THE FLAME

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When I let Go, God Held Me



In this month of gratitude, I thank God Father that He gave me the revelation of how much He loves each and every one of His children, and that He took me on a journey of self-discovery giving me hope, confidence and a renewed understanding of the depth of His love for me. This is an amazing healing revelation that I received in the Self-Image Retreat. My hope is that you can see His deep love for you, too, and if you need a touch of God's great love for you, you will also come to our next Self-Image Retreat.

This retreat took me to a deeper level which helped me understand that instead of viewing myself through the opinions of others, I should instead ask how *God* sees me. Sadly, rejection from friends had made me question my worth, the loss of friendships had made me feel incomplete, and being discarded had made me wonder whether I was valuable only because of what I could give. But my worth existed before anyone else recognized it. My identity could not be based on any other word except the Word of God. He was teaching me that the emptiness I carried was not meant to be filled by temporary relationships. He was inviting me to let Him fill it and that required surrender.

Letting go of friendships that held me back from my purpose was painful. Some relationships distracted me from God, some became one-sided, and others simply belonged to a chapter of my life that had ended. I cried for a long time because I was tired of being hurt, questioning myself, and trusting people who repeatedly mishandled my heart. I kept opening myself to relationships that left me feeling more broken each time.

Yet through that pain, I began experiencing the difference between conditional human love and the unconditional love of God our Father. I had accepted love that depended on convenience, attention, or what I could offer. God was showing me a love that did not disappear when I was no longer useful. His love remained, no matter what circumstance surrounded me. And because I began recognizing that difference, I found the courage to let go.

I also learned that forgiveness does not require giving someone continued access to my life. I can love people while creating distance, pray for them without returning to unhealthy patterns, and forgive them without allowing myself to be repeatedly hurt. Not everything I love is something I am meant to keep. Sometimes God creates distance because He is making room for something greater. Losing a relationship is not always punishment; sometimes it is an invitation to walk closer to Him.

When I released those friendships, I realized I was not losing everything. I was creating space for prayer, growth, service, and discovering my purpose. My desire to serve God became stronger, not because I wanted to prove myself, but because I genuinely wanted to give my life to something greater than myself. I wanted to love people, serve them, and allow God to work through me.

I no longer want to spend my time chasing approval or holding onto relationships out of fear. I want genuine friendships with people who value me as a person, not merely as someone who fills a need. I want a life that reflects my faith, even when it looks different from the lives of those around me.

This has brought me a deeper peace. It does not mean I never miss people or wonder what could have been. It means I no longer believe I need those relationships to complete me. I am learning to turn toward God our Father when I am hurt, seek His lessons, and trust Him rather than force relationships to remain. I can recognize when a friendship is unhealthy and allow Him to meet me in the empty spaces left behind.

Looking back, I see how my journey of personal growth became connected in ways I could never have planned. My heart opened to recognize God's love; and God Father followed that with helping me receive that love and understand how it could transform the way I see myself.

I once believed that being wanted by others proved I was worthy of love. Now I am learning that God's love comes first. People can leave, friendships can change, and chapters can end, but God never treats me as disposable. His purpose for my life continues even when the people I expected to walk beside me no longer do.

I am still growing, healing, and learning to trust. I do not know what every friendship or future chapter will look like, but I no longer have to hold onto everything out of fear. I can release what is no longer meant for me and trust God with what comes next.

The emptiness I spent so long trying to fill with the love of others was never proof that I was unlovable. It was an invitation to discover a love deeper than anything the world could offer, to stop searching everywhere else, and finally turn toward God.

Today, I feel lighter, more grounded, and closer to my purpose. I want to love and serve without constantly asking what I will receive in return. I am learning that I do not have to follow a lifestyle that does not reflect who I am. I am allowed to choose a path centered on faith, purpose, and the person God created me to be.

I no longer want to spend my life chasing love, begging people to stay, or searching for my worth in those who cannot give me the security I need.

I have found the One who was there all along.

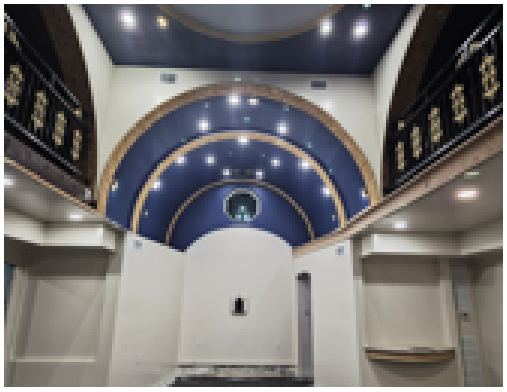
When I let go, God held me.

Article by Fatima Perez

On the 22nd of October our dear brother, Lee Olivas, the most Senior of our Board Members, went home to the Lord.
We thank God for you Brother Lee! Pray for Us!









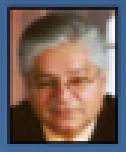
Above and to the right are photos from our new chapel and the October Family Conference when the Bishop held mass for us!
The chapel is yet to be finished. The Bishop has said he will consecrate the altar when it is completed. It was a wonderful meeting. Thanks to all who attended!

Macho Men of God
Men's Retreat
November 6-8, 2026

This is the most powerful men's retreat you will ever attend.
This retreat has been designed to bring men back to the basics that were lost and forgotten; the basics of understanding who they are in God's eyes, what their duties and authority are in life.

- Learn How to be a Man of God in the Power of the Holy Spirit!
- How to Recognize a Wounded Family & Bring Healing
- Getting out of Desperation
- Get Set Free from Your Addictions & Sickness through the Power of Mercy
- Your life will be transformed by the Holy Spirit!
- Learn how to be a friend who follows God and not a friend to the world

Featured Speakers


Henry Constancio


Howard Huntzinger


Gabriel Gomez


Jose Angel Perez


Luis Valdez


Jorge Gaucin


Eliaser Perez


Pas Silva


Eduardo Ceron


Isidore Martinez


Ventura Avila

Learn how to keep your word and be a man of God



Give yourself a Gift this Christmas & Allow the Holy Spirit to Heal You & Empower You to Love, Especially Yourself!

6th Annual

HEALING THROUGH the POWER of the HOLY SPIRIT RETREAT

December 4-6, 2026



Featured Speakers:



Howard & Carolyn Huntzinger



Mayela Munoz



Linda Ornelas



Eliaser Perez

Possible Topics:

- *Get out of Depression and Into the Joy of the Holy Spirit*
- *Rest in the Holy Spirit and Let God's Love & Healing Power Pour Over You*
- *Be Renewed & Transformed by the Healing Power of the Word*
- *Be Set Free from Your Chains of Guilt & the Spirit of Death by the Power of Love of the Holy Spirit*
- *Getting Healed from the Blindness of How Others Hurt You & You Hurt Others through Your Actions*

...how God anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him. Acts 10:38

Fathers, Mothers & Young Adults in Unity to bring Healing to the Family and Restore Dignity

Self-Image Family Retreat

January 22-24, 2027

POSSIBLE RETREAT TOPICS INCLUDE:

- Have you been rejected?
- Are you carrying a lot of guilt?
- Is this your third or fourth marriage and you can't figure out the problem?
- Are you having trouble letting go of ex-spouses' abuse?
- Do You Want to Live Anymore?
- Learn How Important Your Self-Image is to God
- Have you been physically, sexually or mentally abused?
- Are you called to be a leader but has fear kept you from who God called you to be?

For more information, visit our website at flameofmercy.com or Call 806-773-5147 (Carolyn) to register.

Your $195.00 retreat fee includes your food and accommodation for the weekend.

Special Note: Be sure to fill out our new retreat consent form before you attend a retreat. It is found online at https://flameofmercy.com/retreat-consent, or request one from Carolyn 806-773-5147.

AFM Ministries is located at 6927 Hwy. 84, Shallowater, Texas

NOW ALSO OPEN TO AGES 14-17

(When accompanied by adult)

$195/18+over

additional persons 14-17 yrs. $75 each)



You are a unique, one-of-a-kind, masterpiece, child of the Most-High Living God. Come into the fullness of what God has planned for you!

Future Retreats

November 20-22, 2026	Women of Power Retreat	$195/person
Deeember 4-6, 2026	Healing thru the Power of the Holy Spirit	$195/person
	2027	
January 8-10, 2027	Putting on the Armor of God Retreat	$195/person
January 22-24, 2027	Self-Image Family Retreat	$195/person
	for additional persons 14-17 yrs.	$ 75/person
February 5-6, 2027	Macho Men of God Retreat	$195/person
February 26-28, 2027	Mercy of the Holy Trinity Retreat	$195/person
March 12-14, 2027	Intergenerational Healing (This retreat is full) $250/person	



OUR ZOOM MEETINGS ARE:



Howard's scripture study is Monday nights at 7:30 p.m.

Thursday at 8:00 p.m. CDT with Howard on the School of Mary.

To Log into the Meeting, Go to our Website at flameofmercy.org & Click on the tab "Live Broadcast Tonight".