

José María Hernández Garnica

**Newsletter of the Office
for the Causes of Saints**

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Humble sincerity

Jesus Christ said: 'I am... the truth' (John 14:6). And in the Sermon on the Mount he taught us: 'Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil' (Matthew 5:37). Monsignor Javier Echevarría, then Prelate of Opus Dei, described Father José María Hernández Garnica as a 'transparent' man. Whenever he was asked a question, he replied with complete sincerity. He never sought to make a good impression, much less promote his own glory, convinced that any other way of behaving would amount to pursuing 'vain glory'.

Sincerity helps us to grow in humility. Humility is 'walking in the truth', St Teresa of Avila used to say. The Servant of God had learnt that, together with an upright intention and a spirit of service, sincerity is a fundamental sign of

humility. A genuine Christian always seeks to grow in humility, since pride is the worst enemy of holiness. Father José María embodied this: he was a simple man who shunned anything twisted or baroque or anything that might be contrary to humility.

Pride, which so easily sees the faults of others, exaggerates them and even invents them, fails to notice one's own failings and sins. Sincerity with oneself makes this self-knowledge easier, enabling us to look at others without superiority and with understanding. Sincere people say what they think with the intention of helping others. Francisco Ponz Piedrafita, who was Rector of the University of Navarre and knew Father Jose Maria well, said that the Servant of God was friendly and straightforward in his dealings. He did not like praising or flattering those around him. Rather, he urged them to make greater demands on themselves, sometimes using expressions that could seem blunt — blunt, but containing very great truths and deep affection, which everyone recognised.



Favours

It's his birthday

My husband underwent surgery for prostate cancer. Some time later we were told that the doctors had found some more malignant cells and that he would have to undergo radiotherapy. I thought of entrusting him to José María Hernández Garnica and I visited the church of Santa María de Montalegre, where his remains are kept. It was a Sunday. I prayed beside his tomb, which is in the chapel of the Blessed Sacrament. A little later, a woman came and touched the tomb. Without my saying anything to her, she turned to me and said: 'Today is his birthday.' I was amazed that I had gone to ask for my husband's healing on the anniversary of Father José María's birth, without knowing it.

Time passed, and my husband underwent the radiotherapy. When he had his subsequent tests, the doctors told him that he was cured.

T.M.R., Spain (2025)

The little dark spot disappeared

Every year I go for my ophthalmologist's check-up. It is a little unpleasant, and I always turn to Father José María (who's nickname was Chiqui) to help me overcome my laziness and go. This time, when the doctor examined the back of my eye, she discovered that I had a little dark spot. She told me that it might be something insignificant, or it could be the beginning of something more serious. So she asked me to come back three months later. During that time I entrusted myself to Chiqui, because I was a little apprehensive. When the time came, and when the doctor examined me, she told me that the little spot had disappeared. I am happy because this means I can carry on with my daily life. Thank you, Chiqui.

F.M.D. (2026)

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The Servant of God

**José María
Hernández Garnica**

PRAYER FOR PRIVATE DEVOTION

Lord God, you wished to count on your servant and priest José María to spread the call to holiness in everyday life in many parts of the world. Help me to get to know and follow Jesus Christ closely in my ordinary work, so that I can convey to many souls the joy of responding to our Christian vocation. Deign to glorify your servant José María and grant me, through his intercession, the favour I ask of you ... (*here make your request*). Amen..

Our Father, Hail Mary, Glory Be.

News of the Cause

The Cause is in its Roman phase.

If you would like to share a favour received through the intercession of the Servant of God José María Hernández Garnica, please contact: Prelature of Opus Dei, Office for the Causes of Saints, 4 Orme Court, London W2 4RL

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In conformity with the decrees of Pope Urban VIII, we declare that there is no intention of anticipating in any way the judgement of the Church, and that this prayer is not intended for public use.