



Holy Souls Sodality

For Heaven's Sake

www.PrayForSouls.org

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Dear Members,

This month I had the opportunity to chat with the Very Rev. Fr. Dan Cambra, MIC, the provincial superior, about his connection to the Holy Souls in Purgatory.

Father Dan, when did you first learn about the Holy Souls in Purgatory?

When I was, oh, maybe 5 or 6 years old, I remember I would sometimes hear somebody either knocking at my bedroom door or even calling my name. I'd get up, and I'd go look to see who was calling my name. I wouldn't find anyone, and I wouldn't see anybody who had knocked at my door. At that particular point in my life, my great grandmother was my babysitter because both of my parents worked and all four of my grandparents worked. I asked her if she had knocked and she said "no" and if she had called my name, and no, she hadn't called my name. She said to me, "That's probably the poor souls in purgatory who want you to say a prayer for them, so say three Hail Marys for them and go back to sleep." So, whenever I heard this knock that would wake me up, or think that someone was calling my name to wake me up, I assumed it was the poor souls in purgatory asking for my prayers. So I'd say three Hail Marys and go back to sleep.

Did the Marian Fathers' devotion to the Holy Souls lead you to them?

When I was looking at religious communities, I looked at more than 45 religious communities. And ultimately, it came down to a choice between two. At the last minute, I made a retreat with the Marians, and for the first time in my life, I discovered a religious community that had daily prayers for the poor souls in purgatory. I found out that it was part of the spirituality of Father Founder, Blessed Stanislaus Papczynski, to pray for the souls in purgatory, especially those for whom no one ever prayed. And that was part of my great grandmother's spirituality and it was



Fr. Dan Cambra, MIC, the provincial superior, has been praying for the Holy Souls in Purgatory since he was 5 or 6 years old.

part of my childhood spirituality. So, when I encountered that in the Marians, it really struck me rather strongly. It was the main reason or at least one of the reasons why I decided to become a Marian. It was foundational to my choice of vocation. It was very foundational for me to pray for the poor souls in purgatory.

Do you have any suggestions for those who want to help the Holy Souls?

Even the busiest of people can say three Hail Marys each day. (We have enclosed the pamphlet *Practice of The Three Hail Marys and Efficacious Novena* for you with this month's newsletter.) The Marians used to pass out a little leaflet called *The Three Hail Marys That Opened Heaven*. It was a story about somebody who, for whatever reason, felt they didn't have time to pray the Rosary every day or couldn't go

to Mass every day, but they at least found the time to say three Hail Marys for the suffering souls in purgatory every day. And when this particular person died and came before the gates of eternity, he found out that the only thing that kept him out of hell was his charity to the poor suffering souls in purgatory.

Do you have any particular prayers that you devote to the Holy Souls?

It's kind of funny. I met Immaculee Ilibagiza about a year and a half ago and since then I now say the Chaplet of the Seven Sorrows of Mary every Friday for the poor souls in purgatory. I also said the Chaplet of the Seven Sorrows of Mary every day during Lent. It just became a rather particularly touching devotion for me. Immaculee was the one who had recommended

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it to me. I know it was recommended by the alleged visionaries in Medjugorje, but I guess my connection with Immaculee has been much more intense. I've re-read her book *Our Lady of Kibeho: Mary Speaks to the World from the Heart of Africa* about five times now. The devotion to the suffering souls, which has been promoted by the Church-approved apparitions of Mary at Kibeho, has really had an effect on my more recent spirituality.

Do you still hear the voices and the knocks?

At this particular point in my life, I don't often hear voices calling me in the night, nor do I hear knocks on the doors, but instead God has blessed me with other reasons that a middle-aged man needs to get up a couple times a night. So I still have opportunities to say those three Hail Marys for the poor souls before I fall back into bed.

Sincerely in The Divine Mercy and Mary Immaculate,

Fr. Joseph, MIC

Fr. Joseph, MIC

The Chaplet of Seven Sorrows

Each group of seven is begun with an Our Father, as in the regular Rosary. Some people start with an Act of Contrition, since the devotion has a penitential aspect. Also like the regular Rosary, the groups of seven Hail Marys are an occasion for meditation on "Mysteries" — in this case, the Seven Sorrows of Mary, listed below:

The First Sorrow

The Prophecy of Simeon

Reading: Luke 2:25-35.

When Mary and Joseph present the infant Jesus in the temple, Simeon predicts that a "sword" (of sorrow) will pierce Mary's soul.

The Second Sorrow

The Flight into Egypt

Reading: Matthew 2:13-15.

When King Herod orders the death of all male children age two or younger, Mary and Joseph flee to Egypt with the infant Jesus.

The Third Sorrow

The Child Jesus Lost in the Temple

Reading: Luke 2: 41-50.

Mary and Joseph search for the child Jesus for three days, finding Him at last — after agonizing sorrow — in the temple.

The Fourth Sorrow

Mary Meets Jesus Carrying the Cross

Reading: Luke 23: 27-29.

As Jesus makes His way to Calvary, condemned to crucifixion, He meets His mother, Mary. He is bruised, derided, cursed, and defiled, and her sorrow is absolute as Jesus drags His own cross up the hill of His crucifixion.

The Fifth Sorrow

Mary at the Foot of the Cross

Reading: John 19: 25-30.

Mary stands near her dying Son unable to minister to him as He cries "I thirst." She hears Him promise heaven to a thief and forgive His enemies. His last words, "Behold, your mother," charge us to look on Mary as your mother.

The Sixth Sorrow

Mary Receives the Body of Jesus

Reading: Psalm 130.

Jesus is taken down from the cross and His body is placed in Mary's arms. The passion and death are over, but for His mother, grief continues. She holds His body in her arms.

The Seventh Sorrow

Mary Witnesses the Burial of Jesus

Reading: Luke 23: 50-56.

The body of Jesus is laid in the tomb. The most tragic day in history ends. Mary alone in sorrow awaits the Resurrection.

Tips for May

Plenary Indulgence: Come to the Golden Jubilee celebration on May 29 for the National Shrine of The Divine Mercy here in Stockbridge, Mass., or any time during our anniversary year, and you can gain a plenary indulgence granted by the Vatican. Offer your indulgence for a soul in purgatory. To gain the indulgence, the usual conditions apply.

May is Mary's Month: Pray to Mary, and ask that any merits you gain from your prayers be used for the Holy Souls in Purgatory. She brings relief to the Holy Souls in Purgatory. As St. Faustina wrote, "I saw Our Lady visiting the souls in Purgatory. The souls call her 'The Star of the Sea.' She brings them refreshment" (*Diary*, 20).

May flowers: If a mother figure in your life is deceased, bring her favorite flowers to her grave on Mother's Day as a sign of remembrance.

How I help the Holy Souls



Thanks to a lady at her church, Kathleen Harman recently became aware of the Holy Souls Sodality.

"She gave me the Spring 2010 issue of *Marian Helper* magazine, and I saw the article on praying with the saints for the Holy Souls in Purgatory. It was very consoling. I have been having Masses said, but more people I know are passing away, some under difficult circumstances. So it gets to the point where you can't have enough Masses said.

They needed more prayers than what I could pray. How consoling it is that the Marians offer Mass each day for all the souls. Mass is the very best way to help, and so it's a great comfort and very reassuring to me that the souls are being prayed for.

"I have been praying for Holy Souls for the past 15 years, but then I read about the Sodality where Mass was being offered every day. It just made me really excited. We need to do all we can while we are on this side, so when we go to the other side, we can benefit from their prayers."

When asked if she has a particular saint to whom she turns for help, she said: "I love St. Padre Pio and his devotion to the Holy Souls, especially to those who don't have anyone to pray for them."

