

Newsletter  
October 19, 2009

# Armata Bianca

## The White Army

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At the end of the last Armata Bianca prayer group, Dr. Sheila handed out prayer cards with a specific Saint on each card. This is for the children to pray to and get to know the Saint on their card. Today, Dr. Sheila asked all the children one-at-a-time what the name of their Saint was. She mentioned something about their Saint and how they can

get to know their Saint. Some children mentioned why they chose that Saint and Dr. Sheila said that the Holy Spirit guided

them in doing that. The Holy Spirit is never random, never makes mistakes and knew just what Saint to give them. She asked the children who is the Holy Spirit? **The Holy Spirit is part of the Trinity, the breath of life, the power of God, the love of God in motion.** She asked the children when did they receive the Holy Spirit for the first time? At Baptism, the Holy Spirit came right down from Heaven over your Baptismal Font and gave you sanctifying grace. It's sanctifying grace that helps us get to Heaven. In a few years some children will be making their Confirmation. Confirmation is

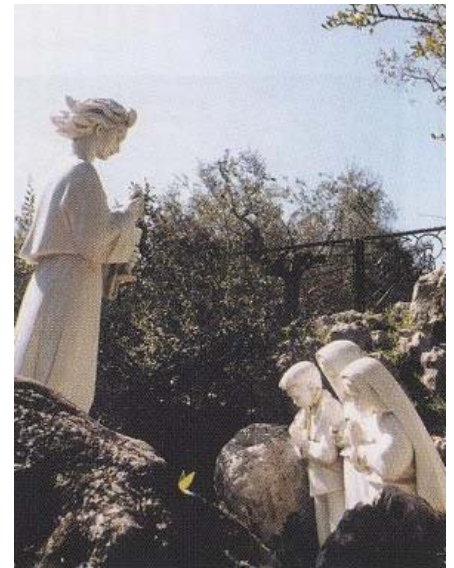
when you ask the Bishop to be confirmed in the Church. It's when you make a decision and you are saying to God, I am willing to die for you Jesus. I believe everything that the Church has to say and I am ready to defend my faith. So you become an official soldier in God's army. Soldiers need a lot of stuff for battle and so the Holy Spirit brings you the seven gifts of the Holy Spirit to help you. Dr. Sheila asked all the children when they go home to ask their Mom & Dad if they know one gift and then they will talk about that as the weeks go on. Next we talked about Angels. An Angel is neither a boy or a girl. **Angels are spirits.** God created Angels and Men which are very different from each other. We all have a Guardian Angel which we can't see. God gave us an angel to protect us and to help us get to Heaven. **"Angel of God, my Guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide."** Every day it's important to pray to and thank your Guardian Angel to always be around you.



One year before Our Lady of Fatima appeared to Jacinta, Francisco and Lucia, a beautiful Angel appeared to them. Sometimes God allows Angels to take on human form so that we can see them. In the year 1916 an Angel appeared to the children three times. He appeared to them in the spring, the summer and then the fall. The children one day were busy tending the sheep, minding their own business when all of a sudden from way back they saw a brilliant light. In the light there looked like a tall, beautiful boy with golden hair. The Angel spoke to them because sometimes God allows Angels to speak. He said "Do not be afraid. I am the Angel of Peace. Pray with me." He said that they had been blessed. Our Lady and Lord have found favor with you. I have come to prepare you and to teach you how to please the hearts of Jesus and Mary. God had a special plan for them. Dr. Sheila got up on the stage and showed the children what the Angel did. She showed how the Angel got down on his knees and taught them a prayer. He prostrated and said, **"My God I believe, I adore, I trust and I love you. I beg pardon for those who do not believe, do not adore, do not trust and do not love you."** He said the prayer three times to help the children memorize it. He told them to "Pray thus. The Hearts



of Jesus and Mary are attentive to the voice of your supplications." Then he vanished. Later in the year, during summer, he appeared to them again in the field. He asked them "What are you doing?" The Angel got down on his knees again and said, "Pray! Pray very much! The Hearts of Jesus and Mary have designs of mercy on you. Offer prayers and sacrifices constantly to the Most High." He asked them to do this because Jesus' heart is hurting from all the sin in the world. Lucia asked, "How are we to make sacrifices?" The Angel



said, "Make of everything you can a sacrifice, and offer it to God as an act of reparation for the sins by which He is offended, and in supplication for the conversion of sinners. You will thus draw down peace upon your country. I am it's Angel Guardian, the Angel of Portugal. Above all, accept and bear with submission, the suffering which the Lord will send you." He taught them how to sacrifice so that souls could go to Heaven. The third and final time he appeared to them in the fall, he was carrying the chalice with a Host above it from which drops of blood were falling into. Leaving the chalice and the Host suspended in the air, the Angel prostrated himself on the ground and repeated this prayer three times: **"Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly. I offer you the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg of you the conversion of poor sinners."** This is one of the most beautiful prayers to say to Jesus. Then the Angel took the chalice and the Host. He broke the Host in two and gave it to Jacinta and Francisco, then gave the Contents of the chalice-the Blood of Christ to Lucia to drink. He said, "Take and drink the Body and Blood of Jesus Christ, horribly outraged by ungrateful men. Repair their crimes and console your God." They received Jesus on their knees, with their hands folded and on their tongues. So God sent us an Angel to show us how to receive Jesus. When the Angel prostrated himself this was to show us how to adore Jesus. It is an act of adoration. God is so big and we are so small. So when we go to communion, we should be very respectful. We should fold our hands and point them to Heaven. All of our prayers are going to Heaven. When our mother Mary appears anywhere she comes with her hands folded and pointing to Heaven. All the prayers in her heart are turned to Heaven. We should be very reverent when receiving Jesus on our tongue or in our hands.

Dr. Sheila asked the children, "In the Bible are there any Angel stories that we know?" There is the Angel Gabriel when he appeared to Mary (the first Joyful Mystery of the Rosary). The name Gabriel means "messenger". So Gabriel came to give Mary the message from God. There's the Archangel Raphael who is the Angel of healing. And then there's the Archangel Michael who is the Angel who fights the Devil, he is the warrior. St. Joseph had a message from an Angel. First, to tell him that it was o.k. to take Mary as his wife.

Second, to warn him of King Herod who was after the baby Jesus. He told him to take Jesus and mother Mary and go to Egypt and stay there until the coast was clear. So that Angel was protecting them. There are Angels that protect us every day. So it is important to know that your Guardian Angel is your best friend that God has sent you. We each have our very own Guardian Angel.

One of God's most favorite Angels before he disobeyed God was Lucifer. He at one time lived in Heaven. But then Lucifer wanted to be like God, and he didn't want to obey God anymore. So one day Lucifer said to God, I will not serve. He was the beginning of the fallen Angels. So there are good Angels and there are bad Angels. The good Angels are in Heaven. The fallen Angels are in Hell. Sometimes the fallen Angels or fallen spirits can tempt us to do bad things. That's why you need to stay away from things that talk about bad spirits and bad things that are not of God. One example is this: a lot of kids today think that Harry Potter is not a big deal but there is no such thing as a good witch. The good witch and the good wizard do not get their powers from God, they get their powers from fallen Angels. Fallen Angels do not obey God so we need to be very careful. Sometimes children like to pretend that they have powers. The only power you should pretend to have should come from God, not from fallen Angels and fallen spirits. In the Harry Potter series, Harry Potter does not get his power from God. If the power doesn't come from God then we shouldn't want to hang around because Angels are very intelligent, they are smarter than we are. The fallen Angels are also very smart and they know how to trick you. But they are not smarter than God. Remember that fallen Angels can tempt you, they can lure you to do the wrong things and you don't want to do that. You never want to bring on spirits in séances and things like that because you are calling the fallen Angels. We never want to dabble in that stuff, we always want to call on the good Angels and good spirits. The only good spirits are God's friends and they all live in Heaven. We want to stay on the "A" team, the good Angels team and Mother Mary is the head of the army. Mother Mary's greatest weapon comes from her heart and that is humility. Humility will conquer the Devil because the Devil's greatest sin is pride. He thinks he is like God and thinks he can do everything, but Mary knows that she can't do anything without God. She relies on God for everything and that is what we are supposed to be like. We are not supposed to be proud and conceited. We are supposed to be humble like Mary is humble. We are supposed to be little and full of love like the Blessed Mother. Humility means that you are not about yourself, that you are good only because of God's mercy and you seek to serve God and others, as Mary did.

The Holy Spirit teaches us how to pray, we can't do a thing without the Holy Spirit. This is a little prayer you can say to the Holy Spirit. **"Come Holy Spirit, come now, come as you wish."** Say it three times. When we pray we kneel before God. It can be uncomfortable to kneel and this can be used as penance for God.

After the children prayed the Rosary, Dr. Sheila handed out an Armata Bianca folder with a prayer inside. The prayer is the Spiritual Communion Prayer To Our Guardian Angel . It can be said whenever we are not able to go to Church but have the desire to receive Jesus in Holy Communion.

The prayer goes like this:

**Oh holy Angel at my side, go to Church for me.  
Kneel in my place at Holy Mass where I desire to be...  
At the Offertory in my place take all I am and own,  
and place it as a sacrifice upon the altar throne.  
At holy Consecration's bell adore with Seraph's love,  
My JESUS hidden in the HOST come down from Heaven above.  
And when the Priest Communion takes, Oh bring my Lord to me,  
that His sweet Heart may rest on mine and I His temple be.**

**Oh JESUS. I turn toward the holy tabernacle where you live hidden for love of me. I love you Oh my God! I cannot receive you in Holy Communion but come nevertheless and visit me with Your grace. Come spiritually into my heart and make it like unto Thine own.**



**"Families that pray together, stay together."**