



Friends of ST. PEREGRINE

THE NATIONAL SHRINE OF ST. PEREGRINE NEWSLETTER • WINTER 2018

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Dear Friends of St. Peregrine,

Bless and Praise God for being our healing strength for this New Year, 2018! Thank you Jesus, Blessed Mary and good St. Peregrine for sharing in our Holy Season of Christmas and now Lent. For we are servants of the Lord and need to speak boldly of God's intervention in all of our lives.

As we hear from St. Luke in the Acts of the Apostles 4:29-31, "And now Lord, look at their threats, and grant to your servants to speak your word with boldness, while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus. When they had prayed, the place in which they were gathered was shaken; and they were filled with the Holy Spirit and spoke the word of God with boldness."

How beautiful it is to be mindful of this passage as our New Year's resolution. We need to be steady listeners of God's healing good news and then to boldly share that good news with one another.

Last year, Kevin wrote to me; "Dear Fr. Chris, I just wanted to take a moment to thank you for coming to Charlotte, North Carolina and spending time at St. Matthew's parish. I attended the mission you put on and genuinely enjoyed listening to you. I came away not only more enriched in my faith, but was also inspired by your personal story and have since began cutting sugar from my diet. I shared lots of what I learned with my family, even got a few laughs when telling some of the jokes/humor you added-in. Thanks again for making an impact on not only myself, but all of the St. Matthew's parishioners..."

Last Fall, I was able to travel to St. Patrick's Parish in McHenry, IL. Five cancer support groups came together on that Saturday morning to celebrate



the Healing Mass of St. Peregrine. I was really impressed that these groups come together every month to pray together and share healing stories with one another. As Jesus said, when two or three gather in my name, I am truly with them. I did feel the presence of the Lord in this joyful gathering.

A man last month had witnessed his healing story to me in this way. "Fr. Chris, I had come to you a few weeks ago with a severe depression. I didn't know what to do. You suggested that we pray together and then you blessed me with the relic of St. Peregrine. The depression has lifted from my heart, Fr. Chris. I have been healed. And I praise God for healing me through St. Peregrine."

"Dear Fr. Chris, I was diagnosed with breast cancer in April of last year and have turned to St. Peregrine to pray and to intercede for me. Thanks to God, I am now cancer free. Since my diagnosis, I have met many people whose lives have been touched by cancer. I wholeheartedly believe in the

power of prayer. By having the traveling images of St. Peregrine in my home, I can offer my house as a place to gather for worship and devotion to the Lord and to pray to St. Peregrine for his intercession. Thank you, Maria"

God not only wants to heal us physically, but also to heal our mind, heart, body, spirit and soul. And when God does heal us through many wonderful ways through medicine, doctors and prayer, we need to boldly witness that fact to others for their encouragement and hope.

I received this email as a bold witness from across the world. "Dear Fr. Chris, I am Genevieve from India. I was afflicted with breast cancer in 2013. It was at this time that my son Mario had written to you to send a few religious articles to me. You had readily sent me the St. Peregrine oil, a relic medal and novena prayers. I am really grateful to you Father for your kind thought. The articles have really increased my faith in the healing touch of the Lord through the powerful intercession of St. Peregrine. I had then promised to visit the National Shrine and by the blessings of Almighty God, we were present at the Shrine on August 19th. We attended the Mass and spoke to Deacon Norman, who gave me a blessing. It was again a pleasure to me to see your book being inaugurated on the same day. I was happy to read page 46 where the letter by my son Mario was published. Thank you Father for your prayers. May St. Peregrine bless me and my family. Keep us in your prayers..."

May we continue to be bold witnesses like the first disciples. May our sharing of healing stories help others to feel God's care and comfort.

Thank you for being a "St. Peregrine" for others. Write me your stories on how God is healing you in small or big ways. That is the way we cherish and respect God's life and spirit in each other.

Peace and Prayers,

**- Fr. Chris Krymski, OSM
Director**

National Shrine of St. Peregrine, Chicago, IL

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
3121 W Jackson Blvd
Chicago IL 60612-2729
Fr. Christopher Krymski, OSM, Director**

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St. Peregrine Prayer

Praise you O God, for all the wonders and simple signs you give us each day, to show us your love and healing strength.

Thank you God for always remembering me. Thank you God for sending people to me to be your bold ambassadors of faith, hope and love. Thank you for all of my caregivers, doctors, nurses and special “Angels” who listen to me and share your words with me.

Blessings upon Jesus, Our Mother Mary and St. Peregrine for your intervention in my healing journey. (Please mention now your intentions) At this moment, may we remember all people who have a serious illness or problems that need special, prayerful attention.

May you, O Lord shine upon our New Year, 2018 with grace and the gifts of the Holy Spirit. May your strength and confidence help me to trust that “all will be well, again.”

I ask this through Christ, my Lord, Amen.

Art Making as a Tool for Healing

When God shared His imagination and creativity with us, God gave us the resource tools for beauty and healing. All we have to do is practice those tools often in any way we can. I paint abstract art. People often ask me, “What is it?” And I respond, “What do you see in it?”

Art is very subjective; always autobiographical in my mind. The process of art making is what I call...“making the invisible, visible.” And that is where the healing and beauty of God unfolds. When I focus on my painting, I am in a solitude space. All of my fears, stress and worries are put aside for that peaceful moment. It is like prayer; a “me and God” time experience. That time together



with God in making creation is sacred and you can receive God’s blessing-benefit in the wholistic process.

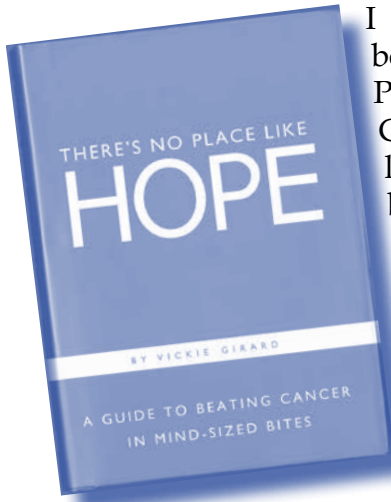
I provide art making sessions with many people, who like it for fun, healing and stress relief. All you have to do is color. To go to the dollar store and buy some coloring books can be a family project. Get the whole support group together to color pictures with crayons or colored pencils. Put some instrumental music on for the calming effect. Laugh and enjoy each other’s company and healing progress together. You can even color outside the lines. There are many ways that God wants to heal us. Art making is one of them.

Come join our creative support group after the 3rd Saturday of the month St. Peregrine Mass here at Our Lady of Sorrows Basilica, Chicago, IL. Call for more info.



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

by Vickie Girard, 2009 (given out by the Cancer Treatment Centers of America)



I received this powerful book on hope from the St. Patrick Cancer Support Group in McHenry, IL, last year. It was written by Vickie Girard who died of cancer in 2007. She wrote a lot of brief, common sense paragraphs on what she was feeling as a cancer patient. I have found that her wisdom is God inspired and

works for my everyday life. Here are some quotes for you to enjoy...

Page 13: "Hope makes you reach when you know your arm is too short. Hope gives you that extra, added stretch to reach it after all. Hope is the exercise for the spirit; it swings open the door to possibilities."

Page 121: "A wonderful woman led the children's choir when I was a child (when you're little, they let anyone sing, even me). She once said that if you have trouble praying, just ask God to come and sit on your bed or to pull up a chair. Then talk to Him as you would a friend. I think that's pretty good advice for grown-ups too."

Thank you, Vickie Girard, for all your wisdom and stories of great faith that you have shared now with so many of us. Thank you for that extra hope in being mindful that there are many ways to be healed by God.

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!

Thank you, St. Peregrine -notes received at the National Shrine of St. Peregrine

Thank you St. Peregrine for your intercession on behalf of all in my family. Thank you for hearing my prayers.

Dear Saint Peregrine, thank you for your devotion to Our Lord Jesus Christ and your intercession in my healing. Thank you, O God for saving me and giving me your Holy Spirit for our journey.

Thank you for the benign diagnosis for Katie. Thank you O God for your healing strength for me.

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.



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.