



**Hearts Afire: Parish-based Programs from the Marian Fathers of the Immaculate Conception (HAPP®)** is a bold and fresh approach to small group, parish-based, faith renewal programs. It is designed to help us live the complete Catholic life of faith, charity, and the sacraments. It's designed to set our hearts on fire with love of God and neighbor and to inspire us to works of mercy in our families, parishes, and communities.

### **Program Overview**

**HAPP® = Hearts Afire: Parish-based Programs from the Marian Fathers of the Immaculate Conception**

HAPP® is a PROGRAM in three STAGES:

- Stage 1: The Two Hearts
- Stage 2: Wisdom and Works of Mercy
- Stage 3: Keeping the Hearts Afire

Within the STAGES there are PARTS: Part 1 and Part 2. For example:

Stage 1: The Two Hearts consists of two parts:

Part 1: The Immaculate Heart, is a 6-week program, 33 Days to Morning Glory Retreat

Part 2: The Sacred Heart, is a 10-week program, Consoling the Heart of Jesus Retreat

### **Program Stages**

#### **Stage One: The Two Hearts**

Stage One has two parts: the Immaculate Heart and the Sacred Heart. Today people are living busy and challenging lives; Stage One offers people a quick and easy way to withdraw from the demands of life and enter into a peaceful interior reflection on their relationship with Christ. For this reason, the Two Hearts stage is seen as a retreat.

#### **Part 1**

We begin with the Immaculate Heart, because Mary leads us to the Sacred Heart of Jesus. Starting with the book *33 Days to Morning Glory: A Do-It-Yourself Retreat in Preparation for Marian Consecration* and its accompanying group-retreat materials, which consist of 6 DVD lessons that are 30 minutes in length and a Retreat Companion for each participant, the goal of this program is to lead us to formally entrust ourselves to Mary, as Christ did at the Annunciation and as He willed for His disciples to do at the foot of the cross. The Consecration Date page on the HAPP website outlines the Marian Feast Days on which to consecration to Jesus through Mary, and gives both the start date on which your group would begin and a checklist of tasks to do leading up to your start date. This checklist makes the planning, organization, and implementation of 33 Days simple, and your consecration day a beautiful and memorable day.

## Part 2

Mary then leads to the Sacred Heart, which begins the second part of Stage One, Consoling the Heart of Jesus. The book Consoling the Heart of Jesus gives us an awareness of God's infinite mercy and how we can give Him joy, showing us the way to console His heart by accepting His love and trusting in Him completely. It also focuses on what to do with the suffering we all encounter, helping us grow spiritually closer to the Sacred Heart of Jesus. The Consoling the Heart of Jesus retreat consists of 10 DVD lessons that are 45 minutes in length and a Retreat Companion for each participant.

### Stage Two: Wisdom and Works of Mercy

Stage Two will follow The 'One Thing' Is Three and have an accompanying group-study program. The purpose of Stage Two is to give group members a summary of Church teaching and Catholic wisdom and to offer various works of mercy apostolate suggestions, programs, and support. For this reason, this stage is seen more as a group study. With Wisdom and Works of Mercy, the group will discern and choose an apostolate individually, as a group, or both. They will also be invited to help spread the message of Divine Mercy, which will include being asked to consider helping their parish launch a solemn Divine Mercy Sunday celebration.

### Stage Three: Keeping the Hearts Afire

This is the stage of ongoing formation. After having completed the group studies of 33 Days to Morning Glory, Consoling the Heart of Jesus, and the Wisdom and Works of Mercy book; after having undertaken works of mercy; and being formally recognized by the Association of Marian Helpers, your group will probably want to continue to meet together and grow in their faith. At this point, the friendly staff of our Evangelization Office will be able to recommend a wide range of further group studies that will suit the desires and needs of your group such as Scripture study, gift discernment, thematic studies, and much more.

\* Hearts Afire: Parish-based Programs from the Marian Fathers of the Immaculate Conception was officially released on Divine Mercy Sunday, April 15, 2012. Since that time more than 35,000 people across the U.S. have gone through an aspect of the Hearts Afire Program.

\*You can download and print this Hearts Afire explanation at [allheartsafire.org](http://allheartsafire.org). Click on "The Program" link and choose "Hearts Afire Overview" in the dropdown box.

**"If you are what you are meant to be, you will set the world on fire."  
~St. Catherine of Siena**

Watch the bulletin for when HAPP classes are being offered or contact Kevin and Janice Todd (Program Facilitators and Marian Missionaries of Divine Mercy) at 402-871-4699 or [janicetoddcmc@msn.com](mailto:janicetoddcmc@msn.com) for more information or with any questions.

