



Issue #13 | September 2026

Healing & Hope Newsletter

JOHN KOWALSKI MINISTRIES

Counseling, Teaching, Prayer, and Deliverance for a Deeper Walk with God.

Faith That Heals...Truth That Transforms

Need Prayer?

It's only one click away...

The Inevitability of Change

In the northern climates, September is a transition period. The late grasses and plants appear and begin to bloom; Chicory and Queen Anne's Lace for example. The leaves on the trees are no longer waxy and bright, but dull and drooping - soon to become aflame with color. The thistles are also in bloom with their beautiful but prickly purple flora and while the world here is still green, there's a certain weariness and fatigue to all of nature.

It's inevitable; winter is coming.

For everything there is a season, and a time for every matter under heaven:
a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to cast away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to cast away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.

Ecc 3:1-8

Read on

Wisdom of the Saints

A monthly selection from the wisdom of the saints

Woe to me if I should prove myself
but a halfhearted soldier in the service
of my thorn-crowned Captain.

Fidelis of Sigmaringen

Were You Healed?

If you were healed by God (and I know that a lot of you were) please contact me.
The best way to give Him glory, is to praise Him - and I can help with that!

[Share Your Story Here](#)

Don't it Make My Brown Eyes Blue?

If you didn't know, I like to write, and over the years I've kept track of the things that I've witnessed in ministry.

Why?

Because I periodically go back and review them to learn how to pray better.



What follows is a story that is unique for a couple of reasons but it sticks in my memory primarily because I wasn't the person praying - it was a miracle that my wife and another prayer minister witnessed.

The title will tell you what it is about, but if you want to know all of the details you'll have to click below.

[Read on...](#)

Need healing?

Know someone who does?

Then join us this Sunday for an online healing prayer session!

This month I host my good friend

Mike Wicksall

James "Mike" Wicksall is the father of 4 and grandfather of 10 and lives in East Lansing, MI. He attended Michigan State University majoring in Accounting and Finance. His business career of 52 years was in Personal Finance and Financial Planning.



James "Mike" Wicksall

Mike received the Baptism in the Holy Spirit in 1977 and was a founder of the Lansing Diocese Renewal Center and the Diocesan Charismatic Renewal Service Team. His experience includes Diocesan, prayer group, and statewide leadership roles.

He is the Bishop's Representative to Parish-based Prayer Groups and serves on the Statewide Charismatic Steering Committee. In 2010 he formed "**The Barnabas Message**" to Preach, Teach, Evangelize, and Encourage as a non-profit Corporation whose motto is "**Jesus, nothing more, nothing less, nothing else**" It's purpose is to minister freely, because "Without cost you have received, without cost you are to give" **Mt 10:8b**.

Mike is a Retreat Master, conference and Prayer Group speaker, and Prayer Group Pastoral Advisor.

[**Listen to Past Talks**](#)

Broken But Beautiful

In the book of Genesis we read that God created Adam out of the clay of the earth. And although we may not look like we're made out of clay, we are pretty fragile and easily broken. Every one of you - indeed, all of us - are broken.

Have you ever broken your mom's favorite pitcher or vase? What did you do? Did you try to tape it and glue it back together so that nobody would notice? It never works does it? And it'll certainly never hold water.

Oftentimes it seems that our lives are nothing more than broken shards of pottery that can never come together, never hold water, and never function as they were meant to. But it is in

these breaks and cracks in our lives that God most wants to be involved in. Because when we let him in he becomes the glue that holds us together.

[Watch the rest of the story here](#)

New! YouTube Content

I'm excited to report that the YouTube channel is up and running and we've been working hard to produce content.

There are three published playlists:

Lesson's Learned

Healing is complex and there are nuances and methods that can help. The playlist below contains the lessons I have learned from my ministry.

[Lessons](#)

Stories From the Vineyard

These videos are stories about healings and deliverances given from my point of view. This is as close as I can get to bringing you into my ministry.

[Stories](#)

Healing Prayer Sessions

Each month I host a healing prayer session with a guest speaker. If you missed the last one, you can listen to the talk by clicking the button below.

[Sessions](#)

(And don't forget to like and subscribe!)

[Visit my YouTube Channel](#)

Substitute Teacher

This month: Fr. Carlos Martins



Every so often I run across great videos and teachings on the web. Sometimes especially (if they parallel my ministry) I will use their topic, content and/or energy and expand on my own topics.

But sometimes they stand just fine on their own.

For those times, I'm going to share them here, in this section.

Fr. Martins was on a podcast called "Reclaiming Christendom" talking about charisms. He began the interview with a recap of how he and I met, but continues on with:

- What are these things called charisms?
- Who receives them?
- How can you discover your particular one?
- How do you protect yourself from dark spiritual powers that mimic the real thing?

Fr. Martins Interview

Booked and scheduled speakers:

Sept - 2026 - Mr. Mike Wicksall - Mike is an author, speaker, retreat master and is a board member of the [All Michigan Catholic Charismatic Conference](#) representing his diocese.

October - November 2026 - To be determined

December 2026 - [Peter Herbeck](#) - Vice President Renewal Ministries, author and international speaker

Booked - not yet scheduled speakers:



(Above: John prays with the Bishop of the Diocese of Saginaw, Michigan)

[Dr. Andrew Seppo](#), Director of Operation Transformation Ministries

[Fr. Michael Kimotek](#), regional superior: St Fidelis Friary in London, England.

[Mary Martin](#), Leadership formation, spiritual development and gifted friend.

Healing Session Information

Did you know?

Did you know that not all healings happen immediately? There are many instances of them happening hours, days or even longer after prayer concludes.



Want to Learn More?



Want to:

- Learn about healing?
- Understand sin and its consequences?
- Develop a better relationship with God?
- Support this ministry?

Then purchase one of my books!

[Purchase Books HERE](#)

Your Donations Keep Us Going

I can't thank you enough for your donations. Everything costs something and it is only by the kindness of others that I am able to provide this ministry to you.

Thank you for your generosity!

- \$20 will cover expenses for one day
- \$140 will cover expenses for a week
- \$560 will cover expenses for a month
- \$2,240 will cover expenses for a quarter year
- \$6,720 will cover expenses for one year

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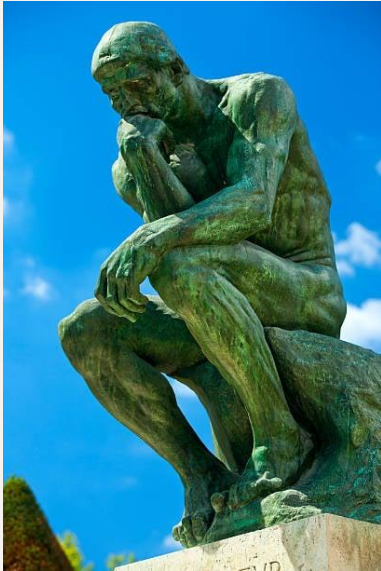
Send an email to

john@johnjkowalski.com.

Last but not least...

John's Thoughts

Random thoughts on a passing scene...



*"If God spoke everything into being, then
we must be God's favorite song."*

JK

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