

Our Lady of St Nicolas on Fasting

“The Blessed Virgin Herself proposed me to fast”, explained Gladys to the theologian René Laurentin. And she obediently began with a prolonged fasting that worried her family during the first times and greatly astonished the doctors.

On January 11th 1989, Gladys received one of the few messages where fasting is mentioned :

"My Daughter:

Yesterday in Lourdes, today here, always the Mother in search of Her children. Prayer, fasting, penitence and specially conversion, that is what I request from them. The souls will be saved if they go to the Lord, if they open to the Lord. Peace is lacking in many souls; if the soul looks for Peace you will find God. Amen, amen. Preach this to all your brothers "

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Dr Pellicciotta reported that " Gladys had been making prolonged fastings of forty days . Her husband was very worried. I weighed her every day. She only took liquids, I think that some fruit juices and nothing else. In forty days of fasting she should have had to lose much weight". (She only lost one and a half kilos)

According to Dr. Telechea "in forty days of fasting, scientifically, a normal person would lose weight and would feel decayed, debilitated (...). She only lost one kilo and a half and kept a normal vitality (...). the first years we did a good control of Gladys during the forty days (...) we controlled her weight and blood pressure every day. We have controlled her very closely.

Besides these prolonged fastings, Gladys told her doctors that she normally fasts on Wednesdays, Thursdays and Fridays every week.

The Blessed Virgin told her to eat only bread without yeast and liquids with sugar. Gladys does not like that bread, so she only drinks water, tea, mate, coffee and orange juice. She says that when she is fasting she sleeps well and is not hungry. She cooks for her family normally but she loses the sense of smell, which she recovers the day she finishes the fast. That day she recovers the smell, feels hungry again and eats normally.

On December 6h, 1983 The Blessed Virgin clarifies the meaning of the fasting:

“Blessed be the Father, the Son and the Holy Spirit; through the Most Holy Trinity you will find peace and Eternal Life. Go on fasting; after the third day, you will eat: fasting for you is not penitence but spiritual preparation that the Lord asks you”. (PM 30)

On December 10th 1983 the Blessed Mother tells Gladys:

“My daughter: Go on fasting today; pray this day so that the Lord enlightens men; this life is completely materialist but in Heaven it is not so: the Almighty leads your lives today and for ever. Please the Lord by doing what He asks from you. Amen.” (N° PM 35)

“Today’s fasting is dedicated to your Father. I shall put words in your mouth. The person that is going to talk with you will listen attentively” (this refers to an interview she had with the new Bishop, Mons. Rossi) 29-12-83 N° 4

“Go on fasting. Read: Ecclesiastes 9, 7-8”

“Go, eat your bread with enjoyment, and drink your wine with a merry heart; for God has already approved what you do. Let your garments be always white; let not oil be lacking on your head”. (Eccl.9, 7-8)