



Friends of ST. PEREGRINE

THE NATIONAL SHRINE OF ST. PEREGRINE NEWSLETTER • SPRING 2018

www.servite.org

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Dear Friends of St. Peregrine,

Happy Feast Day of St. Peregrine, May 4, 2018.

What a wonderful season to celebrate the Feast Day of St. Peregrine with all of our friends during Spring/Summer.

Recently, I have traveled to St. Peter's Parish, Reserve, Louisiana, St. Francis of Assisi Parish in Bolingbrook, IL, and St. John the Evangelist Parish in Streamwood, IL. I met many of you who enjoyed the blessing of God's healing strength. We have prayed at Masses, parish missions, and we laughed together as a form of free medicine. God is so good in helping us to share stories of faith, hope, love and God's healing remedy for all of us.

As we hear from Psalm 107: 19-22, "Then they cried to the Lord in their trouble, and he saved them from their distress; he sent out his word and healed them, and delivered them from destruction. Let them thank the Lord for his steadfast love, for his wonderful works to humankind. And let them offer thanksgiving sacrifices, and tell of his deeds with songs of joy." Have you told others of God's wonderful deeds in your life?

I have read online about Our Lady of Sorrows and our National Shrine of St. Peregrine... "Very



Fr. Chris and visitor Laura from Florida at the Shrine

beautiful church here at OLS, I came with my fiancée and my father. My fiancée had a headache and before walking into the holy doors, her headache went away. My father felt a miraculous presence in there and felt relaxed. Praise be God."

Laura from Florida emailed us her testimony recently. "Hello...I had stage 4 cancer, a 45 pound tumor in my abdomen. I spent 62 days in the hospital and 3 surgeries. I had a code blue and a near death experience of Heaven. I am a

parishioner of Our Lady of Hope Parish in Port Orange, Florida. I told my experience to our pastor. 12 months later I am cancer free. I have now started a St. Peregrine Cancer Support Group at our church for both parishioners and the local community. The ICU nurses saw my experience, and were very shocked. They said that they will never forget it. Thank you, Laura."

I met with Laura and her husband Randy on their visit to Chicago. We marveled at God's healing miracle for her and discussed the support group she formed at Our Lady of Hope Parish. May we keep them in our prayers as they are new prayer partners with us.

As I celebrate my 35th year anniversary of Priesthood Ordination, I want to thank and praise God for all God's healing miracles of strength that we have witnessed in our daily lives. As Blessed

Mother Mary prayed in her Magnificat... "for the Mighty One has done great things for me, and holy is his name." (Luke 1:49)

Come visit us or have one of our Servites come visit your Parish. St. Michael's in Garden City, South Carolina, is having me come to visit them in September and St. Francis of Assisi in Auburn, New York, is celebrating their 3rd Anniversary of St. Peregrine ministry the weekend of October 13th and 14th.

Keep in touch with peace, prayers and sharing in God's healing story for you and others.

- Fr. Chris Krymski, OSM, Director of the National Shrine of St. Peregrine

St. Peregrine Ministry Mission Statement

With Mary at the foot of the Cross of her suffering Son, Jesus, We, Servants of Mary, promote and sustain the St. Peregrine ministry of healing and compassion.

Through our ministries of prayer, blessing, pilgrimage, reconciliation and evangelization, we accompany caregivers and those persons who live with serious illness, especially cancer, as they seek to find healing, support, peace and God in their daily lives.

**Newsletter of the National Shrine of St. Peregrine
Our Lady of Sorrows Basilica
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Prayer

Healing Jesus, you are the source of wellness, wonder and spirit-energy for all. As we mark this special journey in our lives, touch our bodies with health and strength. Touch our minds to think clearly and believe with confidence. Touch our hearts with mercy, positive attitudes and charity for the service of others. (Mention your special intentions). We ask this in Jesus' Name. Amen.

St. Peregrine Blessing on Bikers and their Motorcycles

On Saturday, April 28, 2018, I was asked to bless nine motorcyclists and their bikes in honor of St. Peregrine. It was sunny but with a cold wind. All of our spirits were bright as I blessed them for good health and safety with the relic of St. Peregrine. One of the bikers had open heart surgery and is doing wonderfully.

I gave them a lapel pin that had a silver cross on it with the word "faith" on it to remind them all that they travel with God and all the Saints on the road. They all smiled and received the blessing with reverence and respect. It was a happy Saturday outdoors at the National Shrine.



How to spiritually cope with chronic pain?

Recently, I have personally begun to experience chronic pain in my life due to arthritis in my back, hips, knees and ankles. Here are some points that I suggest to be the best help for me.

1. Prayer and meditation is a necessity to include Jesus Christ, Blessed Mother Mary, St. Peregrine and all the healing saints of God. I look at a pretty picture or a sacred picture called an icon to reflect on the beauty of God's face in other people.
2. I focus on my contemplative side of art making either to do a painting of just colors, lines and shapes on a canvas with acrylic paints.
3. Sometimes, I even take time to focus on other artists' creative works. The focusing is a great way to be distracted from the pain.
4. Sparking the little hormone in the brain called an endorphin with laughter helps me to boost my positive mood and increase my immune system.
5. I enjoy my recliner chair as it has three speeds of massage in it. It takes only 10 minutes but it helps to decrease the pain in my neck and back. Relaxation helps to lessen the intensity of pain.
6. Use visual imagery from God in imagining your "happy place" with sunshine and warmth helps to bring you to the healing path of creation. Let the sunshine that you feel on your face go to the pain and calm it down.
7. Talking with others in a support group has helped me to forget my pain and focus on how others are suffering with their pains and crosses.

We can enhance the quality of our lifestyle by being a "peregrine" for someone else in offering to God what hurts in others. We are all partners with our medical team to seek ways besides drugs and medication to work with God in lessening our pain in more ways than one. Try some of the above methods and find others that help you.

- Fr. Chris, OSM

Thank you, St. Peregrine

-notes received at the National Shrine of St. Peregrine

Dearest St. Peregrine,
Thank you for your intercession for our sick relatives and friends. Keep your loving heart and arms around our life. Amen.

Dear Lord,
Thank you for the diagnosis for Michael. He can live with it and his family and friends. Thank you again.

Thank you St. Peregrine for all on the tour and for God's blessings. Please God continue to heal me in body, soul and spirit. Grant me peacemaking as I pray for the soul of my dear friend; may she rest in peace. Amen.

I pray O Lord and St. Peregrine for all the doctors and scientists who are working to find more cures from all the different cancers around us. I truly appreciate and pray for all the nurses for this Nurse Appreciation Week during the first week of May. Bless them all.

Pilgrimage to the Holy Land, November 2018

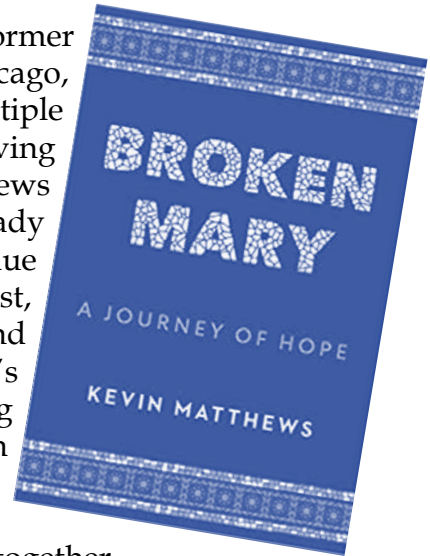
Come and join us as we travel to the Holy Land to walk Jesus' footsteps and see what he saw. The trip will be from November 5 - 15, 2018. We will be escorted by Mater Dei Tours. For more information, please contact Dennis Gaetano at (800) 515-2632.

Your donation will help us to continue the good works of our Ministry Office in publishing and distributing this newsletter free of charge to parishes, hospitals and prayer centers across the country. Please help us spread the good word that others are praying for those with serious illness. Thank you and God bless!

Book Review: "There's No Place Like Hope"

"Broken Mary, A Journey of Hope," 2016, by the author Kevin Matthews.

Kevin Matthews is a former radio personality in Chicago, IL. Kevin has Multiple Sclerosis. After receiving this diagnosis, Matthews found a statue of Our Lady of Lourdes with the blue sash around her waist, near a trash bin, and broken in half. Kevin's story is about coping with his illness with his partner, the Broken Mary that he had rescued and glued back together.



I believe that Blessed Mother Mary found Kevin in his broken state of health condition as well. And by the grace of God, has interceded and has helped in putting Kevin back together again, as well.

As he says on page 141, "It's been more than four years since I found Broken Mary lying in garbage next to a dumpster. As I write this chapter, I can't help but realize that I did not find the statue by accident, but was guided. Years of prayer led me to her. Nothing is a coincidence, and I am happy that I learned to listen to my heart."

I received this powerful book on hope and coping from a friend who gave it to me on my birthday this year. What a treasure! We all need to read this book.

At the National Shrine of St. Peregrine (Our Lady of Sorrows Basilica in Chicago), a healing Mass and blessing with the relic of St. Peregrine is celebrated at 11:00am on the third Saturday of the month. There is a healing Mass and blessing in Spanish on the second Saturday of each month, also at 11:00am.