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The Future Farmers of America Chapter at St. Thomas More Academy donated \$6,350 to St. Joseph Primary Care through Friendgiving. Read more ...

St. Joseph Primary Care Newsletter

Message from the Executive Director - Peter Le

St. Joseph Primary Care, a ministry of caring, is entering its 6th year of service. I am in awe at what we have accomplished, considering how little resources we have. We are profoundly grateful to our benefactors and those we serve. Without them, we are nothing.

Six years ago, we had a simple mission to care for those who are socially disadvantaged and marginalized. As time goes by, we care, welcome, and serve one patient at a time. Our patients come globally from all walks of life. Under our care, we try to "give medicine, add a few drops of love," as St. Pio would say. With endurance, we gracefully witness seeds that we planted begin to grow roots. What was then an idea has now become a reality. We see small plants emerge. Thanks to our benefactors, who financially contributed to our ministry, our seeds have sprouted, far beyond we could have imagined. We have patients who come to us and stay. We also have those who seek care from us so that they can leave us to do missionary work in Honduras, Peru, Philippines, join the Peace Corps, enter religious life, and others in different countries. Through your donations to the **MERCY FUND**, we continue to provide high-quality care at the free clinic, free flu shot clinic, free mammograms, Catholic cancer support group, spiritual direction, free and charitable care clinic. Last year, we created the **MERCY ME Fund** to aid those who lack the support they need and are in hospice care. We look forward to the future.



Thank you again for giving us the privilege and honor to carry out the Gospel's message, which is to love and care for our neighbors as ourselves. Merry Christmas and Happy New Year!

FEAST OF ST. JOSEPH CELEBRATION 3/21/2020



St. Joseph Primary Care cordially invites you and your family to join us for the celebration of the feast of Saint Joseph on March 21, 2020 from 6pm - 9pm at St. Ann Catholic Church. \$50 per person Reserve your ticket today, limited capacity.

The celebration features special guests, entertainment, wine, beverages, dinner, and much more. Donations are tax deductible.

CATHOLIC CANCER SUPPORT GROUP

Cancer is a devastating diagnosis. It can shake a person to their core, not only physically, but spiritually and emotionally. Thus, any approach to cancer treatment should incorporate the spiritual, emotional, and physical aspects of the disease. When I was first diagnosed, my treatments focused on the physical. I soon realized, however, that I needed more. I found this Catholic Cancer Support Group provided the spiritual and emotional help necessary to fight my diagnosis of cancer. This support group truly provided wonderful support for all aspects of my being. Everyone in the group came together and helped each other. The meetings were filled with prayer, reflection, scripture, discussion, and fellowship.

It has been a small group so far, but a strong group. That is fine, because Jesus has said, "For where two or three are gathered in my name, there am I in the midst of them" (Matthew 18:20). In fact, Jesus has clearly been working in our group, and the results have been extremely uplifting. The group has helped everyone face their cancer each and every day in a positive and courageous way, similar to Jesus when he faced his challenges. Many in the group have been blessed with remission from their cancer. As for me, I certainly view my cancer diagnosis and my life in a different and renewed light.

This group has been an amazing experience. I have learned so much from the group, and I have felt strengthened in so many ways. I thus invite anyone dealing with the diagnosis of cancer to come and see Jesus at work.

Daniel Koenig, MD

PLAN TO ATTEND OUR CATHOLIC CANCER SUPPORT

We invite Catholics who are dealing with a cancer diagnosis to join us for a free Catholic support group created specifically for Catholics.

We meet twice a month for mutual emotional support.

We meet on every first and third Wednesday each month to share our experiences, stories, and gain valuable support from the group. We meet at St. Joseph Primary Care, located at 4400 Falls of Neuse Rd. from 6 pm - 7 pm. Dinner will be served. RSVP is recommended. Support group is also available at St. Andrew Catholic Church in Apex, NC

from 10 am - 11 am on very first Tuesday of the month. For more information, please call Peter Le at (919) 386-6866

We are adapting the four pillars of Dominican Spirituality to guide us in supporting one another. The four pillars are prayer, study, community, and preaching by sharing our stories. The facili-

tator is Peter Le.

Peter Le is a polio survivor and currently battling Thyroid cancer. He lives in Raleigh but is receiving treatments at UNC, MD Anderson Cancer Center (Houston, TX) and Memorial Sloan Kettering Cancer Center (NYC). You can read more about his story at <https://www.caringbridge.org/visit/peterle>



FRIENDSGIVING

A time for friends to come together, share a meal, and give thanks.

This year, the Future Farmers of America Chapter at St. Thomas More Academy in Raleigh shared a meal together. They donated \$6,350 to St. Joseph Primary Care to support the Migrant Workers Ministry.



Did you know that beside providing free & charitable care, St. Joseph Primary Care (STJPC) also serves migrant workers? We often provide many personal hygiene items, such as hand soap, toothpaste, deodorant, and sunscreen. This past summer, with the Newton Grove Deanery and STJPC, we welcomed Fr. Brian Pierce, O.P., a Dominican priest from Texas, to join our migrant workers ministry. Fr. Pierce spent two months serving the migrant workers. He visited several camps and provided spiritual and sacramental needs, including celebrating the Eucharist at a flea market in Smithfield, NC. "It was wonderful! I had

to stop the mass a few times because buses full of migrants kept showing up. I am so happy when I am with the poor," said Fr. Pierce with a big smile of satisfaction.

On November 19, 2019, the Future Farmers of America Chapter at St. Thomas More Academy hosted a Thanksgiving meal among students. Participants encouraged to make \$10 donations. Benefits went towards the migrant workers. This event was known as Friendsgiving Day. STJPC invited Fr. Peter Grace, Ruth Silvia, and Sandy Orsega to speak to the students about their direct contact in serving migrant workers. The students

were able to raise \$3,350 for donation, plus an additional \$3,000 from Mr. Robert Luddy, the founder of St. Thomas More Academy. On December 3, the students presented a check to STJPC. With gratitude, Peter Le received the donation on behalf of STJPC. "Thank you everyone. we will ensure that every penny will benefit migrant farm workers," said Peter as he expressed his appreciation to the students.

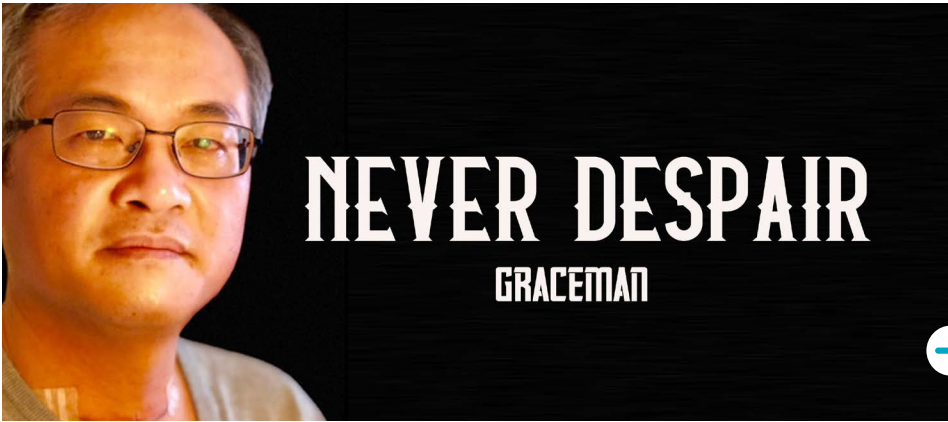
FACTS ABOUT MIGRANT FARM WORKERS
 Agriculture is one of the most dangerous industries in the United States.

Migrant workers are here
 *legally through their H2A visa to work in agriculture.
 They are a very invisible group
 *that people look down on and don't see much.
 Most migrant workers couldn't
 *eat, use the bathroom, or take a break without being told so.
 They were paid based on
 *the amount of product they picked.
 They have to pay for water
 *they drink and food to eat.
 Migrant housing poses health
 *hazards because it doesn't meet the minimum standards needed for safe housing.
 Majority are Catholics and
 *have absolutely NO ACCESS to healthcare.



DID YOU KNOW?

In NC, there are about over 80,000 migrant workers. They come to help provide for their families by doing jobs that Americans do not want. To support their home, migrant workers work from dawn-to-dusk, earning less than \$200 a week. They are disadvantaged and considered outcasts in our society. Let us help them.



PRAYER OF GRACE

Lord, make my wounded body an instrument of your Grace. Where there's pain, may my soul see your grace. Where there's sorrow, may my spirit feel your consolation. Where there's sadness, may my body touch your healing sensation.

Where there's trials and tribulations, may my will surrender to your will. Where there's doubt, may my conscience build trust in you.



It has been a year since I was diagnosed with Thyroid cancer. The oncologist told me that I only had six months to live. I have had two surgeries to remove a 1/2 foot long tumor, followed by a month-long radiation therapy, plus countless tests and procedures at MD Anderson Cancer Center in Houston, TX, Memorial Sloan Kettering Cancer Center in NY, and UNC. With this, I am now getting stronger and better each day. I still have a tumor on my spinal cord, but that is okay. I will deal with it soon. For now, I am just grateful to be alive. It is a great privilege and honor to receive the gift of life. Everything happens along the way, like dealing with cancer, polio, or anything, is just a small price to pay. I will be okay, for I have faith. Having faith is also having hope. I hope to live just a little bit longer. Hope is not just a feeling, but is a movement that can be stretched towards an arduous good, as St. Thomas Aquinas expressed. Hope is what keeps me going. It is good to have hope and is worth fighting for. Hope inspires fear, pain, suffering, uncertainty, and endurance in the face of adversity.

Additionally, I am blessed to have cancer and not die. Cancer is a great teacher in life. I am learning a great deal of virtue from humility, patience, endurance, and surrender. Many times on my bed of pain and sorrow, I have been convinced that the only important thing in life is family and friends. Everything else seems trivial. With humility, I have no choice but to ask for help. It is okay to say with tears that I am sick, weak, hurt, in pain, scared, and not doing well. Asking is an invitation to engage in love & compassion between the caregiver and the care recipient. As a result, on my sickbed, I asked, and I received a lot of love. So much that love became medicine to temporarily block pain. I also realized that having love is having joy. The attribute of joy is to smile. I could not have pain if I could smile. So, despite my pain, I smiled because I had joy and love in my heart. At the end of the day, I seemed to be okay. Now, the agony of pain is to teach me that a day without pain is simply a day of great joy. Speaking of pain, having cancer is having pain. Cancer's pain is unlike any other; it is a longanimity (long-suffering). Thus, I learned to endure and patiently wait and wait. At time, the situation seemed to be hopeless and frightening. However, having faith allows me to turn hopelessness into a hopeful outcome because it forces me to surrender to God. Doing so this way, with a firm conviction in the silence of the night, I received faith's superpower - GRACE. It is the power that helps me endure and overshadow all obstacles.

2018 & 2019 were my years of great trials and tribulations. By the most considerable grace of God, I received it. Without faith, it would be impossible for me to bear with my powers. But thanks be to God, with faith, God sustained me with His grace so that I could endure and still live today. With grace, faith, hope, and love, I am enabled to adapt to the "never despair" attitude because I am truly blessed, for God is proving to be with my family and me. For that reason, I experience walking through a very dark valley of deathly cancer, I had no fear for God was with me (Psalm 23:4). I am rejoicing and so glad to be alive.

For where there's grace, there's peace, wisdom, and strength. O God, the Divine Doctor of my soul, the source of all grace, in you, and through your grace, my soul finds rest, peace, and joy.

Lord, may I live to glorify You. Where there's pain and suffering, may my wounded body be your source of Grace for others.

HOW TO RECEIVE BAD NEWS AS A TIME OF GRACE?

There is no silver bullet to answer this question. Bad news will always be bad news. You just allow to let the the bullet of "bad news" hit you. However, as a person of faith, you "must" convince yourselves that when the bullet hit, God will quickly act to help and save you. You "must" believe with all your heart and soul that God's grace is now with you. During this process, there're a lot of up-and-down moments. Stay calm. Do not jump in any conclusion, no matter what other people said. There will be a time that you feel sad, scared, frustrated, disbelieved, angry, sorrow, pain, and anxious. Again, stay calm and don't fight against these feelings. Engage these feeling by spend time alone with God. Cry to God. Talk to him. Tell him what is in your heart and soul. Then, in due time, He will comfort you in a very mysterious and unique way. You then have peace. Peace will overshadow all obstacles. You will get through this.

Next year, in 2020, it would be our 6th year anniversary in providing high-quality healthcare to the people of Wake and Johnston County. We are blessed, amazed, and at awe at what God has done to the ministry of caring at St. Joseph Primary Care. It was all started with a simple “yes”. Six years later, the yes seems to fly across the globe. You see, in our Good Samaritan Model of Care, we care, welcome, and serve those who are disadvantaged and marginalized. With the support that we provided to patients who needed our care, these people have moved on to amazing things. Some served internationally through the Peace Corps volunteers in the Philippines and missionary works in Peru and Honduras. Some entered religious life to become priests and nun. Some remain in Raleigh but are now able to join the rank of the “American dream” by working, having health insurance, owning a car, and buying a house. Some went to nursing homes in Canada. Some went back home to be with the Lord. Some remain with us still because we are their primary source of receiving quality and affordable health care. This way, when their family comes to visit and get sick, we can become their health care provider as well. Two years ago, we partnered with the Voice of Love Foundation, where we ordered medicine to serve the orphanage

and mountain indigenous peoples in Vietnam. Every now and then, we are honored to receive a thank you note from an overseas patient. It gives us great joy and satisfaction. As always, thanks be to God for allowing us to be a good Samaritan.

GO MAKE A DIFFERENCE

Thank you to our benefactors, friends, and family for your generous gift. We receive much from you, and we share your gift with others around the globe. We hope this is how we can multiply God’s goodness in our humanity. We sincerely thank you for your support and making St. Joseph Primary Care be the place for some people to come, rest, and restore from sickness to health. ThuHuong Trinh, MD & Peter Le

BURY THE DEATH THROUGH THE MERCY ME FUND

As Catholic healthcare providers, we follow the teaching of Jesus through the Corporal Works of Mercy. At St. Joseph Primary Care, we are not only visiting and care for the sick, but we unfortunately also have to bury the dead. As a result, we established the MERCY ME FUND. This fund allows us to care for families who lost a loved one or who are at end of life. Without this fund, the families would have no other financial resources to care and plan for end of life’s tasks, such as receiving last rites, funeral mass, prayer service, funeral burial, and ton of paperworks from the hospital, church, State, and funeral home. By helping the family, we will be showing our respect for life, which is a gift from God and brings comfort to those who mourn, the family can grieve and receive support during these difficult times. Hopefully, through our prayers and actions, the family can find hope in the Resurrection.

So far, we collected and spent nearly \$18,000. With the family that we helped, we arranged for a two months hospital visitations, then a burial service, and secured a 4-months rent afterward.

If you know someone who might in need of the MERCY ME FUND, please contact Peter Le at (919) 386-6866. There is no cost for this service and bases on fund availability.



PREFERENTIAL OPTION FOR THE POOR

Through your donations and membership fees, we can practice medicine among the marginalized. As Catholic healthcare providers, we follow the principles of the Catholic social teaching. Thus, the Ministry of Caring at St. Joseph Primary Care has many options for the poor and our neighbor.

250
cases

ST. JOSEPH CHARITABLE CARE

St. Joseph Primary Care provides comprehensive, affordable, personal care to all of our patients; without regard to income, employment, insurance, faith, or documentation status. Charitable care patient encourage to make a donation since there is no cost to see a doctor, including specialist care and hospital visit.

75
patients

DAY OF GRACE

It's a Sunday Free Clinic and a day where Catholic medical professionals and volunteers come together to provide free and charitable care for their neighbor and for the love of Christ. It's a free service for those who in need of medical care and lack access to healthcare. Day of Grace holds on every last Sunday of the month except in November & December when it is held on the first Sunday of the month. The Free clinic opens at 9 am - 1 pm and no appointment is necessary.

260
participants

DAY OF CARING

It's a "backyard medical mission," providing a high quality, comprehensive, and personalized Christian health care screenings. DoC is a way to engage head, heart, and hands in love of God and neighbor. On this day, St. Joseph Primary Care partners with one of the local churches, transforming the church into a free health clinic to address the physical, emotional, and spiritual needs of people in the community. The DoC model encourages and equips volunteers from local churches, healthcare providers, other medical ministries, and businesses to host a one-day health fair screenings meeting human needs in Christ's name. Rather than traveling to another location, volunteers engage the community in which they live with this "backyard medical mission".

704
Free Flu Shots

FREE FLU SHOT CLINIC

During the flu season, St. Joseph Primary Care collaborates with Walgreens. Together, they travel to local churches to administer FREE flu shots to the community. They hope is that through primary prevention, people will remain healthy from the seasonal flu and continue to come to church and receive the Eucharist, pray and be generous with their gifts, and continue to give God thanks and praise.

119
recipients

FREE MAMMOGRAMS

St. Joseph Primary Care collaborates with REX UNC Health Care System to offer mammogram screenings to women for early detection of breast cancer. On this day, patients/members of St. Joseph Primary Care can come to our clinic and receive a free mammogram through the Mobile Mammography Program. Since many of our patients/members are parishioners at local churches, St. Joseph Primary Care coordinates with REX UNC Health Care System so that they can receive free mammograms at their local churches instead of coming to St. Joseph Primary Care.

7
survivors

CATHOLIC CANCER SUPPORT

St. Joseph Primary Care invites you to join us for a free special Catholic cancer support group created specifically for Catholic battling with cancer. Our support group provides an opportunity for people to meet twice a month for mutual emotional support and exchange coping skills with one another in matters relating to cancer. We meet twice a month on every first and third Wednesday of the month from 6 pm - 7:30 pm at St. Joseph Primary Care and St. Andrew Catholic Church in Apex, NC from 10 am -11 am.

2
souls

SPIRITUAL DIRECTION

St. Joseph Primary Care invites to engage in a spiritual direction. This one-to-one conversation enables you to pay attention to God's personal communication to you and grows in intimacy with God through your struggles. There is no cost for this service and it holds on every Thursday and by appointment only.

70
people

FREE HIGH BLOOD PRESSURE CHECK CLINIC

Available on every Sunday from 9 am - 10:30 am at St. Ann Catholic Church in Clayton, NC. It's also where we have our satellite clinic. We open on every Thursday at St. Ann Catholic Church.

Is life too stressful because of work, school, unhappy family or marriage, sickness, diagnosis with cancer, medical treatments, depression, and so on?

Do you want someone who can listen to your struggles and pray with you? Perhaps, you may want to develop a better relationship with God.

If yes, then you're invited to engage in a spiritual direction at St. Joseph Primary Care. This session enables you to pay attention to God's personal communication to you and grows in intimacy with God through your struggles. It offers at no cost on every Thursday and by appointment only.

This is not counseling, therapy, or medical treatment.

EXPERIENCE

It focuses on religious experience and invites people to encounter God in their struggles.

RELATIONSHIP

It's a relationship between the person and God that is experienced in prayer.



PLEASE CALL (919) 386-6866

St. Joseph Primary Care
Share the Caring Ministry
4400 Falls of Neuse Rd., Suite 101
Raleigh, NC 27606



What is a Catholic Spiritual Direction?

It is the practice of being with other Catholics as they attempt to deepen their relationship with God through prayers, sacraments, and dialogues, or to learn and grow in their own personal spirituality.



one-to-one conversation, process of reflection, and contemplation on the spiritual journey.



It is not counseling, therapy, or medical treatment.

SPIRITUAL DIRECTION

"Through spiritual direction, I have begun to develop a deeper prayer life and a greater understanding of patience, surrender, and thanksgiving." Amina White, MD

The past two years has been a time of much transition and uncertainty in my life. I had been praying for a long time for a spiritual director. By God's grace, I learned about St. Joseph Primary Care's ministry in spiritual direction. I met Peter Le and his availability and flexibility made it easy for me to get started. We met at the St. Joseph Primary Care office in Raleigh, which was a comfortable and quiet location for our sessions.

From our very first meeting, Peter offered thoughtful, prayerful guidance and truly accompanied me along my spiritual journey. I really appreciated our initial session, when he explained his role as a spiritual director and asked for my prayers to help him in his ministry. Peter's gentle en-

couragement helped me to openly discuss my relationship with God and my greatest challenges to living my vocation.

Before long, Peter was able to identify areas in my spiritual life that needed special attention. I truly believe that his own personal experiences of joy, illness, faithfulness through trials, and hope have given him a special capacity to witness to others. Because of this, he was able to provide helpful and concrete examples of how I could approach God in prayer with deeper humility, love, and trust. Through Peter's spiritual direction, I have begun to develop a deeper prayer life and a greater understanding of patience, surrender, and thanksgiving. I'm so grateful for Peter's guidance!

Work of dream

GENEVIÈVE AND
ROK LOCKSLEY

You may remember our contact from earlier this year. My wife and I were in the application process for the Peace Corps. It was a very long and competitive process, filled with unforeseen expenses and many, many hurdles—however it was our dream to serve as Peace Corps Volunteers and you were instrumental in helping us achieve that. I wanted to take a few moments to update you on what we are doing that you can understand the impact you have had on our lives. We arrived in the Philippines, where we began our training for service. To be trained, we were placed in different towns and learned the national language of the Philippines: Tagalog. Once we completed our training and tests, we were sworn in at the U.S. Embassy as Peace Corps volunteers in the Philippines. I have been assigned to work at a small province called Negros Oriental, working at the local government office under the Municipal Agricultural Office in the fisheries department. My partner is Nibare, who is incredible. We work wonderfully together. Nibare and I are working on coral reef preservation and national systems protection for our communities. We spend a lot of time talking and making friends with the local fisherfolk. We also spend a good amount of time at the ocean doing coral assessments and educating locals on the importance of reef preservation. Here in the Philippines, fish is the main source of food. But in recent years, there has been a significant decline of the fish population because of overfishing, particularly with

“We can follow our dreams. This is all possible because of you.”

dynamite and cyanide fishing. These fishing methods kill the coral reefs, which is where fish breed and protect their eggs until they become adults. My main job is to expand the marine sanctuary so that more fish and corals can be protected, allowing both populations to regrow. This is all possible because of you. I am sure you have interactions with hundreds of people throughout your day and that everyone needs something ASAP from you, including us. I wanted you to know that what you did for us made a difference in our lives and now we are working hard to pass along the same kindness and professionalism you

Dragon Boat Rowing team

We won the local competition with our fisherfolk team and we beat the champions who were undefeated for the last seven years!



extended to us. I wish you the best in your future, and if you would like to follow our stories you can find us on Facebook (Rok Santos, Genevieve Locksley to see photos of our projects/murals). Thank you again, you made a difference in our lives and enabled us to follow our dreams.





ALL ARE WELCOME

Since, I've been involved with "The Day of Grace Clinic", I've met the most wonderful group of volunteers. The Registered Nurses and Doctors as well as the Support staff, that is crucial to our work, all of them giving of themselves selflessly no matter what situation may be presented to them. We have treated 43 patients, all ages and ethnicities in the past 14 months. We are open to All members of St Ann's Parish and we turn NO ONE away. "The Day of Grace Clinic" is an Free Acute Clinic held once a month at The St Joseph Clinic located at St Ann's Parish.

We have added the Blood Pressure Clinic every Sunday to educate our parishioners the importance of managing their Blood Pressure. We have logged 47 patients in the last 3 months.

I look forward to the future growth of the clinics as the parishioners come to realize they are all welcome. Christine Johnson

I AM GRATEFUL FOR THE DAYS OF GRACE

Working in the clinic on a Day of Grace is about more than providing the medical assistance I have been trained to perform. It prompts me to reflect on the giving nature of God. (1) The Father gave us the gift of life, (2) The Son gave us the gift of salvation, (3) The spirit gave us the gift of light in the a dark world. Days of Grace provide me with the opportunity to reflect on the Scriptures. What does it mean to: (4) Love others as I love myself, (5) Serve those with a need, and (6) Invest my talents in a way that is pleasing to God.



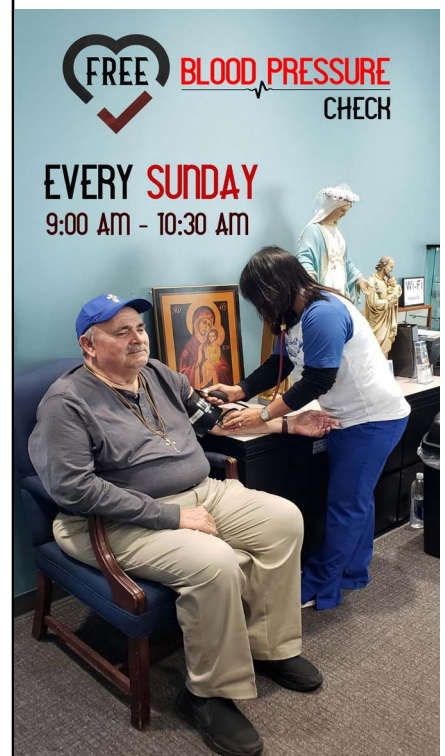
And lastly, it helps me to reflect on what does it mean to have a parish family? (7) How do I support them in the struggles? (8) -How do I encourage their well being? (9) How do I contribute? I am grateful for the talents, experiences, and skills God has given me. I am grateful that Days of Grace allow me to use them fo rthe betterment of our community. Steven Wales, RN

I remember being at mass on a Sunday morning and hearing the call for volunteers for a new Clinic at St. Ann Catholic Church. This was a free clinic, operated by St. Joseph Primary Care (STJPC) so they were asking parishioners for help. I signed up and two years later, I am still volunteer because I am witness to the fact that God planted the seed of this clinic. Day of Grace is about having faith and hope in serving our neighbors. I am thankful for the clinic and for all my co-volunteers but most of all, I'm thankful God for putting us all together in this path for however long He sees fit. Vanessa Flores

MERCY FUND

Be merciful, just as your Father." Luke 6:36

Please join us in prayers, deeds, and works of mercy. Please consider contributing to the MERCY FUND so that we can extend the help to those in need. Thank you for your generous support. Through this gift, St. Joseph Primary Care can continue to provide quality and affordable primary health care. Everyone is welcomed at the clinic, regardless of their ability to pay. To learn more about the ministry of caring and a new kind of health care, please visit www.STJPC.com or call (919) 386-6866. Thank you!



FREE BLOOD PRESSURE CHECK

EVERY SUNDAY
9:00 AM - 10:30 AM

NOVENA OF SURRENDER TO THE WILL OF GOD

(Author: Father Don Dolindo Ruotolo ☞ 1882-1970)

Day 1: Why do you confuse yourselves by worrying? Leave the care of your affairs to Me and everything will be peaceful. I say to you in truth that every act of true, blind, complete surrender to Me produces the effect that you desire and resolves all difficult situations.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 2: Surrender to Me does not mean to fret, to be upset, or to lose hope, nor does it mean offering to Me a worried prayer asking me to follow you and change your worry into prayer. It is against this surrender, deeply against it, to worry, to be nervous and to desire to think about the consequences of anything. It is like the confusion that children feel when they ask their mother to see to their needs, and then try to take care of those needs for themselves so that their childlike efforts get in their mother's way, Surrender means to placidly close the eyes of the soul, to turn away from thoughts of tribulation and to put yourself in My care, so that only I act, saying "You take care of it"

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 3: How many things I do when the soul, in so much spiritual and material need turns to Me, looks at Me and says to Me, "You take care of it", then closes its eyes and rests. In pain you pray for Me to act, but that I act in the way you want. You do not turn to Me; instead you want Me to adapt to your ideas. You are not sick people who ask the doctor to cure you, but rather sick people who tell the doctor how to. So do not act in this way, but pray as I taught you in the Our Father; "Hallowed by Thy Name", that is, let all that is in us and in the world be in accord with Your Kingdom. "Thy will be done on earth as it is in Heaven", that is, in our need, decide as you see fit for our temporal and eternal life. If you say to Me truly, "Thy will be done", which is the same as saying: "You take care of it", I will intervene with all my omnipotence, and I will resolve the most difficult situations.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 4: You see evil growing instead of weakening? Do not worry; close your eyes and say to Me with faith: "They will be done, You take care of it". I say to you that I will take care of it, and the I will intervene as does a doctor, and I will accomplish miracles when they are needed. Do you see that the sick person is getting worse? Do not be upset, but close your eyes and say, "You take care of it". I say to you that I will take care of it, and there is no medicine more powerful than My loving interventions. By My Love, I promise this to you.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 5: And when I must lead you on a path different from the one you see, I will prepare you; I will carry you in My arms; I will let you find yourself like children who have fallen asleep in their moth-

er's arms, on the other bank of the river. What troubles you and hurts you immensely are your reason, your thoughts and worry, and your desire at all costs to deal with what afflicts you.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 6: You are sleepless; you want to judge everything, direct everything and see to everything and you surrender to human strength, or worse – take men themselves, trusting in their intervention – this is what hinders My words and My views. Oh how much I wish for you this surrender, to help you, and how I suffer when I see you so agitated. Satan tries to do exactly this: to agitate you and to remove you from My protection and to throw you into the jaws of human initiative. So, trust only in Me, rest in Me, surrender to Me in everything.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 7: I perform miracles in proportion to your full surrender to Me and to your not thinking of yourselves. I sow treasures troves of graces when you are in the deepest poverty. No person of reason, no thinker, has ever performed miracles, not even among the saints. He does divine works whosoever surrenders to God. So don't think about it anymore, because your mind is acute and for you it is very hard to see evil and to trust in Me and to not think of yourself. Do this for all your needs, do this all of you and you will see great continual silent miracles. I will take care of things; I promise this to you.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 8: Close your eyes and let yourself be carried away on the flowing current Of my grace; close your eyes and do not think of the present, turning your thoughts away from the future just as you would from temptation. Repose in Me, believing in My goodness, and I promise you by My love that if you say "You take care of it" I will take care of it all; I will console you, liberate you and guide you.

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Day 9: Pray always in readiness to surrender, and you will receive from it great peace and great rewards, even when I confer on you the grace of immolation, of repentance and love. Then what does suffering matter? It seems impossible to you? Close your eyes and say with all your soul, "Jesus, You take care of it." Do not be afraid, I will take care of things and you will bless My name by humbling yourself. A thousand prayers cannot equal one single act of surrender, remember this well. There is no novena more effective than his: "O Jesus I surrender myself to You, take care of everything!"

Then pray 10 times: O Jesus I surrender myself to You, take care of everything (10 times)

Mother, I am yours now and forever. Through you and with you I always want to belong completely to Jesus

DEAR FRIENDS

I have cancer, and I am at peace with myself. I want to share with you these prayers that helped me to overcome fears and anxieties. These prayers are for anyone who is looking for a direction and meaning of life. I wrote the Prayer of Grace while I was in Houston, TX, during month-long radiation treatments. I got inspired by the Prayer of Peace - St. Francis of Assis.

Whatever happened to us, no matter what, God's grace will always be with us. The more wounded we are, the more God's grace we received.

Peter Le

PRAYER OF GRACE

Lord, make my wounded body an instrument of your Grace.

Where there's pain,
may my soul see your grace.

Where there's sorrow, may my spirit
feel your consolation.

Where there's sadness, may my body
touch your healing sensation.

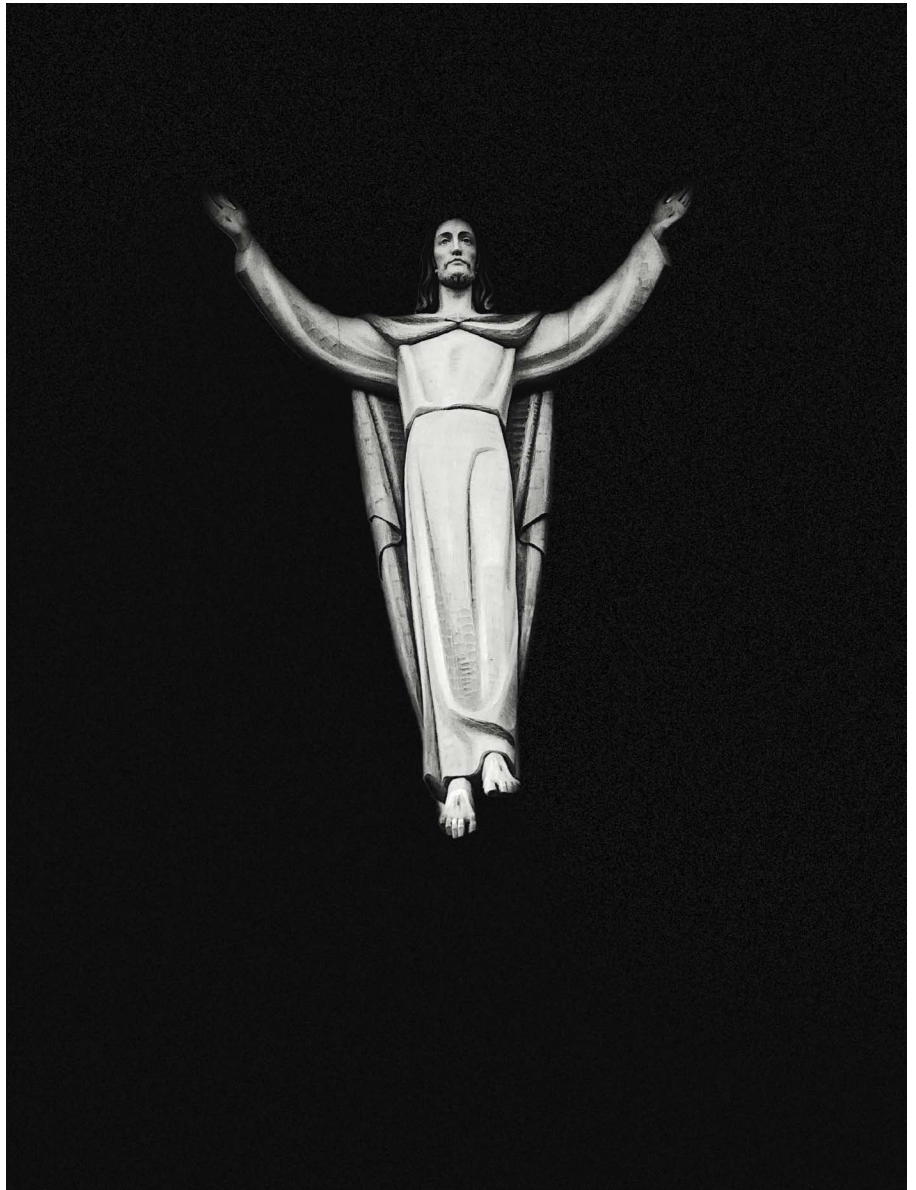
Where there's trials and tribulations,
may my will surrender to your will.

Where there's doubt,
may my conscience build trust in you.

For where there's grace,
there's peace, wisdom, and strength.
O God, the Divine Doctor of my soul,
the source of all grace,
in you, and through your grace,
my soul finds rest, peace, and joy.

Lord, may I live to glorify You.

Where there's pain and suffering,
may my wounded body be your
source of Grace for others.



THE ANIMA CHRISTI

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
and with Thy angels Forever and ever.
Amen

In order for St. Joseph Primary Care to flourish and provide its ministry to our neighbors who are unable to pay, the client base of paying patients must increase. To do this, message needs to reach more people. You can help us in two ways.



**WE NEED
YOUR HELP**

1. PLEASE BECOME A NEW PATIENT at St. Joseph Primary Care. We are still accepting new patients. Though we do not accept health insurance, we only ask for a modest monthly or annual contribution. In exchange, we become your personal family doctor, a concierge-style primary care, where you receive high-quality services, such as:

- Unlimited office visits at no charge
- Extended appointment times of 30-60 minutes or more
- Same-day scheduling
- 24/7 emergency access to your personal physician by phone or email

Please consider leaving crowded waiting rooms and into St. Joseph Primary Care!

For more information on becoming a patient, contact Peter Le at (919) 386-6866 or email to peter@stjpc.com

2. PLEASE TELL YOUR FRIENDS & FAMILY ABOUT US. We strive to keep the administrative costs low, and the quality of our medical care high, so St. Joseph Primary Care does not spend a great deal on advertising. After all, the best advertising is a referral from a trusted friend & family member. So please, tell them about the unprecedented care you receive from Dr. Trinh and the ministry of caring at St. Joseph Primary Care.

*THE ANNUAL CONTRIBUTION TO BECOME A NEW PATIENT IS \$850 PER PERSON, \$500 EACH ADDITIONAL MEMBER.

*THE MONTHLY CONTRIBUTION IS \$85 PER MONTH, \$85 EACH ADDITIONAL MEMBER.

*THERE IS A ONE-TIME FEE OF \$100 TO ENROLL.

*CONTRIBUTION MAY DEFER FOR TAX-DEDUCTIBLE.

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