

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

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“Pray, pray much!”

The second apparition of the Angel



PRAY WITHOUT CEASING

Jesus, the praying Man, the Son in communion with the Father, the universal Mediator, asks and recommends us to pray. He is a model of prayer in Nazareth, in the Temple, in the desert, for forty days, in the midst of his public life, in nights of prayer. Model of prayer at the Supper, the Eucharistic prayer, during His agony in the Garden, on the Cross, where He died praying. Prayer at the side of the Father, in the bosom of the Trinity, always interceding for us. Mary, his and our Mother, a woman dedicated to prayer, appears in the Gospel as a model of a praying heart. The Lady prayed at the Visitation with the Magnificat, but also at Cana where she achieved the first miracle, she prayed “meditating in her heart”, and she prayed on Calvary, offering her Son and offering herself with Him. He prayed in the Upper Room with the early community and waited for the coming of the Spirit. She prayed in heaven, after her Assumption, always interceding before the Trinity.

The messages of Fatima, both those of the Angel in 1916 and those of Our Lady of Holm Oak in 1917, are continuous appeals to prayer: “Pray always, pray the Rosary every day, pray for peace, pray for the conversion of sinners, pray that people do not go to hell”, these and other requests were made to the little shepherds, and through them, to all of us. However, it seems that we all pray little and pray badly. Assiduous prayer, the prayerful heart in continual communion with God, does not seem to be common to the Christian life. But the Father, through Jesus, through the action of the Holy Spirit, who is the interior Master who prays in us and teaches us to pray, through the intercession of Mary Most Holy, the Prayerful One, wants from us more prayer, an improved, more frequent, more fruitful prayer, which puts us in greater union with God who is Love, for the good of humanity and of the Church.

A prayer of praise, in the style of some psalms, and the style of the Magnificat, because the Triune God is worthy of all praise – A prayer of thanksgiving because everything comes to us from the infinite love of the Holy Trinity. Prayer of reparation, because we are sinners and evil offends the Heart of God and harms humanity, the Church and each one of us. That is the reason for the urgency to make reparation by loving and to love by making reparation. Prayer of supplication, as mediators between mankind and God, as intercessors, crying out for grace, peace, forgiveness, justice, and so forth. We are baptised and in baptism, we receive the common priesthood of the faithful, which gives us the grace and duty to be mediators. Prayer of meditation and discernment of the Word of God, which converts us, nourishes us and makes us savour the revealed mysteries. Marian prayer, because Our Lady deserves it and has recommended that we pray the



Centre of the cloister of the Carmelite monastery in Coimbra



Carmelite Oratory, in the time of Sister Lúcia

rosary daily. Eucharistic prayer before Jesus, in millions of tabernacles, united to Him, who thirsts for our presence and adoration, for our friendship, for our restorative love.

Prayer of contemplation, through the beauty of nature, the events of life, and biblical scenes. More intimate and silent prayer in the sanctuary of our heart, or more festive, joyful, shared and sung with our brothers and sisters. Prayer in the parish, in the community of believers, prayer in the family, which is the 'domestic church'.

We all know that the Eucharist is prayer par excellence, the highest point of faith, in Christian life, and the most important of the sacraments. It is in the Eucharist that we must celebrate with love, faith, respect and dedication, where we must offer our lives and give what we are and what we have. United to Jesus in the Eucharist, which becomes our Body and Blood, we must be a living and permanent offering. It is the most important, the most eloquent, the most exalted and the most divine moment of our prayer and our

life. For this reason, the Church invites us to offer ourselves as "living hosts" with Christ, making our prayer better and richer, more fruitful for ourselves and the world.

However, we should not forget the Divine Office, the Liturgy of the Hours, which the Church takes as her prayer, which priests and deacons commit themselves to pray, which consecrated people are invited to pray by their constitutions, which monks and nuns pray on behalf of all, centring their lives on the Liturgy of the Hours, seeking in this prayer, often sung, the spiritual source of their personal and community life, but which we can all pray with fruition, uniting ourselves to the whole Church.

By the grace of baptism, we are temples of the Trinity, and so we should develop, in personal prayer, unity with each divine Person, desiring to grow in this union which can reach a mystical union. Immersed in the Trinity, in the Trinitarian life within us, in the sanctuary of our being and of our heart, we enter into deep communion with the divine Persons who dwell within us. From this communion will emerge that which will lead us to be ever more contemplative in life.

But prayer, whatever it is, only makes sense if it transforms our life, our being, our feeling and our loving. Contact with God must divinise our intelligence, our heart, our will, our feelings, our affections, and our vision of ourselves and others. Prayer that immerses us in God will increase our faith, our hope, and our charity, and will make us living witnesses of Jesus, men and women of the Gospel. In this sense, prayer will also be our greatest and most fruitful apostolate, the most universal and the most beneficial for humanity and the Church. Prayer is the great apostolate, perhaps the most effective.

Fr. Dário Pedrosa, SJ



THIS IS MY MISSION

A wise man once said: “Give me a lever, a fulcrum, and I will lift the world”. What Archimedes could not obtain, because his request was not addressed to God and was expressed only from the material point of view, the saints obtained in fullness. The Almighty offered them Himself as their sole and exclusive fulcrum; as a lever, He gave them prayer, capable of kindling a fire of love, thus enabling them to lift the world. And this is how the saints of the Church militant are lifting it, and also future saints will lift it until the end of the world.

These words, written by Saint Teresa of the Child Jesus and the Holy Face, surely read and reread by Sister Lúcia, help us to penetrate more deeply into the Mystery of Love that envelops and fills our existence with meaning, and which we are called to realize, in a special way, in this year dedicated to prayer towards the Jubilee of 2025. Sister Lúcia participated in this to the highest degree, since her whole life and vocation are a constant invitation to make us enter “deeper into the thicket” (St. John of the Cross) of that life of Faith, Hope and Love, precisely through the personal encounter with God, which always leads to the encounter with our brothers and sisters.

Offered as a gift, lost as a mission, cultivated out of love, used as a weapon, prayer was a constant in Lúcia’s life, or rather, in the life of Sister Lúcia of Jesus and of the Immaculate Heart. This deepest identity of hers – to be Consecrated, to be of Jesus, to be of Mary

– where would this condition be offered to her if not through this intimate contact, this constant contact, this mutual surrender that all true prayer implies? Praying is always a matter of love; and “Love is the Light of the soul” (St. John of the Cross). Only love reveals to us God and the ‘new name’ that each one of us has and is called to live and rediscover every day. Only prayer makes us truly what we are! To know Sister Lúcia means, in a way, to glimpse what was the secret of her prayer, of her journey with God. And this helps us to make our own.

Sister Lúcia was a great prayer. She prayed and “let herself be led” by prayer. In the words of St. Teresa of Jesus, she was a “strong friend of God”, “marked by his seal, that of the Cross”. Prayer and life are mutually dependent, they always go hand in hand; therefore, when she allowed herself to be penetrated by that immense Light which is God, and which was granted to her in a unique way by the hands of Mary, she had to respond with her generous and faithful Yes, renewed again and again throughout her life. Renunciations and setbacks; fatigue and misunderstandings – the Cross that chiselled her loving and generous heart so that she could receive the great gifts that God wanted to place in her



Sister Lúcia with the first image of the Immaculate Heart of Mary

so that they would bear much fruit: “I feel God’s presence in me. (...) I feel immersed in His light and His love. It is not only in prayer; I feel it at work, in my daily activities, when I sometimes least expect it. Thus my love for Him, for Him and my Mother, the Virgin Mary, increases and grows, leading me to practise the virtue that sanctifies and purifies His love in me”. This is the path of holiness to which we are all called and to which she draws us: “Live with... always with! always with!” (St. Elizabeth of the Trinity).

As we go through the life of this Sister of ours, we come across various tones that make up the great orchestra of prayer that the Holy Father loves: supplication, intercession, thanksgiving, adoration, and self-offering. We would like to underline just two, so dear to the Pope himself: **“Pray the Rosary every day, to obtain peace for the world and an end to war”**. It is still necessary to listen to this request of Our Lady... because hearts continue to experience hatred, division and discord.



Community, praying the Liturgy of the Hours. Sister Lúcia is the first on the right.

1. Lúcia de Jesus – *O Meu Caminho*, vol. III, p. 146 [16 de outubro de 1971] apud Carmelo de Coimbra – *Um caminho sob o olhar de Maria*, p. 395.

Sister Lucia was faithfully faithful to this request made to her by Heaven and when, on the eve of her death, she placed in the hands of her Prioress the rosary she had always held in her hands or spread on her chest, this gesture was full of tenderness, of closeness, but also of an appeal to responsibility: she was finishing her career, but we are staying “a little longer” to continue it because the world is in need of Peace.

Sister Lúcia on the day of her Solemn Profession



Sister Lúcia's hands with the rosary given to her by Pope John Paul II, which she placed in the hands of the Prioress on the eve of her death.

“Everything comes from the Tabernacle!”

This phrase which she repeated incessantly, between advice and confidence, reminds us of what was a great love of her life: the “hidden Jesus”. It expresses a very intimate secret that we will never fully understand. But this sentence alone tells us so much if we want to listen to it! Let us dare to go to Him, to Jesus in the Eucharist. Sister Lucia assures us that we will find our answers there, “alone with Him alone” (St. Teresa of Jesus). Let us adore Him! Let us commune with Him in faith and love so that we do not have to live alone – because it is not good for man to be alone – but that, progressively, He is in us. He alone is enough for us!

“This is my mission, the apostolate of prayer, sacrifice and love². May we, hand in hand with Sister Lucia, participate with her in such a great mission.

Carmelo de Coimbra

2. Lúcia de Jesus – Carta a D. Ernesto Sena de Oliveira, de 29 de abril de 1952, apud Carmelo de Coimbra – Um caminho sob o olhar de Maria, p. 397.



“SISTER LÚCIA OF JESUS, A PATH OF LIGHT”

LETTER FROM THE PREFECT GENERAL OF THE ORDER OF THE DISCALCED CARMELITE

On 16 July, the day of the celebration of Our Lady of Mount Carmel, Mother and Queen of Carmel, Fr Miguel Márquez Calle, OCD, wanted to highlight the figure of this daughter of Carmel, Mary’s favourite daughter:

“Sister Lúcia of Jesus, a path of light”. This is the title of the document that traces the life and spirituality of the girl from Serra D’Aire, whose life was inevitably marked by her encounter, at the age of 10, with the Lady brighter than the sun. It was a path that also had its shadows, but which she always followed with the tenacity of one who wanted nothing more than to please her God, and which led her to Carmel, where she lived for more than 50 years. In fact, it was in the silence of the cloister that she forged a “Eucharistic” and “Marian style” soul that blossomed into abundant fruit for the Church and the world.

About her relationship with Mary, we can read: “After entering the Carmel, she progressively interiorised herself in Mary through a journey of purification, which made her ever smaller and more abandoned, until she came to live within her Immaculate Heart, without ever leaving it. This same movement of interiorisation can be seen in her relationship



with Jesus in the Eucharist, where, in the last stage of her interior journey, she underwent a true Eucharistic transformation, perceiving herself as a “host of love”.

As a Carmelite nun, Sister Lucia knew how to distinguish herself by her obedience and humility, despite her strong and determined temperament.

The document also mentions the theme of unity, another fundamental aspect of her journey and mission: unity of the Church, unity of her Order and of her Community.

In the path of Light travelled by Sister Lucia, there remain the traces of fidelity to the Message and to the request to spread it which, 87 years before her death, had been entrusted to her in Fatima by Our Lady. Today, in the face of the outrages, sacrileges and indifference with which Our Lord is offended, it is up to us to follow the same path, incarnating Mary’s virtues in our lives, in the certainty that her Heart will be our refuge and the pathway that will lead us to God. Let us draw inspiration from the letter “A Path of Light”, which can be read in full in several languages on the lucia.pt website.

To read the full letter,
click on the QR code



GRACES

I have a brother who, for six years, was on bad terms with his son-in-law, which created an atmosphere of great sadness among all the members of the family. For a long time, I made novenas to Sister Lúcia asking for this situation to end. On May 13, my sister-in-law called me to tell me that they had reconciled, which gave us great joy! That day I went to the evening procession of Our Lady that took place in my hometown, in thanksgiving to our Heavenly Mother, to Sister Lúcia and for my prayers having been heard!

Maria, Portugal

I wish to thank Sister Lúcia, the shepherdess of Fátima, for my speedy recovery from the caesarean section I had, in which my seven-month-old son Francisco was born, who died after eight days. I have my husband and my 15-year-old son for whom I have to go on, and Sister Lúcia helps me every day with her prayers. I wanted you to know my testimony, thank you for spreading the faith.

Patrícia, Argentina

I would like to share with you the graces I have received through the intercession of Sister Lúcia. A very big one was when a friend of mine was pregnant and had many serious problems and wanted to have an abortion. I asked Sister Lucia for her intercession so that the child could be born. The child is already going to church on his mother's lap and she is very happy.

João, Brazil



I have a grandson who would very much like to join the Air Force. Knowing that this is very difficult to achieve, I asked Sister Lúcia and she answered me.

Almerinda, Portugal

The grace granted by the Good Lord through the intercession of Sister Lúcia has come into my life. After opening the envelope containing the relics, I asked Sister Lucia for a spiritual grace. On the first Saturday of the month, after Holy Communion and intending to make reparation to the Immaculate Heart of Mary, I was able to realise the grace received. Thank you very much for sending me the relic with the photo of Sister Lucia.

Geraldo, Brazil

I want to testify to the marvellous things that I have received by entrusting myself into the hands of God the Father and through the intercession of Sister Lucia. The first grace was the cure of a depression in which the doctor freed me completely from medication. The second, which I consider a miracle, was the deliverance from a business, in which we had the grace of God to protect me and my family from a tremendous evil. I want to praise and thank always this wonderful God of mine, whom I love and adore!

Cleber, Brazil

I want to publicly thank God who, through the intercession of Sister Lucia, has granted me a very special grace, in pastoral service, in total obedience to my Superiors. I wish Sister Lúcia to be beatified and canonised. Thank you

Father Gustavo, Spain



I have come to thank God for his goodness to us. I asked Sister Lucia's intercession before Our Lady for the grace to love God and to know my actions so that I can confess them.

Williams, Mexico

I wish to communicate a grace through the intercession of Sister Lucia. I have had a small operation on my mouth for the third or fourth time. During this last operation, I asked Sister Lúcia not to spend the night in pain and suffering as on other occasions. And so it happened. I thank God, Our Lady and the intercession of Sister Lucia!

Juan, Spain

Every day I prayed the prayer for the beatification of Sister Lúcia, and at the same time I asked for the grace that my daughter's operation, which was to be done on her breasts, would go well. She had a lump in her right breast and the doctors thought it was a malignant tumour. Despite having to operate, I trusted in God and the intercession of Sister Lúcia. The operation went well and a few days later, after a new biopsy, the result could not have been better: she was cured. I am very grateful for Sister Lúcia's intercession for my daughter, who is recovering well. May Sister Lúcia always intercede for all of us, I am eternally grateful to her!

Glaphira, Brazil

I want to thank Sister Lúcia, the Shepherdess of Fatima, for her intercession before God and his Blessed Mother, and for the grace that my son has been able to find a job compatible with the treatment he has to follow. After several months of discouragement, I made a novena asking for this grace, praying the prayer for the Beatification and Canonisation of Sister Lúcia, and from one day to the next everything was resolved. I thank God for this grace. I am sending a small donation to help the cause of Sister Lúcia's beatification and canonisation.

Ana Maria, Portugal

A 93-year-old Sister fell and fractured her pelvis and was referred for conservative treatment with 3-4 weeks of bed rest. A relic of Sister Lúcia was placed under the patient's pillow, asking for her intercession for her rehabilitation. After the indicated time and the first two very painful weeks in which she was mobilised in bed, Sister has fully recovered her mobility, is pain-free and walks with her walker as she did before the fall as if nothing had happened! Thank you, Sister Lúcia, for interceding for us before the Father and Mother of Heaven!

Coimbra, Portugal

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.

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Entrance ticket:

€ 2 (above 6 years old)

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www.lucia.pt/memorial/



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

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.

CAUSE FOR THE BEATIFICATION
OF THE VENERABLE

LÚCIA

MARIA LÚCIA OF JESUS
AND THE IMMACULATE HEART

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Coimbra - Portugal**

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The Message here draws our attention to the first commandment of God's Law: «*I am the Lord your God (...)*» (Ex 20:2-5). With this Law, God commands us to worship Him alone, because He alone is worthy to be worshipped by His creatures. Worshipping God is therefore a duty and a precept that the Lord has imposed on us out of love, in order to give us the opportunity to be benefited by Him.

The way in which we should worship God is described by St. John in the dialogue of Jesus Christ with the Samaritan woman (...) *true worshippers will worship the Father in spirit and truth (...)* (Jn 4: 19-24). As you can see, it does not matter where, but our spirit and our intelligence recognise God for his infinite greatness, his immense power, and that, in rendering homage, we worship him. Worship merges with love, recognition, with gratitude, because we owe no one as much as we owe God. People even express certain strong feelings in their soul with these words: I love this or that person so much that I adore him or her! It is an expression of affection, esteem and veneration for our fellow human beings. And should we not have it for God? Who else or as much as He deserves it?

We worship Him in faith because we believe in Him. We bless Him with hope, confident that all good things will come to us from Him. We thank Him with love because we know that out of love He created us, that out of love He preserves our life and that out of love He destined us to share His own life. Therefore, our worship should be a song of perfect praise, because before we existed, He already loved us, and it was out of that love that He gave us the being.

Sister Lúcia

(*Apelos da Mensagem de Fátima*, excerpts from the chapter *Apelo à Adoração*, p. 71-74)