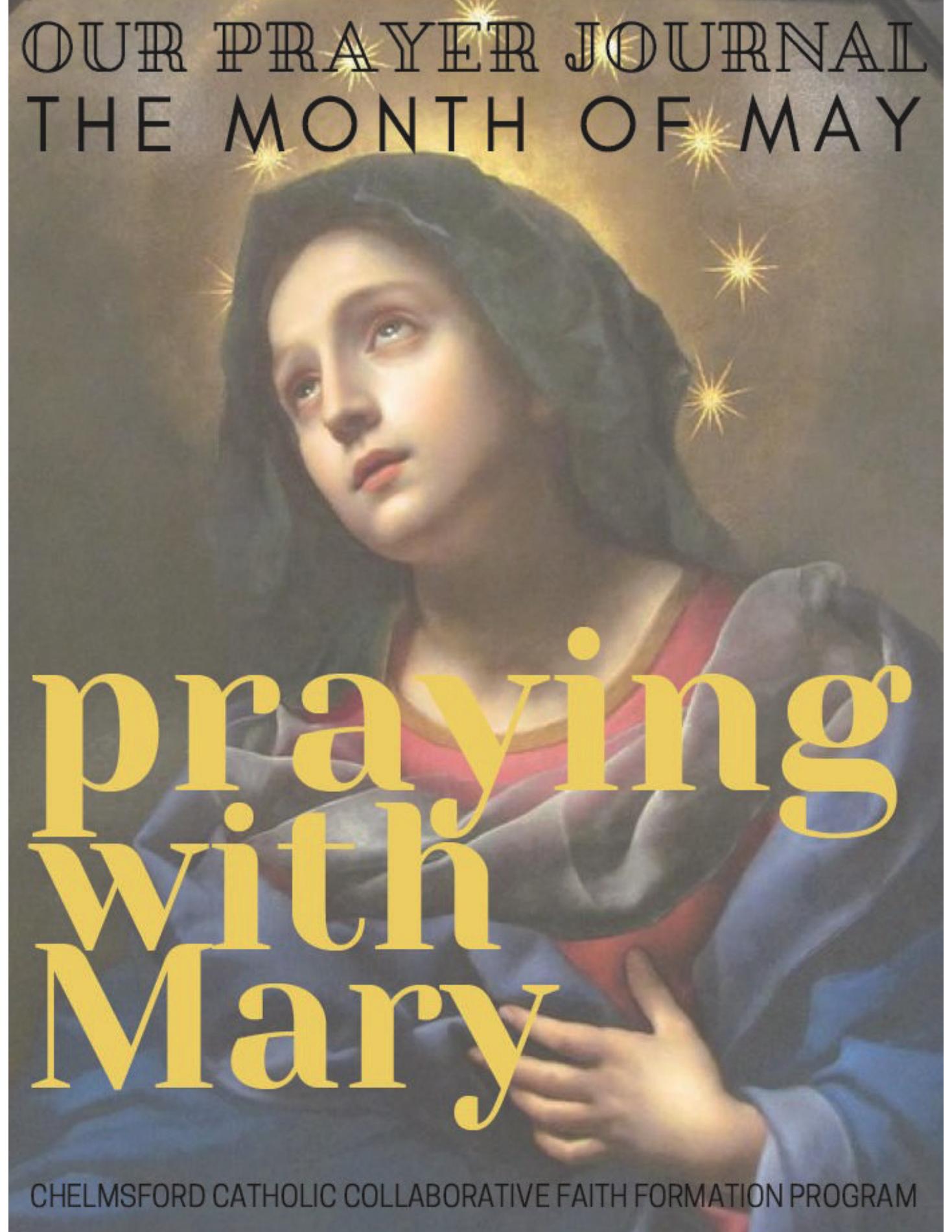


OUR PRAYER JOURNAL
THE MONTH OF MAY



praying
with
Mary

CHELMSFORD CATHOLIC COLLABORATIVE FAITH FORMATION PROGRAM

Praying with Mary

INTRODUCTION

Mary has occupied a special place in the Faith since the beginning of the Church and indeed, Marian devotion—as a practice that leads to Christ—has only grown over the centuries. The Catechism reminds us that, “because of Mary’s singular cooperation with the action of the Holy Spirit, the Church loves to pray in communion with the Virgin Mary, to magnify with her the great things the Lord has done for her, and to entrust supplications and praises to her.” (CCC, 2682) Similarly St. Louis de Montfort once said, “The more we honor the blessed virgin, the more we honor Jesus Christ, because we honor Mary only that we may more perfectly honor Jesus, since we go to her only as the way by which we are to find the end we are seeking, which is Jesus.” Traditionally the month of May has been dedicated to the Blessed Mother, so this month we will be praying using five Marian devotions: the Angelus, Seasonal Marian Antiphons, St. Teresa’s Flying Novena, Title of Mary, and Mary in Scripture.



THE ANGELUS

A prayer honoring the Annunciation, it is believed the Angelus has its first origins in an 11th century monastic custom of reciting three Hail Mary’s when the Compline bell was rung in the evening. The prayer developed over the next several centuries and reached its current form in the 16th century. Focusing on the angel Gabriel’s visit to Mary, the Angelus celebrates the great mystery of the Incarnation and Mary’s fiat (or yes) to the Lord. Traditionally, it is prayed at 6 am, 12 noon, and 6 pm, but can be prayed at any time. It is encouraged to pray the Angelus at a time where it will “interrupt” one’s day and serve as a reminder of the importance of bringing God into work, school, play, etc., just as the Incarnation brought Christ into our world.

SEASONAL MARIAN ANTIPHONS

The four seasonal Marian Antiphons are simple and short songs honoring Mary. Most commonly, they are the Latin text of the prayer set to a Gregorian melody. They are traditionally sung at the end of Compline or Night Prayer in the Liturgy of the Hours (also known as the Divine Office). Each of the four hymns is attached to a particular part of the year. From Advent through Candlemas [February 2], the *Alma Redemptoris Mater* is sung. From the day after Candlemas [February 3] through the end of Lent, the *Ave Regina Caelorum*. From Easter through Pentecost, the *Regina Caeli*. After Pentecost [Ordinary Time], the *Salve Regina*.



Praying with Mary

ST. TERESA'S FLYING NOVENA

The Flying Novena is a prayer attributed to St. Teresa of Calcutta, also known as Mother Teresa. A novena is a prayer that is prayed for nine consecutive days. However, when faced with a particularly great and immediate need, Mother Teresa famously would pray her "Flying Novena" and taught those in her community—the Missionaries of Charity—to do the same. The Flying novena consists of 10 Memorares prayed one after the other. The Memorare is a prayer dating back to the 15th century that reminds us that the Blessed Mother is always willing to provide aid. In The Flying Novena, the first nine Memorares are said for the traditional novena, and the tenth Mother Teresa added as prayer of thanksgiving in advance, so confident was she that God would answer her prayers.



TITLES OF MARY

Mary has been given many different beautiful titles and names throughout the centuries; far too many to list. Some of these titles are theological in nature, some are invocational, and some are tied to particular places or devotions, etc. Each title highlights and honors a different facet of Mary. Praying with the Titles of Mary is a way for the faithful to reflect on the many roles she can, and has played, in leading others to her Son, and where a particular role may be helpful on one's faith journey.



MARY IN SCRIPTURE

Pope Benedict once remarked that, "the stages of the journey of Mary, from the house of Nazareth to Jerusalem, through the cross where her Son entrusts her to the apostle John, these stages of the journey of Mary are marked by the ability to maintain a persistent atmosphere of meditation, meditation on each event in the silence of her heart before God (cf. Lk 2.19 to 51)." By reflecting on the scenes from Mary's life offered to us in Scripture, it is possible to gain much wisdom on true discipleship.



WEEK ONE: THE ANGELUS

This week we will be praying using The Angelus. No modifications are included. However, if extra guidance or inspiration is needed, several versions of the Angelus Litany, as well as some background videos are included in The Angelus Playlist on the Collaborative's YouTube page.

<https://studio.youtube.com/channel/UChTy8t4Db1uoPtlvN9ZkHyg/playlists>

GENERAL DIRECTIONS

- Gather as a family, in your prayer space if possible.
- Choose a leader. If possible, alternate who leads each day.
- The Leader parts will be noted in *italics*; the responses are noted in **bold**.
- Pray the prayer using the below guide.

Begin with the *Sign of the Cross*.

Leader: Today we gather to pray with the Blessed Mother. For whom or for what shall we pray?
at this time, family members may add any prayer intentions they may have, particularly prayers of petition or prayers of thanksgiving

Leader: *The Angel of the LORD declared unto Mary,*

Everyone: **And she conceived of the Holy Spirit.**

Leader: *Hail Mary, full of grace; the LORD is with thee: blessed are thou amongst women, and blessed is the fruit of thy womb, Jesus.*

Everyone: **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

Leader: *Behold the handmaid of the LORD,*

Everyone: **Be it done, according to thy word.**

Leader: *Hail Mary, full of grace; the LORD is with thee: blessed are thou amongst women, and blessed is the fruit of thy womb, Jesus.*

Everyone: **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

Leader: *And the Word was made flesh,*

Everyone: **[bowing slightly] and dwelt among us.**

Leader: *Hail Mary, full of grace; the LORD is with thee: blessed are thou amongst women, and blessed is the fruit of thy womb, Jesus.*

Everyone: **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

Leader: *Pray for us, O Holy Mother of God,*

Everyone: **that we might be made worthy of the promises of Christ.**

Leader: *Let us pray:*

Pour forth, we beseech Thee, O LORD , Thy grace into our hearts; that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord.

Everyone: **Amen.**

Conclude with the *Sign of the Cross*.



WEEK TWO: SEASONAL MARIAN ANTIPHONS

This week we will be praying using the Seasonal Marian Antiphons. If you do not have access to the internet, please read the English version of the prayers as found on the next page.

GENERAL DIRECTIONS

- Gather as a family, in your prayer space if possible

- Prepare the Marian Antiphon for today

Several versions of all the Antiphons can be found on the playlist found on our YouTube Channel

<https://www.youtube.com/playlist?list=PLa9nqzJq393bfuHuentQVXM7qZe0ZRRA>

- please make sure it is fully buffered and all ads have been skipped, etc.
- while each Marian Antiphon is typically used during a particular season, each one will be used this week so as to experience them all
- use the below chart as a guide

DAY	ANTIPHON	NORMALLY USED
Sunday	<i>Alma Redemptoris Mater</i>	Advent through Candlemas [February 2]
Monday	<i>Ave Regina Caelorum</i>	Candlemas [February 3] through end of Lent
Tuesday	<i>Regina Caeli</i>	Easter through Pentecost
Wednesday	<i>Salve Regina</i>	After Pentecost [Ordinary Time]
Thursday	<i>Alma Redemptoris Mater</i>	Advent through Candlemas [February 2]
Friday	<i>Regina Caeli</i>	Easter through Pentecost
Saturday	<i>Salve Regina</i>	After Pentecost [Ordinary Time]

- Begin with the *Sign of the Cross*
- Listen to the day's sung Antiphon once
The Latin words of the prayers are found in the chart below, if desired
- Ask if anyone has any prayer intentions
- Pray together the English-spoken version of the day's Antiphon [found on the opposite page]
- Listen to the day's sung Antiphon again, singing along if you can
- Say a *Hail Mary*
- Conclude with a *Sign of the Cross*

ALMA REDEMPTORIS MATER

Alma Redemptoris Mater,
quae pervia caeli porta manes et stella maris,
succurre cadenti, surgere qui curat, populo:
tu quae genuisti, natura mirante,
tuum sanctum genitorem, Virgo prius, ac posterius,
Gabrielis ab ore sumens illud ave,
peccatorum miserere.

Loving Mother of the Redeemer,
gate of heaven, star of the sea,
assist your people
who have fallen yet strive to rise again.
To the wonderment of nature you bore your Creator,
yet remained a virgin after as before.
You who received Gabriel's joyful greeting,
have pity on us poor sinners.

AVE REGINA COELORUM

Ave regina caelorum,
ave domina angelorum:
salve radix, salve porta,
ex qua mundo lux est orta:
Gaude Virgo, gloriosa, super omnes speciosa,
vale o valde decora,
et pro nobis Christum exora.

Hail, Queen of Heaven;
hail, Mistress of the Angels;
hail, root [of Jesse]; hail, the gate
through which the Light rose over the earth.
Rejoice,
Virgin most renowned and of unsurpassed beauty.
Farewell, Lady most comely.
Prevail upon Christ to pity us.

REGINA CAELI

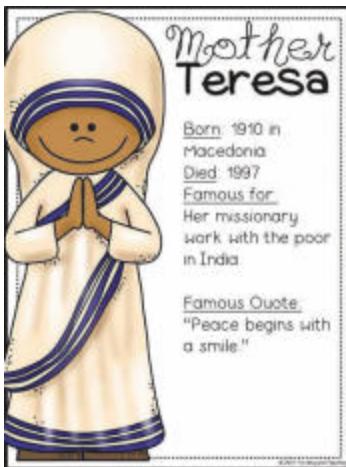
Regina caeli, laetare, alleluia;
quia quem meruisti portare, alleluia;
resurrexit sicut dixit, alleluia;
ora pro nobis Deum, alleluia.

Queen of heaven, rejoice, alleluia;
for He whom thou was chosen to bear, alleluia;
has risen as He said, alleluia;
pray for us to God, alleluia.

SALVE REGINA

Salve Regina, mater misericordiae,
vita, dulcedo, et spes nostra salve.
Ad te clamamus, exules filii Evae.
Ad te suspiramus, gementes et flentes,
in hac lacrimarum valle.
Eia ergo, advocate nostra,
illos tuos misericordes oculos, ad nos converte.
Et Jesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O Clemens, o pia, o dulcis virgo Maria.

Hail holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy towards us,
and after this, our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, o loving, o sweet Virgin Mary.



WEEK THREE: ST. TERESA'S FLYING NOVENA

This week we will be praying using St. Theresa's Flying Novena. No modifications are included, however, if extra guidance or inspiration is needed, several versions of the St. Teresa's Flying Novena are included in St. Teresa's Flying Novena Playlist on the Collaborative's YouTube channel.

<https://www.youtube.com/playlist?list=PLa9nqzJq393bfuHuentQVXM7qZe0ZRRA>

GENERAL DIRECTIONS

- Gather as a family, in your prayer space if possible
- Choose a leader. If possible, alternate who leads each day
- Pray the prayer using the below guide

Begin with the *Sign of the Cross*.

Leader: Today we gather to pray with the Blessed Mother. For whom or for what shall we pray?
at this time, family members may add any prayer intentions they may have, particularly prayers of petition

Leader: Now we pray a novena of Memorares for this/these intention(s)

Pray 9 Memorares together

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known that any one who fled to thy protection,
implored thy help or sought thy intercession, was left unaided.
Inspired with this confidence, I fly unto thee,
O Virgin of virgins my Mother;
to thee do I come, before thee I stand,
sinful and sorrowful;
O Mother of thy Word Incarnate,
despise not my petitions,
but in thy clemency hear and answer me.
Amen.

Leader: St. Teresa of Calcutta had great confidence that God always answers prayers and so she taught her sisters to add a tenth Memorare as a thanksgiving in advance. Following in her footsteps, we now do the same.

Pray an additional Memorare together

Conclude with the *Sign of the Cross*.



WEEK FOUR: TITLES OF MARY

This week we will be praying using Titles of Mary. No modifications are included but the level of discussion should be adjusted to the appropriate level for family members and older members may help out younger members if needed.

General Directions

- Gather as a family, in your prayer space if possible
- Before beginning prayer, look over the list of 'Titles of Mary,' found below
 - Each family member should choose one title that appeals to them in particular and a reason why
- Pray the prayer using the guide below

Begin with the *Sign of the Cross*.

Each family member will take a turn introducing their chosen Title of Mary

A suggested format: "I would like to pray with [title of Mary] because/for _____."

"I would like to pray with Queen of All Saints because she reminds me to be a saint"

"I would like to pray with Our Lady of Sorrows for all who have lost a loved one recently"

After each introduction, pray together one *Hail Mary*

After the Hail Mary, the family member re-introduces their Title of Mary

Everyone responds, **Pray for Us**

"Mary, Help of Christians..." "Pray for Us"

Conclude with the *Sign of the Cross*.

TITLES OF MARY			
Adam's Deliverance	Advocate of Eve	Advocate of Sinners	All Fair and Immaculate
Aqueduct of Grace	Ark of the Covenant	Blessed Among Women	Blessed Mother
Cause of Our Joy	Cause of our Salvation	Chosen Before the Ages	Comfort of Christians
Comforter of the Afflicted	Conceived without Original Sin	Consoler of the Afflicted	Daughter of the Most High
Daughter of Zion	Dwelling Place for God	Ever Virgin	Exalted above the Angels
Flower of Jesse's Root	Formed without Sin	Free from Every Stain	Full of Grace
Gate of Heaven	God-Bearer	God's Vessel	Handmaid of the Lord
Health of the Sick	Help of Christians	Helper of All in Danger	Holy in Soul and Body
Holy Mary	Holy Queen	Holy Virgin	Holy Virgin Mary
Hope of Christians	Immaculate Conception	Immaculate Mary	Immaculate Mother
Immaculate Virgin	Joseph's Spouse	Lady Most Chaste	Lady Most Venerable

TITLES OF MARY: CONTINUED

Lady of Good Help	Lady of Grace	Lady of Victory	Lily Among Thorns
Living Temple of the Deity	Loom of the Incarnation	Mary	Mary, Blessed Virgin
Mary, Help of Christians	Mary, Mediatrix of All Graces	Mary, Queen of Angels	Mary, Queen of Peace
Mary, Star of the Sea	Mater Dei	Morning Star	Most Venerable
Mother and Virgin	Mother for the Journey	Mother Inviolate	Mother, Most Admirable
Mother, Most Amiable	Mother, Most Chaste	Mother, Most Pure	Mother of Christians
Mother of Divine Grace	Mother of God	Mother of Good Counsel	Mother of Jesus Christ
Mother of Our Creator	Mother of Our Head	Mother of the Church	Mother of the Mystical Body
Mother of Wisdom	Mother Undefined	Mystical Rose	New Eve
Notre-Dame	Our Lady	Our Lady of Fatima	Our Lady of Quadalupe
Our Lady of Lourdes	Our Lady of Mount Carmel	Our Lady of Perpetual Help	Our Lady of Providence
Our Lady of Sorrows	Our Lady of the Americas	Our Lady of the Angels	Our Lady of the Holy Rosary
Our Lady of the Snows	Our Lady, Queen of the Apostles	Our Lady of the Miraculous Medal	Our Lady, Queen of All Saints
Our Lady of Life	Our Lady, Refuge of Sinners	Our Lady, Undoer of Knots	Queen of Heaven
Queen of Martyrs	Queen of Peace	Regina	Rose Ever Blooming
Saint Mary	Sanctuary of the Holy Spirit	Seat of Wisdom	Second Eve
Singular Vessel of Devotion	Spouse of the Holy Spirit	Star of the Sea	Tabernacle of God
Tabernacle of the Word	Temple of the Lord's Body	Theotokos	The Lord's Home
The Lord's Palace	The Lord's Tabernacle	The Madonna	The Virgin
Throne of the King	Tower of David	Tower of Ivory	Vessel of Honor
Victor Over the Serpent	Virgin Inviolate	Virgin made Church	Virgin Most Faithful
Virgin Most Merciful	Virgin Most Powerful	Virgin Most Prudent	Virgin Most Pure
Virgin Mother	Virgin of Charity	Virgin of Virgins	Wedded to God
Woman Clothed with the Sun	Workshop of the Incarnation		



WEEK FIVE: MARY IN SCRIPTURE

This week we will be praying with Mary in Scripture. Modifications are included for families whose children may not be able to sit silently or focus for the full prayer.

GENERAL DIRECTIONS

- Gather as a family, in your prayer space if possible.
- Choose a Leader and a Reader. The Leader will be responsible for reading directions and keeping time. The Reader will read the Scripture passage. If needed, they can be the same person. If possible, rotate who fills these roles so everyone has a chance to simply pray.
- Have the Reader locate the Scripture for the day, using the below chart.

DAY	SCENE FROM MARY'S LIFE	VERSES
Sunday	<i>The Annunciation</i>	Luke 1: 26-38
Monday	<i>The Visitation</i>	Luke 1: 39-56
Tuesday	<i>The Nativity</i>	Luke 2: 1-20
Wednesday	<i>The Presentation</i>	Luke 2: 22-38
Thursday	<i>The Finding of the Boy Jesus</i>	Luke 2: 41-52
Friday	<i>The Wedding Feast in Cana</i>	John 2: 1-11
Saturday	<i>The Foot of the Cross</i>	John 19: 25-27

Begin with the *Sign of the Cross*

- Step One
 - Reader will read scripture passage out loud
 - As scripture passage is being read, simply listen and familiarize yourself with the story
 - Sit in silence for approximately one minute
- Step Two
 - Reader will read scripture passage out loud for a second time
 - As scripture passage is being read, consider the following questions:

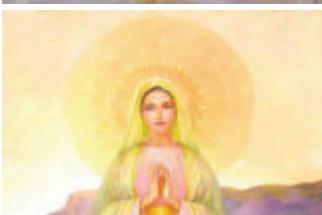
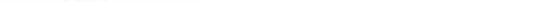
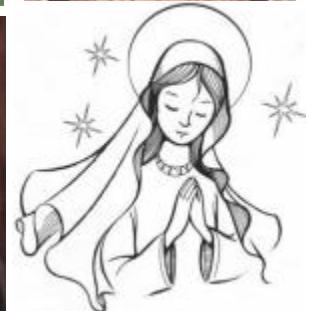
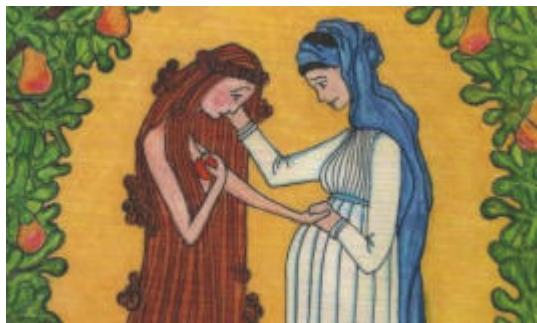
*What happened to Mary in this event?
How did Mary respond?
What does her response tell me about her?
How does this teach me about being a disciple?
How can I become more like her?
How would this help me to become a better Christian?*

- Sit in silence for approximately one minute
- Step Three
 - Reader will read scripture passage out loud for a third and final time
 - As scripture passage is being read, talk to Mary about what may have come to your mind
 - Sit in silence for approximately one minute
- Pray the *Hail Mary* together

Conclude with the *Sign of the Cross*

MODIFICATIONS

- Instead of having a Leader guide everyone through this prayer silently in their minds, it can be read out loud as a group
- Follow the steps outline above, having someone read the directions and the Scripture passage
- Instead of silent reflection, discuss the questions aloud with each other
Pay attention to how different people may notice or focus on different things in the story, and what wisdom or insight from God that may come from the group



ADDITIONAL RESOURCES

ON MARIAN PRAYER

- <https://lifeteen.com/blog/i-started-praying-with-mary-and-this-is-what-happened/>

ON THE ANGELUS

- <https://mcgrathblog.nd.edu/praying-the-angelus-daily>

ON THE SEASONAL MARIAN ANTIPHONS

- <https://adoremus.org/2007/09/singing-the-four-seasonal-marian-anthems/>
- <https://onepeterfive.com/four-marian-chants-every-catholic-should-know/>
- <http://shamelesspopery.com/praying-with-the-four-seasonal-marian-antiphons/>
- <https://shamelesspopery.com/praying-with-the-four-seasonal-marian-antiphons/>

ON ST. THERESA'S FLYING NOVENA

- <https://media.ascensionpress.com/2019/05/31/st-teresas-flying-novena-may-have-saved-this-parish-fair/>
- <https://www.ncregister.com/blog/how-to-pray-mother-teresa-s-famous-flying-novena-to-our-lady>

ON THE TITLES OF MARY

- <https://stjoemanchester.org/titles-of-mary>