

## BULLETIN OF THE VENERABLE MARIA DE LÚCIA OF JESUS AND THE IMMACULATE HEART

BULLETIN | ISSUE 42 | XV YEAR | MAY | 2024



*“Venerable Sister Lúcia is  
a treasure for the entire  
Church”*

Mons. Virgílio do Nascimento Antunes,  
Bishop of Coimbra



# 19<sup>TH</sup> ANNIVERSARY OF THE DEATH OF THE VENERABLE MARIA LÚCIA OF JESUS AND THE IMMACULATE HEART

On 13 February, the Eucharist was celebrated at the Carmel of Coimbra to commemorate the 19th anniversary of Sister Lucia's death, expressing gratitude for her life's contribution to the Church and the world. The Bishop of Coimbra, Virgílio do Nascimento Antunes, presided over the ceremony, alongside several priests, including the Rector of the Shrine of Fatima, Rev. Fr. Carlos Cabecinhas, and the Provincial of the Discalced Carmelite Order, Rev. Fr. Vasco Nuno. The congregation was comprised of numerous devotees and faithful attendees, with Sister Ângela Coelho, asm, representing the Vice-Postulation in attendance.



In his sermon, Monsignor Virgílio Antunes began by emphasizing that “the Venerable Sister Lúcia is a treasure for the entire Church and a treasure of our city and diocese of Coimbra”. He mentioned that “we have already grown accustomed to seeking her intercession and even requesting the grace of her beatification and canonization through the Church's procedures”. However, he noted that “the Church relies on the private devotion of her faithful. The more we learn about her life, the characteristics of her personality, her journey with Mary, and her journey with Christ towards God, the more we may possibly accelerate – if that is possible – this process, which we all hope will conclude soon, in accordance with God's timing”.



Following this, the Bishop of Coimbra underlined that Sister Lucia's life and journey pose a challenge to all of us as Christians – “each one of us called to goodness, to holiness, despite the temptation that arises within us”.

This year, on 13 February, it happened to align with the eve of Ash Wednesday. Therefore, beginning with the Gospel of the day (Mk 8: 14-21) and within the context of the upcoming Lenten Season, the Bishop highlighted the reality of temptation and sin as intrinsic aspects of our journey. “They are integral parts of how Revelation addresses us as God's creatures and how it reveals the redemptive sacrifice of Jesus Christ, for on our own, we could not save ourselves”, he stated.

He recalled that there are various “places” where temptation can originate. Primarily, within ourselves – “both good and bad things are conceived within the heart”, he remarked, stressing that “God plants within us the yeast of goodness, which serves to enrich the Church, the community, and the society in which we live”. Conversely, the yeast of evil

can thrive around us, within our religious life (“the yeast of the Pharisees”) and within the broader society (“the yeast of Herod”).

In this regard, Monsignor Virgilio reminded us of the vigilance required to avoid succumbing to temptation, always keeping in mind that “if we have stumbled into sin – which is the utmost destitution, it is to be stripped of everything, including communion with God and our fellow brothers and sisters – we acknowledge the kindness and mercy of God, who beckons us towards repentance”.

He continued his homily by emphasizing that the primary concern of the little shepherds was to avoid sin, in order “not to further offend our Lord God, who is already greatly offended” (Apparition of Our Lady, 13 October 1917), and to refrain from crowning the Immaculate Heart of Mary with thorns, “a heart surrounded by thorns constantly pierced by ungrateful men” (Apparition of the Child Jesus and Our Lady in Pontevedra, 10 December 1925).

The Bishop also underlined that “within the hearts of the little shepherds, there flourished a longing to offer sacrifices for the conversion of sinners, manifesting a profound connection with God alongside a profound human dimension”.

This should similarly happen in our lives: “to abide in God – in His light – and to strive for the salvation of the human community, serving as agents of God's goodness – a catalyst for peace, love, and forgiveness”, he concluded.

Let us ask the Lord for the grace to help us on our journey to holiness, through the prayer that leads us to him.





# THE LITTLE SHEPHERDS' PRAYER TO THE HOLY TRINITY AND THE CHURCH'S GREAT "SYMPHONY" OF PRAYER

During Our Lady's initial apparition on 13 May, when God's grace was unveiled and imparted to them in the form of "a light so radiant... that it penetrated our chests and the depths of our souls, revealing ourselves in God who was that light", the seers prayed intimately: "O Holy Trinity, I adore you. My God, my God, I love you in the Blessed Sacrament".

Then, prompted by an intimate impulse that was likewise communicated, we fell knelt down and repeated intimately: "Oh Most Holy Trinity, I adore you. My God, my God, I love you in the Blessed Sacrament". After the first few moments, Our Lady added: "Pray the Rosary every day to bring peace to the world and to end war".

"The message of Fatima constitutes a supernatural communication, wherein prayer holds a fundamental place and role: both the Angel and Our Lady, upon their appearances, engage in prayer and instruct us to do the same. Prayer stands as the essence of Fatima". Our Lady "urged us to recite the rosary in devotion to Our Lady of the Rosary, with the aim of attaining peace for the world".

*"How immense is the power of children's prayer! It serves as a model even for adults: to pray with simplicity and complete trust is to pray as children naturally do".*



“Prayer constitutes the central aspect of both the angel’s visitations and those of Our Lady”. “Fatima encapsulates a condensed gospel of prayer”. “Fatima, heralded as the Gospel of Christ delivered by Mary, beckons us primarily towards prayer”. Prayer stands as a pivotal element, indispensable for comprehending the apparitions and the phenomenon of Fatima. “Watch and pray, prayer and penance. This, succinctly put, is the message reiterated by the Virgin from Fatima onwards”.

“The day has twenty-four hours; we accomplish little if we don’t take a few moments to be with God. Our day lasts twenty-four hours... it won’t be excessive if we allocate a quarter of an hour for our spiritual life, for our intimate and familial interactions with God” (Sister Lucia).

“In various passages of the sacred text, we find Jesus Christ setting an example and advocating prayer; not only does he advocate it, but he has also instructed us on how to pray, as exemplified in this passage from St. Luke: “Now it happened that he was in a certain place praying, and when he had finished, one of his disciples said to him, “Lord, teach us to pray, as John also taught his disciples”. He said to them, “When you pray, this is what to say: ‘Our Father who art in heaven, hallowed be Your name...’” (Lk 11:1-2). And thus, we learned from his own lips the Our Father, the most beautiful of our prayers addressed to God, wherein Jesus Christ teaches us to invoke God with the tender name of Father... Our prayer should be the embrace of a child’s love merging into the heart of the Father, and it is the Father’s love that opens itself to the child, listens to their words, hears their pleas, praises, and thanksgiving, and grants their requests... The Our Father stands as the most sublime vocal prayer formula, for it was



*Sister Lucia in the garden of the Carmel of Coimbra, 2004*

imparted to us by the Son of God himself. Therefore, we must recite it with heightened devotion, trust, humility, and love” (Sister Lucia).

Pope Francis has dedicated the year 2024 as a significant “symphony” of prayer, declaring the “Our Father” – the prayer taught by Jesus – as the guiding principle of life for all his followers. “In this year 2024, dedicated to prayer in anticipation of the Jubilee of 2025, we are summoned to recognize the invaluable blessing of engaging in dialogue with the Lord, heart to heart, thereby becoming pilgrims of hope towards the Holy Year” (Pope Francis).

“Everything is prayer!”: on 13 May 2017 and 13 May 2024.

**Fr. Manuel Reis, OCD**

# GRACES



I would like to express my gratitude for two blessings received through the intercession of the Venerable Sister Lucia. The first was the successful completion of my daughter's studies, despite her facing numerous challenges. The second was the healing of my ear ailment. Thank you, Sister Lucia!

**Manuela, Spain**

I asked Sister Lucia to intercede with Our Lady for my son's completion of his nursing course. My heartfelt plea was answered by a cherished friend! May Sister Lucia continue to intercede for us.

**Rosália, Portugal**

I was blessed with the grace of returning to God through genuine conversion, finding my way back to the Father. Thank you, Sister Lucia!

**Lilian, Brazil**

I wish to testify that my father fervently prayed to Sister Lucia so that I could secure a decent job near our family home. Miraculously, through Sister Lucia's intercession, this prayer was granted!

**Roblan, Costa Rica**

I am deeply grateful for the grace I received through the intercession of the Venerable Sister Lucia, alongside Jesus and Mary. When I underwent a thyroid biopsy, the nodules were found to be benign. As an expression of my gratitude, I am sending a donation in support of Sister Lucia's beatification cause.

**Maria Anabela, Portugal**

I wish to express my gratitude for the grace I received through the intercession of Sister Lucia. Facing financial struggles, I borrowed money from a financial institution to consolidate my debts and streamline my payments. Through fervent prayers to Sister Lucia, along with Our Lord Jesus Christ and Our Lady of Fatima, I obtained the grace I sought. Thank you, Sister Lucia! I will continue to pray for the beatification of Sister Lucia. A devoted follower of Sister Lucia.

**Madalena, Portugal**

Although some time has passed, I feel compelled to share the following testimony. My husband suffered greatly from bronchitis, and we found ourselves rushing to the hospital multiple times due to his severe shortness of breath. With deep faith, I prayed earnestly to our dear Sister Lucia. Miraculously, the doctor on duty in the hospital emergency room advised my husband to discontinue some of his medications and continue with just two. This was undoubtedly a grace obtained through the intercession of Sister Lucia, and my husband has since lived a healthy life. In gratitude, I am sending a small gift. I am profoundly thankful to Sister Lucia and to the Good Lord for all the graces received.

**Noémia, Portugal**





I am writing to express my gratitude to Sister Lucia for a grace I received. Several years ago, I developed a cyst that required surgery, but unfortunately, it returned. I fervently prayed to Sister Lucia to intercede for me before our Heavenly Father, asking for healing. Suddenly, from one day to the next, the cyst disappeared. I am deeply thankful to God and to Sister Lucia, who will forever hold a special place in my heart.

Filomena, Brazil

My husband is ill with Alzheimer's disease and has been residing in a nursing home for quite some time. Recently, his condition deteriorated, and due to being bedridden, he developed a large bedsore on one buttock that became deeply wound. For several months, I prayed to Sister Lucia, imploring her to intercede with Our Lady of Fatima on behalf of my husband. With the treatments provided by the nurse, the wound has significantly improved and healed. I promised that if my husband's wound healed, I would share this grace obtained through Sister Lucia's intercession. Thank you, Sister Lucia!

Maria, Portugal

Nine years ago, my husband and I got married, and despite undergoing various medical treatments, I was unable to conceive. I received a prayer card with the prayer for Sister Lucia's beatification, which I held onto. The following year, after yet another unsuccessful treatment, it was confirmed that we were unable to have children. In March of that same year, I rediscovered the prayer card and placed it on my bedside table, where I began praying it earnestly. By August, to our immense joy, it was confirmed that I was pregnant. In March of the following year, our beautiful baby girl, Sofia, was born by caesarean section. Many people prayed for this precious blessing. I promised my husband that our daughter would be named Sofia Lucia, in honour of Sister Lucia. Thank you, Sister Lucia, we will be forever grateful!

Alejandra, Argentina

I would like to share a favour I sought from Sister Lucia. When my daughter expressed her desire to move, we needed to sell our current flat and find a new one that would suit our needs. So, I prayed earnestly to Sister Lucia, asking for her intercession for everything to unfold smoothly. Miraculously, my daughter found a flat with a garage, just as she desired, and we found a buyer for our current one. We are now making plans for the move, God willing. As I promised, I am sending an offering to support the Cause of the Beatification of Sister Lucia.

Irene, Germany

# SISTER LUCIA MEMORIAL

To make Sister Lucia's life known, especially as a Carmelite, and to exhibit some of her objects, the Carmel of Santa Teresa in Coimbra has created an exhibition space, located next to the Carmelite monastery, where unique pieces of her personal use can be seen, among which the following stand out:

*Her Carmelite cell.*

*Handicrafts made by her.*

*The itinerary of her life documented in photographs.*

*Objects used by her at the time of the apparitions.*

*Objects offered to her by various Popes.*

**The space also has a multimedia or conference room.**



**Opening hours:**

**10.00 a.m. – 12.00 noon**

**14.30 p.m. – 17.30 p.m.**

**Saturdays, Sundays and holidays:**

**14.30 p.m. – 17.30 p.m.**

**Closed on Mondays**

**Entrance ticket:**

**€ 2 (above 6 years old)**

**Group bookings**

**Phone number:**

**(+351) 239 781 639**

**Email:**

**memorialirmalucia@carmelitas.pt**



 [www.lucia.pt](http://www.lucia.pt)

 Memorial e Arquivo Irmã Lúcia

 @memorialearquivoirmalucia



# BIOGRAPHY

Lúcia Rosa dos Santos was born in Aljustrel, Parish of Fátima, on the 28th of March 1907. In the company of her two cousins, the Saints Francisco and Jacinta Marto, she was visited three times by an Angel (1916) and six by Our Lady (1917), who asked them to pray and do penance for the reparation and conversion of sinners. Her peculiar vocation consisted in spreading the devotion to the Immaculate Heart of Mary as the soul of the Message of Fátima.

She entered the Dorotheans, in Spain, where she had the experience of the apparitions in Tuy and Pontevedra: the apparitions of the Holy Trinity, Our Lady, and the Infant Jesus.

Yearning for a life of deeper retreat to better respond to the Message entrusted to her by the Lady, she entered the Carmel of Coimbra, in 1948, wherein she devoted herself more intensely to prayer and sacrifice. Our Lady came for her on the 13th of February 2005, and her body rests in the Basilica of Our Lady of the Rosary, in Fátima since the 19th of February 2006.

## **This Bulletin is distributed free of charge.**

To those who wish to contribute to the expenses of the Cause for the Beatification of the Venerable Sister Lucia, please send your donation to the following address:

*Causa de Canonização Irmã Lúcia de Jesus  
Carmelo de Santa Teresa,  
Rua de Santa Teresa, n.º 52  
3000-359 Coimbra - Portugal*

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**ATTENTION: If sending a check, it must be made to the order of *Fundação Irmã Lúcia de Jesus***

## **We give thanks for all the donations received.**

In the Carmel of Coimbra, on the first Saturdays of each month as well as in every 13th, the Eucharist is offered for the intentions of those who trust themselves to the intercession of Sister Lucia.

## PRAYER FOR THE BEATIFICATION OF SISTER LUCIA

*Merciful Father, You instructed Sister Lucia to humbly follow the guidance of the Holy Spirit in obedience to your Holy Church. By obeying your Church, she was entrusted with the mission of reminding the world of the forgiveness offered to all through the Body and Blood of your Risen Son. Grant us the grace to learn from her example, to entrust ourselves to the Immaculate Heart of Mary, so that, transformed by the Spirit, our hearts may mirror that of Jesus. May our purified hearts turn towards You in adoration, becoming witnesses of your compassion and agents of the peace You offer to your children. Grant us, through the intercession of Sister Lucia, the grace we seek, and may your faithful servant be beatified for the glory of Your name and our benefit.*

*Pater, Ave, Gloria*

With ecclesiastical approval.  
We kindly ask you to communicate all the received graces to the Carmel of Coimbra

CAUSE FOR THE BEATIFICATION  
OF THE VENERABLE

# LÚCIA

MARIA LÚCIA OF JESUS  
AND THE IMMACULATE HEART

Property:

**Causa de Beatificação  
da Irmã Lúcia  
Carmelo de Santa Teresa  
Coimbra - Portugal**

Website: [www.lucia.pt](http://www.lucia.pt)  
E-mail: [causalucia@lucia.pt](mailto:causalucia@lucia.pt)

Legal deposit: 356212/13  
Impression: 15.000 copies

Design and layout:  
Tratto - Design e Comunicação

Indeed, in both the Old and New Testaments, which contain the Word of God, we find the path that God has ordained for humanity. Sadly, however, many remain unaware of the purpose for which they were created. They neglect the existence of God, their Creator (...) and are oblivious to the path leading to true happiness in the Father's House.

As a result, much of humanity falls victim to ignorance, seeking happiness where it cannot be found, and descending further into misery and misfortune. Look at the state of the world! What do we see? (...) Wars, hatred, ambition, crimes, abuse, vengeance, deceit, immorality, and more.

All this highlights the urgent need for prayer, for drawing nearer to God through prayer. It is through prayer that we receive forgiveness for our sins and find the strength and grace to resist the temptations of the world, the Devil, and the flesh. We are inherently weak; without this divine strength, we cannot prevail.

Our prayer should be an encounter with the love of the Son, merging into the heart of the Father. It is the Father's love that leans towards the Son, listens to His words, hears His pleas, praises, and thanksgiving, and fulfils His requests.

Recognizing our feeble wills, we acknowledge our desperate need for the strength of grace to overcome the temptations that besiege us, the dangers that encompass us, and the inclinations that draw us towards evil.

Indeed, Jesus Christ Himself instructed us to petition the Father: "Lead us not into temptation" (Mt 6:13).

Sister Lucia

*(Excerpt from "Calls from the Message of Fatima", taken from the chapter "Call to Prayer", pp. 90-100)*