

# The FLAME

January/February 2019

## *Redemptive Suffering*

By: Mark Nehrbus

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***“Apart from the cross there is no other ladder by which we may get to heaven.”***

**- St. Rose of Lima**

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The question is, will we suffer well and with the right attitude?

Jacques Philippe is a renowned French spiritual director in the Community of the Beatitudes. He helps steer us to the right attitude about acceptance of the unexpected. More often than not, suffering comes to us unexpectedly. He wrote, “Perhaps the highest and most rewarding exercise of freedom is assenting to things we haven’t chosen, welcoming in trust realities that transcend us.” (Magnificat, Vol 20, No.5, July 2018, p.102) Redemptive Suffering is certainly a reality that transcends us.

St. Paul wrote in Colossians 1:24, “In my flesh I complete what is lacking in Christ’s afflictions for the sake of his body.” This is a key scripture that helps us to understand redemptive suffering. We are given an opportunity by the Lord to offer up our

suffering united with him on the cross for what needs to be completed in the Body of Christ.

I had a fairly basic and (I thought) good understanding of redemptive suffering until five and half years ago. Without warning one Monday morning in 2012 results from a test came back showing that I had a tumor in my stomach the size of a peach. Two days later it was confirmed that I had adenocarcinoma, a serious and aggressive form of cancer. Two days after that my entire stomach was removed. Within two months of that I began chemotherapy and radiation treatments that lasted another two months. I was thrust into embracing suffering or not. I chose, with God’s grace, to embrace it.

My wife, Carol, and I had moments of tears and clinging to each other when we first got the news.

Friends from near and far began to pray for my healing. God was at work.

I never felt sorry for myself, I never asked, *Why me?* The grace I had received from being baptized in the Holy Spirit nearly 40 years earlier, the support of a vibrant charismatic community, and the sacraments of the Church had prepared me to trust in God and embrace suffering. I learned that if

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Dear Brothers and Sisters,

Here is a paradox of our time. ***The more self-sufficient we are, the more anxious we become.*** Our ability to harness the powers of nature has created a world of relative comfort. Most people in the first world do not have to worry about where the next meal is coming from, how they will survive in the cold or heat, or what they would do if they became ill. Yet, in spite of having a relative amount of security, many people are often anxious. Why?

I am sure there are a number of reasons for these anxieties. However, I believe the most fundamental reason is this: We do not know God deeply enough. The second most fundamental reason is that we do not know ourselves well enough.

Jesus commanded us not to worry.

*Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you are to wear...Your heavenly Father knows that you need them all. But seek first the Kingdom of God and His righteousness, and all these things will be given you besides.* (Matthew 6:31-33 various verses)

Jesus commanded us not to worry because he knows that we are in the hands of the almighty and all-knowing Father. He provides. However, knowing these words of Jesus and living a worry free life can be two different things. So how can we grow in the peace Christ promises his disciples?

**First, we need to ask ourselves why we are anxious.** Is there an **external source of our worry**? There was a time when a town crier would periodically deliver all the news that needed to be proclaimed in the city square. We have gradually progressed to news anytime and anywhere: 24 hour TV news channels, mobile phone alerts and internet websites. News can be both addicting and overwhelming. Some people can become less anxious by curtailing their input of bad news.

Other people have an **internal source** for their anxiety. Their parents were worriers. Their home life was filled with chaos and fear. Their personal relationships have been difficult. They have had experiences that were deeply wounding and they fear experiencing that kind of pain again. And perhaps they did experience some kind of deprivation.

**What do we do with our internal baggage?** We cannot change our personal histories. However, we can invite the Lord Jesus into our memories. The truth is that he knows our histories better than we do. By prayerfully,

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FR. ROBERT FRANCO LIASON TO CATHOLIC RENEWAL MINISTRIES.

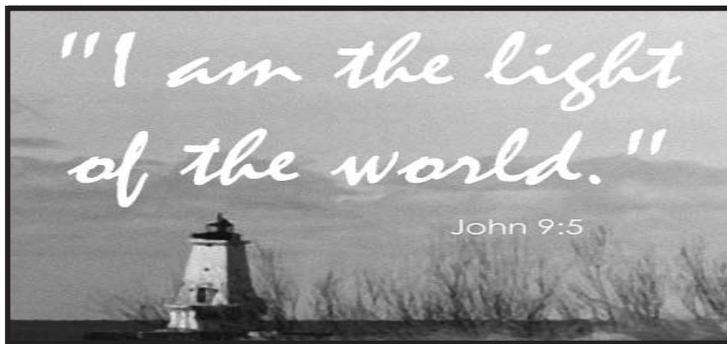
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inviting Jesus into wounds, He brings us into the loving embrace of our heavenly Father. We can do this in our own personal prayer or with the help of prayer teams. Prayer of this kind brings us healing and helps us know God in a more personal way.

**Secondly, we need to know ourselves better.** There are some people who are neurotic burden bearers. They carry concerns only meant for God. This too is a call to prayer. We need to surrender into the hands of our Almighty Father things we have little or no control over. We must always remember: *God is God and we are not!*

Some people have the opposite problem. They are temporarily care free because they ignore the things they need to be busy about. They presume on God's providence and kindness and do not fulfill their own responsibilities. They procrastinate. This leads to anxiousness when time is running out. The Book of Proverbs calls this person a sluggard and addresses him 14 times. Here is a sampling:

*As vinegar to the teeth, and smoke to the eyes, are sluggards to those who send them. The sluggard says, "A lion is outside; I might be slain in the street."* (Proverbs 10:26 & 22:13)

Perhaps it was St. Paul who gave the best advice regarding anxiety.

*Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.* (Philippians 4:4-7)

**The person, who prays with faith and gratitude, magnifying the Lord and not the problem, leaves his or her anxiety with God.**

**Finally, be generous.** There is something about giving money and stuff away that makes room in our hearts for the peace and love of the Lord. Jesus said:

*Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.* (Luke 6:38)

As I often say: we do not know what the future holds. However we do know who holds the future. May 2019 be a year filled with God's grace and peace as we surrender to him our anxieties.

In Christ,  
**Fr. Bob Franco**

# Catholic Renewal Ministries Traveling Charismatic Mass

**Friday, January 18, 2019**

**Praise & Worship 7:00 p.m.  
Liturgy Begins at 7:30 p.m.**

**Fr. Bob Franco  
Celebrant**

**Healing Prayers  
Following Mass**

**Social Immediately  
After Mass**

**Contact Fr. Bob Franco  
440-327-2201  
or  
CRM at 440-944-9445**



**SAINT PETER PARISH  
35777 Center Ridge Road  
North Ridgeville, OH 44039**

**Invite a Friend to the Joining of Heaven & Earth!**

# Catholic Renewal Ministries Events

MARK YOUR 2019 CALANDAR!

CATHOLIC RENEWAL MINISTRIES 37<sup>TH</sup> ANNUAL CHARISMATIC CONFERENCE

# ARISE AND BE HEALED

FRIDAY  
JULY 12

+

SATURDAY  
JULY 13

MAIN SPEAKERS

DR. MARY HEALY • FR. RICHARD M'ALEAR • FR. BOB FRANCO

Visit [CRMWEB.ORG](http://CRMWEB.ORG) for additional speakers and details to be announced

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All are invited to attend **Catholic Renewal Ministries' 37th Annual Conference** held on **July 12<sup>th</sup> and 13<sup>th</sup>, 2019** at Magnificat High School in Rocky River. This year's theme is "Arise and Be Healed". The conference opens on Friday at 7:00 p.m. Guest speakers will be Dr. Mary Healy and Fr. Richard McAlear. Please visit [www.crmweb.org](http://www.crmweb.org) for conference updates and add this event to your 2019 calendar. Come experience the healing power and gifts of the Holy Spirit!

**First Fridays at Francis** is a young adult ministry that meets **every first Friday** of the month, **from 7:00 to 8:30 p.m.**, at St. Francis of Assisi Parish in Gates Mills. Be part of an **AMAZING** evening of praise and worship and adoration of our Lord, present in the Eucharist. There is a social afterwards. The church is located at 6850 Mayfield Rd., Gates Mills 44040.

All are welcome to attend an **evening of praise and worship with Eucharist Adoration and Benediction** at St. Thomas More Church. Come and bring a friend on the **fourth Friday** of each month, **7:00 to 8:30 p.m.** The church is located at 4170 North Amber Dr., Brooklyn 44144. Nellie Cruz Krawczynski is the music leader for the evening.

Catholic Renewal Ministries will host a **Charismatic Mass** on **Friday, January 18th, at 7:00 p.m.**, at St. Peter Parish, 35777 Center Ridge Rd., North Ridgeville 44039. Fr. Bob Franco will be the celebrant. Praise and worship will begin at 7:00 and the liturgy will start at 7:30. Healing prayer teams will be available after mass for individual prayer, and there will also be a social after mass. For more information, please contact Fr. Franco at 440-327-2201 or CRM at 440-944-9445. Come and bring a friend! This will be a time to truly encounter the Lord.

Join Peter's Shadow Healing Ministry for a **Night of Healing Prayer** with Fr. Jacob Bearer on **Wednesday, February 20**, starting at 6:30. This evening of healing will be held at St. Luke's, 1212 Bunts Rd, Lakewood, OH 44107.

Join Catholic Renewal Ministries for **UNBOUND... a day of Healing Prayer**. The day will consist of teaching on the Unbound method of prayer, praise & worship, and healing prayer. Unbound is a gentle method of healing prayer based on the 5 Keys of healing and deliverance: Repentance and Faith, Forgiveness, Renunciation, Authority, and the Father's Blessings. Come and experience the tenderness of God's love and healing grace through personal prayer. The Unbound program is a well-respected healing model that has proven results. The day will be held at St. Peter's Parish, 35777 Center Ridge Road, North Ridgeville 44039, on **Saturday, March 30th**. The doors will open at 8:00 a.m. for continental breakfast and fellowship, and the program will begin at 9:00 a.m. and end at 4:00 p.m. There is a \$25 registration fee, which includes continental breakfast and lunch.

For more information, please call CRM at 440.944.9445 or Marge Zampino at 216.990.0919. To register by mail, send your \$25 check made out to CRM to: Marge Zampino, 2747 Vincent Drive, Seven Hills, Ohio 44131.

# DIOCESE OF CLEVELAND CHARISMATIC PRAYER MEETINGS

## SUNDAY

SACRED HEART CHAPEL (SPANISH) - LORAIN	6:00 P.M.	ARGENTINA FERREIRA	440-654-2230
SS. COSMAS AND DAMIAN - TWINSBURG	6:45 P.M.	DENNY CARLETON	330-310-2595

## MONDAY

GESU - UNIVERSITY HEIGHTS	7:30 P.M.	PETE CICCOTTI	216-932-0198
MEN OF PRAISE, HOBAN HALL WICKLIFFE - CENTER FOR PASTORAL LEADERSHIP	8:00 P.M.	FRITZ NAGEL	440-336-3772

## TUESDAY

OUR LADY OF ANGELS - CLEVELAND	7:30 P.M.	DON & LINDA LAWRENCE	740-424-4707
ST. HILARY - FAIRLAWN	7:00 P.M.	JAMES MCGUIRE	330-612-5969
		MARY KAYE JEANMAIRE	330-666-6526
FIRE OF THE SPIRIT, ST. MICHAEL PARISH INDEPENDENCE	7:30 P.M. 1ST TUESDAY	DONNA RECHNER	440-725-7053
MINISTRY OF PRAISE, ST. AMBROSE BRUNSWICK - ADORATION CHAPEL	7:00 P.M.	CATHY CLAPPER	330-338-9696
ST. PETER PRAYER GROUP NORTH RIDGEVILLE	7:00 P.M. 1ST & 3RD TUESDAY	CHERYL KOBERNA	440-327-2201, EXT 119 CHURCH NUMBER

## WEDNESDAY

ST. VINCENT DE PAUL - ELYRIA	7:30 P.M.	RICK MORSHER	440-277-6199
SACRED HEART - OBERLIN	7:30 P.M. 1ST WEDNESDAY	SUE PALMIERI	440-774-1191
SACRED HEART OF JESUS - WADSWORTH ANDES ROOM, CHURCH BASEMENT	7:00 P.M. 3RD WEDNESDAY	JEFF FLAHERTY	330-336-3049 CHURCH NUMBER
ST. MARTIN OF TOURS - VALLEY CITY	7:00 P.M. 2ND & 4TH WEDNESDAY	ROSE AUSTIN	330-483-3435
WOMEN'S PRAYER GROUP	7:30 P.M.	BEVERLY OLSIN	HIGHLAND HTS.

## THURSDAY

FAMILIES IN CHRIST JESUS EUCLID - ST. WILLIAM SCHOOL	8:00 P.M. 1ST THURSDAY	ARCH & MARLYN TUNNELL	440-442-7538
BUKAS LOOB SA DIYOS (BLD) COVENANT COMMUNITY MARY, QUEEN OF PEACE CHURCH CLEVELAND - HEALING MASS, 1ST THURSDAY	7:30 P.M.	ANGELITO & LULU GREGORIO	440-759-9657
ST. MICHAEL - CLEVELAND	7:00 P.M.	PEDRO FUENTES	440-258-8639

## FRIDAY

LA SAGRADA FAMILIA - CLEVELAND	7:00 P.M.	EPI TORRES	216-459-0420
ST. JOHN BOSCO - PARMA HEIGHTS	1:30 - 3:00 P.M.	VALERIE UBIENSKI	216-642-1120
ST. MARY OF THE IMMACULATE CONCEPTION COMMUNITY OF BELIEVERS WOOSTER - FLAME OF LOVE HOLY HOUR	7:30 P.M. 2ND & 4TH FRIDAY	JOYCE CONLEY	330-264-7904

## SATURDAY

COMMUNITY OF RISEN LORD (CRL) SS. COSMAS & DAMIAN TWINSBURG - ADORATION CHAPEL	6:15 P.M. ROSARY 6:45 P.M. PRAISE & WORSHIP 2ND SATURDAY	SUJITH PERERA	330-957-3147
ST. MARY - HUDSON ADORATION CHAPEL	9:50 A.M. 1ST & 3RD SATURDAY, AFTER 9 A.M. MASS	RYEO KIM	234-380-1457

## HOME-BASED CHRISTIAN COMMUNITIES

ST. ANTHONY COMMUNITY	BONNIE BOBROWSKI	440-543-8491
ST. PIO COMMUNITY	GAYLE CARROLL	440-428-4648

## INTERCESSORY PRAYER GROUPS

SACRED HEART - WADSWORTH 1077 EASTERN RD.	9:00 A.M. ALTERNATES TH & F	SHANNON SHROCK	330-658-3077
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## HEALING MINISTRY [PHONE / EMAIL PRAYER NEEDS]

CRM HEALING MINISTRY	MARGE ZAMPINO	216-990-0919
HOLY SPIRIT PRAYER CENTER	prayer@holyspiritprayercenter.org	DENISE CALABRESE
PETER'S SHADOW	PetersShadowHeals@gmail.com	MIKE RAGON / MARY BETH GARVIN
		440-720-1817
		234-206-0263

# UNBOUND

**Saturday, March 30, 2019**

**8:00 AM - 4:00 PM**

**Doors open 8 AM - continental breakfast. Program begins at 9:00 AM**

**This is an opportunity to receive teaching on the Unbound method of prayer and a time to receive healing. There is a fee of \$25, which includes a continental breakfast and lunch.**

**Call CRM @ 440.944.9445 or Marge Zampino @ 216.990.0919 for questions.**



**SAINT PETER PARISH  
35777 Center Ridge Road  
North Ridgeville, OH 44039**

**Registration deadline: March 25, 2019**

**Register by mail: Send \$25 check made out to CRM. Mail to:  
Marge Zampino 2747 Vincent Drive Seven Hills, Ohio 44131**

**Name:**

**Email:**

**Address:**

**Phone:**

**City:**

**State:**

**Zip:**



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we are faithful in small things like our daily duties and the crosses of normal life, then God will give us the grace for the big crosses he permits in our lives.

I was cancer free for four and one-half years when the cancer returned in March of 2017. After a second major surgery last May I underwent chemotherapy for a second time.

One of the many wonderful things I learned about suffering is that it is the “money” in the economy of salvation. Yes, our suffering will help us get to heaven but we can also offer it up for the salvation of others. I offered up my suffering for one of my adult children who left the Church. He was in his late 20’s and hadn’t been to the sacraments for eight years. Last March my oldest son invited him to attend a men’s conference in Philadelphia. I prayed days before the event that my prodigal would go to Confession. He did, and then attended Mass and received the Eucharist! Praise God! I felt very strongly that God had honored my suffering and heard the cry of this father’s heart for his son to come home.

I was scheduled for a new round of treatments in May of this year. My oncologist informed me, when I returned from a trip to

Lourdes, that my tumor markers were in the normal range, my recent PET scan was negative, and therefore, he was canceling the treatment plan because he couldn’t find any evidence of cancer! I attribute this wonderful healing news to the many prayers from brothers and sisters in the Body of Christ and Our Lady of Lourdes.

There is tremendous value in suffering. However, that doesn’t mean we should pray for it. St. Therese of Lisieux discourages us from doing that. What we should do is pray for God’s grace when suffering comes our way assenting “to the realities that transcend us” with great trust in the Lord, confident that he has a plan. God will provide every grace we need to climb the ladder to heaven and help to bring as many people with us as possible!

*Mark Nehrbas and his wife Carol reside in Steubenville, Ohio and have nine children and 14 grandchildren. A past Franciscan University employee, he has administered Fire Rallies and led summer conferences. He currently serves on the leadership team for ChristLife in his parish and is on the Advisory Board for The Ark and The Dove.*

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