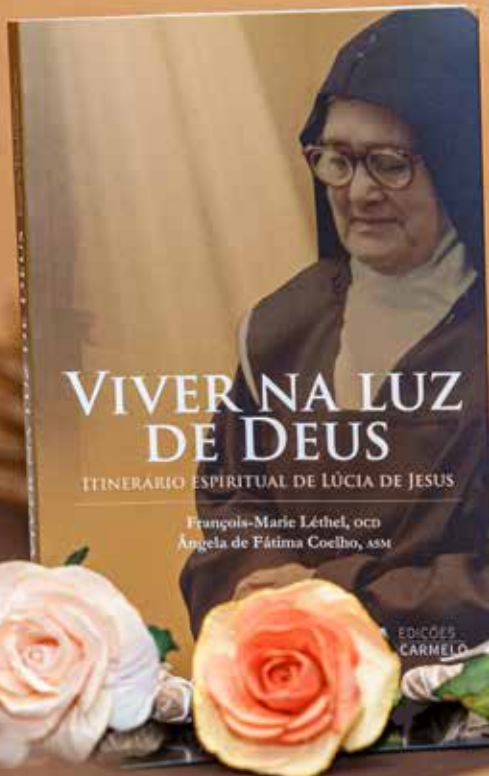


BULLETIN OF THE VENERABLE MARIA DE LÚCIA OF JESUS AND THE IMMACULATE HEART

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20TH ANNIVERSARY OF THE DEATH OF THE VENERABLE SISTER MARIA LÚCIA OF JESUS AND OF THE IMMACULATE HEART



On 13 February 2025, we commemorated the 20th anniversary of Sister Lúcia's passing into eternity. To mark this memorable date and give thanks to the Lord for the precious gift of Sister Lúcia's life and vocation, the Discalced Carmel, together with the local and universal Church, gathered in communion, both physical and spiritual, in the chapel of the Carmel of Coimbra.

Present was the Bishop of Coimbra, Most Rev. Virgílio do Nascimento Antunes, who presided at the Holy Mass, concelebrated by the Vicar General of the Diocese, Fr Manuel Ferrão; the Rector of the Shrine of Fátima, Fr Carlos Cabecinhas; the Provincial of the Discalced Carmelite Order, Fr Vasco Nuno; the chaplain of the Carmel of Saint Teresa, Fr Fernando Pascoal; the Discalced Carmelite Friars of the various Communities, and many other priests from Coimbra and other dioceses.

It is worth highlighting that this year the celebration involved the participation of the entire Portuguese Province of the Discalced Carmelite Order. Alongside the Provincial Superior and many Carmelite Fathers, the Secular Order of Discalced Carmelites (OCDS) was also represented by its National President, another Council member, and a significant number of members from the Secular Carmelite Community of Coimbra. From their Monasteries, the Discalced Carmelite Sisters of other Communities joined in the event through their unceasing prayer and, where possible, via the online broadcast.

Numerous faithful, religious, and lay people from various places likewise united in the celebration.

SISTER LÚCIA, A LIFE BETWEEN SERRA D'AIRES AND MOUNT CARMEL

Before the celebration of the Eucharist, Sister Ângela Coelho, asm, Vice-Postulator of the Cause for the Beatification and Canonisation of Sister Lúcia, gave a talk on the spiritual journey of the Venerable, presenting what was the essence of her ascent to Mount Carmel, which is Christ. After greeting those present, Sister Ângela invited everyone to allow themselves to be “illuminated by the witness of Sister Lúcia’s life, which itself was bathed in the mystery of Jesus – a mystery into which she entered, led by the Immaculate Heart of Mary.”

She began by highlighting that “every Christian, through Baptism, is called to be configured with Christ”, and proceeded to retrace Lúcia’s spiritual path, from the Angel’s apparitions – where “the little Lúcia welcomed the call to Adoration and to growth in the theological life”—to the apparitions of Our Lady: “on 13 May 1917, Lúcia is introduced into the light of God (...) In the second apparition, on 13 June, Lúcia sees herself as light within the light poured out over the earth. Our Lady assures her that Her Heart is a refuge and a path to God (...) And in the seventh apparition, which took place on 15 June 1921, Our Lady appears to her and her voice brings light and peace. She says to Lúcia a phrase that will become the refrain of her life: ‘I then repeated my yes, now much more consciously than on 13 May 1917.’ Despite the privilege of the apparitions,

Lúcia was not born a saint and had to walk a path just like ours,” she emphasised. “After the apparitions, Lúcia emerges from the supernatural atmosphere into which she had been immersed and embarks on a spiritual journey marked by freedom – the freedom to accept or reject God’s will. She accepts it, and this allows baptismal grace to blossom,” she added.

The conference continued with a focus on the final stage of Lúcia’s spiritual life, considering Carmelite spirituality, highlighting key traits and phases of her journey. Sister Ângela reminded us of the decree on the heroic virtue of virtues, which states that “the entire life of the Servant of God was a participation in the Paschal Mystery of Christ (...) In all things she renewed her ‘Yes, we do’ of 1917 and repeated in her heart the offering Our Lady had taught her: ‘O Jesus, it is for Your love.’” She also noted that “there is a noticeable progression in her configuration with the Crucified Christ, which deepened throughout her life (...) she gradually became conformed to Christ and ever more united to His will. And thus, a Saint and Apostle is born for the Church (Blessed Marie-Eugène).”

In essence, Sister Ângela presented us with a beautiful summary of the book **Living in the Light of God**, which would be officially launched the following month. She also highlighted several virtues and essential aspects of Lúcia’s interior life, specifically: fortitude – “God made her a pillar of this temple that is the Message of Fátima, a strong and secure rock, splendid (...) a prophet in the service of truth”; her relationship with Jesus-Eucharist – “which over time took on a movement of interiorisation”; love for the Church – “Lúcia offers herself for the Church, for unity in the Church; this is always one of the great intentions of her prayer”; humility – “which led her always to live and feel as an instrument in the hands of Our Lady”; and finally, love for Mary – “which also dee-





EUCCHARIST

The bishop began by “giving thanks for these 20 years and asking for God’s greatest gifts for this Cause, as we have always done.”

At the beginning of the homily, he reaffirmed: “We believe in the holiness of God, and we believe that this same God, who is Holy – three times Holy, as we say – gives us as our first vocation to be holy. To be holy from that moment of our calling in Baptism, in water and in the Spirit; to be holy by receiving the gift of God, from the very God who makes us holy, while cooperating with the availability of our entire being—our intellect, heart, and action—so that we may advance on this path, which could remain an unreceived gift, but which we wish to welcome fully.”

Referring to the Gospel of the day [cf. Mk 7:24–30], he said: “Jesus goes to the land of the pagans, in the region north of Galilee, in Phoenicia, and visits the house of a woman who is also pagan, thus not belonging to the people of God (...) What Jesus wanted to communicate is very simple. Indeed, salvation came to the Jews and through the Jews. But God does not want salvation to remain confined to an ethnicity, nor even to a religious world or a single people; God wants salvation, through Jesus Christ, to reach all the peoples of the earth (...) This, dear brothers and sisters, is our vocation: on one hand, to receive the salvation of God; and on the other, to be available, ourselves, to carry God’s salvation – with Christ, through Christ, and in Christ – to all peoples of the earth. Through the proclamation of the Good News, of course; through the witness of life, certainly; but we may also say, through holiness of life, which is not always so evident.”

Referring to the writings of Sister Lúcia, he said that “one could sense there the difficul-

pened until she lived within the Heart of Mary (...) in what we might call a Marian spiritual childhood.”

In conclusion, Sister Ângela highlighted “Lúcia’s dream”, her ecclesial mission – “I believe she has held this dream since 13 June 1917, when she was granted the grace of seeing herself in the light that was poured out upon the earth: to be light, the light of Jesus and of the Immaculate Heart, as her name indicates.” Indeed, she continued, “the immense light that was God, and that the Virgin Mary infused in her, now rises and shines upon her, drawing multitudes”, referring to the “shower of letters” received at the Carmel, especially from the 1970s onwards – “an apostle who evangelises the Church and the entire world in the silence and anonymity of a contemplative life.”

At the end, she recalled the memorable 13 February 2005, citing the words of the then Patriarch of Lisbon, Monsignor José Policarpo: “In the death of this woman, something touched Portugal (...) We are moved, not so much because she died, but because today, between Fátima and Heaven, a new bridge has been established.”

ties faced by anyone who wishes to undertake a serious journey of living their faith, of living their vocation.” “On this path of holiness, which we do not want to be an exclusive reality for ourselves, but one we would like to see open and embracing of all the peoples of the earth—through the same Spirit, who acts even where we cannot see and who works in the hearts, minds, and lives of people, even beyond what we can control. The challenge is, without doubt, very great, but we wish to embrace it,” he emphasised.

Mons. Virgílio added that “he also felt great joy in celebrating this anniversary and this Eucharist during this Holy Year, which is marked by the word Hope.”

“When I meet people,” he continued, “both here in the Coimbra area, in Portugal, and even abroad, I perceive so many placing their hope in God—the hope for their life, for their future, for eternal life, for their path of holiness—but through those intermediaries who, happily, exist in our memory, in our devotion, and in our journey. And there is no doubt that for many people, all over the world, Sister Lúcia is one of those intermediaries on the path toward the only true hope, who is Jesus Christ. Therefore, let us offer heartfelt thanks to the Lord our God for the whole course of this life, and for the signs of hope that, throughout her life – and even now after her death – continue to shine forth.” He concluded by underlining: “We want her to be a sign of hope, helping us to see the Person of Jesus Christ, He who is our only hope.”

At the end of the Eucharist, greeting the Provincial Father, the Bishop of Coimbra affirmed that the Carmelite Order is a spiritual family which, in the past, has given many great saints to the Church – “and I hope that

today you will continue to give many saints to Heaven. We all hope you continue to be a sign of the ongoing hope with which God wishes to keep enkindling the hearts of His people, through the witness of His saints,” he stressed.

Turning to the Sisters of the Carmel of Saint Teresa, he added:

“And to the Sisters, I say that I still believe the Carmel is one of the best places in the world—where people become holier, and whose holiness is then communicated, even in silence, because holiness is not usually noisy, but discreet. We hope that your holiness continues to radiate throughout our world!”

In conclusion, he addressed the whole assembly: “Let us all continue to pray that Sister Lúcia of Jesus may be beatified before the 25th anniversary of her death is celebrated!”

In this Holy Jubilee Year, let us ask the Lord – under the gaze of Mary and through the intercession of the Venerable Sister Lúcia – for His blessings upon His children, Pilgrims of Hope, so that we may remain faithful to the universal vocation to holiness to which we are all called, as the Holy Church exhorts us and as we were reminded by Mons. Virgílio and Sister Ângela on this joyful day of thanksgiving.





LIVING IN THE LIGHT OF GOD

A step further into the interior life of L  cia of Jesus

On 28 March, the anniversary of the birth of the Venerable L  cia of Jesus, the presentation of the book *Living in the Light of God: The Spiritual Itinerary of L  cia of Jesus, Apostle of F  tima from the Carmel* took place at the Sister L  cia Memorial.

This work was promoted by the Carmel of Saint Teresa in Coimbra and authored by Fr Fran  ois-Marie L  thel, Discalced Carmelite, a well-known French theologian and specialist in the theology of holiness. Among other contributions, he was one of the drafters of the *Positio* for the declaration of Saint Th  r  se of the Child Jesus as a Doctor of the Church and was preacher of the Lenten spiritual exercises for the Roman Curia in 2011. The book was co-authored by Sr   ngela de F  tima Coelho, current Superior General of the Alliance of Holy Mary and Vice-Postulator of the Cause for the Beatification and Canonisation of Sister L  cia.

As its title suggests, the study focuses on the spiritual path of Sister L  cia, especially her life as a Discalced Carmelite—a dimension of her life that remains little known and little explored. As Fr Miguel M  rquez Calle, Superior General of the Discalced Carmelite Order, states in the preface: “F  tima is a dialogue between Heaven and Earth; L  cia is the interlocutor of Heaven’s desire to communicate with humanity. And this work, now made available to readers, is a beautiful and profound dialogue between the spirituality of F  tima and that of Carmel. [...] It is a great joy for me that the Church and the Carmel discover L  cia of Jesus – not to the detriment of L  cia of F  tima – but recognising and giving thanks to God for L  cia’s vocation to Carmel”.

As we delve into this book, we discover an entire journey of continuous striving for fidelity to God and self-offering for the Church and for humanity, lived by the Venerable Sister L  cia in constant spiritual growth and in a remarkable synthesis of these two spiritual traditions. Drawing from her private diary entitled “My Path” – unpublished and extensively cited in this work – the authors interweave her spiritual journey with the framework of “The Interior Castle” by Saint Teresa of Jesus, enriched by the teachings of Saint John of the Cross and Saint Th  r  se of the Child Jesus, and with the events of the Cova da Iria, inviting the reader to be moved and to enter this great inner adventure which is to live in the Light of God. Indeed, it is for all of us what the Venerable Sister L  cia experienced in herself and wrote in her diary on 18 June 1970: “Holiness is to live the Light of God that dwells in me, to live in the Light, to live from the Light, to live for the Light”.

The path of holiness was also long and demanding for L  cia of Jesus, as becomes clear with each page of this book.

Returning to the words of Fr Miguel: “This great spiritual adventure – the itinerary of L  cia of F  tima – began at her First Communion, intensified in the encounters with the Angel of Peace, and from then on never ceased, beginning with her first encounter with the Virgin radiant with light. Allowing herself to be enveloped by the light of God through Mary, she lived that light just as wood allows itself to be ignited and transformed by divine fire – a process of purification by which God transforms the soul into Himself, making it His own, in His flame of love”. This process of purification was especially intense and, therefore, particularly fruitful during the period in which L  cia experienced what Saint John of the Cross calls the “dark night of the spirit”, leading her, among other things, to a profound experience of being a living tabernacle and to the mystery of eucharistic indwelling within her, as well as to a true experience of Marian spiritual childhood—totally immersed in the Immaculate Heart of Mary and identified with Her, like a *host of love* offered for the glory and praise of the Triune God. Effectively, Sister L  cia bore witness, in and through her own life, to the truth of Our Lady’s words: “In the end, My Immaculate Heart will triumph” – a Paschal Christian experience to which we are all called.

The book comprises two essential parts: The first, titled *Before Entering Carmel*, summarised in the phrase “It would be She [Mary] who would lead me and

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CONGRESS ON SISTER LÚCIA

From 17 to 19 October, the 13th Spirituality Congress will take place at Domus Carmeli, in Fátima. Organised by the Institutes of Carmelite and Teresian Inspiration, this year's edition is dedicated to the figure of Sister Lúcia. Entitled **“Lúcia of Jesus, Pilgrim and Witness of the Light”**, it seeks to highlight the impact this Carmelite nun has had – and continues to have – on the Church and on society, as well as some of the fundamental aspects of her life and spirituality. It will undoubtedly be an important occasion to encounter this eminent figure of 20th-century spirituality, who remains a privileged channel of that immense Light which is God, and which was entrusted to her through the hands of the Virgin Mary.



guide my steps”, presents the spiritual foundations of Lúcia of Jesus, her vocation to Carmel, and her spiritual journey until her entrance on 25 March 1948. The second, concerning her life as a Discalced Carmelite, explores three major moments in her spiritual itinerary: *Preparation for the Night* (1948-1955); *The Dark Night of the Spirit* (1955-1980); and finally, *Transforming Union*, from 1980 onward.

The book also includes a short note of thanks from her Sisters in Community and is enriched with four valuable appendices: “A Brief Chronology of the Life of Lúcia of Jesus”; “A Summary of the Spiritual Path according to Blessed Marie-Eugène of the Child Jesus, I Want to See God”; the “Decree on the Heroic Virtues of Lúcia of Jesus”;

and the “Letter from the General Superior of the Discalced Carmelites on Lúcia”, published on 16 July 2024 and titled “Path of Light”.

The presentation of this first in-depth study on the Venerable Lúcia of Jesus was given by Fr Joaquim Teixeira, President of the Spirituality Commission of the Portuguese Province of the Discalced Carmelites. Also present were the Provincial Superior of the Order, Fr Vasco Nuno Costa, the co-author Sr Ângela Coelho, and the Bishop of Coimbra, Mons. Virgílio Antunes. Fr Léthel, unable to attend in person, sent a brief written message expressing his joy and spiritual communion. Present as well were the Director of Carmel Editions, responsible for the publication of the book, Fr Pedro Ferreira, OCD; the Rector of the Shrine of Fátima, Fr Carlos Cabecinhas; and the Director of the Department of Studies, Dr Marco Daniel Duarte.

An invitation is extended to all those who feel called to go deeper into this spiritual richness by reading the book, in the hope that they may ever more faithfully pursue their own journey towards God, guided by the life and spiritual experience of the Venerable Sister Lúcia.

Discalced Carmelite Sisters of Coimbra



GRACES

Since childhood, I have been devoted to Our Lady of Fátima. I have already received many graces through her intercession, and now also through that of Sister Lúcia. I married in the Church over twenty years ago – my husband agreed and was baptised. He did not practise religion, but he never prevented me from doing so. It was a great sorrow for me, so I always prayed for his conversion. In the city where I live, I discovered the Movement of the Message of Fátima, of which I am a member. Every month we pray the novena to Sister Lúcia, and during that time, I would pray for my husband's conversion. A great grace was granted to me: my husband now attends Mass with me and prays the Rosary. In thanksgiving to Sister Lúcia, as I had promised her, I now share this grace. Thank you, Sister Lúcia!

Anonymous, Portugal

I wish to share a grace obtained through the intercession of Sister Lúcia. Late in the afternoon, I opened my computer to search for information in a fourteen-page project I had been working on. Suddenly, due to an unexpected movement of the mouse, everything became disfigured. I panicked and called my wife, who knows a bit about computers. We tried everything – clicking here and there – but to no avail, not even the undo button worked... I then called one of our sons, an IT expert. He also couldn't resolve it and added that the usual means of fixing such problems were all blocked. He told me to be patient, but re-doing the work was out of the question – it included many maps, some extremely detailed.



Then it occurred to me to place beside the computer the Sister Lúcia Bulletin I had picked up in a church, where it had been left alone (it even felt like it had been waiting for me...). I fervently asked our Sister to rescue me from this stressful situation. Meanwhile, we went to dinner, leaving the image placed directly on the keyboard and the document still open. After a while, we tried again with no success. But upon closing the text, to my great surprise, a window popped up with an option – and everything returned to normal. I cried out: What a great miracle from our Saint Lúcia, as I like to call her! And immediately fulfilled the promise I had made in my moment of distress: I prayed a Rosary on my knees beside her image, which at my age is no easy feat. But I did it with joy and heartfelt gratitude.

Manuel, Portugal

I would like to share a grace received through the intercession of Sister Lúcia. When my husband left home, I prayed to Sister Lúcia for help, and after five months he returned. Thanks be to God! Despite the temptations that often interfere in our marriage, I am happy and thank God every day. For this grace received, I now pray the Rosary daily. Thank you, Sister Lúcia!

Elsa, Brazil

While leafing through the Sister Lúcia Bulletin, I couldn't help but feel moved! Despite my smallness – at seventy-six years of age – she has not abandoned me. In fact, she has helped to increase my faith. I briefly share that, after losing seven hundred and fifty euros



– which I desperately needed, as they had been entrusted to us for safekeeping – I turned to Sister Lúcia in distress, convinced that if she did not help me, I would never find them. A few minutes later, the thought came to me to search among some papers. My joy was immense when I found the money, and I gave thanks to Sister Lúcia for yet another sign of her kindness toward me. I offer my thanks for her intercession before God. Thank you, Sister Lúcia!

Teresinha, Portugal

My daughter was in a difficult financial situation and needed to sell her car. I began praying to Sister Lúcia using her prayer card that includes the Beatification prayer. Within a few days, a buyer came forward and the car was sold. I had promised to publish this grace, and so I do. I am sure it was through her intercession. I am also sending a donation.

A., Spain

Iwish to share a grace obtained through the intercession of Sister Lúcia. I had to undergo a second surgery to remove renal angiomyolipomas (in the left kidney). The surgery lasted six hours, and the postoperative period was very painful: I had to use drains and tubes to release fluid and blood from the abdominal cavity,

and I suffered greatly from nausea, repeated vomiting, and weight loss. I was hospitalised for five days; on the fourth day I experienced such intense pain that I fainted and had to be treated urgently. That night, I dreamt that Sister Lúcia came to visit me. When I awoke, I heard my mother speaking with the nurse, saying that I had stopped bleeding from the tube. The following afternoon I was discharged from hospital and am now doing very well – thanks to the intercession of Sister Lúcia before Our Lady. Thank you so very much, Sister Lúcia!

Rosana, Brazil

Iwould like to express my thanks for a grace I received through the intercession of Sister Lúcia, who helped my granddaughter find employment. Thanks be to God, she is now working. I am sending a donation to support the Cause for the Beatification of Sister Lúcia.

Maria, 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.

Closed on Mondays

Entrance ticket:

€ 2 (above 6 years old)

Group bookings

Phone number:

(+351) 239 781 639

Email:

memorialmalucia@carmelitas.pt

 www.lucia.pt/memorial/



NEWS

The book is available for purchase, directly at the Sister Lúcia Memorial or via the online shop.

Price: **€10**





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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All our hope must be placed in the Lord, for He is the one true God, who created us with eternal love and redeemed us by sending His own Son, Jesus Christ – true God and true Man – who suffered and died for our salvation.

During the storms that arise in life, perhaps – just as it happened to the Apostles – everything may appear to us as a ghost, filling us with fear. But if we know how to lift our gaze to Christ, we will see that it is He who stands beside us, and we will have the joy of hearing in the depths of our hearts the harmonious sound of His voice whispering to us: “*It is I; do not be afraid...*” [cf. Mk 6:46-56]. (...) Jesus assures us that we have a place in Heaven, if we wish to follow His path—the path He set before us by His words and by His example, the path which is He Himself: “*I am the Way, the Truth, and the Life. No one comes to the Father except through Me. (...) He who has seen Me has seen the Father*” (Jn 14:6-9). Therefore, Christ is our way: through His word, His teaching, and His life. We must, therefore, identify ourselves with Christ, to reproduce in ourselves the life of Christ and to see in Christ the Father, according to His words: “*The Father and I are one*” (Jn 10:30).

It is in this identification of our life with the life of Christ – victim of expiation for our sins – that our confidence is established and endures. For we know that it is through our union with Christ and through His merits that we shall be saved, and that we shall become pleasing to the Father in so far as we reproduce within ourselves the sentiments of His Son, Jesus Christ, so that the Father may see in us the face of His Word. This is the path we must follow to reach the place Jesus has prepared for us in Heaven.

Sister Lúcia

(*Apelos da Mensagem de Fátima*, excerpts from the chapter *Apelo à Esperança*, p. 75-78)