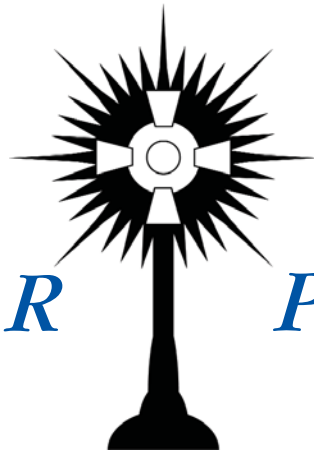


# PRAYER POWER



Summer 2005

*Eucharistic Vocation Vigil*

## Prayer of St. Francis

Lord, make me an instrument of  
Your peace.  
Where there is hatred, let me sow  
love.  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
and where there is sadness, joy.  
O Divine Master, grant that I may  
not so much seek to be consoled  
as to console;  
To be understood, as to understand;  
To be loved, as to love.  
For it is in giving that we  
receive;  
It is in pardoning that we are  
pardoned;  
And it is in dying that we are  
born to eternal life.

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## *Happiness, Health and Holiness*

**O**ur modern world portrays happiness as things to be grasped for and health as a sculptured body with a botox face. Jesus gives us a different formula for **happiness, health and holiness**. "Learn from me because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy. And the load I will put on you is light" (Matt 11:29-30).

Red headed, smiling Florence McLafferty learned from Jesus the **secret to happiness, health and holiness**. Energetic, fun loving Florence was the driving force behind the Prayer Power Vigil on the Chestnut Hill side of the river. Every day she lived her faith as a mother, wife, friend and neighbor. She found happiness in her work with St Edmond's Home for crippled children and St. Ignatius Home. She found rest in the Heart of Jesus. Her active life was sustained by the silent moments she spent before Our Lord in the Blessed Sacrament in quiet prayer.

Out of no where, Florence and her family were thrown a curve ball. Florence was diagnosed with fourth stage ovarian cancer. The initial shock shook her inner peace at its roots. Through her illness she learned the real meaning of **health and holiness**. As her illness progressed she embraced Jesus' yoke with peace and acceptance. In her helplessness she surrendered to the load God placed upon her and her family. She radiated His love.

I had the privilege of visiting Florence on Mother's Day, several days before she died. Although her frail body was riddled with cancer, her face radiated **holiness**. She was breath-taking. Yes, **her body was frail, but her spirit was strong**. When I kissed her good bye, she smiled and whispered, "Peg, you and I know I am going to be healed, but it's not the healing my family is praying for." Florence was **happy, holy and healthy**. She was **healthy** in spirit. Like butterflies, the angels were swarming Florence's bedside. She learned from Jesus that His yoke was easy and His load was light.

What are some of the loads or crosses you are carrying? You may not realize it, but they may be the seeds to your **happiness, health and holiness**. Often times, what appears to be a heavy cross turns out to be a tree filled with abundant blessings.

## **Psalm 95: 1-7**

Come, let us sing joyfully to the LORD;  
cry out to the rock of our salvation.  
Let us greet him with a song of praise,  
joyfully sing out our psalms.  
For the LORD is the great God,  
the great king over all gods.  
Whose hands hold the depths of the earth;  
who owns the tops of the mountains.  
The sea and the dry land belong to God,  
who made them, formed them by hand.  
  
Enter, let us bow down in worship,  
let us kneel before the LORD who made us.  
For this is our God,  
whose people we are,  
God's well-tended flock.





## *From the Desk of Peggie O'Neill*

Dear Prayer Power Family,

We were thinking about you when we picked **Happy, Healthy and Holy** as the theme for this newsletter. We thought of you because of your love for the Holy Father, and the similar values you share with the two Prayer Power members we're highlighting in this summer's issue.

There are two perceptions of **Happy, Healthy and Holy**. Today's world believes that power, possessions and position in life make us **happy**. It measures **health** by our physical fitness, youth and appearance. It equates **holiness** with monks and hermits.

The people we're highlighting in this issue, Yvonne McClatchy, the late Florence McLafferty and Pope John Paul II project a different perception of **Happy, Healthy and Holy**. Their lives reflect God's promise that the Kingdom of God is within you and **happiness** comes from the inside out; not the outside in. Their lives and **healthy** attitudes continue to inspire and give hope to others. They were and are joyful upbeat people whose lives radiate peace and joy. All three had and have a deep love for the Eucharist.

No matter how busy he was, Pope John Paul II was never too busy to spend an hour praying before His Eucharistic Lord. He made a holy hour and said his rosary faithfully everyday. He knew the secret to being **Happy, Healthy and Holy** was in the Eucharistic Heart of Jesus and he radiated God's love wherever he went. Let us follow in his footsteps. Let us give an hour a week in quiet prayer before Our Eucharistic Lord. Imagine the joy we'd have in our life if we faithfully followed the Holy Father's example.

It's hard to find time to make a holy hour. We are already stressed in trying to squeeze a 30 hour schedule into a 24 hour day. Even though it seems impossible to fit one more thing in, we need to give ourselves an hour of quiet time to clear our thoughts and gain clarity on the issues that weigh heavy in our hearts. What better place to do this than in front of The Blessed Sacrament? Our Lord is waiting to help us with the answers. We will find joy in our hearts when we allow Jesus to love us and embrace us in His love. He touches us and assures us. "Do not be afraid. It is I." He longs to bathe us in His **Happiness, Health and Holiness**.

I urge you to answer Our Lord's call "Come all you who labor....I will refresh you."

One more thing, September 18, 2005 is our annual Prayer Power Mass at Saint Charles Seminary at 10am. There is also a Holy Hour and Benediction at 6pm on the Parkway to celebrate Christ's Eucharistic Presence. I know you are very busy and have a lot of commitments. I would deeply appreciate it if you could find in your heart the time for these two special events.

I'm sure Our Lord will be happy to see you on September 18th at the Prayer Power Mass and later at the Parkway giving special homage to Him. I know the Cardinal, priests and seminarians will deeply appreciate your presence for both occasions.

God bless you and your family. Everyday I thank God for the privilege of being united with you in our love for the priesthood and Christ's Presence in The Eucharist.

Love,

*Peggie O'Neill*

## Pope John Paul II's Guide to Holiness

One of the great legacy's Pope John Paul II left us was the **YEAR of the EUCHARIST**. This Eucharistic year is very special to Prayer Power. Manifesting our love for Our Divine Lord through Eucharistic Adoration is the heart of our prayer movement. It is the reason we pray for vocations to the priesthood. We hunger for Our Lord in the Eucharist. Without priests, there is no Eucharist. As our human body needs food to live, our spiritual soul needs the Eucharist to love. We hope these excerpts from our late Holy Father's talk will light your way to the Heart of Jesus where He will show you the path He wants you to take and the work He wants you to do.

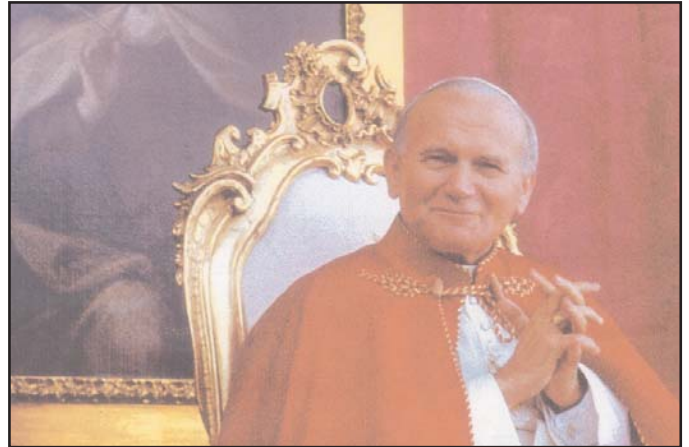
Our Holy Father began his talk quoting Jesus' promise to us. **"I am with you always, to the close of the age" (Mt 28: 20)**. In contemplation before the Eucharist, at this moment we experience with special vividness the truth of Christ's promise: He is with us! **"The Eucharist, Light and Life of the New Millennium"**. The theme of the Congress invites us to consider the Eucharistic Mystery not only in itself, but also in relation to the problems of our time.

**Mystery of light!** The human heart, burdened with sin, often bewildered, weary and tried by suffering of all kinds, has need of light. The world needs light in the difficult quest for a peace that seems remote, at the beginning of a millennium overwhelmed and humiliated by violence, terrorism and war. **The Eucharist is light!** In the Word of God constantly proclaimed, in the bread and wine that have become the Body and Blood of Christ, *it is precisely he, the risen Lord*, who opens minds and hearts and makes us recognize him, as he made the two disciples at Emmaus recognize him, in the "breaking of the bread" (cf. Lk 24: 35).

**Mystery of life!** What greater aspiration is there in life? Yet *threatening shadows* are hanging over this universal human hope: the shadow of a culture that denies respect for life in all its stages; the shadow of an indifference that relegates countless people to a destiny of hunger and underdevelopment; the shadow of scientific research that is sometimes used to serve the selfishness of the strongest.

Dear brothers and sisters, the needs of our many brothers and sisters call us into question. We cannot close our hearts to their pleas for help. Nor can we forget that "one does not live by bread alone" (cf. Mt 4: 4). We are in need of the "living bread which came down from heaven" (Jn 6: 51). Jesus is this bread. Nourishing ourselves on him means welcoming God's life itself (cf. Jn 10: 10) and opening ourselves to the logic of love and sharing.

I desired this Year to be *dedicated especially to the Eucharist*. But, in this *Year of the Eucharist*, the Christian community is invited to become more aware of it through a more deeply felt celebration, prolonged and fervent adoration and a greater commitment to brotherhood and the service of the least. The Eucharist is the source and manifestation of *communion*. It is



Pope John Paul II

the principle and plan of *mission*. We implore you, Lord Jesus, *stay with us!*

Sustain us in our weariness, forgive our sins and direct our steps on the path of goodness. Bless the children, the young people, the elderly, families and the sick in particular. Bless the priests and consecrated persons. Bless all humanity. In the Eucharist, you made yourself the "medicine of immortality." Give us the taste for a full life that will help us journey on as trusting and joyful pilgrims on this earth, our gaze fixed on the goal of life without end.

Stay with us, Lord! Stay with us! Amen.

For a complete version of  
The Holy Father's address to the  
Eucharistic Congress in Mexico go to  
[www.prayerpowervigil.org](http://www.prayerpowervigil.org)

### A Prayer For Priests

"Jesus, Mary, I love You, Save Souls."  
Send us men to be Thy priests.  
Keep them, I pray Thee, dearest Lord,  
Keep them, for they are Thine -  
Thy priests whose lives burn out before  
Thy consecrated shrine.  
Keep them, for they are in the world,  
Though from the world apart;  
When earthly pleasures tempt, allure, -  
Shelter them in Thy heart.  
Keep them, and comfort them in hours  
Of loneliness and pain,  
When all their life of sacrifice  
For souls seems but in vain  
Keep them, and O remember, Lord,  
They have no one but Thee  
Yet they have only human hearts,  
With human frailty.  
Keep them as spotless as the Host,  
That daily they caress;  
Their every thought and word and deed,  
Deign, dearest Lord, to bless.

## A Mother's Journey

Interview by Therese Walsh

**T**wenty-two years ago, Yvonne McCatchy was living her ideal life. She was young, happily married, had six healthy children and was financially secure. Out of the blue, her husband, Paul, suddenly died from a massive heart attack. As one can imagine, despair and fear overwhelmed Yvonne.

Shortly after Paul's death, she was home alone with her children when she saw a strange man walking up her front path. Yvonne was petrified, but in that flashing moment realized that she could not live her life in fear. She answered the door. From that moment on she replaced her fear with trust. Little did she know, at that time, how that action would prepare her to face a future tragedy.

Just as Yvonne was putting her life back together and accepting her life without Paul, her trust in God's providence was tested. A tragic auto accident left her youngest son, Tim, a paraplegic. Her devoted prayer life and her faith in God have sustained her through the ups and downs of caring for her son. They have also enabled her to approach each new day with a faith-filled positive feeling.

Yvonne attributes her strong faith to her childhood. She was raised in a family where praying was a central focus. Yvonne recalls as a young child seeing her father kneeling to pray. "That memory still has an impact on me today." Her mother was also a strong influence on her spiritual life. "My mother was a protestant who was in the midst of converting to Catholicism while I was growing up." She adds with a smile, "We made our confirmation together!"

Yvonne continues, "I learned that it is important to talk to God everywhere you go, not just in church. While I am driving in the car or in the wee hours of the morning I will be praying, Sacred Heart of Jesus, help us." Yvonne believes that this example of turning to God for guidance has helped her and her family gather their strength to face tragedy and adversity with grace and peace. Yvonne and her family are grateful for the gift of health that so many of us take for granted.

When you are with Yvonne it is hard to imagine the obstacles she has had to overcome. While raising six children as a single parent and being the primary care giver to her son, she manages to remain positive and upbeat. Yvonne says, "You may not be able to prevent what is going to happen to you, but you can choose your response." Daily mass and prayer have provided Yvonne with a healthy mental attitude which has empowered her to strive for happiness and peace of mind.

In 1999, Yvonne founded M-ABLE, Inc., a day program for Traumatic Brain Injured (TBI) people. She is president and treasurer and is dedicated to providing a loving and caring atmosphere to TBI individuals. M-ABLE's philosophy is to find the unique attributes of their participants which can shine. Yvonne believes that she has been guided by God to do the right thing for Tim and that M-ABLE is a manifestation of this desire.

When looking back, Yvonne realized God had given her what she needed at the time. Yvonne has always put her faith in God and in herself. She adds, "God has sent me friends for support and a family for strength." Her son, Paul, Jr., describes his mother as a matriarch and as the glue that holds their family together.

Each day, we are given opportunities to open up or to shut down. For most of us, the choices we need to make are routine. However, for others who are faced with devastating tragedy, the choices are life altering. Yvonne's faith in God and in herself are inspirational to her family, friends and to those of us who need to be reminded that happiness is a choice. Yvonne has made a personal spiritual decision to approach her life's experiences with mindfulness, faith and a noble heart.




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*"God has sent me friends for support and family for strength."*

For more information on M-ABLE go to our website:  
[www.prayerpowervigil.org](http://www.prayerpowervigil.org)

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## Getting Along with People

Understanding and getting along with people is an essential ingredient for a **happy, healthy and holy** life. Almost every meaningful thing we do in life we do with people. We live together, work together, eat together, play together and pray together. We depend on each other for love, security, comfort, respect and friendship. Communication is the basic thread that ties us together or drives us apart. The quality of our communication determines the quality of our relationships. Almost every problem, conflict or misunderstanding is a result of poor communication.

You probably get along with most people, but is there that one person you can't seem to connect with; maybe it's a teen-ager, a spouse or neighbor? You've tried everything and you just can't get through to this person. What can you do? Perhaps it is a personality difference.

Researchers have found that people fall into one of **four relationship categories** that motivate how they respond to others. These four categories are also identified as people's behavior styles.



I learned about these **four behavior styles** when our sons were just entering their teens. This knowledge changed my attitude about my children and the way I related to each one of them. Before I learned about the four styles and how different styles want to be treated, I treated everyone the same. I like to talk things over, so I assumed everyone else did too.

The **"D" or Dominant** style is fast paced, task oriented. They want to get right to the point. Give them the bottom line results. A lot of talking irritates them. The **"I" or Influencer** is optimistic, articulate, fast paced and people oriented. They want social recognition and interaction. Details irritate them. The **"S" or Steady** is slow paced, relationship oriented and a people pleaser. They want a step by step sequence. They have lots of friends and are good listeners. They fear risk and conflict. The **"C" or Cautious** style is slow paced, task oriented, perfectionist. They are analytical and unemotional. They want systematic, logical, well organized facts. They are irritated by inaccuracy and unnecessary conversation.

Just that little bit of information was an eye opener for me. I had an oil and water relationship with one of my sons, so I decided to try to read his personality style and treat him accordingly. I recognized myself as an **"I", Influencer**. I liked to talk things over. I thought he was a **"D" Dominant** and wanted me to get to the point. One day, when he came in from school, he asked me what I thought he should do about something. Before I understood the "D" personality I thought he really wanted to hear what I thought and I would go into a long dissertation. This time I treated him like a "D" wants to be treated. I got right to the point. "You can do this, this or this. I know you'll make the right decision." He looked at me and said, "Mother, this is the best conversation you and I have ever had, Thanks." He kissed me and ran outside. That two minute conversation was a turning point in our relationship.

The secret to **happy, healthy relationships** is to focus on the other and their needs. Listen to the words a person uses. Focus on what is important to them and relate to them accordingly. For more information or questions on the personalities go to [www.askpeggie.com](http://www.askpeggie.com)

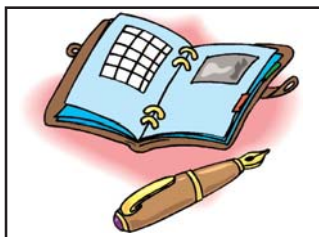
"Grant that we may not seek so much to be understood as to understand." (Prayer of St. Francis)



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## ***Save the Dates***

- Annual Prayer Power Mass at Saint Charles Seminary  
**Sunday, September 18, 2005 at 10am.**
- Closing of the Eucharistic Year On the Parkway  
**Sunday, September 18, 2005 at 6pm.**
- Eucharistic Vocation Pilgrimages to St. Charles Seminary  
**Ask your pastor for details.**