

— Issue #13 —

NEWSLETTER

Mother and Refuge



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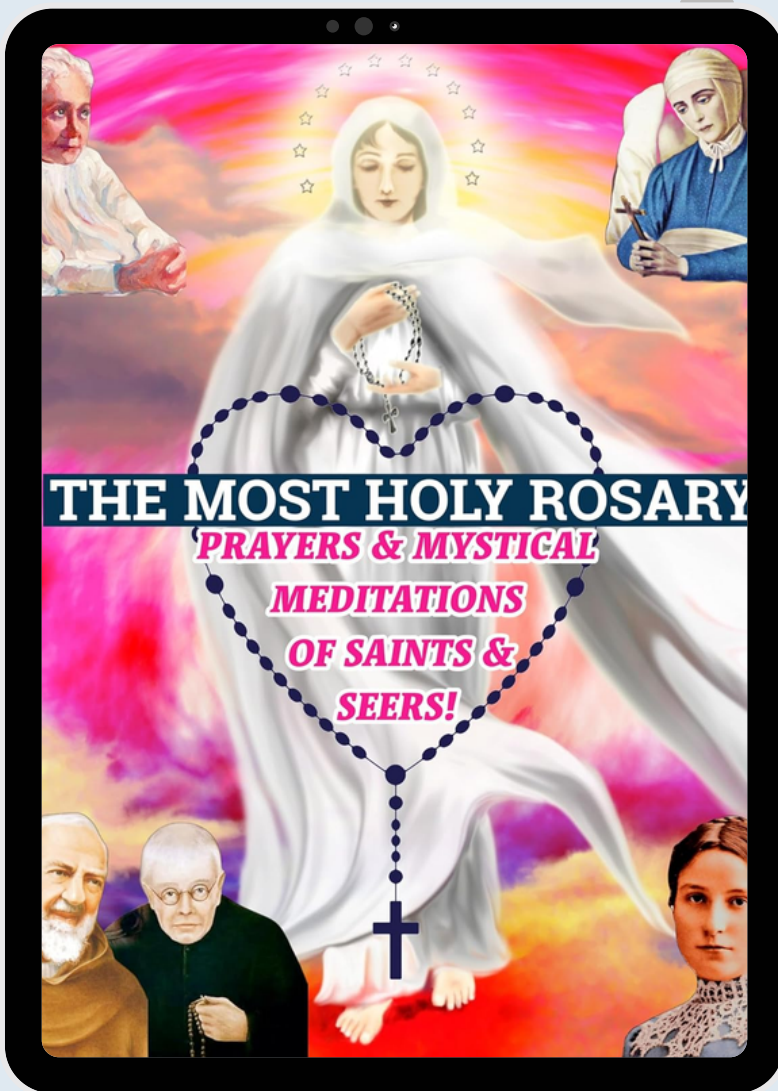
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THE MOST HOLY ROSARY

This Holy Rosary prayerbook is unique in that it provides the faithful with both the English and Latin prayers used in the recitation of the Holy Rosary. Further to that, this prayerbook contains originally illustrated drawings of all of the mysteries of the Holy Rosary including the Joyful, Luminous, Sorrowful and Glorious Mysteries. Finally, this unique Rosary prayerbook contains mystical meditations prior to each mystery of the Rosary. There are five mystical meditations from five catholic mystics prior to each of the twenty mysteries of the Holy Rosary.



#1 NEW RELEASE
IN MARIOLOGY

We pray that this book of revelations and meditations may assist you in your spiritual life and particularly in the observance of the daily recitation of the Rosary. May this prayerbook be for you a source of abundant grace and devotion and may it lead you ever deeper into the safe refuge of the Immaculate Heart of Mary.

Get a copy [here](#)

Month of St Joseph

The month of March is dedicated to St Joseph, the earthly father of Jesus Christ and the spouse of the Blessed Virgin Mary. St Joseph is the patron saint of the Universal Church, unborn children, fathers, workers, travellers, immigrants, and a happy death. Assuming that St Joseph died before Jesus' public life, he died with Jesus and Mary close to him, the way we all would like to enter into eternal life, hence making him the patron saint of a happy death. Despite his royal lineage and his divinely assigned role as the father of Jesus, Joseph worked as a humble carpenter. He was not financially rich but he was spiritually rich and was renowned as a just and devout man, serving as an exemplary model for all fathers.



Joseph was also an extremely compassionate man. When Joseph discovered Mary was pregnant after they had been engaged, he knew the child was not his but was then unaware that she was conceived by the Holy Spirit. Suspecting that Mary had committed adultery, Joseph was aware of the consequences that those accused of adultery could be stoned to death according to Mosaic Law. Out of his compassion as a man of God, he resolved to send Mary away quietly to not expose her to shame or cruelty. However, when an angel came to Joseph in a dream and told him, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins," he did as the angel told him and took Mary as his wife (Matthew 1:19-25). His devotion was also on display when he was warned by an angel that his family was in danger in Bethlehem due to Herod's slaughter of baby boys due to him being threatened by baby Jesus. Without hesitation, Joseph trusted God and fled to Egypt to ensure the safety of his family until he was informed it was safe to return back home. St Joseph truly lived as a servant of God, so it is imperative that especially Christian men aim to emulate his servitude and live with trust in the will of God.

"St. Joseph did not do extraordinary things, but rather by the constant practice of ordinary and common virtues, he attained that sanctity which elevates him above all the other saints."

St Joseph Marello





Consecration to St Joseph

O gracious and holy God, Give us wisdom to know you, Intelligence to understand you, Diligence to seek you, Patience to wait for you, Eyes to behold you, A heart to meditate upon you, A life to proclaim you. To the power of the Spirit of Jesus Christ,

Amen

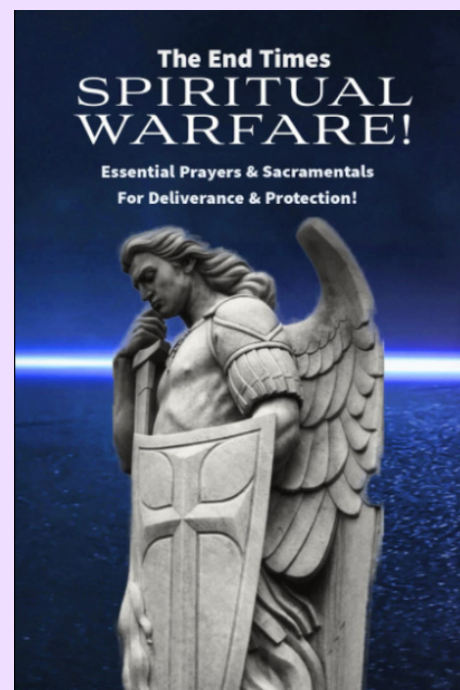


Prayers and Sacramentals for the End Times

Do you want access to essential prayers and sacramentals for deliverance and protection as we prepare for the end times? Look no further than End Times Spiritual Warfare. Through a multitude of litanies, traditional prayers, rare invocations, novenas, exorcism prayers, acts of consecration, prayers of saints, scripture passages, as well as advice from holy saints, 'The End Times Spiritual Warfare' will surely become the perfect spiritual weapon of protection for you and your family.

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The Significance of Fasting

A major part of the Christian experience and an especially significant aspect of the Lenten period is fasting. So what is the purpose for Christians to abstain from food. American theologian John Piper defines the purpose of fasting through the Christian lens in his book “Hunger for God,” where he writes: “Christian fasting, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away”.

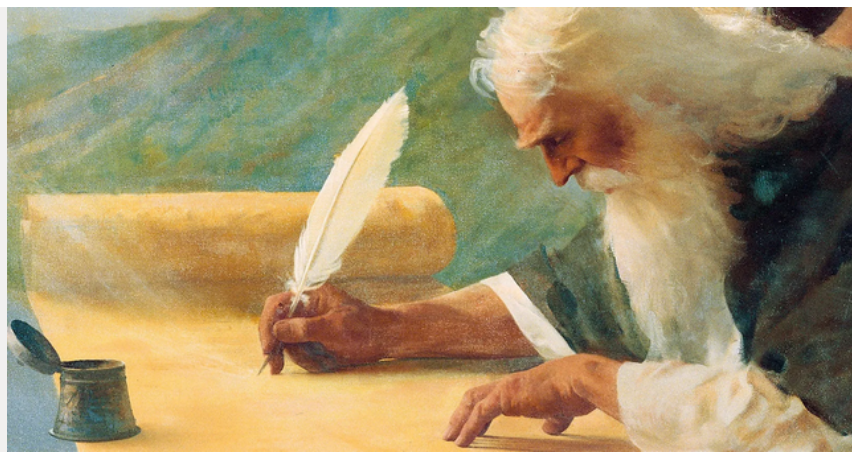
Given that the heart of an individual has the correct intentions, fasting communicates to God that you are humbling yourself before Him. King David says in Psalm 35:13 that, “I humbled my soul with fasting”. King David, a man with unconscionable amounts of wealth and power, portrayed his humility to God through his abstinence from food, reflecting his reliance on God for his life opposed to reliance on food. Fasting also makes an individual physically and spiritually vulnerable, emphasizing a reliance on God for survival. This spiritual vulnerability reveals to ourselves the state of our spiritual condition, providing an opportunity for transformation by filling a spiritual void with mindfulness of God and His infinite power and glory. Overcoming a fast from something like food which provides us with physical nourishment, helps to improve our faith in God, providing us with a fresh start mentally, physically and spiritually.

During the season of lent, Christians reflect and aim to emulate Jesus fasting for 40 days before his ministry. The reasons for Jesus’ 40 day fast are ambiguous, however it could be said that the reason for Jesus’ fast was to draw strength from our Father in Heaven and to provide an example to his followers that despite His flesh being at its weakest, He conquered temptation, because His strength came from faith in God. When one is powered by God, the state of their physical bodies is irrelevant. Exodus 15: 1 states it clearly, “The LORD is my strength and song, And He has become my salvation; He is my God, and I will praise Him”.

Let us remember this during the current Lenten period. When we feel overwhelmed by the temptations of the devil during our fast, the God of the universe is our strength and we can only defeat temptation through devoted faith to Him. Fasting is an excellent means of improving our spiritual state which has been used by believers for the majority of history, and although it is seeming to become less common amongst the universal church in the modern world, it is still an exceedingly powerful tool to refine our spiritual lives.

“Is not this the kind of fasting I have
chosen: to loose the chains of
injustice
and untie the cords of the yoke,
to set the oppressed free and break
every yoke?”

Isaiah 58:6



Advertisement Opportunity

MOTHER AND REFUGE
NEWSLETTER

Description

If you are a Christian brand looking for a cost efficient and effective means to advertise to other Christians around the world, and would be interested in advertising through our monthly newsletter or sponsoring our newsletter, we are offering the perfect opportunity to grow your brand. We are interested in helping to grow:

- Christian small businesses
- Christian YouTube or Rumble channels
- Christian physical and digital products

For inquiries please email:

motheroftheendtimes@gmail.com



The Season of Lent

Lent is a significant season of Christianity where adherents traditionally fast in emulation of Jesus' 40 day fast before his ministry (Mark 1:13; Matthew 4:1–11; Luke 4:1–13). It is during the season of lent where Christians reflect on their absolute dependence on God. This is traditionally done through fasting, which Christians do to develop spiritual strength by portraying humility and developing a sense of self control. The word Lent derives from the old English word meaning 'lengthen' to signify how days become longer in the northern hemisphere during this time approaching the summer.

For the majority of Christians, Lent begins on Ash Wednesday. Ash Wednesday is a day where Christians are reminded of their mortality and dependence to God as well as the urgent need for reconciliation with God. This is commonly marked through ashes being placed on an adherents forehead, depicting the cross. Ashes are a solemn yet powerful reminder of the fragility of life and as a result, provokes urgency in Christians to repent and turn to the ways of Christ.

During Lent, temptation becomes more prominent as Christians leave behind their personal desires and solely rely on God's will. Therefore, it is important to reflect on how Jesus overcame temptation during his fasting in the desert. The Bible explicitly mentions how Jesus overcame temptation through reciting scripture and trusting the sustaining word of God. Thus, Christians are encouraged to do the same. By meditating on God's word and through constant prayer, complete trust is placed in God and temptation becomes weaker. Therefore during this Lenten season, let us emulate Jesus in all our actions to overcome the devils wicked plans for our spiritual destruction. Temptation is the manifestation of spiritual war, and it is up to the individual to determine whether they go into war clothed with the armour of God or left naked and subject to the sinful nature of the physical body.

"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing."

James 1:2-4



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Quiz

1. Who is traditionally believed to be the author of the Book of Lamentations?

- a) Moses
- b) Jeremiah
- c) David
- d) Isaiah

2. In Lamentations, what metaphor is used to describe the ruined state of Jerusalem?

- a) An abandoned garden
- b) A conquered fortress
- c) A desolate widow
- d) A triumphant city

3. Which prophet was thrown into a den of lions and survived?

- a) Daniel
- b) Jeremiah
- c) Isaiah
- d) Jacob

4. In the Parable of the Sower, what does the seed represent?

- a) God's Word
- b) Faith
- c) Wealth
- d) Sin

5. In the story of Noah's Ark, what does the dove symbolize when it returns with an olive branch?

- a) Peace
- b) Judgment
- c) Holy Spirit
- d) Hope

6. What animal is frequently used as a symbol of wisdom in the Bible?

- a) Eagle
- b) Lion
- c) Owl
- d) Serpent

7. In the Bible, what does the number 7 often symbolize?

- a) Unity
- b) Perfection
- c) Creation
- d) Redemption

8. In biblical numerology, what does the number 40 often symbolize?

- a) Perfection
- b) Testing and trials
- c) Unity
- d) Divine revelation

9. What number is associated with the letters in the name of Jesus in Greek gematria?

- a) 666
- b) 888
- c) 777
- d) 333

10. In the Book of Revelation, how many heads does the beast from the sea have?

- a) 6
- b) 7
- c) 10
- d) 12

11. In the Gospel of Matthew, what is the opening message of John the Baptist?

- a) Repent, for the kingdom of heaven is at hand
- b) Prepare the way for the Lord
- c) Behold the Lamb of God
- d) The time is fulfilled, and the kingdom of God is at hand

12. Which Gospel is known for its emphasis on Jesus as the "Word" or "Logos"?

- a) Matthew
- b) Mark
- c) Luke
- d) John

13. In the Gospel of Luke, which character does Jesus encounter on the road to Emmaus after his resurrection?

- a) Nicodemus
- b) Mary Magdalene
- c) Cleopas
- d) Thomas

14. Which Gospel records Jesus' prayer in the Garden of Gethsemane with the words "Not as I will, but as you will"?

- a) Matthew
- b) Mark
- c) Luke
- d) John

15. In which book of the Bible is the prophecy of the Messiah's birthplace found?

- a) Isaiah
- b) Jeremiah
- c) Micah
- d) Ezekiel

16. According to biblical prophecy, what event will precede the second coming of Christ?

- a) The rise of a great empire
- b) The rebuilding of the Temple in Jerusalem
- c) The return of Elijah
- d) The Great Tribulation

17. According to biblical prophecy, what will happen to Israel before the end times?

- a) It will be conquered by a foreign nation
- b) It will be restored as a nation
- c) It will be divided into two kingdoms
- d) It will disappear from history

18. In the book of Revelation, what is the final prophecy about the end of the world?

- a) The Battle of Armageddon
- b) The New Heaven and New Earth
- c) The Great White Throne Judgment
- d) The Second Coming of Christ

19. What is the significance of the ashes used on Ash Wednesday?

- a) They symbolize purity and cleansing.
- b) They represent mourning and repentance.
- c) They mark the beginning of spring.
- d) They represent the Exodus

20. What is the term for the assembly of cardinals who elect a new pope?

- a) Vatican Council
- b) Synod of Bishops
- c) Papal Conclave
- d) College of Cardinals

**ANSWERS ON
NEXT PAGE!**

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Catholic News



Pope prays for Sudan, northern Mozambique as Catholic church attacked

Pope Francis urges global leaders to push for peace in Sudan and northern Mozambique, where a Catholic mission was set ablaze. Pope Francis lamented a flare-up in “violence against defenceless populations, the destruction of infrastructure, and widespread insecurity” in the northern Cabo Delgado Region of Mozambique...



More than a dozen killed in attack on Catholics at Mass in Burkina Faso

At least 15 Catholics were killed in an attack during Mass on Sunday in the Burkina Faso village of Essakane in the country’s Oudalan province in the northeastern region, a jurisdiction of the Diocese of Dori...



US church failing on pope's climate goals, bishops say at private conference

On Feb 22, the stakes were made clear when one archbishop said that it was long overdue for the U.S. Conference of Catholic Bishops to make the issue a national priority. At present, environmental concerns are not a part of the conference's current strategic plan...



Jordan Peterson discusses wife's 'miraculous' recovery from cancer and her embrace of Catholicism

In an interview with EWTN News, renowned psychologist and author Jordan Peterson shared his perspective on his wife’s “miraculous” recovery from cancer and his view of her embrace of the Catholic faith...

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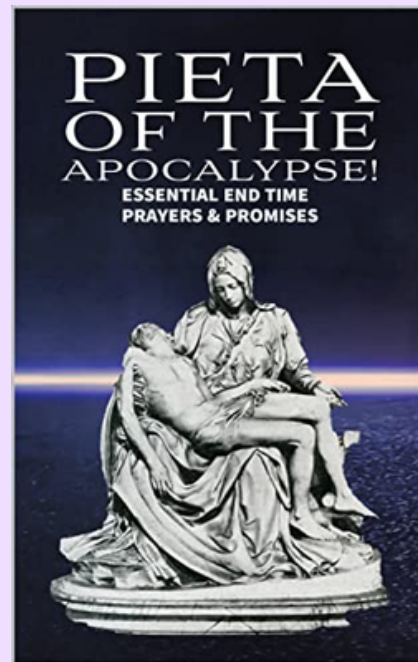
If you wish to contribute to the newsletter by
writing an article, contact us
@motheroftheendtimes@gmail.com

End Time Prayers and Promises

Pieta of the Apocalypse is an essential prayer book as we prepare for the end times. The prayers in this book have been given to catholic end time seers and mystics over the last century or more. Our Lord Jesus and His Blessed Mother Mary have warned us of the apocalyptic times that we are now facing. They have also blessed us with an abundance of grace filled devotions to assist us through this valley of tears.

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