

Frances of the Most Holy Sacrament

1561 - 1629

PURGATORY

Frances of the Most Holy Sacrament was a barefoot Carmelite from Pamplona (Spain) that had numerous experiences with the Souls of Purgatory. Every day she recited the Rosary, she disciplined herself and fasted having only bread and water offering it all for the suffering of the deceased. She recommended doing charity and celebrating Masses for the liberation of Souls that still needed to purify themselves.

There were numerous deceased that showed themselves to her seeking help, as told by one of her biographers: "They used to come sometimes from the doorstep of her cell and there they waited until morning to come out and recommend themselves to be in her prayers. Others entered and if they found her asleep (knowing that she needed to rest) did not wake her. But then, when she was awakening, she would see them around her little bed, and she would complain that they did not call out to her. To this they responded: 'Because we know how much rest helps you, we did not want to interrupt your sleep. We waited for a good while because we feel relief from our pain when we are in your presence.' If they entered and found her awake, in order to lift any suspicion that they were illusions of the devil, they would say to her: 'God

will save you, servant of God and bride of Christ. Jesus is with you always.' Then afterwards they wore a beautiful cross adorned and blessed with relics that she held in great veneration. If by chance she was reciting the Rosary, they would take her by the hand and reverently kiss it as if it were a dear instrument of their relief and liberation. When she was physically ill or her soul was disturbed, with loving visits they would cheer her up and console her. When by divine disposition they knew that the demons were jealous and angry, since she could take Souls directly from their hands, they plotted ways to undermine the demons and they set themselves out to govern or rule; they warned her so she could be on guard and take precautions with prayers and arm herself with great patience.

"Above all the most admirable was the way in which they showed themselves to her, in order to move her to piety and compassion for their pain. They appeared before her with the same torments with which they had done wrong and with which they were tormented. Now bishops presented themselves with miters on their heads, pastoral sticks in hand and wearing vestments, completely surrounded and composed in flames, often they would say to her: 'We suffer these torments



because we searched for dignity with unruly concern, and then we did not follow through on the great obligations which were put upon us.' Now priests appeared to her with their clerical emblems up in flames, with their stoles under the guise of red-hot chains, with their hands filled with horrible ulcers, confessing to suffering pains for having irreverently managed the divine Body of Christ, and for not having administered conveniently the Holy Sacraments. A religious let Frances see him surrounded by precious tools, jewelry cases, chairs, paintings all transformed into fire: because in life, in contrast to the face of her most rigorous poverty, he adorned his room of such rich decorations."

