

Mary: Oh, my poor, little, old widow woman! I love you even when you forget that I am more than words in a prayer. Now slowly pray my name as Mother Mary while breathing deeply.

March 5, 2017

Mary: That was from the Holy Spirit to make this a real Sabbath without any pressures on lingering projects. See, you woke up relaxed and joyful, which was another grace.

Notes from Session 7 with Al:

Al: I think there is a bitter root underneath the one we talked about last week. Here it is: you need to distinguish between me and the inner child who has this root. The inner child yells or quakes. While adult Ronda trusts usually, your inner child trusts no one. She doesn't trust face values, always looking for ulterior motives.

Ronda: for example, because of many rejections in the past I do look for ulterior motives, but I think correctly because there are lots of them.

Al: maybe you think I have ulterior motives. That's false. I would direct you even if you didn't have more good qualities than bad ones, which you do.

Women, more than men, think that men have ulterior motives.

Ronda: Yes, not wonderful Catholic men, but many men are motivated by lust or the desire to make a slave of a woman, called exploitation.

Al: Your bitter root is lack of trust. You can't trust anybody.

Ronda: Right. I need only to trust God, but I do trust God for eternal joy, but on earth I think the worst will happen, since after all even perfect Jesus was allowed by God to be crucified.

So, I prayed Abba father all week and I am still anxious.

Al: You need to pray Abba Father from your inner child, not just your adult mind.

You also need to shift from so much personal concern to affirmation of others.

Ronda: I don't like the bitter root being not being able to trust. It feels to me more as if the fear of being rejected and alone leads to not trusting others.

Maybe I should work on an exercise where whenever I want to grab something good for my future, I just accept that God alone is enough.

Al: I was getting to that. You need total abandonment. Work on abandonment prayer of whatever kind you wish.

March 6, 2017

Ronda: I awoke feeling very joyful. Then looking at the photos in the Mother Teresa book and reading the simple prayers, I have a sense that maybe my sister and I will have a better relationship when we are doing simpler things vs. expressing our talents for talking.

Mary: We tell you we like to surprise you. Now as quiet and peaceful a day as you can make it.

Ronda: Weird feeling after nap that I was losing it. Walk to the Bay and looking at the sea helped. That I am being weaned from words and thoughts for more time with beauty in nature and music.

Mary: You are picking up lots of moods of those around you and in the family. Bring such feelings quicker to us, and offer the pain of them.

March 7, 2017

Mary: It is a time of many changes and transitions where your tendency to anxiously speculate is especially useless, my dear!

Ronda: I rebuke the spirit of excessive anxiety and lay it at your feet, dear Jesus, take it away.

It was a better day. Less anxious. Good not to follow the news every few hours.

Together Forever

(Somehow, senioritis?, I lost any journals I wrote between the last one and these July, 2017 ones. In the interim we had the wonderful 80th birthday party with hilarious party gimmicks Diana fashioned with her old friend Paula Sanford, posters making fun of my twin and myself, and a healing time run by Al for reconciliation between myself and my twin. Also, Sister Anne Sophie need her residence above the garage for other people, and I moved to a beautiful apartment by the Bay.)

July 2, 2017

Jesus, Mary, Joseph, Guardian Angel:

We helped you get into your beautiful new place quickly. You repented of your little fits. Now today, make this like a honeymoon where now your place reflects our love and all the gifts of your life in the family pictures.

July 3, 2017

Ronda: Terrible night thinking of Carla struggling with such terror.

Mary: This is Carla's Passion Week, her agony in the garden, and the whole family like the disciples with her. Don't picture yourselves alone. Picture us with you, your holy family.

July 4, 2017

Ronda: Feelings of shame for my country and abortion. It was good to be together with Carla my twin (on our Go to Meeting) praying over little Carla in her agony and having her come to less terror as a result.

Mary: You cannot simply control all your emotions to bring them into alignment with our Hearts. Just give everything agonizing or even just sad, into our Hearts.

July 5, 2017

Ronda: Heavy dreams about wartime, probably symbolic for fears for Carla.

Mary: Cling to us. Take my hand all day.

July 6, 2017

Ronda: Flabbergasted by change in urgent appointment of Carla with the experts, possibly because of unsure diagnosis. I had a nightmare where I was trying to give a talk but they keep doing other things before my talk and then I couldn't find it. It seemed like a dream about how we plan and plan what we will do in life and then it comes out differently and we are unsure what we are to do and say, not just Carla's situation but planning to go from the seminary into some retirement colony and coming here to Texas but not staying at Sister Anne Sophie's annex after all?

Mary: I didn't expect to go to Ephesus with St. John.

Ronda: I am calmer but feeling uneasy about not having much substantial to do. I keep thinking that you want me to put Mass and prayer first and you are doing that by having me not have much other things to do.

Mary: Yes. Trust for now, and let us bring things to you vs. pushing.

Ronda: Sort of like withdrawal from the addiction called work-a-holism?

July 8, 2017

Ronda: Such a dramatic day with thinking I would go immediately to Carla who was in despair, but then she decided for Skype every day instead and then later called with such a sense of the power of grace coming through me to her as I prayed deliverance prayers over her.

Mary: See how we work through the pit of despair to bring humble supplication.

July 9, 2017

Ronda: Today, wedding anniversary, I am thinking of Martin and what a good husband and father he was to me and to the children in spite of certain lacks. Also, I woke up thinking of how these prayers with Carla are part of that "invisible stigmata" vocation that Jesus has been leading me in.

Jesus: Let this be not only invisible stigmata, but more silent experience of the pain in the hearts of all you encounter.

July 10, 2017

Ronda: I am rattled about the problems with the radio shows. Please tell me if you want me to say anything one way or other to Bob. He has worked so hard on this.

Jesus: Remember my teaching about how at the very end of time people will still be doing their usual activities. Because of the nature of human life after the Fall you have to have one part of you busy with the earth and the other turned toward eternity. Just pray at Holy Mass for Bob to make the right decision for himself.

July 14, 2017

Ronda: I woke up with the line going through my head: "The last act in the drama of life is off-stage...so you can't stage manage it!" Reference to fear of Carla's death.

Holy Spirit: Yes, stop thinking of all you might do between now and then and just trust in Me, the Holy Spirit, to help you and Carla and all who love her.

July 15, 2017

Ronda: Nothing will get us through this next week that we have thought before, only the Heart of Jesus.

Jesus: See how your sister and your daughter did want to take refuge in My heart.

Ronda: I see now it is the Feast of Our Lady of Mt. Carmel. Mary, you usually give me great graces on your special days and this one, to get away from my thoughts into Your Hearts surely came from You and Jesus. Thank you.

July 17, 2017

Jesus: What life is all about is weeping with those who weep and rejoicing with those who rejoice. Do that.

Ronda: Today the bad news from Carla...though still a chance. I am too numb to do more than pray staccato prayers.

Jesus: That is not important. Just hold our hands as decisions unfold.

July 18, 2017

Mary: We are giving everyone strength. Trust.

Ronda: Helpful to talk to Bob Sizemore. The anxiety, he thought, is coming from thinking I have to analyze and fix it. Then it went away after he said that.

Jesus: You didn't create her. I did. You can't save her. I can.

July 19, 2017

Ronda: After gasps of sobbing that Carla's chose hospice, I felt lots of strength and grace and even peace come through me. Thank you Jesus, Mary, Joseph for the 5 years of her sufferings but still with us and all the closeness.

Jesus, Mary, Joseph, God the Father, God the Holy Spirit, Guardian Angels: You feel strong because we are with you filling you with faith and hope.

July 25, 2017

Ronda: Such a complicated time of graces and woes at Carla's house. Now returning, this morning I felt You, my Jesus, so present in my heart when I awoke.

Jesus: Try to always open yourself to hear any messages for you from us, such as that the probable funeral may be the last time you ever see some of them on this earth so sacrifice could be necessary.

July 26, 2017

Mary: Now is the time for your loved ones to be very close in spite of any differences.

July 28, 2018

Ronda: I awoke feeling peaceful and enfolded in the eternal...

Jesus: Pray My Jesus prayer whenever anxiety arises and rebuke that spirit.

July 29, 2017

Ronda: Sent to Carla and most of the family and Pat

You are taking us with you

In your heart

Into the heart of Jesus

Where we will one day

Be

Together forever.

July 30, 2017

Jesus: You need to become as quiet as possible during this time – for the family, but also for your own peace – not peace you can give yourself, but peace we want to give you, we, your holy family.

Ronda: Lots of joy to see Carla better in terms of pain and with Nicholas and Veronica...and also lots of graces of feeling miraculous love around her. Thank you, thank you, dear Jesus, Mary, Joseph, angels, saints God the Father and Holy Spirit.

July 31, 2017

Jesus: You cannot predict how things will be now. We are leaving you with certain definite things to do, but we are forming you to become a quieter, more peaceful, person. Be open to this change.

August 1 2017

Jesus: You were more peaceful in the Adoration Chapel. We want this for you now as, besides Holy Mass, the center of your spirituality. Every time moments of stress come over you, pray My name, Jesus, I trust in You. God Alone is Enough. We have given you all the phrases you need to get through this part of your life.

Ronda: It was so good, dear Mary, Jesus, Joseph, guardian angels of everyone in the family, God the Father, God the Holy Spirit, all our saints, to see Carla looking so much better and more hopeful on the Go to Meeting and having a good dream and this image of herself as a frightened rabbit in the red cloak of Jesus.

August 2, 2017

Holy Spirit: Never try to think things out when you are tired. Just pray: Jesus, I trust in you, and wait until you are at good energy to think.

August 3, 2017

Ronda: Alleluia, alleluia, alleluia....Carla asked for the Last Rites. She is saved. In spite of a few ambiguities here, I am now rejoicing that she is saved. Jesus remove any obstacles that You see through Fr. Ken's ministry.

August 6, 2017

I had a very good dinner out with Al to thank him for all the rides. We spoke about gradually giving up situations where there feels like a lot of pressure – to be more, well, “retired.” He didn’t think that came from the devil.

If You, the Trinity, and you, my Holy Family, want to advise me on this I would be glad to understand better and obey.

Jesus: We want to release you from over-planning, to be more letting us float you to the shore. It doesn’t need to be clear, but more responding to what is good and attracts you, and withdrawing from things that are good but seem too complicated for a woman of your age.

August 7, 2017

Thoughts about Skype with Gary:

Especially when I see you on Skype, I have the recurrence of this grace that started at the Starbuck's meeting years ago where I feel as if my whole self is transported into yours and that I am safe...

This time I also felt that underneath the outward conversation there is another conversation going on where God infuses the insights He has given you about the disordered thoughts and feelings in me, into my mind so that I can accept them, deeper than at the verbal level where I labor to defend my own ideas and patterns.

Deo Gratias. A description of the graces of spiritual direction?

August 8, 2017

Ronda: I am so rattled worrying about how that ritual will go with Carla.

Mary: I knew that Jesus would resurrect and that He was God's son, but I didn't know the day by day way things would unfold. Cling to the truth that she will be saved. As waves of anxiety come over you keep praying "Jesus, I trust in You." That is your part in her redemption.

Ronda: I woke up from a nap but after Carol and Steve Gignac prayed for me (they are prayer leaders in Connecticut where I taught for so many years. Their wonderful stories are one of those booklets called Why I am Still a Catholic. Check out their booklets on goodbooksmedia.com), and I was full of peace, much more than even in the unusual times when I experience peace after sleep...this felt like a special grace of transcendent peace. Thank you, dear Mary, Jesus, Joseph, God the Father, Holy Spirit, Guardian angel.

August 9, 2017

Ronda: Miracle Day, feast of Edith Stein

Carla went to confession and received Holy Communion in NC. This same day, Diana, her twin, heard a knock on the door in California and it was the Legion of Mary and they told her what a great confessor one of their priests is and that she should go! Dear, dear, Jesus, Mary, Joseph, God the Father, Holy Spirit, Guardian angels, St. Edith Stein thank you for these great graces. May Diana come back, too.
Ecstatic joy – what signs!!!!

August 10, 2017

Mary: Now, with these enormous graces, don't let things of lesser importance steal your joy.

August 13, 2017

Ronda: Putting together Carla not having any appetite and rejecting food when she forces herself to eat something I am thinking the end is near.

Jesus: Bring all your anguish to Me as a penance and as your way of being with her at this time.

August 14, 2017

Holy Spirit: Can you see that We are bringing you into a new emphasis, away from projects:

Holy Mass

Silent Prayer

Response to every person that comes toward you face to face or on the radio shows or e-mails or phone calls.

Instead of processing these personal encounters quickly, We want you to be an instrument of love in each encounter, slowly, adagio, making lots of room for Us to bring graces through you.

Ronda: I woke up confused about the Church crisis.

Holy Spirit: Instead of trying to understand it, focus on Us, the Trinity, Jesus in the Sacraments and the truths you have been taught and teach. Let Us deal with the crisis.

August 15, 2017

Ronda: I am upset at my outburst at Marti over tech glitch.

Mary: In all the accounts of my life you have read in the writings of mystics, do you ever see me doing complicated things like carpentry? Do as little as possible of tech things, except when you have to out of love.

August 16, 2017

Ronda: I am so excited that Nicholas and Veronica are coming for the visit. (Nicholas is my oldest grandson, son of Carla, and Veronica is his lovely wife.)

Jesus: Just love them in the flow, don't have many plans for conversations.

August 17, 2017

Ronda: Thank you for this beautiful visit with no arguments, just appreciating each other.

August 18, 2017

Mary: Today be full of thanksgiving. Do what is necessary but slowly and turning often to your Holy Family to smile.

August 19, 2017

Ronda: I was awake in the night with the rapturous prayer of release after reading a bit of Pere Dominique... being drawn into the Trinity and maybe Pere Dominique being like a dybbuk. The yearning was to be much, much, more wordless in everything: prayer, daily life, thoughts.

Mary: Yes, that is what we want for you even if we send you forth to speak in various ways.

August 20, 2017

Ronda: I think I see. If I am freed from being always busy with projects, I can answer all the e-mails and other requests from people coming out of reading my books, etc. slowly and prayerfully and this is a greater part of my new ministry.

August 21, 2017

Jesus: I have given you Gary to steady you on big issues. Follow his advice.

Ronda: Thank you for this good day with the Moore's (a wonderful family I visit often) and quiet good small things, especially Carla's wonderful week.

August 22, 2017 – Queenship of Mary

Mary: During this time let me show you how to stand under Carla's cross.

August 23, 2017

Ronda: I am touched by Cris offering to take me in if the hurricane comes. (Cris is the parish administrator and is part of a large family.)

Mary: Watch to see many gifts we want not only to give you to for you to open slowly.

August 24, 2017

Ronda: I am nervous about the storm.

Jesus: I am in the midst of the storm. Expect to see Me there.

August 29, 2017

Ronda: I prayed to you dear Holy Family a lot during this hiatus of writing journals during the Hurricane trips away from this journal. Thank you, Jesus, Mary, Joseph, Holy Spirit, God the Father, guardian angel – especially guarding me so well – St. Mary Magdalene, St. Francis, St. Teresa, St. John, St. Therese, St. Teresa of Calcutta, St. John Paul II, St. Edith Stein.

Jesus: Now, go about your little tasks slowly, very slowly, and thankfully.

August 30, 2017

Ronda: I am so tired from the hurricane incident and also from seeing Carla on go to meeting looking so sad.

Jesus: Stand under her cross and offer all the pain for her and Diana and for the Church.

August 31, 2017

Jesus: Slowly follow all the words we have sent you over the last 6 months.

Ronda: Beautiful grace, when I was agonizing over whether to visit Carla sooner...I seemed to see Your eyes, dear Jesus, of the Amejian painting, and then you said "You are going with her, Ronda." And I felt great joy and peace.

NOTE: More Blogs during this time you can find on goodbooksmedia.com Blogs RondaView.

September 1, 2017

Ronda: I asked You, Jesus, for a sign, and went through the Mass book, and the only one that fit was "you know not the day or the hour."

Then, dealing with glitches on the radio show You seemed to tell me that I should let go of all that because good takes place in spite of those glitches and I am learning from others on them. (These are Catholic Radio shows part of the Enroutebooksandmedia web called WCAT. I was doing a few of them as moderator, co-moderator, panelist, etc. You can check them out at WCAT Catholic radio.)

September 2, 2017

Ronda: I was upset because Carla was too sick to even talk on the phone...and wrote the one word "black" apparently on her hospice blog.

Diana said it was about stomach pain.

Jesus: You cannot flee from suffering with and for Carla. Someday you will see all the graces for the family that came from offering these sufferings the way Carla is doing and you must also do.

Ronda: Jesus, help me. I told her on an e-mail to press the crucifix onto her heart. She did and it helped. I am glad that she will listen to such ideas that come from Jesus.

Carla: No one can fix me. It is your faces full of love that matters. Christ is with me always. I see a silver bar that symbolizes Christ for me.

September 3, 2017

Mary: This whole day open yourself to me in prayer and ask me to intercede that you be more like me in gentle, passionate prayer and presence.

Ronda: At Confession the penance was to let Jesus' gentle grace flow over me.

September 4, 2017

Ronda: A better day. It was good to be with the Moore's and swim in the pool.

Jesus: I am showing you that you need to be with friends and also to listen to your body. I made and gave you that body!!!!

Letter to Steve, Carla's husband:

For What It's Worth

I saw only your sleeve as you put on Carla's pain patch...somehow, I felt sad that I couldn't see your face and, then, about to fall asleep I started musing about you and trying to find words to describe you...

I have the image of your heart as a hearth that is hidden because the grate around it is so intricately designed that one can't see through it...to the source of heat.

The heart beat is intense but camouflaged, as it were, for all but Carla and Martina, by a sardonic stream of consciousness -- a defense against the useless naivete that leads only to disappointment.

But then, a merciful love for those you see through so penetratingly, compels you to make little gestures to surprise them. Throw off their monotonous predictable patterns?

Or, can it be that hope from some invisible source, propels you onward?

What do mother-in-laws know? you might think, smiling in spite of yourself.

September 5, 2017

Ronda: I woke up anxious about Steve maybe being offended by that letter.

Jesus: How many risks did I take? To be more holy you have to accept being more vulnerable, but enfolded in My heart, more hopeful.

Ronda: Watching trout leaping up in the waves of the Bay where I live in Corpus Christi, Texas, and birds soaring in the air, I thought, when we are younger we live mainly in the horizontal with little leaps into vertical eternity; but when we are older we want more to live mostly toward the "sky" of eternity, and then touch the earth (horizontal) less of the time.

September 6, 2017

Ronda: Feeling better because Carla seemed better, eating more, less pain in throat...

Jesus: You cannot help going up and down often if you are in solidarity with your daughter in her agonies and respites. Accept this, and offer the agony of it for graces for her and the whole family.

Holy Spirit: If you work with him on the book you can put in your perspectives.

September 11, 2017

Jesus: Each day now, talk to Me and Mary and Joseph and the Holy Spirit and God the Father all day long, full of thanks and of requests for help. Put Carla and the whole family into our hearts.

September 12, 2017

Ronda: I got all scared if also joyful at the thought that numbness in my feet meant soon death from amputations, etc. Saw doctor and was relieved.

Jesus: I like you to humbly see that you, too, have survival instincts just as We created you even though you long to be with Me in heaven. See how it brought you closer to Paula as she empathized with your anxiety. Now rest in our arms.

September 15, 2017 Our Lady of Sorrows

Ronda: dear Mother Mary, please intercede for my whole family in all the present problems.

Mary: You, dear Ronda, be soft and hopeful, not sarcastic and judging in mind or pessimistic.

September 16, 2017

Ronda: I woke up very upset over thoughts of problems Carla might be getting into.

Jesus: If you trace your whole life story you see how I brought good out of decisions in the family that were not My perfect will, so I want you to make acts of trust whenever these problems come to mind.

Ronda: I might relate my anxieties to a sort of drama queen scenario where I want to be the matriarch who everyone obeys or listens to my advice as if I were their teacher.

September 17, 2017

Ronda: I woke up glad about resuming Recovery Intl. small group seeing how I need it for myself with all this anger and anxiety.

Holy Spirit: You help yourself and others with these little groups. Be thankful that your age you can still help others and take care of your daily life.

Holy Spirit: Now, don't speculate pessimistically about anything, just let the rest of the day unfold.

September 18, 2017

Ronda: Wonderful talk with one of the contemplative Sisters at the Adoration Chapel 2 blocks from my apartment. She said:

You must allow Jesus to kill your ego. Find an ego-dismantling strategy. Release the strangle-hold of the ego. The ego is an idol. You know it is ego when you experience resistance vs. flowing with what God allows.

Some things to remember:

I am not in charge.

Self-emptying is the thing.

Hide from the world more in His heart.

Forget the past and all those patterns coming from it.

From hero to zero!

In silent prayer try more verbs: dissolve me, melt me, intoxicate me, absorb me, bathe me, captivate me, drench me, hook me, penetrate me.

Holy Spirit: I was urging you to arrange this meeting with Sister for a long time. Listen to those prompts.

September 19, 2017

Holy Spirit: See, we are weaning you from love of words, especially your own...this is to bring you into more of the healing silence you need where Jesus can better invade you. All day, try speaking the necessary, but not out of the ego.

September 21, 2017

Holy Spirit: Did you see how we saved you from a harsh judgment when you felt hurt by a conversation yesterday? Did you see your resistance because your ego was attacked? With Our help, you have well analyzed how anger and harsh judgment work – in this case compensating from fear of rejection by quick judgment and plans of flight. Now place the whole matter in Our hands.

Nothing you are doing now in ministry is the center of your being, which is now to be preparing for your eternal life with Us through Holy Mass and contemplative prayer.

September 24, 2017

Ronda: I am frightened by the H-bomb scare. Is it Your permissive will or even Your perfect will to end the world this way, or....

God the Father: Haven't you read over and over again, 'My ways are not your ways...' You think of the Christians at the end of the Roman Empire huddled together in prayer. That is what I want of you now, to be huddled together in prayer...not trying to figure things out.

September 25, 2017

Ronda: During prayer meeting with Carla, You, Jesus, seemed to say "you are all saved from the shipwreck of your lives on earth."

September 28, 2017

Ronda: Oh, dear Jesus, Mary and Joseph. You had bodies that suffered. This painful rash is so upsetting.

Mary: You want everything to go smoothly as if physical pain wasn't real and certainly upsetting. Offer it for Carla, Diana, Steve, Jenny worried about a miscarriage.

September 29, 2017

Ronda: I got anxious about Carla from a phone call where she seemed so low and much worse. I talked to Diana and she reassured me and she thinks I should come end of October. Mother Mary, what do you think? You were with John at the worst moments.

Mary: I will send you a sign.

Ronda: Ah, feast of Little Therese. Carla looked so miserable on the go to meeting.

St. Therese: She is participating in the crucifixion for the whole family. Her face looks like Jesus when in the Passion, but her words are words of trust like those of Jesus.

October 2, 2017

Ronda: Joy in Ibuprofen taking away so much pain from what I know now are shingles. And liking so much the liturgy for Guardian Angels.

Guardian Angel: Why don't you talk to me more, you are such a talker, instead of to yourself so much?

Ronda: Okay.

October 4, 2017

Ronda: Dear beloved St. Francis. Thank you for being you and all these years of inspiration.

St. Francis: Even though you are old and somewhat infirm, I am trying to help you see that poverty is suffering loss of independence so you will not mind so much being needy.

October 6, 2017

Ronda: In the night, maybe because of heavy medication, I feel as if I am dying very soon and wake up with more energy and good thoughts for the day. Also, adjustment to hot, hot, Texas summer still very much here in October. So different from almost winter back East.

Guardian Angel: You have less people in your day on Fridays, so even slower and more sweet, quiet prayer; not flurries of activities.

Ronda: I am pleased with idea for Musings...I am open to your influence, dear guardian angel.

Start and finish of Musings:

MUSINGS OF AN OLD CATHOLIC WOMAN PHILOSOPHER

by

RONDA CHERVIN

October, 2017

I turned 80 years old this year.

Having written some 65 books, some small, some large; most published, some self-printed e-books; I pictured my remaining years as being devoted to contemplative prayer.

Alas! 5 and ½ months into the enterprise of being an old woman of 80, I find that I am not really that contemplative! When I compose myself to quiet prayer, I am mostly not only distracted in mind but also antsy in body.

So, today, October 6, 2017, I had this thought. Suppose I continue my dedicated widow life of daily Holy Mass, liturgy of the hours, rosary, and ½ to an hour of contemplative prayer, and ministries to small groups of people, but in my spare time write, not a new book, but rather a journal of musings.

What is a musing? Let me start with what musing is not! It is not syllogistic, logical, movement from premises to conclusions. It is not an exhaustive description of phenomena. It is not a fictional account of my own life. It is not the recording of “words in the heart” I think come to me from God the Father, God the Holy Spirit, Jesus, Mary, my guardian angel, or sometimes the saints.

Those genres are the ones you can find in those 65 books I love to boast of having written, of course, with the help of the Holy Spirit.

Musings are more random thoughts about many things, such as, I imagine many an old woman or man indulged in as they rocked back and forth on their porches.

Being by training and vocation a philosophy professor, these will have, much of the time, an analytic tone...but not as heavy and definitive as my thoughts as a young person, a wife and mother, or a middle-aged professor, speaker and writer.

October 6, 2017

Liking and Loving

Thinking about a relationship, I sometimes say to myself “So and so loves me but he/she doesn’t like me!”

I am musing about this. I am thinking that when I say someone loves me but doesn’t like me, I am really resenting that even though he/she loves me, that person doesn’t accept me, warts and all!

The Von Hildebrand’s, Dietrich and Alice, in various books, say that our faults and sins should be seen as the enemy of our souls so that those who say they love us ought not to love those faults and sins, but rather endeavor to correct us.

Maybe I really want those who love me to wink at those flaws or sins on the basis that “Ronda’s virtues are so huge, that these flaws and sins are almost trivial!”

And, maybe, when I say that someone loves me but doesn’t like me, I really mean that I don’t like them for not liking even my flaws which I hang onto for dear life!

Or, maybe it’s something else. When I think someone likes me, when they have to see me doing something wrong, or at least unfortunate, I see on such a person’s face love mixed in with sorrow if it is a big thing. In the case of smaller repetitive exhibition of faults, the expression on that face is more like gentle chiding?

Whereas if I think the person loves me but doesn't like me, then the expression when I mess-up is more like disdain...ah, more like rejection? The look is as if to say: "Heh, Ronda. There you go again. Why can't you see how awful or wrong or sinful what you are doing is? I can stand being with you. I love you in a kind of dutiful Christian way, but I sure don't like you!"

But then after pondering these theories, it seems to me the explanation could be quite different. Liking can come from affinity – as in people I like to be around to play a game with but don't love so much I want to see them, say, every single week! And, others I may like very much in the sense of admiration, but not want to be that close for any reason such as disliking the volume or tone of his/her voice.

But then, again, if I like someone enough, the traits I like outweigh the ones I don't.

Finally, I recall an Eastern sage claiming, "It is very hard not to like someone who likes you very much."

October 10, 2017

Response of Al:

I think it's more complicated than that. It is not either love or like; both are on separate sliding scales that can vary infinitely.

On the other hand, I also seem to hear little girl Ronda pleading with everyone to like her; pleading for everyone to love her, when most people who know you already have a good measure of both like and love for you, already. If that inner child pleads too strongly and openly, it can actually be counterproductive. I think there still is a vestige of bitter root there, somewhere. Are you subconsciously still pleading with your father?

Rather, consider how many in your following cling to every word you say or write. Is that not love enough? If you sense flaws in yourself, work on that, not on people who already admire and love you.

Mine back to Al....si, si, come no!

My sense is that it is too convolutedly self-absorbed this Musings idea. Too self-redemptive? Better to persevere in following all the insights, advice, etc. on my daily list, and letting God fill my day?

October 9, 2017 Anniversary of my husband's death in 1993.

RIP Martin – pray for me and our children and grandchildren and great grandchild.

Jesus: As you go forth to meet people or call or write people, let it be not you alone but us together!

Ronda: An old friend wrote music to this poem Diana wrote for Carla:

Carla's Song (Take the joy)

1. Take the joy.

Do not think much of tomorrow,

take the day -

all its mingled hopes and sorrows,

Hear it sing!

Watch it soar

With its broken wings aloft

Despite the pain

Take the joy.

2. Take the pain

Read the postcards you've been given

Take the night

Lonely, black and unforgiven

Hold the hand

Wear the cloak

Of the Christ you keep inside you

Feel the love

Take the pain.

3. Take the love

Watch the green lights flicker on

And take the time

To touch each soul before you're gone

Listen close

See the light

Hear the songs sung by the fish and

Take the love.

4. Take the light

When your candle flickers low

Take the belief

There is more beyond the darkness than you know

You will learn by going where you have to go

And what falls away is always and is near

But while you're here

Take the pain

Take the hands when darkness grabs you in the night

Take the love and take your time, and take the light

And take the joy.

Take the joy.

Tears.

Here is a link to the video shown to Carla, still alive at Christmas:

www.youtube.com/watch?v=hOMFLJjIOeg&feature=youtu.b but I don't know if this works yet.

October 14, 2017

Ronda: A whole day where I don't have to talk to anyone...

Mary: Take my hand as you go through the day preparing your home and your heart for the visit of Sister Mary Jeanne.

Ronda: I was at adoration at the Sisters' Chapel. I was very distracted. Then I came back and felt tired and lay down and experienced 2 hours of deep quiet rapturous prayer.

I read in the Office of Readings for Pastors for today this verse from a hymn about the Lord as our Shepherd:

"We shall not want, for our Pastor is Christ.

He makes us lie in fields of Grace

Where shorn of sin and refreshed by his love,

We gaze in prayer upon his face.

Ronda: I read this somewhere: Insecurity is a form of pride. It comes from trusting in ourselves and therefore we are insecure but if we trust in God we are not insecure!

October 15, 2017

Ronda: Dear St. Teresa of Avila, my most beloved woman saint. I am now thinking you prayed for me to have that long consoling time to help me get through this difficult time.

St. Teresa: Have you not noticed yet that you pray every day for the intercession of so many saints and then when a grace comes you wonder if it is really us??

Ronda: Yes. I realize evil spirits are working on my weaknesses of all kinds to have me become sceptical. I rebuke the spirit of skepticism of the wrong kind and lay it at Your feet, dear Jesus. Take it away!

St. Teresa: You have all the spiritual wisdom you need to become closer in union with Jesus. You need more to keep practicing averting to His presence. He is your bridegroom. Bridegrooms like to be present to their brides.

October 16, 2017

Ronda: I read into the late night to see the surprise ending to the Maurice Baring novel "C." He is trying to show by dramatic portrayal of what we would call extreme co-dependency these days, how this leads to death and misery and how the Church is the only answer.

Holy Spirit: You see this reflected in your 1997 journal entries about milder forms of this, but still toxic. As you put it so many years ago, leave your whole life, all your memories into the heart of Jesus as memories come up. They come up to be healed.

October 17, 2017

Ronda: I woke up ashamed of the whole drama queen scenario I unfolded at the dinner last night.

God the Father: It is part of the drama of a life, given your fallen nature, to exhibit the bad and the good side of the traits I have given you. When the bad side prevails, you go humbly to confession. But I don't want you to think that is all you are only the bad side of those traits. To be a teacher I gave you the ability to speak vividly. However, being more silent, more often, would help. Ask your guardian angel to stop you from seeking to be the center of attention... humbly pray to be an instrument of love.

October 18, 2017

Ronda: I felt uneasy at the Pro-Life dinner. I think I am too old for evening activities, even though I loved hearing the terrific talk of Ramona Trevino.

Guardian Angel: When unsure you can use those Recovery International principles unless we give you a sign that you need to do something regardless. At your age, doing simple things peacefully is better.

October 19, 2017

Ronda: I am anxious about the details of the visit even though excited to see Sister Mary Jeanne again with so many fond memories. (Sister Mary Jeanne was the last to join the Handmaids of Nazareth that I left way before that time. I met her in another situation and now she is coming to visit me and look into a possibility here for elderly devout women to live together.)

Guardian Angel: Give Mary Jeanne all the information she needs to arrange things herself.

Ronda: So many good things are happening with this. Thank you, dear God. I see I have a longing to be close to more very devout and so enthusiastic friends around me.

October 20, 2017

Ronda: God bless you, Charlie, in eternity, on your birthday. I got so rattled with all the arrangements with Mary Jeanne and the parish. My sense is to stay out of the inner workings of this thing, and not try to fix things. But I am happy for all the good talks with Mary Jeanne.

Jesus: To become more peaceful, keep praying My name for the rest of the time of this visit. Important things for everyone are at stake.

October 22, 2017

Mary: "Love and do what you will" about the visit to Carla.

October 24, 2017

Ronda: I feel relieved to plan the trip now next month to Carla. Today in prayer I am thinking I need soon to get rid of the computer all together to have more peace.

St. Joseph: This is not a good time to decide about that. You are upset about Carla. Keep the thought in mind though.

Mary: Offer every frustration and cross and anguish now for graces for the trip to Carla for everyone in the family.

October 29, 2017

Ronda: I had a horrible time with the computer down with viruses and other upsetting matters. I went to confession 2x in 2 weeks for angry outbursts. I feel discouraged.

Jesus: Now, My Ronda, I tried to talk to you throughout and you did listen sometimes. Remember I want you to respond to what unfolds hour by hour, day by day and not push and fret and get so agitated. Now, stop trying to catch up on the computer so fast, and go slower and peacefully.

October 30, 2017

Ronda: I was touched by Michael saying he didn't mind helping me with the computer.

Mary: You see this opening up of people heart to heart is more important than getting projects done. Now today, with Paula, the Moore's, and the family prayer go slowly and lovingly. Bring me into everything. I am your mother!

Ronda: Such a good day, including the prayer meeting on the web this evening. Thank you, dear mother Mary, for these special graces for me, to draw me into a better "space."

I am amazed that Jesus told Carla that she shouldn't stay hidden in His cloak as a scared rabbit but that his cloak is enormous, so He flung her out of the cloak and told her to go out to other scared rabbits.

Ronda: I had a chance to convey to another person somewhat like me this thought: Those of us who are not very busy wish that others would always be available to us whenever we want to talk to them or call them. That is selfish. We should be glad we have friends and family that want to talk to us, but we should not get agitated if they are not available whenever we want them to be.

November 2, 2017

Ronda: I was upset by grim things I was told about the state of the Church.

Jesus: It is My church. Entrust it into My heart whenever you feel afraid for it.

November 3, 2017

Ronda: Upset over grimmer things in the Church and I forgot what you told me, Jesus, and just fretted and brooded over it!

Jesus: Could anyone have thought that My plan was to be crucified and resurrected?

You could see your trip to Carla as a microcosm of the Church and world events where you will suffer great pain but for the sake of resurrection. You need to witness to the family and to the Catholics you meet of this hope, in spite of your tendencies to pessimistic melancholy.

November 5, 2017

Ronda: Nightmares! Woke up to find Carla's note on hospice board about fear of pneumonia. Maybe I was picking up on her feelings.

Mary: Remember, this is your time like mine before the Passion. Pray urgently from the heart all the day.

November 6, 2007

Ronda: I awoke with a sense of this being now a time for analogous invisible stigmata.

Mary: Yes. I experienced this. Hold my hand when the pain of Carla seems too great. Silence helps.

November 7, 2017

Ronda: I felt better seeing live Carla's face on go to meeting. And she said some very good things.

Holy Spirit: Today is a good day to go slowly with silence between things, especially silence in your head by giving everything into the heart of Jesus, accepting His permissive will for your daily life and the whole rest of your life.

November 8, 2017

Ronda: I was glad my friend got me on Hangouts even though with great expenditure of time and effort. Worried about family patterns coming out.

Mary: As a human person with the effects of original sin, you cannot hope that you will ever have a consciousness like mine unsullied by temptations, but, remember, that fighting them is merit. Rebuke any spirits that are not coming from divine love. Now, for today, continue talking less, offering all difficulties for the family you will soon be among.

I picked up a book on a friends' shelf called The Courage to Grow Old with 40 accounts by different famous people. Anyhow, one had this verse from a poem of Yeats in it, which could also apply to anyone in hospice:

An aged man is but a paltry thing,
A tattered coat upon a stick, unless
Soul clap its hands and sing, and louder sing

For every tatter in its mortal dress.

November 9, 2017

Ronda: Remembering Martin's dying on this anniversary and my father's angina merges with 2 small episodes this week that seemed like possible heart things – a little pain, mostly sweating and faintness. I went to bed bemused and frightened, if also hopeful of release from this world.

Mary: My daughter, as you do sometimes, always bring such feelings to the heart of My son and to my heart as well.

November 10, 2017

Ronda:

Carla, my Carla

So vulnerable,

you tear at my heart.

And then,

the next moment,

you glare at me defiantly,

and I flinch!

Five years ago

you saw the face of Jesus,

and hand in His hand,

you ran ahead,

and, looking back,

let my vulnerability tear at your heart.

And when

I glare back at you,

You do not flinch,

but persevere!

In the heart,

of Jesus,

where both our vulnerabilities

are soothed,

we will live hand in hand,

Together, forever.

November 11, 2017

Mary: As winter and more darkness increases, be more aware of mood swings coming against them with music.

Ronda: I find doing more of this work on Short Takes is good for me, less time to brood and speculate. (*Short Takes on Catholic Living* is a little book coming out of my radio shows that Enroutebooksandmedia is publishing.)

November 12, 2017

Holy Spirit: It is good for you to work on the book, but slowly, not with a tense closure schedule. Breathe deeply the name of Jesus as much as you can today.

November 13, 2017

Ronda: I thought I was in an awful impasse with Firefox. Turned out Chrome works. But it was several hours of angst thinking I had to pay a tech retainer or give up on all my usual work...

Jesus: You did pray to Me, your bridegroom, and to your guardian angel and to Saint Joseph and St. Maximillian. Give thanks for our help and laugh.

November 14, 2017

Ronda: I woke up with a sense of the trip to Carla being a healing time on an emotional level.

Holy Spirit: You need to use all the truths we have taught you in the next days. That is more important than any project work.

November 17, 2017

Holy Spirit: Today is the day to focus on the book I inspired Al to write with your help and to be very encouraging and patient about everything. Just offer everything difficult for the visit with Carla. Expect surprises. Yes, you need to cry more and touch more.

November 18, 2017

Mary: Ask for motherly graces for being with Carla. I will intercede for you, my child. Meanwhile, go slowly and gratefully without anxiety about trifles.

November 19, 2017

Mary: At this point in your life when you do things quickly you are often going to make mistakes. So, right now slow down.

Ronda: During the trip to visit Carla, a high point was Jesus seeming to say to me:

For 50 years every day you have said "I believe in the resurrection of the body." Believe it."

November 29, 2017

Jesus: I told you the last days of the trip to keep remembering my promise of the resurrection of the body and stop thinking you won't see Carla again. I have created you body and soul and I know how you want to be together forever in a resurrected body.

(The visit to Carla was full of graces, but they are too personal to journal about.)

Ronda: I had a miserable trip home with the flight changes and staying overnight at the motel. Told the girls and Carla I would write a horror genre account, but only wrote them this:

"Hi point of funny, I would say, is landing this morning at the Dallas airport where the agent of the day before didn't put in which of the 4 parts of the airport that all serve American Airlines, actually had flights to Corpus Christi. Wheeled into the right airport finally, I discovered that our wonderful sessions of Sipping Miralax through a straw (play on the old love song sipping cider through a straw) little Carla and I had together at her house, was finally working well!!!! As Carla predicted it would 3 days after. I had stopped sipping 2 days before the flight.

But my large panti-liners and imodeum were in the suitcase that was checked through from the day before on the flight that was cancelled leading to my spending the night at the motel.

So, the issue was, should I spend the hour before my final flight Dallas to Corpus Christi, running through the Dallas airport looking for large panti-liners and/or imodeum, or should I pray that the outpourings would become minimal after a trip to the bathroom... I decided not to run through the airport.

I decided, instead, on putting back on my black silky long underwear as another layer between panties and jumper, which long underwear is very hot, so I had taken it off, but was still in my big hand made tote bag.

However, I remembered that sometimes sitting on toilet seats part of my poncho drifts into the toilet bowl and then I have to sit with cold wetness perhaps for long hours, so I decided instead I would sit on the cold floor of the private toilet area to put on the long underwear.

At this point, my bare ass on the floor removing my heavy boots, and pulling the tight silky long underwear over the heavy socks, I started laughing.

However, I also had this heavy thought that no one in the family who really loves me should ever again even seem to try to convince me that I had to show my love for them by going through such horrible adventures. They need to show their love for me but letting me save up shekels to bring them to me since they seem less prone to such horrors.

Even, dear Carla, the dancer...who I recently promised I would come to her if she had to have hip surgery.

If this adventure doesn't seem horrible enough to make this point, I will write up the whole 5 page single spaced account of everything else that went wrong on the trip home.

November 30, 2017

Ronda: I was so happy to be home in my place. Full of joy and new energy, but then felt cut off from the family by the decision not to travel and save money to bring them to me.

Mary: Did you not see how we brought you through that so heavy week for you with plenty of love on all sides? Now, today, go slowly through your life, very thankfully open to all that will unfold.

December 1, 2017

Jesus: Did you see the surprises that I unfolded yesterday – that Diana will visit you, that Carla is making openings for you on the hospice board?

So, today, be open also to surprises. Don't get locked into pessimistic ways that block hope.

December 3, 2017

Mary: Less words, more love.

Ronda: What will happens now that Pope Francis has declared for the heretical interpretation of AL?

Jesus: The Church has to split because the amount of ways it is already split is too great to continue as one body.

December 4, 2017

Ronda: Today is a day of working on Short Takes. What next?

Holy Spirit: You are seeing how much good is coming of those radio shows in spite of all the frustrations. Trust in us to use you as we open different more personal doors in this time of crisis in the Church.

December 6, 2017

Ronda: I take it this better free Medicare plan is because you want me to live longer! I accept your permissive will.

Jesus: As my bride, I want you to always want to be with Me, on earth and then in eternity and not fret so much about anything on earth.

Jenny's take on the chat board:

I look at her and I see a very bright and generous woman, to be sure, one with many flaws. We all have flaws, thank God that he can shine light through them and use them for his own purposes. I see a woman who would drop everything to help the people she loves, has proved so time and again. I see someone trying as hard as she can to discern God's will in her life and live accordingly. A woman of principle who gives away almost everything. A woman who has had adoring students her whole career

and earned a fair degree of respect. I see someone who prays near incessantly for the conversion of her loved ones to the faith, and is constantly looking for ways to bring them back to their true good.

December 9, 2017

Mary: Every day you will have a joyful, a sorrowful and glorious mystery. Remember that idea we gave you so many years ago? So don't generalize from either of the 3 to make conclusions and life decisions. Just receive and accept. All in the permissive will of God.

December 10, 2017

Mary: Closer and closer to the celebration of the birth of my son, Jesus...can't you slow down, as if in your soul, riding with me on the donkey to Bethlehem?

December 11, 2017

Ronda: I had a nightmare about the problems of the Church.

Mary: You are to suffer with everyone in the Church who is afraid. All day pray "I accept Your permissive will, dear Jesus and offer my anxiety and pain for the salvation of the greatest number possible now."

December 12, 2017

Ronda: How charming with the celebration of your feast day of Our Lady of Guadalupe. It also gave me courage. How bleak was the scene before that apparition?

Mary: Yes, dear. Now quiet your little heart.

December 13, 2017

Ronda: I am so, so, grateful for the fun at the festival seeing the Mexican folk-lorico and getting to be in at the end of the dance. And seeing the beaming face of Fr. James watching the folk-lorico.

Mary: Remember how you often get special graces on my Feast Days?

Holy Spirit: See, all those were surprises. We want to release you from the chain of pessimism.

December 14, 2017

St. John of the Cross: I want to help you come to the depth of holiness. You ask my intercession each day, so don't flee from suffering. Start today adding up each day sufferings you cannot avoid and not complaining about any of them.

Ronda: Yes, it is good to do this, of course, not alone, but with my Jesus.

December 16, 2017

Mary: I talked to my Jesus in my heart all day. Do that all day.

December 17, 2017

Ronda: Crying tears of pain, joy, love watching the video of Carla's Song.

www.youtube.com/watch?v=hOMFLJjIOeg&feature=youtu.b

Oh, Jesus, Mary, Joseph, God the Father, God the Son, God the Holy Spirit, Guardian Angel, St. Mary Magdalene, Francis, Teresa, John, Therese, Mother Teresa, John Paul the Great and Edith Stein – THANK YOU FOR THIS SIGN OF ALL THE GRACES IN THE FAMILY AND HOW ONE DAY WE WILL BE TOGETHER FOREVER.

December 19, 2017

Jesus: If you feel you are walking through a mine field take My hand and talk less.

December 20, 2107

Holy Spirit: As we start to prepare you for your silent retreat, you see we filled you with joy this morning in tranquil rest...you are right to think we are wanting to usher you into a new phase in your spiritual life, in your whole life and it will not be exactly like that of some admired saint, but something with your personality, but your redeemed holy personality.

Ronda: Feeling depressed. I am not sure why, aside from heaviness of Carla's sufferings and prospect of more alone time in the next 10 days.

Jesus: Don't try to flee from this...offer it, instead, and read good books and pray to make a good retreat.

Ronda: Feeling happier listening to Bach and reading Pearce :Small is Still Beautiful. Sense of peace approaching the 2 days of silence.

December 22, 2017

Ronda: Start of silent retreat. Good general confession. Sense of release after absolution from the joys of symbolic victory in sarcastic thoughts. Gentle peace at the adoration chapel.

Jesus: Now, my widow bride, feel My arms around you as you let the Holy Spirit teach you through your meditative reading.

NOTES FROM MEDITATIONS ON SILENT RETREAT

From Re-reading the book I wrote with Al Hughes: Escaping from Anxiety on the Road to Spiritual Joy:

- Detachment: from the desire to have an INTERESTING life. Is this related, perhaps, to the plan to administer and substitute in adoration prayer which is not in itself interesting?

Abba, Father. I surrender into your hands the rest of my life and whether it will be interesting or just good in the ways You want for me.

God the Father seems to be telling me: I can make your life interesting in ways you do not expect such as the on-going friendship with Marti, Al, Gary, Bishop Gracida, with Paula, Francette, Jim Ridley, Michael J. Meaney, the Moores, Cris; others I will bring. You don't have to bring about interesting encounters by planning. Rather by receptivity.

Ronda: I read in one of the chapters where this saint talks about exposure to the radiant light diminishes the power of demons. An invitation to Eucharistic Adoration where we see the host in a radiant light?

Holy Spirit: Yes!

Ronda: Into Your hands I surrender my future.

Ronda: Re-reading this book I see again how important "God alone is enough" is for me. I must accept that possibly I could be alone and abandoned by human persons, and still God alone would be enough." I need to sing the St. Teresa of Avila verses: "nada me turbe...solo Dios basta."

I played the Taize You Tube of this favorite song. It felt good.

Reading a chapter about my way of trying to control others by ranting at them when they disagree, I am thinking that the Adoration administration ministry could be good because it doesn't involve authority or truth, just friendly persuasion and grace!

Re-reading Simple Holiness (Al Hughes book with me as interlocutor):

My love of power takes the form of trying to control other people as in trying to micro-manage some people in the family.

December 23, 2017

Ronda: Sense of relief to go back to usual activities.

Holy Spirit: We do want you to be more silent and spend more time in Adoration and other quiet prayers, but we have created you to be very extrovert and that is not bad in itself. See how We have used that in your ministries!

Ronda: To bring together my sense of the short home silent retreat: no dramatic major changes in my life – only to really follow my own long list of maxims for every day with greater trust that peace is on its way.

December 24, 2017

Holy Spirit: Do you see how we are sending you people to help along the way...and others are opening up more? The slower you go with everything, the more We will be able to fill you with empathy and gifts of counsel, in your own manner but with Us in the lead.

December 25, 2017

Ronda: Beautiful time in the chapel for Mass and Francette's wonderful family. But I really miss my family. It was good to talk on the phone with the ones at Diana's house. Little Carla was in too much pain to talk on the phone. So, so, sad.

Mary: Don't fret. Instead heave Carla into our Hearts.

December 26, 2017

Ronda: I had such a surprising conversation with Carla who thinks that maybe with her loneliness and mine maybe I should stay at her house. I wound up pledging that I would travel to her when she is dying regardless of how difficult travel is for me now.

December 27, 2017

Ronda: I was too absorbed in the ins and outs of that proposal to really bring it to You in prayer, my bridegroom. This morning I am feeling there were reasons for the long conversation but that it is very unlikely for lots of reasons not discussed.

Jesus: You don't trust Me? I told you that you needed to be living alone here at this point. Await what opens up but do not leap on anything.

Ronda: Carla feels happy that I am willing to come when she is near death in spite of my horrible experiences of travel at 80!

Mary: Come with Diana.

December 30, 2017

Holy Spirit: Again, flustered. It is natural that since you are not yet in a schedule you feel rattled and since the new year will bring in a different schedule you are rattled. But We want you to have peace, Our peace, in all circumstances. So, today, don't do anything until We pacify you first...

With all the people we have built bonds of friendship with, you cannot help hearing of possibilities that you build hopes on. Please trust that We will guide you about your future life on earth. We have told you that it doesn't matter very much where are you because what matters most is letting Us move further into your being so that you are readied for eternal love.

Hand in Hand with Jesus on the Road to my Home in Heaven

January 1, 2018

Ronda: I awoke thinking that what I need to do this next part of my time is the Way of Love, starting with Thanksgiving since I am teaching the Marathon again. And just respond to what comes along trying to be an instrument of love.

Holy Spirit: Yes.

Mary: Let my gentler spirit pervade.

January 2, 2018

Mary: Today at Our Lady of Guadalupe, be my disciple, a Dedicated Widow as I was an Exalted Widow.

Ronda: During more Adoration prayer at the parish I was thrilled to see how Marco, the plant manager bows each time he passes the tabernacle!

Jesus: Without the gold of the monstrance the people wouldn't see how precious I am.

Gary: Why do you think you wouldn't bring good with your Catholic life and prayer to Jenny and Sean if you live with them in the future? It doesn't have to be as you plan or worry, something different.

January 3, 2018

Adoration Journal: Every time you do something good, even tiny things, picture Mary kissing your forehead.

The monstrance looks like light shining into the darkness of our souls.

January 4, 2018

Ronda: Such gratitude for 58 years of being a Catholic. Word to Cris about being the helpmate of the priest, and mother of the parish.

January 6, 2018

Guardian Angel: Be more present to my leads today.

Ronda: I took a nap and before awakening seemed to be totally inundated by blissful Divine grace. It seemed to me to encourage me in this venture into more Eucharistic Adoration time.

January 7, 2018

Jesus: Offer every upset today for My Church – in this time of crisis many things will be affected and part of your suffering will be not knowing about projects from day to day. But being loving is what counts most.

January 8, 2018

Ronda: Feeling depressed and lonely – it was good to chat with Carla.

Jesus: Yes, Ronda. I want you to move out to others when you feel lonely. We didn't create most people to be hermit like. We want you very close to Us but also deeply with others.

January 9, 2018

Ronda: Dear Mother Teresa, help me with all that I do today. You loved Adoration and you ministered to the dying and their families also. Help me do little things with great love.

Mary: Be like me all day. Do not get anxious about trivial aspects of things. The devil is trying to trap you on that syndrome.

January 10, 2018

Ronda: A good visit to the new doctor. Good plans for better circulation and less coldness.

January 11, 2018

Ronda: Due to many circumstances, probably, only 2 people came to the Way of Love, but these very, very, interested ones. I am thinking that at this time in my life You want me to have not lots of students but some disciples such as the students who now teach in the way You inspired me to teach, and the little group on RondaView, and now little very small groups here.

Holy Spirit: Yes! Now, slowly follow your own teachings!

January 12, 2018

Holy Spirit: Spend this whole week offering up difficulties for Diana and opening your heart to her in preparation for her visit.

January 14, 2018

Ronda: Jesus, I feel discouraged reading the journals at the Hermitage to see that I am beset with the same problems and how You reached into my heart for those years and I seem to have evaded really trusting in You enough that You could have quelled my anxiety.

Jesus: You read of the interior battles of contemplatives and of active saints in the past. You concentrate on the victories, but it was a struggle all their lives in one way or another. So, take heart. I have given the whole Church the mercy spirituality to help in your times. Pray it constantly.

Ronda: I am working on Way of Love, the pages on thanking God even for crosses. The Holy Spirit seemed to tell me to thank God for the crosses of aging that wean us from this world!

January 15, 2018

Ronda: I want to meditate very seriously on this passage from a letter from Gabriel when I was asking him about leaving the hermitage so many years ago:

“I’m not saying you shouldn’t move on, or that the hermitage is right for you. What I am saying is that there is no perfect or ideal community where everyone is available to you just the way you want them to be, or where everyone (or even anyone, for that matter) understands. If that were so, should we ever find such an ideal community, a sensible person should run as hard as he or she could from it (as old St Macarios urges). It would be a spiritual trap, precisely because such a community that so thoroughly meets our needs would allow us to remain focused,

centered, grounded on and in our (chaotic, unappeasable) selves, and the dreams we wish to foist on others, instead of wrested (as the classical spiritual writers say) from such a life dominated by the self precisely by the demands, inconveniences and incomprehensions of others, through the work of loving and serving them.”

Commented [R1]:

Mary: Dear little daughter of mine...trust in us. If it would really be good for you we will find you a good final place on earth.

January 20, 2018

Ronda: My “analysis” of the stress over this visit of my daughter Diana is that she wants to test out if I could be a surrogate twin for her if Carla dies, and I want to test out if she could be an attendant of mine in CA someday.

Mary: My poor dear frightened one. You read today that you cannot be free of fear if you are afraid of suffering. Make acts of surrender to all the sufferings of the future on earth for you.

January 21, 2018

Ronda: Joy about my new cat, Cleo!

January 22, 2018

Ronda: Wonderful to have joyful, creative, loving Diana around.

Jesus: Just sit back and enjoy...watch, receive. You don't have to be center-stage at this time of your life.

January 25, 2018

Ronda: Dear Jesus, Mary, Joseph, God the Father, God the Holy Spirit, guardian angel and all my saints, thank you for all the love on this visit from Diana. It went deep and was healing after all the conflicts of so many years.

Mary: We are trying to induce you not to be excessively anxious, by trusting that our graces will be there in every situation.

January 26, 2018

Mary: You are jumpy because that is how most people get after visits when their routines are disrupted. I don't want you to get upset that you are jumpy. Just offer that up for your dear ones and carry on slowly and peacefully.

January 30, 2018

Ronda: I am less anxious because it doesn't look as if Carla will travel any part of the way alone on this fantasied trip to CA. (FOR YOU WHO HAVE BEEN READING THIS JOURNAL, THE AMAZING THING IS THAT CARLA IS BETTER AND EVEN THOUGH STILL WITH LYMPHOMA HAS MORE PAIN KILLER AND IS PLANNING A TRIP FOR A WEEK TO VISIT DIANA IN CALIFORNIA.) But still kind of deflated by loss of Diana after the visit.

Holy Spirit: This whole year is a transition year. Offer the unpredictability of it for all those you lovingly pray for. Rebuke the spirit of excessive anxiety, remember?

January 31, 2018

Ronda: I am upset about a chance word a friend used that is a racial slur.

Holy Spirit: People brought up a certain way with certain words in their language will easily use these when in a spontaneous situation they wouldn't use otherwise, like vulgar words in traffic. They do not outweigh everything good about a person in many other situations. The evil spirits try to throw you off balance through reactions to passing things. You could speak the truth with love to this person about how it sounded to you, but not with vindictive rejection which would be much worse in you than his use of a word about someone else.

February 2, 2018

Guardian Angel: speak to me more throughout the day. Think in each situation how to be an instrument of love vs. what suits you best.

February 3, 2018

Ronda: I feel so rattled by long chat with someone where I learned even more back-story that is confusing.

Jesus: Life in My time on earth wasn't like a logic book, was it? Run to Me so I can be more with you in all these puzzling situations. Did you see that you were wrong and the person you spoke to a lot about that problem was willing to listen to even more than you thought initially to say? Take hope.

Ronda: Gary saying I was too deterministic, pessimistic. In the fear of having dashed hopes one thinks that nothing good can happen because of x, y, and z. No room for grace? As in previously hearing the Holy Spirit tell me not to be surprised to be surprised. Kierkegaard's resignation is easier than hope.

February 5, 2018

Holy Spirit: We are showing you that your pessimistic ways are not even usually correct as in the matter of the trip of Carla. So, today, go ahead and monitor pessimistic thoughts to see where realistic hope in Us is better.

February 6, 2018

Ronda: Many good things yesterday by not giving into pessimism.

Holy Spirit: With realistic hope you go about quietly doing what is most loving moment by moment. Pessimism is related to overly dramatic hopes. Your big hope is eternal life, not moment by moment successes in plans.

Ronda: I wrote Bishop Gracida about following him because of the grace I sense in him and he wrote back to follow only the Holy Spirit. I see this as a challenge to allow You, the Holy Spirit, to become important to me than the reasonings of any theologians at this moment in the Church. It makes me feel shaky.

Holy Spirit: Trust Me!

February 10, 2018

Mary: You chide some of the people you try to counsel for not remembering maxims you teach over and over again. But you, yourself, forget.

February 12, 2018

Ronda: Yesterday was the feast of Our Lady of Lourdes but I forgot because it was a Sunday. Dear, Mary, you often intercede for me for special graces on your days. Before sleep I had these strong desires to somehow leave the world in my present persona and hide somewhere to only have Mass and prayer.

Mary: We increase this desire in those who are closer to us. Whether it is literal or only that our heart should be with us while you do other ministries we are not telling you now. For now, keep knowing that your Mass and prayer is the most important part of every day.

February 13, 2018

Ronda: Awoke in the night with the sense of invisible stigmata in my feet, but gentle and rapturous. Fantasy of everything else disappearing from my life but Jesus.

February 14, 2018

Ronda: Ash Wednesday! I always feel a certain joy when Lent begins, I think it is because more Catholics who aren't so intent on spiritual growth become so as I usually am all the time.

Mary: Be with us all day every day, we, your holy family, letting us help you with grace and guidance and your guardian angel as well.

February 15, 2018

Ronda: Today working on the proofs of Escaping Anxiety on the Road to Spiritual Joy, I feel vulnerable thinking that I have not been healed enough to justify the book.

Holy Spirit: We have used this vulnerability and openness throughout your whole ministry as a writer. Do not fear. Go forward. Let AI's title itself give you hope.

February 17, 2018

Holy Spirit: Now, little Ronda, be very quiet, stop thinking about the future, and enjoy reading your old journal to see how We loved you through all these years.

February 20, 2018

Ronda: A parable: We wonder why God thought it was worth it to give us freedom even though we use it to sin and to even torture each other sometimes in terrorism and war, etc. etc. So, here's the parable. I got so much joy out of seeing Cleo, the cat, free to explore the world even though the risk is that she will escape if she suddenly runs and I drop the leash. But I felt such joy to see her have a greater scope and not be trapped in the apartment. So God rejoices when we use freedom to make good choices, and it seems that is worth more than the sufferings caused by bad use of freedom.

Holy Spirit: Yes!

February 21, 2018

Anniversary of Charlie's death – his music singing in my heart.

Mary: You cannot avoid the grief this still brings...only in heaven together forever will that grief dissolve. Offer it for the whole family.

February 22, 2018

Ronda: A wonderful talk with Sister Leticia of the Contemplative Sisters: She said just to accept whatever God allows in the Church. It is ego not to accept. Let go, let God.... She quoted someone as saying "I am 5' tall but sometimes my ego is 7' tall. History is the theatre of divine activity. Jesus silences the storm, fear is useless. God is in control. Rest in the bosom of the father, the heart of Mary. Stop thinking.

February 23, 2018

Holy Spirit: Practice all day "Let go, let God."

Ronda: Such a sweet meeting with the tiny Way of Love group. Another example of I shouldn't be pessimistic about these groups, tiny is still wonderful.

Going through the old journals for this compendium, I am amazed at how much Jesus and Mary and Joseph and the saints tried to talk to me about my fundamental problems. I suppose I have inched along, but so, so, slow.

Jesus: We are not impatient. We love you. Remember we tell you that your transparency in struggle helps others who can't articulate, to bear to face these things and look for grace as the help.

February 26, 2018

Ronda to Jesus: I am overwhelmed with gratitude reading through these old journals and seeing how You spoke to me with words in the heart throughout these last 20 years! The loving patience of You, my beloved bridegroom is staggering.

So, "today is the first day of the rest of my life," I want to talk to You, indeed, all day long, and all night, also, and to finally at age 80, trust in You, totally, finally, completely until we will be truly "together forever."

I am feeling that instead of obsessing about my future on earth, I could just openly, excitedly wait to see where You, Jesus, want to send me – keep me where I am exactly where I am in this beautiful apartment or some place else; wherever I can serve with love better.

Jesus: I have been waiting for you to see this for a long time.

Ronda: Instead of obsessing about the future picturing myself walking hand in hand with You, Jesus into the future and finally into Your "home in heaven."

And so, I end SIX TOES IN ETERNITY with this new vision:

HAND IN HAND WITH JESUS ON THE ROAD TO MY HOME IN HEAVEN