



Welcome! This *Seeking Refuge Virtual Workshop* reference guide is a comprehensive overview of the Flame of Love. It will introduce you to the movement and offer a convenient and inspirational explanation to questions you may have about this extraordinary grace. We recommend that you read through this guide before the start of the Virtual Conference so that you become familiar with the purpose of this movement, which is to blind satan and help save souls... in other words, escort them to the Ark!

Our Lord, Jesus Christ said: "Do not fear. We are beside you, beside all of you. This grace spreads in a great degree over souls of all who share in My work of Redemption. Just do not delay in fulfilling our requests." Our Beautiful Mother chimed in, "Our petition is urgent. There is no time for delays. Let the faithful together with the priests satisfy our petition in a great spiritual oneness. The effusion of graces will also reach the souls of the non-baptized with its effect of grace." (Full diary, pg. 294-295)



What is the Flame of Love?

The Flame of Love, Jesus himself, resides in Mary's Immaculate Heart. She longs to give the Flame to ALL of God's children. Mary pours out her Flame of Love in great abundance. Her Flame of Love will consume our sinful nature, add virtue and ready us for infused graces. Mary gives the Flame without limits. The Flame of Love is so great that she suffers until the Flame leaves her heart and goes to yours. This Flame, this Signal Grace is for everyone . . . you, your family, and your friends.

The Flame of Love is a Signal Grace which prepares us for the Illumination of Conscience and the coming of Christ the King. It passes from soul to soul. ***"This is the time of no more fence sitting. We must ask for grace to help us convert. This is a time for surrender and trust, the time of Divine Mercy, the Flame of Love will help us convert, surrender and trust."*** (Fr. Blount, SOLT)

The urgency of this devotion is emphasized in the diary: ***"Our Lady, by her intercession, has gained from the heavenly Father the greatest graces in the history of the world since the Father sent His Son, Jesus Christ, into the world. This new devotion alerts the world to***





these new graces and instructs us how to receive them.” (Small diary, pg. 115) To receive and live the fullness of the abundant graces requires active participation and a willingness of desire. If you persevere, you will experience all the blessings that God intends for you.

In April 1962, the Blessed Mother stated to a Hungarian woman, Elizabeth Kindelmann, *“There is so much sin in this land, help me to save souls... With this Flame you will light all the hearts in the world,”* Jesus said to Elizabeth, the Flame of Love grace is given to us to purify, guide and protect us during these times!

In August 1962, Mary told Elizabeth, *“I have never given you such a powerful force of grace. Since the Word became Flesh, I have never given such a great movement as the Flame of Love that comes to you now. Until now, there has been nothing that so blinds Satan.”* (Small diary, Aug. 1962, pg. 32)

As God purified the world in Genesis and gave Noah and his family an ark, now He is giving us Mary’s Immaculate Heart to be our refuge for this time (Elizabeth commented - Jesus repeated on various occasions in His conversations *“. . . the Flame of Love of the heart of My Mother is Noah’s Ark.”* (Full diary, spring 1981, pg. 294) Mary has been entrusted by God to equip us and protect us for the times ahead. God has not left us alone!

What Church and Vatican approval does the Flame of Love have?

Pronouncements of His Eminence Cardinal Péter Erdő, Primate of Hungary, Archbishop of Eszertom-Budapest, concerning the Association “Flame of Love of the Immaculate Heart of Mary Movement.” Quotes taken from his homily on June 1, 2009 at Máriaremete, on the Feast of Pentecost. *“...I personally believe that the completion in the spring of this year of the revision of the Spiritual Diary of Elizabeth Kindelmann and of the Rule of the Association of Prayer ‘Flame of Love’ is a sign of the life giving Holy Spirit. This Movement now functions in many dioceses of the world with the approval of the bishops and also prospers here in Hungary, the country of its origin. We have found that it brings an authentic Catholic spirituality and devotion toward the Virgin Mary that is in total conformity with the Catholic faith. May this recognition given in our diocese contribute to the spiritual renewal of our community of believers and of our people.”* (Flameoflove.us)





On October 22, 1996, Cardinal Bernardino Echeverria Ruiz (Archdiocese of Guayaquil, Ecuador) approved the statutes of the Flame of Love Movement and asked the Holy Father to give approval so that the Flame of Love would be accepted in the whole Church. The Vatican, through Cardinal Francis Stafford, responded to Cardinal Ruiz for the Holy Father: *"I encourage you to continue so the Association bears abundant fruits among its members and the whole Church. I invite you to continue your duties as spiritual director."* Many other diocesan bishops have also given approval. (Flameoflove.us)

When the Holy Father blesses a Private Association of the Faithful such as the International Movement of the Flame of Love of the Immaculate Heart of Mary, it does not mean that the Vatican has approved the entire Message of the Spiritual Diary of Elizabeth Kindelmann. It simply means that the statutes of the Organization have been approved by the competent authority, the local ordinary Cardinal Peter Erdo, Archbishop of Budapest, Hungary; and the Holy Father offers an acknowledgment that the Organization has a mission it is pursuing on behalf of the Church, which is within its purview as a lay organization under proper spiritual direction and subject to Canon Law. While Cardinal Erdo has indeed approved the entire Diary of Elizabeth Kindelmann as having nothing against Faith and Morals, and he has further praised the Diary as a "Gift to the Church" in formal remarks, his approval of the Movement in his Diocese does not bind nor prevent other Bishops from making their own judgment. While Cardinal Erdo's decision should be held in the highest respect according to the documents of the Church, and Pope Benedict has reminded all in the Church of the proper submission to the messages contained in the Diary due to the presiding Bishop's approval in these matters, the Vatican reserves the right to ultimately decide whether the Diary and the prayers are in complete conformance with Church doctrine. The Movement is currently seeking approval as a Public Association of the Faithful, which, if granted, would allow it to operate in all Dioceses within the Church. (Flame of Love U.S. website)

The Pronouncements (also available in the small and full Flame of Love Diary) can be viewed on the National website, <https://flameoflove.us.customers.tigertech.net/church-pronouncements/>

What is a Cenacle?

The first cenacle was the Upper Room, where the Last Supper was held. This is where the first church took place and where the Holy Spirit descended on Mary and the disciples. The Body of believers, the Cenacle, moves in love journeying with one another through trials and triumphs.





Why are we being called to Cenacles?

We all can feel that the world is in much need of prayer. The Blessed Virgin Mary has been calling on us since her visit to Fatima for her children to, "Pray, pray, pray." The Blessed Mother *"wants every family to be a sanctuary, a wonderful place where, in union with you, she works miracles in the depth of hearts. Going from heart to heart, she places in your hands the Flame of Love of her heart. Through your prayers and sacrifices, it will blind Satan who wants to rule over families."* (Full diary, January 17, 1964) Our Precious Lord wants us adoring the Blessed Sacrament in every parish Church, every single hour. The Flame of Love Movement desires to fulfill Our Lord's longings of reparation for sin through forming communities of prayer. If the cenacle does not have the Pastor's permission to meet at the Church, the prayer group may be held in the home, the domestic church. Many cenacles begin meeting in a home and later move to the Church. *"We must seek lodging for my Flame of Love, which is Jesus Christ himself."* (Full diary, p.38)

Cenacles can be done virtually or on a phone line. Some Indianapolis area cenacles share a phone service and post an Indiana Virtual Cenacle Schedule. Area groups contact the coordinator to reserve an open time. Other cenacles prefer to use [Jitsi free video conferencing](#). Information can be found on our website <https://www.flameoflove-indiana.com> click on "Prayer Groups"

What happens at a Cenacle?

Jesus and Mary spoke through locutions to the Hungarian mystic, Elizabeth Kindelmann. They gave her specific causes and prayers to pray. They asked Elizabeth to form cenacles and pray with these prayers for families, priests, and to save souls! In addition to this beautiful mission, the Flame of Love grace is passed from one soul to another!

A cenacle is required to include a reading from the Flame of Love Diary or a teaching about living a holy, devout life. The teaching may be before or after the prayer sequence. Information on the devout life may be found on the national Flame of Love website. <https://flameoflove.us.customers.tigertech.net/teachings/>





There is a prayer sequence for the cenacle which is available on the website. For those who would like to watch a live cenacle there are videos on the website <https://www.flameoflove-indiana.com> click under Videos.

After the prayer sequence, the Flame of Love grace is passed with a special prayer guiding the participants through surrendering themselves to Jesus through Mary's Immaculate Heart.

The community of prayer comes to the Cross of Jesus and lays down their heavy hearts. As we pray, the Blessed Mother infuses her love and equips her children with joy, courage, faith and her blessings. Mary said to Elizabeth, *"I grant to all the grace to see the results of their labors on behalf of My Flame of Love in each soul, in your country and in the entire world. You who are laboring and making sacrifices for the prompt outpouring of my Flame of Love, will get to see it."* (Full diary, pg. 286) As the prayer group ascends further into the Flame of Love grace, you will realize the efficacy of your prayers is beyond what you have experienced before. The intimacy you gain with Jesus and Mary has you so close, you are lying in the bosom and God can hear your whisper.

How do we pray the Flame of Love Prayers?

Reverence during our prayers is key. Quieting the group and inviting the Holy Spirit before starting is always fruitful. To enter into His Presence we surrender our hearts, thoughts, and minds. Giving all of ourselves humbly in our prayers will bring us closer to God.

Let's begin the [Prayers for the Flame of Love Cenacle](#).

1. We offer ourselves to the Heavenly Father thru all the wounds of our Savior, Jesus Christ: We kiss the wound of your Sacred Left Hand, with sorrow deep and true (†); We kiss the wound of your Sacred Right Hand, with sorrow deep and true (†); We kiss the wound of your Sacred Left Foot, with sorrow deep and true (†); We kiss the wound of your Sacred Right Foot, with sorrow deep and true (†); We kiss the wound of your Sacred Side, with sorrow deep and true (†).
2. Decide which **Mystery of the Rosary** you want to pray and use the [Flame of Love Rosary Meditations](#). (on July 9, 1965 The Blessed Virgin Mary requested, *"When you say the prayer that honors me, the Hail Mary, include this petition in the following*





manner.”) Pray the Rosary and insert in each Hail Mary the petition to the Flame of Love: Hail Mary full of grace the Lord is with Thee, blessed are Thou among women, and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, spread the effect of grace of Thy Flame of Love over all of humanity, now and at the hour of our death. Amen. *When we say “the effect of grace of Thy Flame of Love”, we include the conversion of sinners, the blinding of Satan, and the New Pentecost and whatever other gifts God will give to His Church and humanity through His Mother.

3. After each decade, pray the Fatima prayer, the prayer to the Holy Spirit, and Sing Ave Maria: O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those who are in most need of Thy Mercy. Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary. Saint Joseph, pray for us (3 times); [Sing ‘Ave Maria’]
4. After the last decade, pray Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears! Turn, then, O most gracious Advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us Pray. O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

5. Unity Prayer: May our feet journey together. May our hands gather in unity. May our hearts beat in unison. May our souls be in harmony. May our thoughts be as one. May our ears listen to the silence together. May our glances profoundly penetrate each other. May our lips pray together to gain mercy from the Eternal Father. Amen.





6. My Adorable Jesus, We ask you to take us in spirit before your Eucharistic Presence throughout the world. (pause for silent reflection)
7. Blessed Lady, Take us and place us where we belong in the Divine Fire. Share with us your Immaculate Conception. (pause for silent reflection)
8. Prayer to Saint Joseph: Oh, Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh, Saint Joseph, do assist me by your powerful intercession, and obtain for me from your Divine Son all spiritual blessings, through Jesus Christ, our Lord, so that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most Loving of Fathers. Oh, Saint Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss his fine head for me and ask him to return the Kiss when I draw my dying breath. Saint Joseph, Patron of departed souls, pray for me. Amen
9. Prayer to Saint Michael the Archangel: Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, cast into hell, Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.
10. Plenary Indulgence: Pray for the intentions of the Holy Father (Our Father, Hail Mary, Glory Be)
11. Meditate on all the wounds of Jesus Christ. Repeat Step No. 2.
12. Final Blessing: Bless each other with Holy Water (optional) (form circle, if possible)

How do we pass the Flame of Love Grace?

Our Blessed Mother emphasized the importance of the Flame of Love grace to be passed from one soul to another. Graces are gifts and can't be earned. A Signal Grace is an extraordinary grace that moves the soul through moving the intellect and the will. This is the most important aspect of the devotion. Do not be overwhelmed by passing the Flame of Love grace. Sometimes it's been passed just by a few statements. Our job isn't to be precise in reciting a written prayer. Our job is to just





be the vessel. Allow the Flame of Love, Jesus Christ, Himself, to flow from your heart to theirs. This grace is VERY powerful and will evolve and work in spite of any imperfections! You can simply renew your Baptismal Promises and pray and ask Jesus to be the center of your life and bless you with the Flame of Love grace through Mary's Immaculate Heart.

Here is a beautiful version for passing the Flame of Love grace. The prayer begins with a renewal of the Baptismal promises:

- Do you renounce Satan? I do. Do you renounce all his works? I do. Do you renounce all his seductions? I do. Do you believe in God the Father Almighty, Creator of heaven and earth? I do. Do you believe in Jesus Christ, His only Son, Our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried? I do. Do you believe that Jesus descended into hell; and on the third day rose from the dead, ascended into heaven and now sits at the right hand of God, the Father Almighty? I do. Do you believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting? I do.
- Imagine yourself clothed in white garments, a symbol of your Baptism and of your future life in heaven with the saints and angels. Imagine an enormous Fire. You enter into that Fire. Do not be afraid. The Fire is Jesus Himself, The Flame of Love. You are not alone, Mary is with you. You are in the deepest part of Her Heart, immersed in Her Flame of Love. Mary fills you with great desires so that you want to receive more and more of this Flame, surrender to the Flame and to have Him consume your whole life. This Flame (Jesus Himself) is the pearl of great price, the treasure hidden in the field, the whole purpose of your life. Allow the Flame to enter your being. Allow Jesus to fill your imagination and memory. Close your eyes and imagine Jesus living within you. Imagine Jesus in the mysteries of the rosary: He is conceived in Mary's womb. He sanctifies John the Baptist and Elizabeth. He is born into the world. The shepherds and the Wise Men can see God's human face. At forty days, He fills the temple with light. At twelve, He fills that same temple with His teachings. At 30, Jesus is baptized. He receives the Holy Spirit and hears the Father's voice. He changes water into wine. He preaches, heals, drives out demons and proclaims that the Kingdom is at hand. He reveals His full glory to Peter, James and John. On the night before His death, He says, "This is my Body," and "This is my Blood." He goes to the Garden where He accepts the Father's Will. He gives Himself





over to men whom Satan uses as his instruments. He accepts the wounds on His back and the thorns upon His head. He accepts the cross, walks to Calvary and dies for you. His soul leaves His body and enters into eternal glory. Jesus' glorified soul re- enters His body, glorifies it and raises it from the dead. He appears to His disciples, tells them to make disciples of all nations, and ascends to the Father's right hand. He sends the Holy Spirit upon the disciples, takes His Mother into heaven, body and soul, and then, makes her queen of all the angels and saints. After imagining Jesus in these gospel stories, allow the Flame to come to your will. You welcome Him and He enters your heart, you have invited Jesus to be the center of your life. He is your King. Place this fire on the lampstand and Jesus' light will flood you. When you receive the Flame with others, you experience the communion of Saints. When one receives, all are blessed. When all receive, each is more blessed. Right now, Our Lady embraces you and pours out her Flame of Love in great abundance. This is a holy and sacred moment. She sends this Flame into your heart. The Flame leaps from Her Heart to yours. She gives the Flame without limits. The Flame of Love is so great that She suffers until the Flame leaves Her Heart and goes to yours, because it belongs in our hearts. She gives the Fire far beyond your capacity to receive. She gives gifts that were meant for others, but they did not receive. Receive this Flame for everyone-for yourself, your family, your friends. ***You will not realize all She has done for you this day. The effects will unfold slowly and powerfully. Be still. The prayer is complete. Our Lady is pouring out the effects of grace of the Flame of Love. Remain in silence and receive.***

All the Flame of Love Prayers are available on the Indiana Flame of Love website:

<https://www.flameoflove-indiana.com/> click on Resources

What are the Promises of the Flame of Love?

There are many promises of the Flame of Love. We found sixty-nine in the Small diary! Here are a few of the generous gifts that can be received through the Flame of Love. (*All page references are from the Small diary.)





1. *"Since the Word became Flesh, I have never given such a great movement as the Flame of Love that comes to you now. Until now, there has been nothing that so blinds Satan."* (Mary, pg. 32)
2. *"I cannot deny my Mother anything when she uses her Flame of Love."* (Jesus, pg. 32)
3. *"With my Flame of Love I want the home to come alive again with love. I want to unite scattered families."* (Mary, pg. 33)
4. *"In spite of objections, bad intentions and obstacles, my Cause will succeed."* (Mary, pg. 34)
5. *"I will blind Satan so this Flame will save the dying from eternal damnation."* (Mary, pg. 38)
6. *"When the Flame of Love pours out, my love will destroy the satanic hatred that contaminates the world. The greatest number of souls will be set free."* (Mary, pg. 44)
7. *"If at any moment, someone prays three Hail Mary's in my honor, while referring to the Flame of Love, they will free a soul from purgatory."* (Mary, pg. 46)
8. *"During November, one Hail Mary will free ten souls. The souls in Purgatory should experience the effect of the Flame of Love."* (Mary, pg. 46)
9. *"While someone is at adoration or visiting the Blessed Sacrament, Satan loses his dominion. As a blind man, he ceases to rule over souls."* (Mary, pg. 46)
10. *"Participating in Mass helps the most in blinding Satan. He knows his downfall is near."* (Mary, pg. 49)
11. *"The Spirit of Pentecost will flood the earth with the Spirit's power and a great miracle will gain the attention of all humanity. This will be the effect of grace of the Flame of Love."* (Jesus, pg. 61)
12. *"Earth, although flooded with sufferings, will be renewed by Our Lady's intercession."* (Jesus, pg. 61)
13. *"By my Flame of Love, a new era of grace, never before known on the earth, will begin."* (Mary, pg. 64)





14. *"All who are one with me receive this sharing, which is an eternal circular movement between heaven and earth. Your sacrifices rise to me and my blessings pour out upon you."* (Jesus, pg. 77)
15. *"My Mother is Noah's Ark."* (Jesus, pg. 109)

What are the blessings/effects of the Flame of Love?

Our Lady promises many blessings.

1. **To blind Satan.** The diary highlights and actually describes this gift as Elizabeth was able to blind Satan, making him powerless and freeing those who felt his oppression.
2. **To save souls** (especially family members). The diary contains many promises concerning the family. Elizabeth was a mother of six children, all of whom had their own struggles. She worried about their eternal salvation. Our Lady told her that she was chosen specifically because she was a mother and that from heaven she would be with her children at their death beds.
3. **To save the family.** The Flame of Love is family focused. Our Lady wants parents to gather their children for prayer and devotion. She will come to every home which invites her.
4. **To free souls from purgatory.** Our Lady makes great promises, especially for those who keep the Monday fast (bread and water until 6:00 PM). So often, we forget our deceased relatives and friends.
5. **To convert the world.** The flame is meant for the whole world. Our Lady promised many miracles which all would realize took place, without any elaborate investigation.

What are the spiritual practices of the Flame of Love?

There are daily spiritual exercises for the Flame of Love Movement. One day, the Lord said, "I am now going to specify how each day of the week may be allocated." (Full diary, pg.24) These practices will gradually come as you grow in the Flame of Love Grace. It's important not to get overwhelmed.





God will give you the grace to grow in His timing. The spiritual practices include fasting on certain days.

Monday-The Day of the Holy Souls

Tuesday-Offer this day for the family

Wednesday-A day for priestly vocations

Thursday-Reparation of the Blessed Sacrament

Friday-The Day of My Passion

Saturday-The Day of My Mother

Sunday-Jesus gave no direction for this day

Our Lady explained the fast. We can eat abundant bread, with salt. We can take vitamins, medicines, and what we need for health. We can drink abundant water. We should not eat to enjoy. Whoever keeps the fast should do so until at least 6:00 PM. In this case, they should recite five decades of the rosary for the holy souls. (Small diary, pg. 109) Do not be overwhelmed by practices and fasting. Growing in anything takes time and discernment. Starting slow and giving up small things like cream or sugar in your coffee is still a sacrifice and can bring great fruit from your offering!

Our Lady also had certain expectations for Elizabeth (and for us). Our Lady is asking from us:

1. Goodness of life
2. Generous amounts of time given to prayer
3. Frequent reception of Holy Communion and Confession
4. Simplicity of life
5. Fasting on Mondays until 6:00 PM on bread and water
6. Eucharistic Adoration
7. Some withdrawal from worldly entertainments





"Please, do not be overwhelmed. Our Lady does not expect the average lay person to suddenly reach these spiritual heights. Many sufferings and spiritual favors are unique to Elizabeth. The Diary is not systematic. It describes Elizabeth's many struggles. As you read the Diary, you will see, as I did, many little things that you can easily do now. The Diary will get inside you. When it does, you will discover that Our Lady has placed her Flame of Love in your heart. If you persevere, you will experience all the blessings, which God intends for you. May the Flame of Love be lit in your heart!" (Small diary, page 114)

How do you lead a Cenacle?

You may start a cenacle at home or in your Church. All prayers of the Movement from the Diary must be considered private prayers and prayed in private or in a private group in which all members agree to pray the prayers. If the prayers are prayed in a Church as a private group, the permission of the Pastor must be obtained. No materials should ever be left in the Church or the Parish property without the Pastor's approval. The Movement has formally operated within the Church for at least 20 years and was also given a letter of praise from Cardinal Francis Stafford. The leaders of the Movement in the United States have pledged complete loyalty to the Church and will unconditionally follow whatever decision the Holy See makes regarding the Movement. Reminder, we do have virtual options when meeting in person is not an option due to a pandemic, closed churches or inclement weather (see "What is a Cenacle?")

Start asking people you know to join from your area, people from other prayer groups, or advertise in your Church Bulletin/Church Facebook.

Decide a day and time that works best for your cenacle to meet. Most cenacles meet once a week or twice a month. Some groups will pray the Flame of Love Rosary with whomever is able to pray after daily mass. Value your groups time and be charitable by ending cenacles on schedule. Members who want to visit or talk more can always do so after it's over.

It's prudent to focus only on the Flame of Love Devotion during your Holy Hour cenacle because it can cause confusion, or a member to feel overwhelmed, if more than one devotion is discussed. Those present are there for the Flame of Love Devotion. Members may sometimes refer to other





devotions, it's best to be charitable and keep true to Flame of Love. Staying on track will aid in gaining the desired fullness of the devotion.

Decide how you will communicate with your members via email or text and collect that information. Communicate on a regular basis by giving cenacle updates, diary quotes, prayer requests, novenas, etc. All members of your cenacle can have access to the daily Flame of Love meditations posted by the national Flame of Love team.

We suggest having more than one leader or having others who can help lead the cenacle if you are unable to attend. Once you have a few people in your prayer cenacle, pray with them to bring more members.

Contact your state and national Flame of Love leadership to let them know about your cenacle and to receive information on state, national and international conferences, pilgrimages, and other information go to <https://flameoflove.us/>. To learn more about the Flame of Love in Indiana go to www.flameoflove-indiana.com.

Once your group is established, you may want to schedule extra prayer activities such as The Flame of Love Feast Day (Candlemas on February 2nd), meet to pray for special intentions, celebrate Marian feast days, attend Mass together, have a Pentecost party, etc. All of these activities will help build prayer communities and strengthen our faith in Christ.

The Virgin Mary kept insisting, ***"Take up my Cause. You cannot rest. Do not give up. All interested in my Cause must come together."*** She kept insisting, ***"Do this. I am the one who urges you"*** (Flame of Love Rosary Meditations). Continue to read the diary daily. Help Mary in her cause by spreading the grace to humanity, starting with your family and parish.

Is there a maximum number of members for a cenacle?

There is no set number of how many members should be in a cenacle. Some groups are very prosperous and intimate with ten. In addition, some very strong groups have over twenty members. At a certain point, if your cenacle gets too large or the day/time isn't accommodating everyone in the group, you may feel the group needs to break into two. Many Indiana members often go to





other cenacles, even in the adjoining diocese, when unable to attend their own cenacle. This allows them to meet new people and connect with others in the Flame of Love Movement.

How do I tell others about the Flame of Love?

Listen to the Holy Spirit who works in and through you! Mary told Elizabeth, *"If, eventually, you ask to speak and it is granted, may my power be with you! Let each word be like a seed planted so those listening produce an abundant harvest."* (Full diary, pg. 283) Share your personal experience about how the Flame of Love Grace has worked in you and in your life. Your personal experience may be reflected in one of the following truths. This would be an effective way to share how the Flame of Love devotion enhanced goodness in your life.

1. The Flame of Love is Jesus Himself.
2. This Flame of Love lives in Mary's Immaculate Heart.
3. This Flame is God's gift to us.
4. Mary wants to pour out the Flame into every heart. That is why she reveals the mystery.
5. The Flame of Love is the greatest gift which God has given to the world since He sent His only Son.
6. Mary suffers until she can find souls who want to receive the Flame.
7. This Flame blinds Satan, causing him to lose his power over persons and situations. This allows people to better respond to God's graces.
8. The primary goal of this Flame is to save souls. Its secondary goal is to release souls from purgatory.

How widespread is the Flame of Love Movement?

"Elizabeth's spiritual director, Fr. Rona, S.J., was a missionary to Latin America and translated her Hungarian diary into Spanish. The Movement started early in Latin America and came to some areas in the United States from Mexico and from a Canadian center. Now, the center for the Flame of Love





Movement in the United States is Philadelphia. Anthony Mullen of Philadelphia, had the diary translated, simplified and distributed in large numbers, he was asked to assume the duties of the National Director in 2013. A small "in-home" cenacle immediately began meeting on a weekly basis in the Philadelphia area, and since then have established many parish cenacles, held large spiritual gatherings, began a Newsletter, and have ignited the fire throughout the United States. Many Catholics are experiencing a deeper spiritual life and a unity with others within the Flame of Love Movement." (Flameoflove.us)

There are currently Flame of Love Cenacles in twenty-seven states and many countries. A list of the state cenacles can be found on <https://flameoflove.us/prayer-groups/>. Many of our paths have crossed virtually in the last six months due to quarantine. It's been a blessing where people are connecting all over the world and praying this devotion together. We recently had an Indiana phone line cenacle that had a caller from the United Kingdom and one from Hungary. We also had an Indiana member who participated virtually in a zoom cenacle with priests from Panama, El Salvador, and Venezuela. They had virtual Mass, Adoration and passed the Flame of Love to each country! Our Blessed Mother has been busy traveling and spreading her grace!

Take note of the Flame of Love icon... Our Lady is wearing Her traveling clothes and She wants to visit you to help you build up the sanctuary in your heart and homes!

Are there other opportunities to pray the Flame of Love Rosary?

Our Blessed Mother emphasized the importance of praying the rosary. The Flame of Love Rosary is prayed in English four times daily on the **International Flame of Love Rosary Prayer Phone Line**. The format for the Rosary Prayer Line is two individuals (leaders) pray/meditate on the mysteries of the Rosary, all other callers are muted. It is not a cenacle setting, but for individuals or families who like to pray the Flame of Love Rosary throughout the day.

The Flame of Love Rosary is prayed daily at the following Eastern Standard times:

6 am, Joyful Mysteries
12 pm, Luminous Mysteries
6 pm, Sorrowful Mysteries
12 am, Glorious Mysteries





More information (including how to access the phone line) is available on the website: <https://www.flameoflove-indiana.com/> click on Int'l Rosary Prayer Line.

How do I get Flame of Love materials?

To purchase materials, banners, or rosaries go to the Flame of Love U.S. website: <https://flameoflove.us/other-products/>

Elizabeth Kindelmann's *The Flame of Love of The Immaculate Heart of Mary*, Small and Full diary may be purchased from Amazon. Elizabeth Kindelmann's Small diary can be purchased here: <https://www.amazon.com/Flame-Love-Spiritual-Elizabeth-Kindelmann/dp/194770110X>.

The Full diary can be purchased here: <https://www.amazon.com/Flame-Love-Immaculate-Heart-Mary/dp/1989067026>

U.S. Flame of Love Leadership Team

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Eileen Piergiovanni, National Director

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