

Gifts of Grace Ministry Newsletter

Spring Edition, 2016



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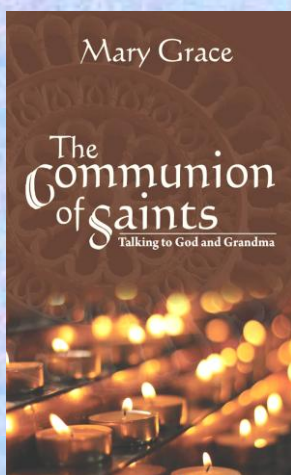
Most people look forward to spring. The weather is warmer, flowers are blooming, and birds are migrating home for the season. Spring is a time for rebirth, renewal and fresh starts. After the long winter, sunny days and outdoor activities seem to uplift us with a much needed attitude adjustment, improved mental health and a brighter outlook on life. This is nature's way of getting all of God's creatures in the mood for romance and mating season.

I am an avid bird watcher and I truly enjoy seeing all the snow birds returning to my feeder and back yard. This year, the first to arrive were the red-winged black birds. Within a few weeks the starlings, grackles, robins, crows and blue birds started showing up. I'm now hearing old, familiar songs that were silenced over winter's long chill. The mating calls of chickadees, cardinals and woodpeckers fill my morning meditation and bring back pleasant memories.

At dusk the shrilling peepers and croaking frogs are welcome reminders that spring has arrived. The myriad medleys merge into a chaotic cacophony that somehow creates a choreographed symphony. Everything is in perfect order and all is right with the world.

But what if you're not in the flow of spring and nothing seems right in your world? What if you don't feel upbeat and happy because you're grieving the loss of a loved one? Perhaps you are grieving the loss of a home, job or relationship. Feeling out of sync with nature can be lonely and unbearable. When everyone else is feeling joyous, you are anything but. This would account for the fact that suicide rates are at their highest in spring.

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To make matters worse, with spring comes another dreaded holiday for many, “Mother’s Day.” This is that special time of year when advertisers, the world over, dump truckloads of salt in the wounds of those grieving the loss of their mother. You can’t escape it, whether you’re shopping, surfing the net, watching TV, or reading a magazine; it seems everywhere you turn is a neon sign with the cruel reminder “Mom is dead!”

So what can you do if you are feeling blue this spring? Let this difficult time be an opportunity for spiritual growth. One way to do this is by actually growing something in memory of someone or something you lost. Replace that hole in your life with a tree, some flowers, vegetables or a memorial garden. You can begin this spring by planting a few seeds in a pot and placing it on a windowsill.

When you plant something, you have to prepare the soil properly so it will grow. This is a good way to get grounded, physically touching the earth by digging in dirt. In addition, you have to water a plant to give it life, remove the weeds so it can thrive, and you must also be gentle with it. And so it is with your life. When you nurture a plant, you nurture your soul at the same time; it can be the start of a healing process.

In the Parable of the Sower, Jesus described the importance of seeds falling on good ground in order to yield an abundant crop (Mathew 13: 8). In the same way, we must be careful about where we plant the seeds of our life. Don’t get stuck in a fruitless past and dwell on yesterday’s injuries and sorrows. Sow your seeds in the “now,” live fully in the moment and harvest a life where you can learn, forgive, grow and bear fruit.

Let this spring be a time to rethink, regroup and reevaluate your life. Make new traditions and reprioritize what’s really important by making a list. Be sure to spend more time on the things at the top of your list, like relationships and spiritual practices, rather than those that aren’t as meaningful.

Spring is God’s way of giving us a fresh start in life. Find joy by taking time to really listen to the birds sing, smell the flowers, and plant some seeds for your soul. May the saints be with you this spring!



Love, Mary Grace

Upcoming Events with Mary Grace

After-Death Communication Staying Connected with Spiritual Sign-Language Sunday, May 1 / 2:00-5:00pm

A Fascinating, inspirational and interactive workshop:

- Learn the language of spirits through “signs.”
- Share your own stories of after-death communication.
- Set up a “sign” with a loved one in heaven.
- Contact a spirit friend in a guided meditation

@ Mythic Treasures

Village Gate Square

274, North Goodman Street, Rochester, NY 14607

To register contact Sue: 585-266-8350

Or Email: MythicTreasures@Rochester.rr.com

Cost: \$25.00 donation.

Mystics, Mediums & Muggles Parapsychology, Christian Theology & Hogwarts Saturday, June 11 / 1:00-4:00pm

Why is it that many religions consider mystics to be “good” people, while mediums are considered “bad”; they both possess paranormal abilities? What is a “muggle” and how do we use our ESP in everyday life? Through the study of science, religion and the supernatural, learn all about these three, unique groups to better understand your own paranormal abilities. Topics covered:

- Parapsychology and Psychic Phenomena.
- Telepathy, ESP, Clairvoyance, Visions & Spiritual Gifts
- Wizards vs. Muggles (The Harry Potter Connection)
- Mystical, Metaphysical and Physical Reality
- Practical Applications of the Paranormal in Daily Life.

@ Spirit Way Project

The Print Shop on the Roycroft Campus

21 S. Grove Street, Suite 240, East Aurora, NY

To register contact Brooke: 203-727-8433 or

E-mail: Brook@spiritwayproject.com

To prepay and more info go to:

<http://www.hauntedhistoryghostwalks.com/index.html>

Cost: \$25.00 donation.

More Events

After-Death Communication
Staying Connected with Spiritual Sign-Language
(See description on previous page)
 Wed, June 22 / 6:00-9:00pm

@ Lightways Journey
 31 Market Street, Brockport, NY 14420
 To register contact Judy: 585-484-8738
 Or E-mail: lightwaysjourney@aol.com
 For more info go to: <http://www.lightwaysjourney.com/>
 Cost: \$25.00

Coming This Summer

Rolling Hills Asylum Paracon
 Saturday, July 9 / 10:00am - 7:30pm
 Mary Grace: Book Signing

@ Rolling Hills Asylum
 11001 Bethany Center Road
 East Bethany, NY 14054 (Near Darien Lake)
 Cost for Paracon: \$20.00
 After Hours Ghost Hunt: \$65.00
 For more information: <http://rollinghillsparacon.com/>

Need a guest speaker or workshop for your event?

Mary Grace is now available for your conference, seminar, retreat, spiritual group, fund-raiser, professional organization, or private party. Specializing in paranormal, supernatural, mystical and near-death phenomena.

Reasonable rates are a donation to Gifts of Grace Ministry.
 See website for topics, testimonials and previous speaking experience:
<http://www.giftsofgraceministry.org/>
 Or call Mary Grace @ 585-766-9318 / E-mail: mgrace-888@outlook.com

Mary Grace is a member of The Parapsychological Association, Institute of Noetic Science, International Association of Near-Death Studies, Spiritus Christi Catholic Church and Rochester, NY UFO & Paranormal Researchers.

Featured Saint: St. John Fisher (1469 - 1535)

Feast Day: June 22

Patron Saint of: Diocese of Rochester, England
& Diocese of Rochester, NY
& St. John Fisher College, Rochester, NY



Saint John Fisher was born in Beverley, Yorkshire, England, in 1469. His parents, Robert and Agnes Fisher, were moderately prosperous merchants. John attended a church school in Beverly and then enrolled at the University of Cambridge. While there, he earned a Bachelor of Arts degree in 1487 and a Master of Arts degree in 1491. That same year, he became an ordained priest.

In 1494, John Fisher became a proctor at Cambridge, where he was appointed Vice-Chancellor of Cambridge University. In 1497 he dramatically resigned to become Chaplain to Lady Margaret Beaumont. He also served as tutor to her son, Prince Henry (later, Henry the VIII). Together, Fisher and Lady Margaret worked to reform and endow Cambridge by founding two additional schools, St. John's College and Christ's College. This led to John's appointment as Chancellor of Cambridge in 1504; he held this post for the rest of his life.

As chancellor, Fisher assembled leading scholars from Europe to teach at Cambridge including the renowned scholar Erasmus. Due to his reputation as an academic and a pious, humble man, he was appointed bishop of Rochester, England. Despite his status, he soon encountered conflict with the new king, his former pupil, Henry VIII.

Fisher's troubles began when he became the confessor and spiritual counselor to Henry the VIII's wife, Queen Catherine of Aragon. Increasingly dissatisfied with his marriage to Catherine for not producing a surviving male heir, the King moved relentlessly to divorce her. As the queen's greatest supporter, John Fisher spoke on her behalf, strongly arguing against the divorce. On Fisher's advice, Pope Clement VII refused to annul the marriage.

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In response, Henry defied the Pope by having Parliament pass the Succession Act, separating England from the Catholic Church. He then declared himself head of the Church of England and declared his marriage to Catherine null and void. The King was free to marry his new Queen, Anne Boleyn and proclaimed them both to be legitimate heirs to the throne.

Fisher refused to acknowledge the succession and was sent to the Tower of London on April 26, 1534, where he remained for more than a year, under severe conditions. In a fanatic attempt to save him, in May 1535, newly elected Pope Paul III named John Fisher cardinal priest of San Vitale. The pontiff hoped this gesture would convince Henry to release Fisher, but the act had just the opposite effect. Henry refused the appointment and Fisher was sent to trial for treason; he denied the king's title as supreme head of the Church of England. The priest was found guilty and condemned to death by beheading. The sentence was carried out in London on June 22, 1535.

John Fisher's calm demeanor in the hours before his death profoundly impressed those present. The execution and subsequent desecration of his body elevated his stature even further, despite the efforts of the Crown to further denigrate his character. Fisher has been universally esteemed for centuries, and on May 19, 1935, he was canonized by Pope Pius XI.

Footnote

On a personal note, I was a student at Nazareth College in Rochester, NY. At the same time, my brother, Mike was a student at St. John Fisher, a quarter of a mile down the road.

It was always a thrilling event when the "Naz" girls got together with Fisher boys. As an added bonus, Mike's roommate was a bartender at Fisher's Rathskeller. Needless to say, my personal connections served to enhance our weekend outings and undoubtedly led to a few Catholic confessions. As a result, I have some great memories of St. John Fisher College!

Love, Mary Grace



St. John Fisher College
Rochester, NY