

Fire aflame...

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**"I am making my retreat with the Eucharistic Heart.
I am on fire, burning with the desire to love God
and to bring others to love Him." - Bl Dina Belanger**



**"The Eucharist strikes such fire within us
that we are compelled by our actions and our presence
to warm the people we live among
and to melt the ice of hate, discrimination,
indifference, injustice and isolation.
*'Can a man hide fire in his bosom
and his garments not burn?'*" (Proverbs 6:27)**

Fr Franklyn M McAfee
Excerpt from *They Have Been with Jesus
Remembering...*
St Sebastian
Italy ~ 288 +
Defender of the Faith, Martyr
Patron of archers, athletes and soldiers

Feast Day - January 20

St Sebastian, Captain of the Praetorian Guard of the Roman Emperor, was condemned to death for professing his Faith. He was shot with arrows and left for dead, but when the widow of St. Castulus went to recover his body, she found he was still alive and nursed him back to health. Soon after, Sebastian intercepted the Emperor Diocletian, denounced him for his cruelty to Christians, but was beaten to death on the Emperor's orders.

[Click here: Discovering our Saints - St. Sebastian - YouTube \(2 mins\)](#)

St Sebastian, pray for us!

