

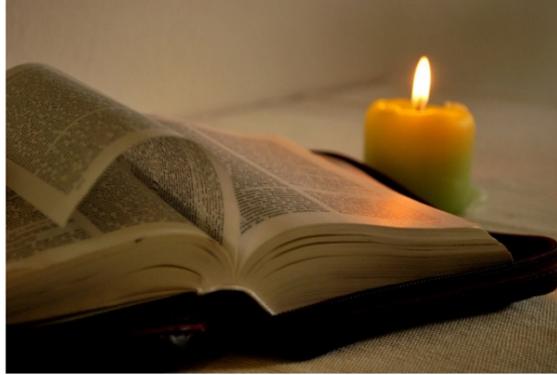
MEDITATING WITH MARY
IN THE MONTH OF MAY



MY SOUL PROCLAIMS THE
GREATNESS OF MY GOD!

LEADER'S GUIDE

The 4 steps/movements of Lectio Divina



1.) LECTIO (Read)

An attentive, slow, repetitious recitation of a short passage of Scripture.

Familiarise yourself with the passage from Scripture.

Take your time and slowly read through the passage.

Read through the passage again slowly paying attention to any words, or phrases that particularly speak to you.



2.) MEDITATIO (Meditate)

Understand the passage in the context of your own life.

Select the word or phrase that stands out to you and ask yourself what is God saying to me?

How might this word or phrase relate to me in my life today?

Meditate on this piece of text; ask God as you pray with this piece of Scripture to open your heart to what he would like to say to you.



3.) ORATIO: (PRAY)

Conversing with God

After you have prayed with the Scripture you are encouraged to talk to God, in your own words, to share with Him everything that comes to mind.

Offer a prayer to God that connects with the insights that have come to you in the passage.

4.) CONTEMPLATIO (Contemplate)

Reflecting in God's presence

Take a moment to rest in the presence of God.

Allow the message of the Scripture you have just read to sink in.

Allow yourself to be absorbed in the words of the passage and allow the Holy Spirit to draw you into His presence through the Scripture so that your heart and mind are enlightened.

"DO NOT BE AFRAID, MARY, FOR YOU HAVE FOUND FAVOUR WITH GOD" (LUKE 1:26–38)



Annunciation, Fr Angelico; Copyright © Museo Nacional Del Prado

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her and said, "Greetings, favored one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end." Mary said to the angel, "How can this be, since I am a virgin?" The angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. For nothing will be impossible with God." Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word." Then the angel departed from her.



Annunciation, Fr Angelico,
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Litany of Loreto

The Litany of Loreto was composed during the middle ages and particularly recommended by Pope Clement VII and Sixtus V. In recent times, the Church included the titles, Mary, Mother of the Church and Mother of Mercy. It has continued to be used as one of the many praises of Mary. Over the centuries it has been recited at the shrine of the Holy House of Loreto and continues to be recited by the faithful worldwide today.

Prayer:

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us.
Christ, graciously hear us.

God, the Father of Heaven, **have mercy on us.**
God the Son, Redeemer of the world, **have mercy on us.**
God the Holy Spirit, **have mercy on us.**
Holy Trinity, One God, **have mercy on us.**

Holy Mary, **pray for us.**
Holy Mother of God, **pray for us.**
Holy Virgin of Virgins, **pray for us.**
Mother of Christ, **pray for us.**
Mother of the Church, **pray for us.**
Mother of Mercy, **pray for us.**
Mother of Divine Grace, **pray for us.**
Mother of Hope, **pray for us.**
Mother Most Pure, **pray for us.**
Mother Most Chaste, **pray for us.**
Mother Inviolable, **pray for us.**
Mother undefiled, **pray for us.**
Mother Most Amiable, **pray for us.**
Mother Most Admirable, **pray for us.**
Mother of Good Counsel, **pray for us.**
Mother of our Creator, **pray for us.**
Mother of our Saviour, **pray for us.**

Virgin Most Prudent, **pray for us.**
Virgin Most Venerable, **pray for us.**
Virgin Most Renowned, **pray for us.**
Virgin Most Powerful, **pray for us.**
Virgin Most Merciful, **pray for us.**
Virgin Most Faithful, **pray for us.**

Mirror of Justice, **pray for us.**
Seat of Wisdom, **pray for us.**
Cause of Our Joy, **pray for us.**
Spiritual Vessel, **pray for us.**
Vessel of Honor, **pray for us.**
Singular Vessel of Devotion, **pray for us.**
Mystical Rose, **pray for us.**
Tower of David, **pray for us.**
Tower of Ivory, **pray for us.**
House of Gold, **pray for us.**
Ark of the Covenant, **pray for us.**
Gate of Heaven, **pray for us.**
Morning Star, **pray for us.**

Health of the Sick, **pray for us.**
Refuge of Sinners, **pray for us.**
Solace of Migrants, **pray for us.**
Comforter of the Afflicted, **pray for us.**
Help of Christians, **pray for us.**

Queen of Angels, **pray for us.**
Queen of Patriarchs, **pray for us.**
Queen of Prophets, **pray for us.**
Queen of Apostles, **pray for us.**
Queen of Martyrs, **pray for us.**
Queen of Confessors, **pray for us.**
Queen of Virgins, **pray for us.**

Lamb of God, who takes away the sins of the world, **spare us, O Lord!**
Lamb of God, who takes away the sins of the world, **graciously hear us, O Lord!**
Lamb of God, who takes away the sins of the world, **have mercy on us.**

V. Pray for us, O holy Mother of God.
R. **That we may be made worthy of the promises of Christ.**

Let us pray.
Grant, we beseech you, O Lord God, that we your servants, may enjoy lasting health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enter into the joy of eternal happiness. Through Christ our Lord.

R. Amen.



The Visitation of the Virgin to Saint Elizabeth,
Goossen van der Weyden:
National Gallery, London



This prayer to Our Lady of Knock was composed to celebrate the apparition which took place in a small town in County Mayo, Ireland on the 21st August, 1879. The image appeared on the gable wall outside the Church of St John the Baptist and was witnessed by many of the residents who lived there.

Our Lady of Knock, Queen of Ireland,
you gave hope to your people in a time of distress,
and comforted them in sorrow.
You have inspired countless pilgrims to pray with confidence
to your divine Son, remembering His promise,
"Ask and you shall receive, seek and you shall find."

Help me to remember that we are all pilgrims on the road to heaven.
Fill me with love and concern for my brothers and sisters in Christ,
especially those who live with me.
Comfort me when I am sick, lonely or depressed.

Teach me how to take part ever more reverently in the Holy Mass.
Give me a greater love of Jesus in the Blessed Sacrament.
Pray for me now, and at the hour of my death. Amen.

Lamb of God, you take away the sins of the world;
Have mercy on us.

Lamb of God, you take away the sins of the world,
Have mercy of us.

Lamb of God, you take away the sins of the world,
Grant us peace.

St. Joseph,
chosen by God to be the husband of Mary, the Protector of the Holy Family,
the Guardian of the Church.
Protect our families
In their work and recreation
And guard us on our journey through life. (Repeat - Lamb of God, etc.)

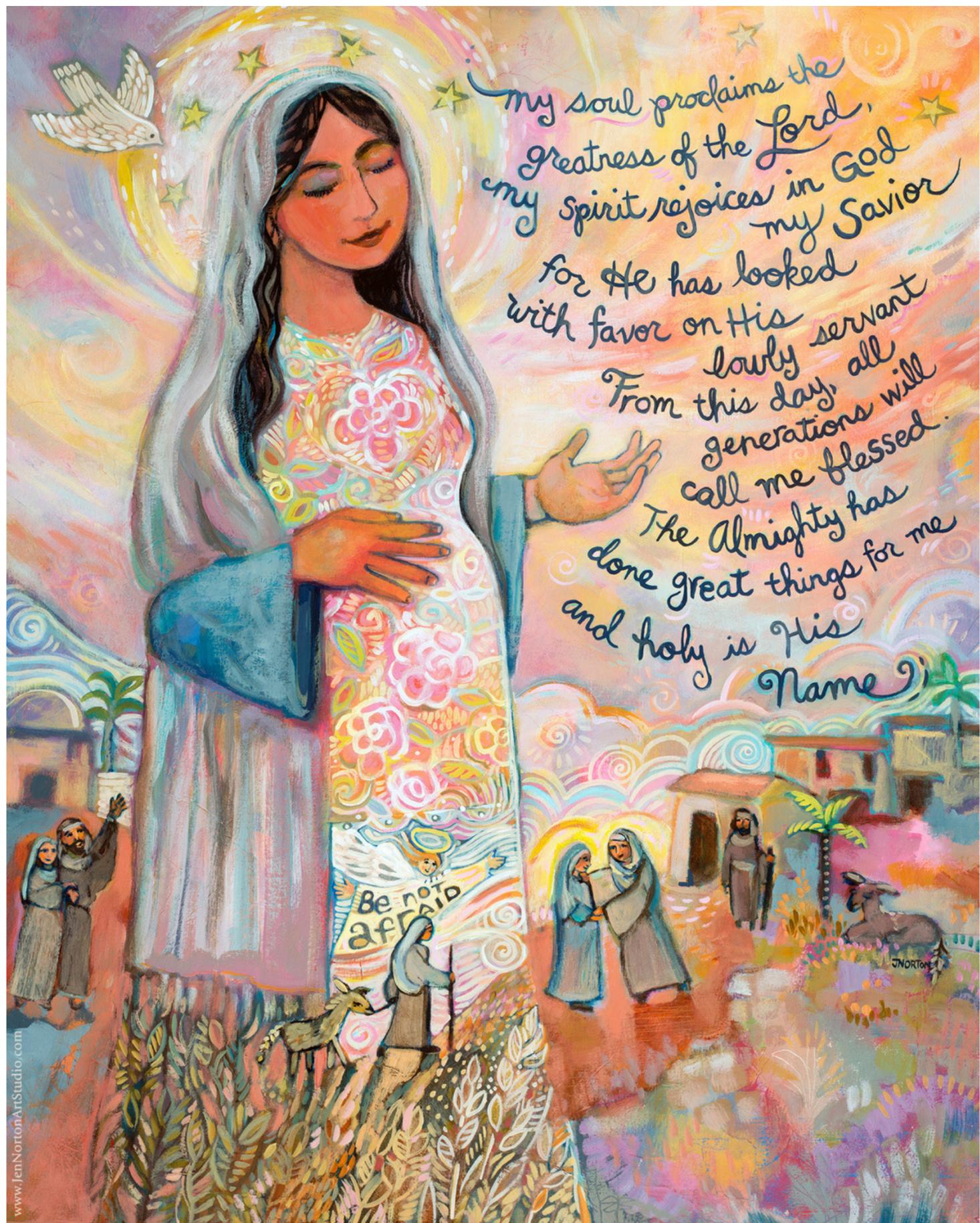
St. John,
Beloved Disciple of the Lord,
Faithful Priest, Teacher of the Word of God. Help
us to hunger for the Word.
To be loyal to the Mass, And to love one another.

(Repeat - Lamb of God, etc.)

Our Lady of Knock **Pray for us**
Refuge of Sinners **Pray for us**
Queen Assumed into Heaven **Pray for us**
Mother of Nazareth **Pray for us**
Queen of Virgins **Pray for us**
Help of Christians **Pray for us**
Health of the Sick **Pray for us**
Queen of Peace **Pray for us**
Our Lady, Queen and Mother **Pray for us**
Our Lady, Mother of the Church **Pray for us**

(Here mention your own special intentions)

With the Angels and Saints let us pray:
Give praise to the Father Almighty,
To His Son, Jesus Christ the Lord.
To the Spirit who lives in our hearts,
Both now and forever. Amen.



my soul proclaims the
greatness of the Lord,
my spirit rejoices in God
my Savior
for He has looked
with favor on His
lowly servant
From this day, all
generations will
call me blessed.
The Almighty has
done great things for me
and holy is His
Name

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Prayer of Consecration for Ireland

This prayer of consecration to Mary was recited during the consecration of Ireland to the Immaculate Heart of Mary on the 15th August 2013 during the Solemnity of the Assumption of the Blessed Virgin Mary.

The consecration took place at Knock Shrine during the annual Novena to Our Lady of Knock.



Most Blessed Virgin Mary, Mother of God and Refuge of Sinners, we entrust and consecrate ourselves, our family, our home and our Dioceses to Jesus through your Immaculate Heart. As your children, we promise to follow your example in our lives by doing at all times the will of God.

O Mary, Spouse of the Holy Spirit, we renew today the promises of our Baptism and Confirmation. Intercede for us with the Holy Spirit that we may be always faithful to your Divine Son, to his Mystical Body, the Catholic Church, and to the teachings of his Vicar on earth, our Holy Father the Pope.

Immaculate Heart of Mary, our Queen and our Mother, we promise to uphold the sanctity of marriage and the welfare of the family. Watch over our minds and hearts and preserve our youth from dangers to the faith and the many temptations that threaten them in the world today.

We ask you, Mary our Advocate to intercede with your divine Son. Obtain for our country the grace to uphold the uniqueness of every human life, from the first moment of conception to natural death.

O Blessed Mother, Our Life, Our Sweetness and Our Hope, we wish that this Consecration be for the great glory of God and that it lead us safely to Jesus your Son.

A Naomh-Mhuire, a Mháthair Dé, guigh orainn na peacaigh, anois agus ar uair ár mbáis.

Amen.

