



## ENGAGING OTHERS THROUGH PRAYER

### **Engaging Others in Prayer (Amy Buehrle and Sister Cathy Doherty)**

There are many times to pray with our youth outside the Eucharist. Engaging students, parishioners, catechists, and small groups in prayer. Using a variety of prayer types discussing and learning ways to incorporate audio, visual, and other methods of praying as a faithful. Resources for Holy Hours, Lectio & Visio Divina, Lenten and Advent Stations of the Cross, and others.

### **Following His Footsteps Prayer**

In handout

### **Liturgical Year Resources in Handout**

November

Day of the Dead (Dia de Los Muertos)

Bread blessings

Ofrendas

Advent—Christmas

wreath

Jesse Tree

Mary Candle

JOY=Jesus, Others, You

Titles of Jesus

Bambinelli

“O” Antiphons

Oplatki

Stations of the Crib

Three Kings

Las Posadas

Lent—Easter

symbols of Lent

Mardi Gras

pretzel prayer

ashes

Burlap w/ nails

various stations

Triduum explained

Salt & alcohol fire

“footprint” wash cloth

Ordinary

Back to school prayers

Blessings of classroom, textbooks

Holy Half Hour

Mary

May Crowning

Titles of Mary

Rosary

- Sample May Crowning in packet that includes all 3 of these; Adapt # students/classes/adults

Saints

Saint Teresa’s beads

Saints around the world

Saint Francis: animals, Franciscans

### **Healing & Reconciliation**

Salt & alcohol fire

dissolvable paper

7 last words

The “veil”

exam. of conscience

the “rope”

Dash story

bear’s voice

“cardinal” story

Jewish Prayer

candle lighting

Joyce Rupp’s “Praying Your Goodbyes”

## Stations

Stations of the Crib	Resurrection Stations	Abuse & Healing
St. Teresa of Calcutta	Migrants	Pope Francis
Pope Paul II	End of Life	Mary's Way
Times of Illness	Vocations	Saint Francis of Assisi
Advent	Saint Teresa of Calcutta	St. Alphonsus Liguori

## Lectio Divina & Visio Divina (Amy)

### Lectio Divina

- "Divine Reading", a traditional monastic practice of scriptural reading, meditation, and prayer
- Bring the Word of God to life—read the text, apply to our own lives
- Teach ourselves to be quiet and listen to message of Scripture delivered through the Holy Spirit
- Not all about understanding everything we read, but how we can get closer to God
- Lectio Divina suggest using this book to start: <https://store.casamaria.org/wrap-yourself-in-scripture-a-guide-for-lectio-divina/>

Visio Divina: Seeing the Word using the Saint John's Bible: <http://www.seeingtheword.org/>

- "Divine Seeing" using sacred art; here specifically Saint John's Bible (illuminated Bible)
- Show the many samples I have

## Praying with the Psalms

- The Psalms Project: <https://www.thepsalmsproject.com/>
  - Here is Psalm 29 which is the one I love and cool to compare to the attached the Hebrew Chant of this Psalm: <https://www.youtube.com/watch?v=ffJaTFAO5HY>
- Prayers that allow us to express any feeling in a prayerful way—even anger
  - Read p. 38 from *The Psalter Reclaimed* about Jesus praying
  - Great way to help students pray with their emotions and keep them ordered to God

## Ways of Praying: Adoration, Forgiveness, Thanksgiving, Intercessory

Spiritual development of children

Various prayers	Art	Icons
Vocal	Meditation on scriptures	Written
Traditional	Lectio Divina	Silence
Spontaneous	Mealtimes	Seasonal
God "winks"	Occasional	Nature
Music	Sacramental	Events in one's life
Heart room prayers	Labyrinth	God Rocks
Psalm 23	ABC's of Gratitude	

## Five Finger Prayer

5 Finger Prayer: thumb – those closest to you      wisdom for leaders      those in authority  
weak & sick      myself (put last)

See handouts with visual aid samples



## Following His Footsteps

### TAKE

my gift of eucharist  
into your hands  
with quiet expectation  
and trust  
know I will provide  
nourishment  
strength  
and growth

my word  
and wait with child-like openness  
I often speak  
in quiet moments  
offering comfort  
and assurance  
insight and affirmation

### BLESS

the bread  
knowing it will sustain life  
and strengthen  
the spirit

people you meet  
and you will find  
goodness  
holiness  
and wisdom in them  
a sense of peace  
within yourself

creatures and gifts  
I've put in your care  
recognizing traces  
of the divine  
in all  
brings respect  
and promise of life

### BREAK

the bread  
willingly  
I said "yes"  
to being  
broken humbled  
naked abandoned  
many times  
before my resurrection

without resistance  
accept brokenness  
and vulnerability  
in yourself  
and others  
then believe  
in your own  
resurrection

### SHARE

eucharist  
your words  
of gentleness  
your acts  
of compassion  
imitating  
the divine



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## ✚ Traditions

### El Dia de Los Muertos (The Day of the Dead)

For those of Mexican heritage, November 2 means celebration of *el Dia de Los Muertos*, or “the Day of the Dead.” Many join All Saints and All Souls together, first visiting the graves of babies and children on All Saints, since they are *santitos* (little saints) or *angelitos* (little angels). Flowers, their favorite toys, favorite music, and so on, are taken to them. The following day, they spend time—some of them all day—at the cemetery with their loved ones who have died. From the ancient customs of the Indians the families pray, talk with them, and take them their favorite food. The dead are not feared, but deeply loved, and this joyful family feast points both to age-old customs and Resurrection faith. There is a mocking of death as people make candy skeletons, and *pan de muerto* (bread of the dead) and consume them in a kind of role reversal.



One of the customs is to build an *altarcito* (little altar) where one places mementos and pictures of those who have died. There are also favorite foods, candles, statues or pictures of favorite saints, books, and Bibles. Some parishes have begun to build an *altarcito* where all parishioners can join in honoring the deceased. A remembrance book can be placed to write names in. The *altarcito* is traditionally left up for the month of November.

# "The Blessing of the Bread"

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## **TORTILLAS (the bread of Latin America)**

Let this bread signify our conflicts and desires  
to be peacemakers—

the times we were able to bring a peaceful  
resolution to strained relationships  
between people,  
the times we pleaded for a peaceful  
resolution to situations we could not  
reconcile alone,  
the persons, places where we knew conflict  
and personally need a conversion, a grace  
to initiate the reconciliation by forgiving  
ourselves or forgiving the others,  
the personal places in our heart where we  
continue to block peacemaking in our  
environment.

**TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.**

## **NUTBREAD**

Let this bread signify our dreams, hopes,  
visions, our "craziness"—

the times when we did not make sense to  
ourselves or to those around us,  
the times when we dreamed, hoped,  
fantasized for a better life or a better  
situation for ourselves or others and were  
not understood, or considered "crazy,"  
the persons in my life who were "crazy"  
and showed me new things, made new  
demands, and called new understandings  
from me,  
the times ahead when my own mind may  
be less clear or I may not be able to make  
myself understood or taken seriously.

**TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.**

**UNLEAVENED BREAD (bread of people  
moving on...refugees)**

Let this bread signify our losses, and all of  
our leave-takings—

the persons and places we have had to leave  
behind for a variety of reasons,  
the ideas and attitudes we had to leave  
behind as we continued to grow in  
wisdom, age and grace,  
the aching and hurting we sometimes feel  
for what cannot be replaced or come  
back into our lives,  
the unfinished places we had to leave before  
we were ready to move on to a new place

**TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.**

## **SALTINES**

Let this bread (crackers) signify our tears—  
the times when we had nothing but tears  
to express ourselves,  
the times we felt betrayed, or diminished  
and lost our "feisty" or salty part of  
ourselves,  
the times we ached for others or for our  
world and situations that were too big  
even comprehend,  
the persons whose lives, choices or  
unfreedom we have not been able to  
touch and we cry for them.

**TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.**

### .. FRESH BREAD

Let this bread signify our tomorrows and the surprises still ahead—

the changes in our bodies, minds, energy levels and involvements,  
the surprises that each day ahead holds for us in the spirit of hope and wonder for the miracles God has in store for us,  
the unforeseen blessings and support as we need more help with daily tasks and chores,  
the everlasting and eternal surprise ahead in death and the power of the Resurrection for myself.

TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.

### . GINGERBREAD

Let this bread signify our friends and friendships—

the persons who have added spice to our lives,  
the persons whose presence changed the way we saw the world and gave our lives a different flavor,  
the persons who have mixed so much into our lives that they are part of us and we of them,  
the persons who have endured with us, struggled with us and upon whom we depend and have learned wisdom.

TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.

TOGETHER:

We bless these loaves,  
we bless this bread we have in common with one another and with people all over the earth.

We bless the events, people and places and circumstances of our lives that have fed us, sustained us and nourished us up to this moment.

. RYE BREAD (from the working class of Europe)

Let this bread signify our life of work—  
the times we have felt good about our work  
the times we have dreaded and felt burdened by our work,  
the times we have been without work and have worried about it,  
the people and places where we have shared work and work relationships and responsibilities.

TOGETHER: GOD, WE THANK YOU  
FOR THIS PART OF OUR LIVES.

. RICE CAKES (rice was believed to have healing powers)

Let this bread signify our health and sickness—  
the times when we have enjoyed our good health and good bodies.  
the times we have struggled with illness and our fears about illness,  
the times we have been anxious or worried to get word about tests, operations or treatments or diagnosis,  
the people and places where our health needs have been met and ministered to.

TOGETHER: GOD WE THANK YOU FOR  
THIS PART OF OUR LIVES.

As this bread nourishes us, may it sustain us in the days ahead and serve as a reminder of Your presence through all the days of our lives.

As we share this bread, may we remember that even in our personal journey of life, we have common elements that we share and can cherish with one another.

St. Mary's



Health Center

chalices, and patens. (Etym. Middle English *chrisom*, short for *chrisom cloth*.)

# CHRIST, NEW TESTAMENT NAMES AND TITLES.

The following is a list of names and titles of Christ, together with their biblical citations, that appear in the New Testament:

I John 2:1	Advocate
Revelation 1:8; 22:13	Alpha and Omega
Revelation 3:14	Amen
Hebrews 3:1	Apostle and High Priest of our religion
Luke 2:12	Baby
Matthew 12:18	Beloved
John 6:33	Bread of God
John 6:35	Bread of life
John 6:50	Bread that comes down from heaven
John 3:29	Bridegroom
Mark 6:3	Carpenter
Matthew 13:55	Carpenter's son
I Peter 5:4	Chief shepherd
Matthew 2:20	Child
Luke 23:35	Chosen One
Matthew 16:20	Christ
I Timothy 1:15; Colossians 1:1	Christ Jesus
Luke 9:20	Christ of God
Luke 2:12	Christ the Lord
Romans 9:5	Christ who is above all
Hebrews 2:9	Crowned with glory and splendor
Romans 8:29	Eldest of many brothers
Revelation 1:5; 3:14	Faithful witness
Matthew 12:18	Favorite
Revelation 1:17; 2:8	First and the Last
Revelation 1:5	Firstborn from the dead
Colossians 1:15	Firstborn of all creation
Luke 2:7	Firstborn (Son)
I Corinthians 15:20	First fruits
Matthew 11:19	Friend of tax collectors and sinners
John 10:7	Gate of the sheepfold
John 10:11, 14	Good Shepherd
John 12:41	Glory
Luke 2:32	Glory of your people Israel
Hebrews 7:22	Greater Covenant
Hebrews 13:20	Great Shepherd of the sheep
John 6:51	Living Bread
I Peter 2:4	Living stone
Luke 1:25	Lord
John 20:28	Lord and my God
Romans 14:9	Lord both of the dead and of the living
Acts 7:59; I Corinthians 12:3	Lord Jesus (Jesus is Lord)
Acts 10:36	Lord of all men
I Corinthians 2:9	Lord of Glory
I Timothy 6:15	Lord of lords
II Thessalonians 3:16	Lord of peace
Ephesians 2:21	Main cornerstone
John 19:6	Man, The
I Timothy 2:5	Mediator
John 1:41; 4:25	Messiah
Hebrews 8:2	Minister of the sanctuary and of the True Tent of Meeting
II Peter 1:20; Revelation 2:29	Morning Star
Matthew 2:23	Nazarene
Hebrews 1:12	Never change
Revelation 22:16	Of David's line
Ephesians 4:5	One Lord
John 10:16	One shepherd
John 1:14	Only Son of the Father
I Corinthians 5:8	Passover
Hebrews 1:3	Perfect copy of his (God's) nature
I Corinthians 1:25	Power and the wisdom of God
Luke 1:69	Power for salvation
I Peter 2:6	Precious cornerstone

Ephesians 4:16  
Colossians 1:18

I Corinthians 11:3  
Colossians 2:10

Revelation 2:17  
Hebrews 3:1; 4:14; 7:26

Acts 2:27

Mark 1:25

Acts 4:27

I Timothy 1:2

John 8:58

II Corinthians 4:5

Colossians 1:15

Matthew 1:23

II Corinthians 9:15

I Peter 3:18

Luke 2:25

Matthew 1:21

I John 2:1

Hebrews 6:20

John 18:5

Acts 7:52

Matthew 21:5

John 1:50

Revelation 17:14; I Timothy 6:15

Revelation 15:3

Hebrews 7:2

Matthew 2:2

John 1:29, 37

Revelation 5:12

I Peter 1:20

I Corinthians 15:45

Matthew 2:6

Acts 5:31

Hebrews 2:10

Romans 11:26

John 14:6; Colossians 3:4

John 12:35

John 1:4

John 8:12

Luke 2:32

Revelation 5:5

I Timothy 6:15

Revelation 1:5

II Peter 2:20; 3:18

I John 4:14; John 4:42

Romans 15:8

I Peter 2:24

Philippians 2:7

Galatians 4:5

Matthew 1:1

Matthew 1:1

Luke 1:36

John 1:45

John 5:27

Mark 6:3

Mark 14:61, 62

II John 3

Matthew 16:17

Luke 1:32

Mark 5:7

Colossians 1:14

Matthew 17:5

I Corinthians 10:4

I Peter 2:8

I Peter 2:8

Matthew 23:11

Hebrews 9:16

I John 5:20

John 1:9

John 15:1

John 14:6

Revelation 2:15

CHR

Head

Head of the Church (Now the Church is his body, he is its head)

Head of every man

Head of every Sovereignty and Power

Hidden manna

High priest

Holy One

Holy One of God

Holy servant Jesus

Hope

I am

Image of God

Image of the unseen God

Immanuel

Inexpressible gift

Innocent

Israel's comforting

Jesus

Jesus Christ who is just

Jesus has entered before us

Jesus the Nazarene

Just One

King

King of Israel

King of kings

King of nations

King of righteousness

King of the Jews

Lamb of God

Lamb that was sacrificed

Lamb without spot or stain

Last Adam

Leader

Leader and Savior

Leader who would take them to their salvation

Liberator

Life

Light

Light of men

Light of the world

Light to enlighten the pagans

Lion of the tribe of Judah

Ruler of all

Ruler of the kings of the earth

Savior

Savior of the world

Servant of circumcised Jews

Shepherd and guardian of your souls

Slave

Son

Son of Abraham

Son of David

Son of God

Son of Joseph

Son of Man

Son of Mary

Son of the Blessed One

Son of the Father

Son of the living God

Son of the Most High

Son of the Most High God

Son that he loves

Son, the Beloved

Spiritual rock

Stone rejected

Stone to stumble over

Teacher

Testator

True God

True light

True vine

Truth



## *Bambinelli Blessing*

*Bambinelli* is the Italian name for the figurine of Jesus that we display in our Christmas crèche under the tree. On Christmas Eve in 1223, St. Francis of Assisi began the custom of the Christmas crèche by having the people of his town in Greccio, Italy, create a living nativity scene, complete with men, women, and animals taking the parts of Mary, Joseph, the shepherds, angels, and the manger animals. It is believed that a real infant was placed in the manger to represent Jesus.



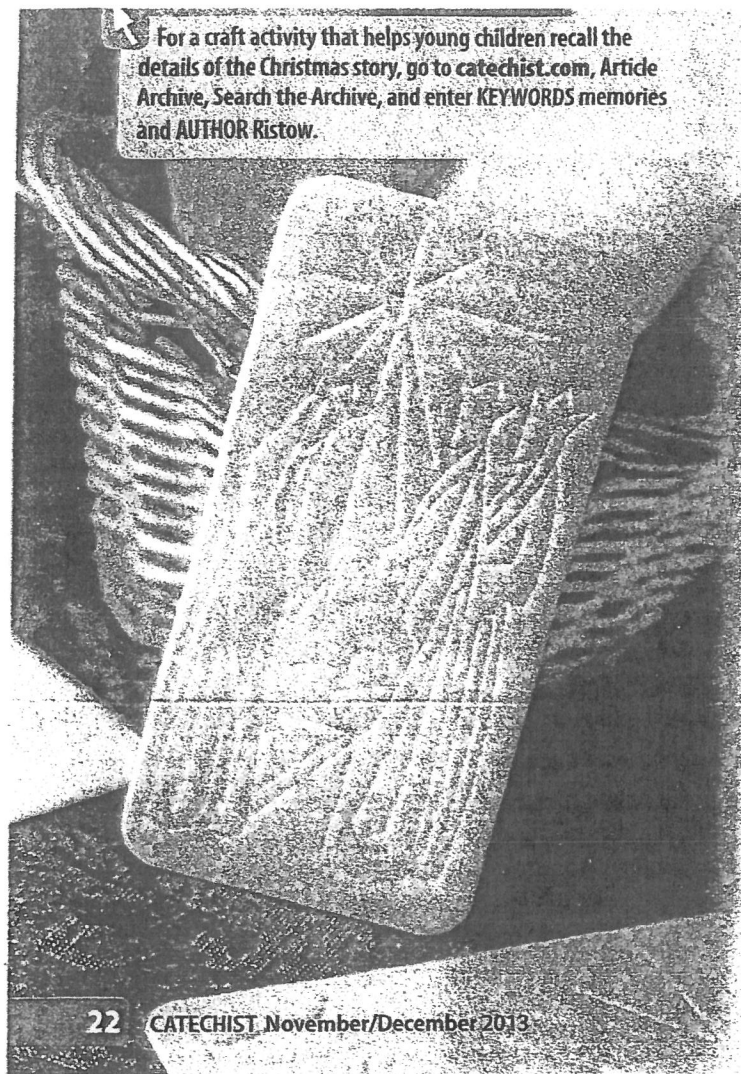
During his homily, St. Francis preached about the mystery and miracle of the Incarnation. From that night on, the tradition of having a crèche in the home grew. In time, children were invited to bring the figure of the Baby Jesus—the *Bambinelli*—to church to be blessed before it was placed in the crib on Christmas morning by the youngest child.

Why not begin this tradition in your parish? It is a wonderful opportunity to bring families together the week before Christmas for a brief prayer service and an opportunity to give children a meaningful role in preparing for Christmas.

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For a craft activity that helps young children recall the details of the Christmas story, go to [catechist.com](http://catechist.com), Article Archive, Search the Archive, and enter KEYWORDS memories and AUTHOR Ristow.



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## *The Tradition of Oplatki*

The sharing of love and peace is at the heart of this Slavic tradition. Catholics in Eastern European countries—especially Poland, Lithuania, Slovakia, and the Czech Republic—have generously shared this tradition with friends and families of different ethnic backgrounds. The tradition can be traced back to the early Christian Church.

The word *oplatki* means “wafer.” The wafers, made with flour and water, are baked into a rectangle and imprinted or stamped with a Christmas image, most often the nativity.

The tradition has deep religious roots. We recall that God fed the Israelites manna in the desert. The word *Bethlehem*, where Jesus was born, means “house of bread.” This family ritual is closely tied to the Eucharist, in which we share the Bread of Life, the Body and Blood of Jesus. Oplatki is often called the “Bread of Love.” Just as we share in the Eucharist as one Christian family, sharing oplatki is a way of professing our love for the members of our family.

The sharing of oplatki takes place before the Christmas Eve meal. The ritual is very simple and can be done in several ways. In one option, which is how my family was introduced to the tradition, each person has his or her own wafer before beginning. Oplatki wafers are about the size of an index card.

To begin, a parent breaks off a piece of his or her own wafer and gives the piece to his or her spouse or a child; the spouse or child does the same, breaking off a portion of his or her own wafer and giving it in return. The two then exchange words of love. They might also share a special memory from the past year or tell each other what they admire or respect about the other person.

Then they both eat the piece of the wafer they were given. Next, these two move on separately to other family members, exchanging pieces of their own oplatki, exchanging words of love, perhaps a special memory from the past year, perhaps telling each other what they admire or respect most about the other. The ritual continues until everyone has exchanged words of love, forgiveness, or blessing with every other member of the household and eaten the piece of wafer they received from each person.

The process is not to be rushed. Ample opportunity should be allowed for people to truly share meaningful sentiments with all family members.

Another option is to use one wafer for the entire family. One of the parents gives every family member a piece of a single oplatki, large enough so that each person can

break off a small piece to share with everyone else in the group. Then the ritual begins, with the parent breaking off a piece of his or her portion of the wafer and giving it to his or her spouse or a child, as described above.

The sharing of the oplatki is a wonderful classroom activity. Gather the children in a circle and give each a wafer. Explain its significance. Invite each child to break off a piece of the oplatki and share it with a classmate. Encourage each child to name some particular talent or gift he or she sees in the classmate with whom they are sharing the oplatki. The kids are usually shy at first, so it would be good if you would initiate the sharing with several students, speaking sincerely to them about why they are valued members of your class. The kids will follow your lead and get into the Christmas spirit quickly.

Ask your catechetical leader where you can obtain oplatki locally or order them online. Simply type “oplatki” into your search engine. Most oplatki come in individual envelopes, along with directions for use and a brief explanation of the tradition. Send your students home with oplatki to share with their families. You’ll be surprised how quickly this will become a “must do” tradition among parish families!

# Stations of the crib

## ■ FIRST STATION *Mary says "yes"*

An angel appeared to Mary and said, "Don't be afraid, Mary, for God has a surprise for you. You will become pregnant and give birth to a son, and you will name him Jesus. He will be great and will be called the Son of the Most High God." And Mary said, "OK, I am God's servant, and I will do as God wishes."

## ■ SECOND STATION *A trip to Bethlehem*

At that time Emperor Augustus sent out an order for all the citizens to register for the census, so Joseph and Mary went from their home in Nazareth to Bethlehem. What a difficult trip it must have been for this young couple, knowing they would be alone when Mary had her baby.

## ■ THIRD STATION *No room in the inn*

While they were in Bethlehem, Mary gave birth to Jesus and laid him in a manger because there was no room for them in the inn. How sad Mary must have felt, knowing that this babe lying on straw in a place for animals was the Savior of the world.





■ **FOURTH STATION**

*Angels sing to the shepherds*

There were some shepherds watching their sheep in the fields that night, and they suddenly heard some angels singing. They were very afraid but the angels said to them, "Don't be afraid. We have good news—a savior has been born this night in Bethlehem. Glory to God in the highest and peace on Earth to all of goodwill."

■ **FIFTH STATION**

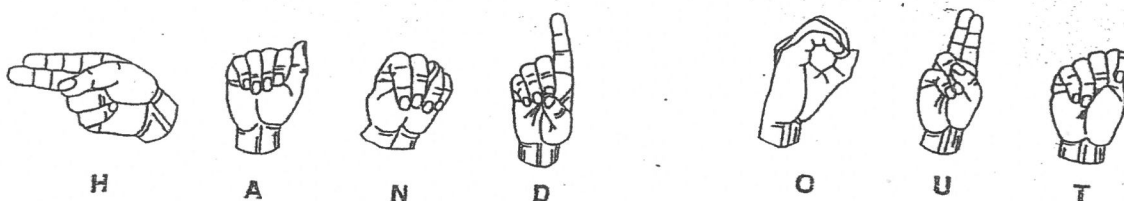
*The shepherds visit Jesus*

"Let's go to Bethlehem and see this new king," the shepherds said in great excitement. They found the baby Jesus lying in the manger. They told Mary and Joseph what the angels had said, and then they came back singing praises to God for all they had seen.

■ **SIXTH STATION**

*The magi find Jesus*

Three wise men saw a star in the East and followed it to the manger where they found the infant Jesus. They knelt down and worshiped him and gave him gifts.



### Three Kings and Mardi Gras

**December 25 to January 5**  
**12 Days of Christmas**  
**January 6 Feast of Three Kings**

**January 6 to Mardi Gras**  
**Feast of King Cakes**  
**Ash Wednesday Lent**

**Colors: gold = power      green = hope      purple = justice**

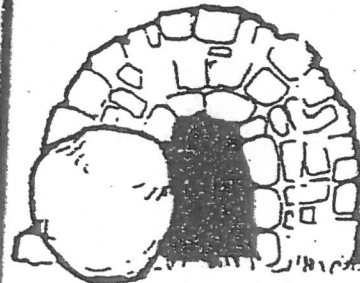
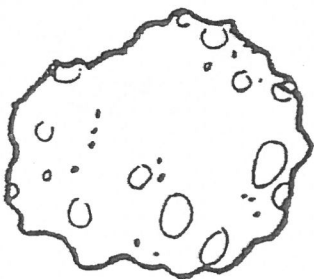
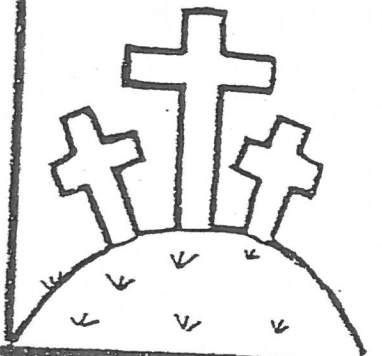
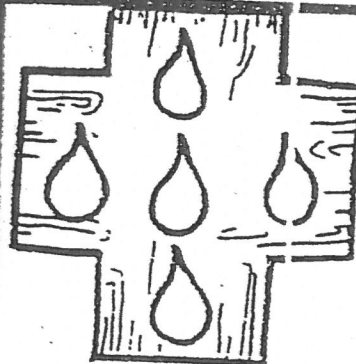
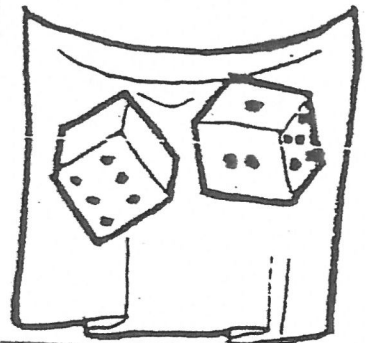
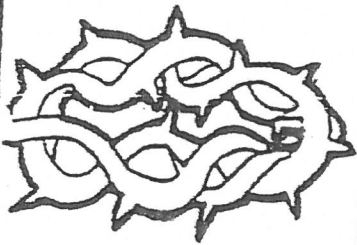
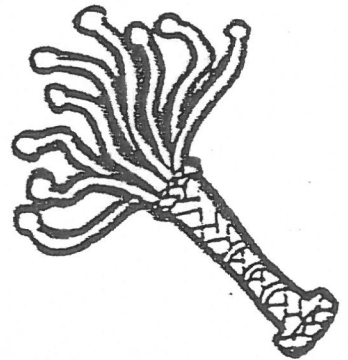
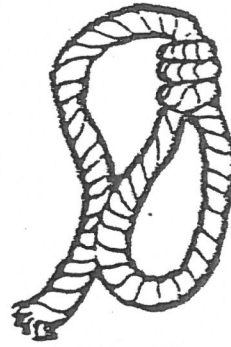
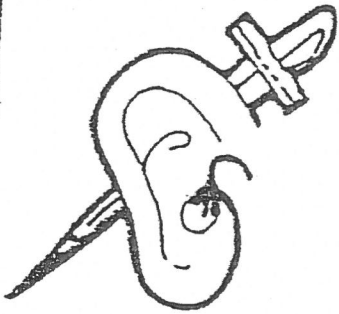
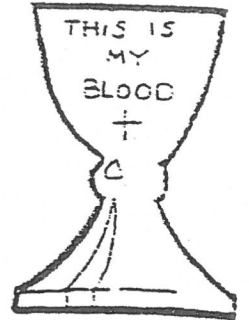
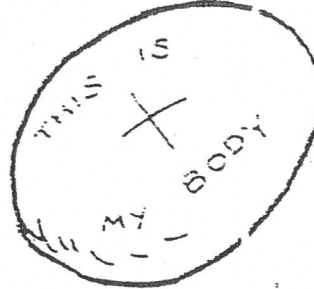
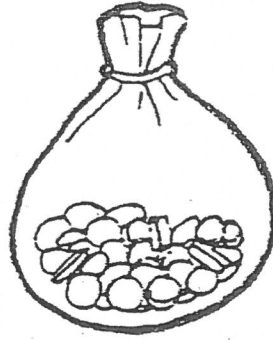
- Caspar**      \*the youngest king, represents youth, filled with enthusiasm  
                   \*to be filled with God  
                   \*gift of gold  
                   \*color-gold
- Balthasar**      \*the dark skinned king, represents mid-life, a time for reconciliation  
                   \*to walk humbly with God  
                   \*gift of frankincense  
                   \*color-green
- Melchior**      \*the eldest king, represents closeness to God  
                   \*to speak with wisdom and truth, is kneeling and holding crown  
                   \*gift of myrrh  
                   \*color-purple

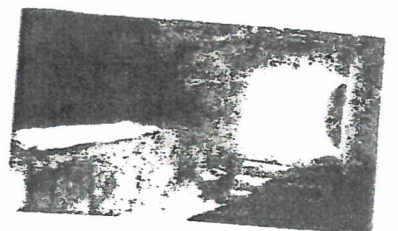
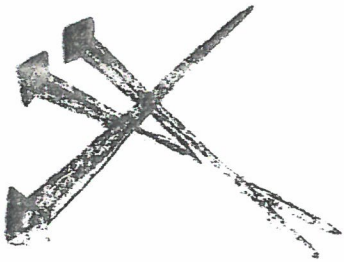
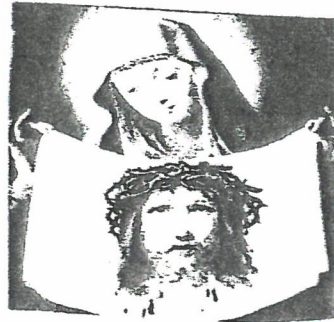
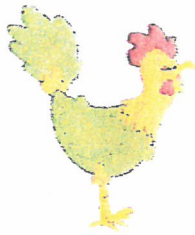
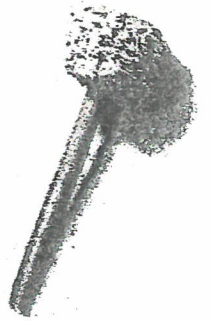
**On the feast of Three Kings homes are blessed with blessed chalk and water.**

**"Christus mansionem benedicat." May Christ bless this house.**

**A small plastic/rubber baby (the King) is hidden in the King Cake. Whoever finds the baby in their piece of cake is to have the King Cake party the following year.**







## **STUDENT BLESSING**

Lord our God,  
in your wisdom and love  
you surround us with the mysteries of the universe.

Send your Spirit upon these students  
and fill them with your wisdom and blessings.

Grant that they may  
devote themselves to their studies  
and draw ever closer to you,  
the source of all knowledge.

We ask this through Christ our Lord.

**R/.** Amen.





# ALL THINGS NEW

STEADFAST IN FAITH • FORWARD IN HOPE

## ○ SAVING VICTIM (PLEASE KNEEL)

*O saving Victim, open wide  
The gate of heav'n to us below.  
Our foes press on from every side;  
Your aid supply, your strength bestow.*

*To your great name be endless praise,  
Immortal Godhead, One in Three;  
O grant us endless length of days,  
In our true native land with thee. Amen.*

## READING (PLEASE STAND) JOHN 8:1-11

Jesus went to the Mount of Olives. But early in the morning he arrived again in the temple area, and all the people started coming to him, and he sat down and taught them. Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. They said to him, "Teacher, this woman was caught in the very act of committing adultery. Now in the law, Moses commanded us to stone such women. So what do you say?" They said this to test him, so that they could have some charge to bring against him. Jesus bent down and began to write on the ground with his finger. But when they continued asking him, he straightened up and said to them, "Let the one among you who is without sin be the first to throw a stone at her." Again he bent down and wrote on the ground. And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. Then Jesus straightened up and said to her, "Woman, where are they? Has no one condemned you?" She replied, "No one, sir." Then Jesus said, "Neither do I condemn you. Go, and from now on do not sin any more."

## BRIEF REFLECTION (GIVEN BY LEADER)

## THE JOY OF THE GOSPEL PARAGRAPH 98

*How many wars take place within the people of God and in our different communities! In our neighborhoods and in the workplace, how many wars are caused by envy and jealousy, even among Christians! Spiritual worldliness leads some Christians to war with other Christians who stand in the way of their quest for power, prestige, pleasure and economic security. Some are even no longer content to live as part of the greater Church community but stoke a spirit of exclusivity, creating an "inner circle". Instead of belonging to the whole Church in all its rich variety, they belong to this or that group which thinks itself different or special.*



# ALL THINGS NEW

STEADFAST IN FAITH • FORWARD IN HOPE

## QUESTIONS FOR PERSONAL REFLECTION

How have I judged others?

How can I grow in compassion and mercy?

How have I created a spirit of division in my communities? How can I build unity rooted in our common mission?

## DOWN IN ADORATION FALLING *(PLEASE KNEEL)*

*Down in adoration falling,  
This great sacrament we hail;  
Over ancient forms of worship  
Newer rites of grace prevail;  
Faith will tell us Christ is present,  
When our human senses fail.*

*To the everlasting Father,  
And the Son who made us free,  
And the Spirit, God proceeding  
From them each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty. Amen.*

*Presider: You have given them bread from heaven*

*Response: Having all sweetness within it*

## THE DIVINE PRAISES *(OPTIONAL)*

*Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the Name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.*

*Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in His angels and in His Saints.*

## HOLY GOD WE PRAISE THY NAME *(PLEASE STAND)*

*Holy God, we praise thy name  
Lord of all, we bow before thee  
All on earth your scepter claim  
all in heav'n above adore thee  
Infinite thy vast domain  
everlasting is thy reign*

*Hark, the loud celestial hymn  
Angel choirs above are raising  
Cherubim and seraphim  
In unceasing chorus praising  
fill the heav'ns with sweet accord  
Holy, holy, holy Lord*

## MAY CROWNING

### HISTORY

Devotion to the Blessed Virgin Mary began in the earliest days of the Church. May has become known as the month of Mary, most likely because several feasts honoring the Blessed Mother happen during the month of May. Both in the East and in the West the practice of depicting the Blessed Virgin Mary wearing a regal crown came into use in the era of the Council of Ephesus, AD 431. It is especially from the end of the 16th century that in the West the practice became widespread for the faithful, both religious and laity, to crown images and statues of the Blessed Virgin. We thank you for joining us tonight for our prayer service. During the rosary, we will bring forth different images of the Blessed Virgin Mary used in devotions and cultures across the globe today. We will end in a crowning of the statue of the Blessed Virgin Mary.

Please join us now in singing verse 1 of Immaculate Mary, found on your prayer service sheet.

### IMMACULATE MARY

#### *Verse 1*

The musical notation is for the hymn 'Immaculate Mary'. It is written on a single staff with a treble clef, a key signature of one sharp (F#), and a 2/4 time signature. The melody is simple and hymn-like. The lyrics are provided in three verses and a refrain.

Verses

1. Im - mac - u - late Ma - ry, your prais - es we sing. You  
2. In heav - en the bless - ed your glo - ry pro - claim; On  
3. We pray for our Moth - er, the Church up - on earth, And

1. reign now in heav - en with Je - sus our King.  
2. earth we your chil - dren in - voke your fair name.  
3. bless, Ho - ly Ma - ry, the land of our birth.

Refrain

A - ve, A - ve, A - ve, Ma - ri - a! A - ve, A - ve, Ma - ri - a!

Presider: In the name of the Father, and of the Son, and of the Holy Spirit.

All Respond: Amen.

Presider: Come, let us worship Christ, the Son of Mary.

All respond: Let us give praise and thanks to the Lord as we keep this day in loving memory of the Blessed Virgin Mary.

### INTRODUCTION

Leader/Pastor: We gather this evening to crown Our Blessed Virgin Mary, the mother of Jesus. As we acclaim Mary, the Mother of God, as our queen and as the Mother of the Church, let us imitate her example in all that we do. As we honor Mary, who is higher than the cherubim and yet like us, let us pray that through her intercession we may achieve holiness of life, and a deepened faith, hope, and love, as we seek to do the will of God in all things. We now turn to Mary in the praying of the rosary, reflecting on the various titles and images of Mary we have today.



## ROSARY

In the name of the Father +, and of the Son + and of the Holy + Spirit. I believe in God, the Father almighty Creator of heaven and earth and in Jesus Christ, his only Son our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead...I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### *Our Father*

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.....Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

### *Hail Mary (repeat 3 times)*

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

### *Glory Be*

Glory be to the Father, and to the Son, and to the Holy Spirit.....As it was in the beginning, is now, and ever shall be, world without end. Amen.

### **(VOLUNTEER CARRIES IMAGE OF CZESTOCHOWA)**

The First Joyful Mystery, The Annunciation. Mary learns from the Angel Gabriel that God wishes her to be the mother of God and she humbly accepts. Señora de Czestochowa (Chest-uh-cho-uh) help us to say yes to God's will just as you so humbly chose to do.

### *Our Father*

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.....Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

### *Hail Mary (repeat 10 times)*

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

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### ***Glory Be***

Glory be to the Father, and to the Son, and to the Holy Spirit.....As it was in the beginning, is now, and ever shall be, world without end. Amen.

### ***Fatima Prayer***

O my Jesus, forgive us our sins, save us from the fires of hell.....Lead all souls to heaven, especially those in most need of thy mercy.



**(VOLUNTEER CARRIES IMAGE OF OUR LADY OF GUADALUPE)**

The Second Joyful Mystery, The Visitation. Mary goes in haste to visit her cousin Elizabeth and is praised by her as “blessed among women”. Our Lady of Guadalupe help us learn to show love of our neighbor, especially towards all immigrants and those most in need of our help. May we give them the care and compassion you shared with Elizabeth.

***Our Father***

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.....Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

***Hail Mary (repeat 10 times)***

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

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### ***Glory Be***

Glory be to the Father, and to the Son, and to the Holy Spirit.....As it was in the beginning, is now, and ever shall be, world without end. Amen.

### ***Fatima Prayer***

O my Jesus, forgive us our sins, save us from the fires of hell.....Lead all souls to heaven, especially those in most need of thy mercy.

### **(VOLUNTEER CARRIES IMAGE OF MADONNA OF THE STREETS)**

The Third Joyful Mystery, The Nativity of Jesus in Bethlehem. Mary gives birth to Jesus in the stable at Bethlehem. Madonna of the Streets give us the strength to fight the temptation to sin and help us detach ourselves from the material things of the world. May we imitate in our own lives the same poverty of Spirit you showed in the Nativity.

### ***Our Father***

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.....Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

### ***Hail Mary (repeat 10 times)***

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

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### ***Glory Be***

Glory be to the Father, and to the Son, and to the Holy Spirit.....As it was in the beginning, is now, and ever shall be, world without end. Amen.

### ***Fatima Prayer***

O my Jesus, forgive us our sins, save us from the fires of hell.....Lead all souls to heaven, especially those in most need of thy mercy.

### **(VOLUNTEER CARRIES IMAGE OF OUR LADY OF GOOD COUNSEL)**

The Fourth Joyful Mystery, The Presentation. Mary and Joseph present Jesus to his Heavenly Father in the Temple of Jerusalem forty days after His birth. Our Lady of Good Counsel give us the wisdom to live obediently to God's will. May we imitate you in choosing to trust in the Lord and allow him to work through each of us on a daily basis.

### ***Our Father***

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.....Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.

### ***Hail Mary (repeat 10 times)***

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

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### ***Glory Be***

Glory be to the Father, and to the Son, and to the Holy Spirit.....As it was in the beginning, is now, and ever shall be, world without end. Amen.

### ***Fatima Prayer***

O my Jesus, forgive us our sins, save us from the fires of hell.....Lead all souls to heaven, especially those in most need of thy mercy.

### **(VOLUNTEER CARRIES IMAGE OF MOTHER OF PERPETUAL HELP)**

The Fifth Joyful Mystery, The Finding in the Temple. After searching for three days, Mary and Joseph find the twelve-year-old Jesus sitting in the Temple discussing the law with the learned doctors. Our Mother of Perpetual Help, may we turn to you for aide as we learn to live a life of piety, revering the Lord our God, seeking to know him more and more each day.

### ***Our Father***

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.....Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen.



***Hail Mary (repeat 10 times)***

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.....Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

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***Glory Be***

Glory be to the Father, and to the Son, and to the Holy Spirit.....As it was in the beginning, is now, and ever shall be, world without end. Amen.

***Fatima Prayer***

O my Jesus, forgive us our sins, save us from the fires of hell.....Lead all souls to heaven,  
especially those in most need of thy mercy.

### ***Hail Holy Queen***

Hail, holy Queen, Mother of Mercy. Hail, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you 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.

Pray for us, O Holy Mother of God.

**All: That we may be made worthy of the promises of Christ.**

### ***Concluding Rosary Prayer***

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

In the name of the Father +, and of the Son + and of the Holy + Spirit.

### **INTERCESSIONS**

Priest/Leader: Through the praying of the rosary we have turned to our Mother Mary, asking for her guidance and intercession for us to God the Father. We seek her continued aid and ask for her blessing on all of us here today.

Priest/Leader: Lord, we bless you, for you are full of mercy and justice: you humble the proud and exalt the lowly.

**All Respond: You gave us the highest example of your divine wisdom in the mystery of the Word made flesh and of his virgin Mother.**

Presider: Your Son, humbled by death, rose glorious at your right hand, the King of all creation.

**All Respond: The Virgin, who acknowledged herself to be a servant, became the Mother of our Redeemer and of those reborn in her Son. Now, raised above the angels, she prays for all: the Queen of mercy and grace.**

Presider: Bless us as we crown the Blessed Virgin Mary, Mother of your Son.

**All Respond: We confess Christ to be the King of creation and call upon Mary, our Queen. May we walk in their likeness, spending ourselves for the sake of others. Content with our place in this life, may we one day hear your voice inviting us to take our place in heaven and receive the crown of victory.**

### **CROWNING OF MARY**

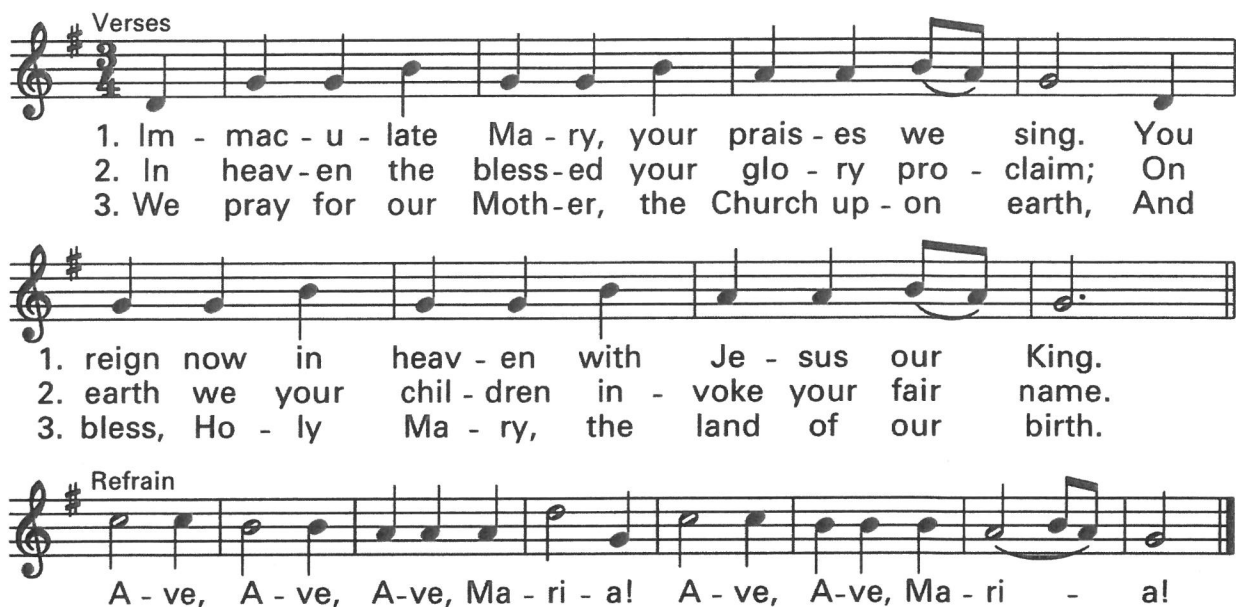
An eighth-grade student now comes forward to crown the statue of the Blessed Virgin Mary while we sing verses 2 & 3 of Immaculate Mary.

### **IMMACULATE MARY**

***Verses 2 & 3***



**Verses**



1. Im - mac - u - late Ma - ry, your prais - es we sing. You  
 2. In heav - en the bless - ed your glo - ry pro - claim; On  
 3. We pray for our Moth - er, the Church up - on earth, And

1. reign now in heav - en with Je - sus our King.  
 2. earth we your chil - dren in - voke your fair name.  
 3. bless, Ho - ly Ma - ry, the land of our birth.

**Refrain**

A - ve, A - ve, A - ve, Ma - ri - a! A - ve, A - ve, Ma - ri - a!

## LITANY OF THE BLESSED VIRGIN MARY

Priest/Leader: Lord, have mercy  
 Priest/Leader: Christ, have mercy  
 Priest/Leader: Lord, have mercy

**All: Lord, have mercy.**  
**All: Christ, have mercy.**  
**All: Lord, have mercy.**

Priest/Leader:  
 God our Father in heaven  
 God the Son, Redeemer of the world  
 God the Holy Spirit  
 Holy Trinity, one God

**All: have mercy on us.**  
**All: have mercy on us.**  
**All: have mercy on us.**  
**All: have mercy on us.**

Holy Mary  
 Holy Mother of God  
 Most honored of Virgins

**All: pray for us.**  
**All: pray for us.**  
**All: pray for us.**

Chosen daughter of the Father  
 Mother of Christ the King  
 Glory of the Holy Spirit

**All: pray for us.**  
**All: pray for us.**  
**All: pray for us.**

Virgin daughter of Zion  
 Virgin poor and humble  
 Virgin gentle and obedient

**All: pray for us.**  
**All: pray for us.**  
**All: pray for us.**

Handmaid of the Lord  
 Mother of the Lord  
 Helper of the Redeemer

**All: pray for us.**  
**All: pray for us.**  
**All: pray for us.**

Full of grace  
 Fountain of beauty  
 Model of virtue

**All: pray for us.**  
**All: pray for us.**  
**All: pray for us.**

Finest fruit of the redemption  
 Perfect disciple of Christ

**All: pray for us.**  
**All: pray for us.**

Untarnished image of the Church

**All: pray for us.**

Woman transformed

**All: pray for us.**

Woman clothed with the sun

**All: pray for us.**

Woman crowned with stars

**All: pray for us.**

Gentle Lady

**All: pray for us.**

Gracious Lady

**All: pray for us.**

Our Lady

**All: pray for us.**

Joy of Israel

**All: pray for us.**

Splendor of the Church

**All: pray for us.**

Pride of the human race

**All: pray for us.**

Advocate of peace

**All: pray for us.**

Minister of holiness

**All: pray for us.**

Champion of God's people

**All: pray for us.**

Queen of love

**All: pray for us.**

Queen of mercy

**All: pray for us.**

Queen of peace

**All: pray for us.**

Queen of angels

**All: pray for us.**

Queen of patriarchs and prophets

**All: pray for us.**

Queen of apostles and martyrs

**All: pray for us.**

Queen of all saints

**All: pray for us.**

Queen of confessors and virgins

**All: pray for us.**

Queen conceived without original sin

**All: pray for us.**

Queen assumed into heaven

**All: pray for us.**

Queen of all the earth

**All: pray for us.**

Queen of heaven

**All: pray for us.**

Queen of the universe

**All: pray for us.**

Lamb of God, you take away the sins of the world **All: Spare us, O Lord.**

Lamb of God, you take away the sins of the world **All: Hear us, O Lord.**

Lamb of God, you take away the sins of the world **All: Have mercy on us.**

Priest/Leader: Pray for us, O glorious Mother of the Lord.

**All respond: That we may be made worthy of the promises of Christ.**

Priest/Leader: God of mercy, listen to the prayers of your servants who have honored your handmaid Mary as mother and queen. Grant that by your grace, we may serve you and our neighbor on earth and be welcomed into your eternal kingdom. We ask this through Christ our Lord.

**All respond: Amen.**

## CLOSING PRAYER AND DISMISSAL

Priest/Leader: Gracious Lord, with love and devotion we have honored the holy Mother of God. May she continue to intercede for us with Jesus Christ, her Son, now and for ever.

All respond: Amen.

Priest/Leader: May almighty God bless you, the Father, and the Son, + and the Holy Spirit.

All respond: Amen.

## HAIL HOLY QUEEN

*All verses*



1. Hail, ho - ly Queen en - throned a - bove; O Ma - ri - a! Hail,  
2. Our life, our sweet - ness here be - low, O Ma - ri - a! Our  
3. And when our life - breath leaves \_\_ us, O Ma - ri - a! Show



1. moth - er of mer - cy and of love. }  
2. hope \_\_ in sor - row and in woe. } O Ma - ri - a! Tri - umph,  
3. us \_\_ thy Son, Christ Je - sus. }



all ye cher - u - bim; Sing with us, ye ser - a - phim! Heav'n and earth re -



sound the hymn: Sal - ve, sal - ve, sal - ve, Re - gi - na!

## CLOSING REMARKS

## ***Litany of Mary of Nazareth***

**ALL:** *Glory be to the Father, the Son and the Holy Spirit*

Mary, model of mercy	Be our guide
Model of openness	.....
Model of strength	.....
Model of gentleness	.....
Model of perseverance	.....

Mary, first disciple	Lead us to life
Political refugee	.....
Seeker of sanctuary	.....
Seeker of God's will	.....
Witness to the resurrection	.....

Mary, mother of the homeless	Pray for us
Mother of a political prisoner	.....
Mother of the condemned	.....
Unwed Mother	.....
Mother to the world	.....

Mary, woman of faith	Mentor us
Woman pregnant with hope	.....
Woman centered in God	.....
Woman filled with the Holy Spirit	.....
Woman sharing Christ's mission	.....

**ALL:** *Pour forth we beseech you O Lord, thy grace into our hearts that we may be made worthy of the promises of Christ. AMEN*

# CALENDAR CUT-OUTS

*Cut out, then glue or tape each feast day to your calendar.*



Jan 1 Solemnity  
Mother of God



Jan 8 Our Lady of  
Prompt Succor



Feb 7 Our Lady of  
the Bowed Head



Feb 16 Our Lady  
of the Thorn



Feb 24 End plague,  
Protectress of the  
Roman People



2nd Sunday in Lent  
O.L. of Confidence



Mar 17 Miracle of  
Irish Madonna of  
Hungary



Apr 1 Weeping  
Madonna



Apr 12 Virgin  
of Charity



Easter Monday  
O.L. Star of the Sea



Apr 26 Our Lady  
of Good Counsel



Apr 28 Our Lady  
of the Oak



1st Tuesday May  
O.L. of Antipolo



May 13 Our Lady  
of the Smile smiled  
at Saint Theres



3rd Saturday after  
Pentecost is Feast  
of the Immaculate  
Heart of Mary



June 27 Our Lady  
of Perpetual Help



July 1 Our Lady  
of Ortiga



July 9 Miracle of  
rain, Our Lady of  
the Round



Aug 6 Our Lady of  
Copacabana



Aug 26 Our Lady  
of Czestochowa



Sept 14 Our Lady  
of Einsiedeln



1st Sunday Oct  
Traditional Feast of  
Our Lady of Fetal



Oct 7 Feast of the  
Most Holy Rosary



Oct 12 Our Lady  
of the Pillar



Oct 13 Miracle Of  
The Sun at Fatima



Nov 24 Our Lady  
of Montserrat



Nov 27 Our Lady  
Miraculous Medal

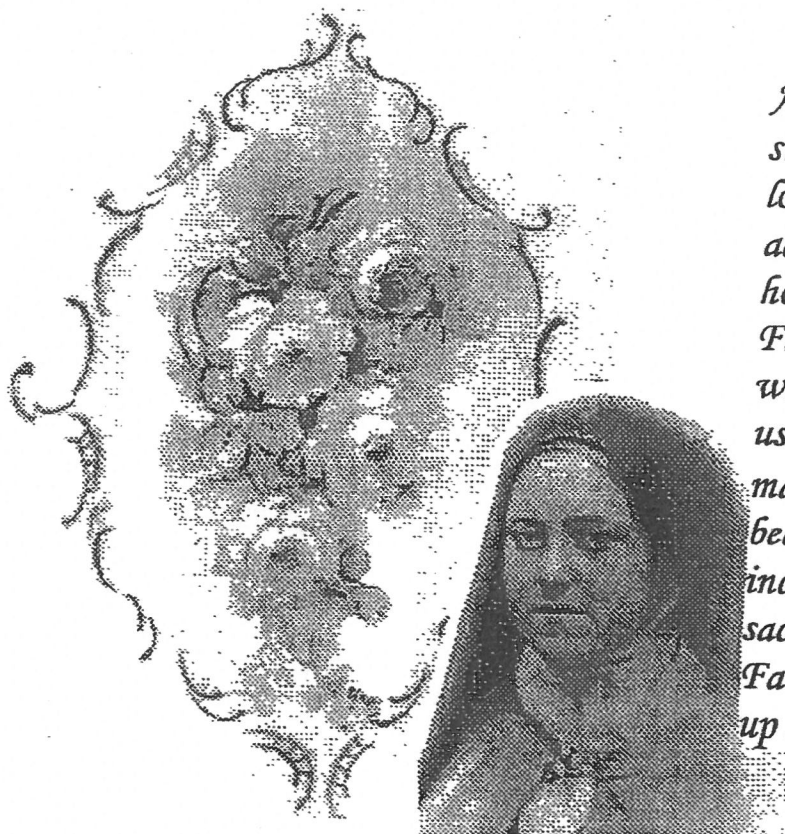


Dec 3 Our Lady of  
Victories, Paris



Dec 12 Our Lady  
of Guadalupe

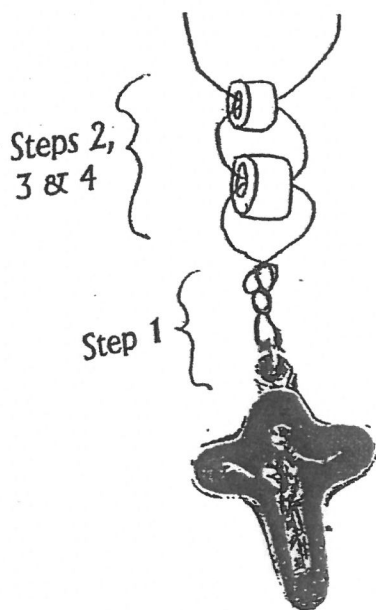
Feast of your own  
Patron Saint (write  
the name and date)



*As a child, St. Theresa (The Little Flower) used a string of beads to count her sacrifices and acts of love done for God, in that way she was able to advance in perfection daily. You too, can grow in holiness by following the example of the Little Flower. Sacrifice Beads are a string of ten beads, which can be pulled and remain in place. They are used to count the acts of love or sacrifice a person makes in a day for God. The string of sacrifice beads helps a person to grow in perfection by increasing their acts of love they do each day. The sacrifice beads we make also have a fixed Our Father bead on the end of them. Thus they double up as a rosary.*

#### Directions to make St. Theresa's Sacrifice Beads

Need one crucifix, 10 beads (same or mixed colors), one length of string, one medal



1. string crucifix onto length of string to half way spot. tie a knot to secure the crucifix.
2. string one bead onto string on one of the strings, then the other string through the same bead in opposite side, pull gently and loosely.
3. do next bead the same way
4. continue till all ten beads are threaded the same way.
5. tie another secure knot leaving 1/2" from the last bead. This is to give you space to "pull" your beads when you use them.
6. string medal on string up to the knot and tie a final knot. Cut excess off string. Secure final knot with glue or clear fingernail polish when you can.



## Litany of the Saints Around the World

**Leader:** *On All Saint's Day, we remember those who have been inspired by great faith to devote their lives to social justice. Today we recall their inspiring witnesses and we ask them to pray for us all.*

**Reader 1:** Saint Teresa Chikaba, of **Guinea**, kidnapped and enslaved at the age of 10, sold, and later denied entry to the convent because of her race,

*For all those who are victims of racial and ethnic discrimination and who are treated as non-humans; that we who are granted full rights would work alongside the victims of discrimination for a more just world,*

**All:** Pray for us all.

**Reader 2:** Blessed Alberto Hurtado, of **Chile**, Jesuit patron of Chilean trade unionists, admired for his focus on the more profound causes of poverty,

*For all workers and seekers of justice; that we might strive to universally address issues of workers' rights especially a living wage and health care for all workers, and that we, too, may see the deeper causes,*

**All:** Pray for us all.

**Reader 3:** Saint Katharine Drexel, of the **U.S.**, who spent millions of her family fortune to build schools and missions for the Native Americans, and who also founded the first U.S. university for African Americans,

*For those from whom educational opportunities have been withheld; that we may take initiative in challenging the inequalities that face minorities in education, the workplace, the legal system, and elsewhere,*

**All:** Pray for us all.

**Reader 4:** Blesseds Daudi Okelo and Jildo Irwa, of **Uganda**, catechists who experienced intense tribal fighting, but who continued to teach a Gospel of dignity and peace,

*For all of us in this world of power struggles and division, that we may use the Gospel and our faith to work towards solutions that are for the good of all people,*

**All:** Pray for us all.

**Reader 5:** Saint Maximilian Kolbe, of **Poland**, a priest who resisted the Nazis, was taken prisoner at Auschwitz, and who offered to die in the place of another man there who was the father of young children,

*For all who resist structural injustice even when it may be dangerous; that they may continue to faith, courage, and strength in the face of oppression and that they may have hearts of love even in the midst of evil,*

**All:** Pray for us all.

**Reader 6:** Saint Nimatullah Youssef Kassab Al-Hardini, of **Lebanon**, who lived through two civil wars in his country and suffered greatly with his people,

*For all those in the midst of relentless civil war, for children who grew up knowing gunfire and death, for orphaned youth recruited as soldiers, for victims of rape in war; that we may work to end this misery,*

**All:** Pray for us all.



## ***"Seven Last Words"***

**"Father Forgive them for they know not what they do."**

We, too, have been hurt. Help us to love and share our healing with others.

**"This day you will be with Me in Paradise."**

Because You offered sympathy and spiritual help, look upon us, O God, in our world of violence and oppression

**"Women! Behold your son. Son! Behold your mother!"**

To us You have entrusted the well-being of Thy children. Make us more concerned.

**"My God, my God, why have You forsaken me?"**

We know, our Father, how You agonized when Jesus suffered at Calvary and became sin for us. Thank you for Your love.

**"I thirst."**

We thirst for understanding. Make our cross a staff to lean upon.

**"Father into Your hands I commend My Spirit."**

When we think of the cross we see Your glory. Help us to become like You.

**"It is finished."**

Make us strong and able to endure our daily trials.



## **The Linen Veil and the Sin of Hiding**

**Who is the person you have hurt the most?**

**Who has hurt you the most?**

**What is your greatest regret in life?**

**What brings you to great anger or to the brink of rage?**

**What was the most painful moment in your life?**

**What brings the greatest anxiety in your life?**

**What was the greatest loss in your life?**

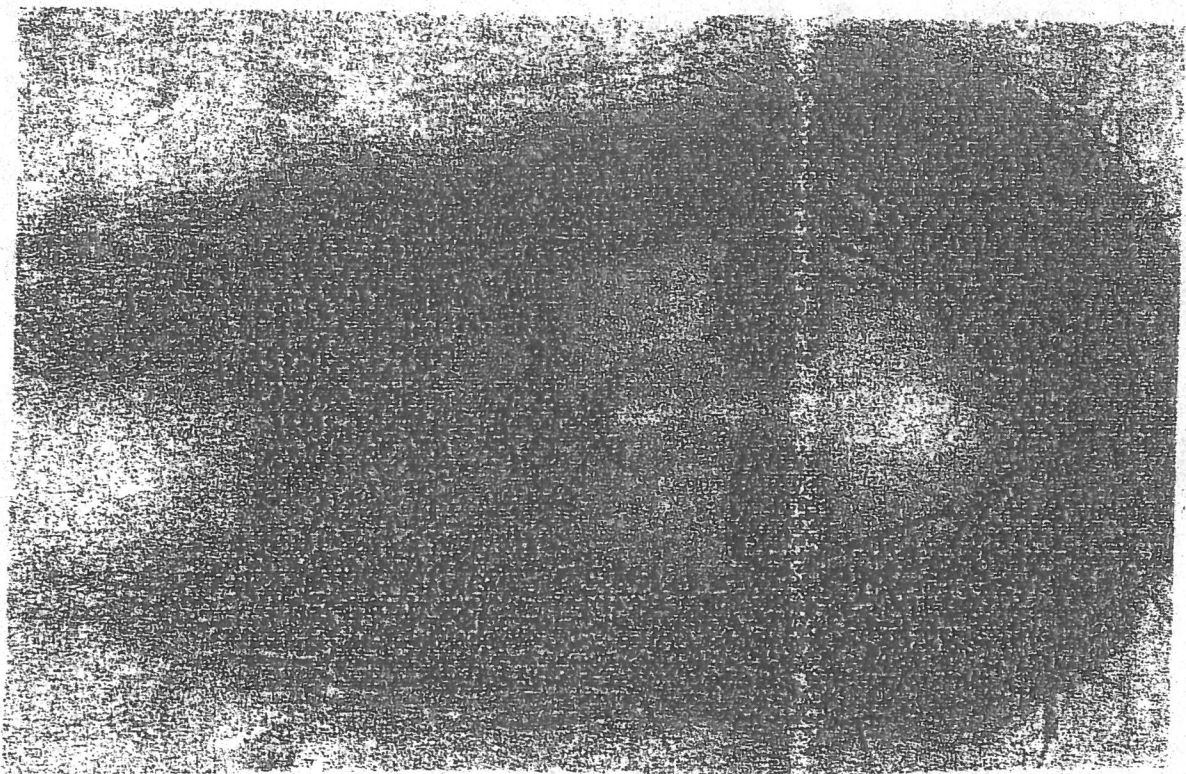
**What was your most secret and shameful act?**

**What is the one statement that you wish had never left your mouth?**

**How have you damaged God's creation?**



# RETURN TO ME



## WITH ALL YOUR HEART

### Litany of the Holy Face of Jesus

God, the Father in Heaven,

God, the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, One God,

Face of Jesus, masterpiece of the Holy Spirit,

Face of Jesus, everlasting joy in the sight of Mary and Joseph,

*have mercy on us.  
have mercy on us.  
have mercy on us.  
have mercy on us.  
have mercy on us.*

Face of Jesus, Splendor of the Holy Family,

Face of Jesus, consoling relief of sinners,

Face of Jesus, gentle relief of the burdened,

Face of Jesus, affirmer of charity,

Face of Jesus, shining like the sun on Mount Tabor,

Face of Jesus, resplendent joy of the Apostles,

Face of Jesus, bowed to the ground in the Garden of Gethsemane,

*have mercy on us.  
save us.  
save us.  
save us.  
save us.  
save us.  
save us.  
save us.*

Face of Jesus, whose glance caused Peter to weep bitterly,

Face of Jesus, covered, struck and taunted in the brutal buffeting,

*save us.*

Face of Jesus, whose Head was crowned with thorns and struck with a reed,

*save us.*

Face of Jesus, taunted in the horrible agony,

*save us.*

Face of Jesus, praying for Your executioners,

*save us.*

Face of Jesus, whose pitiable sight grieved his Mother,

*save us.*

Face of Jesus, veiled in the pallor of death,

*save us.*

Face of Jesus, imprinted on the Holy Shroud,

*save us.*

Lamb of God, Who take away the sins of the world, spare us, O Lord.

Lamb of God, Who take away the sins of the world,

*Graciously hear us, O Lord.*

Lamb of God, Who take away the sins of the world, have mercy on us.

Lord, show us your Face, and we shall be saved, have mercy on us.

Let us pray: Eternal Father, may we who meditate on the countenance of your Son, be a consoling influence in His body, the Church. May we profit from the merits of His passion, death and resurrection. And may we be found worthy to walk in the way of the cross. Amen.

# EXAMINATION OF CONSCIENCE FOR ADULTS

The following is an attempt to trigger reflection on the hurt and sin affecting our "primary relationships." This is based on our discussion at the Parent Meeting in preparation for your child's reception of the Sacrament of Reconciliation.

## GOD AND I

Do I pray?  
Do I ever meet God?  
Am I growing in faith?  
What have I learned from God lately?

## MY SPOUSE AND I

Do I spend "quality time" with my spouse? How much?  
What are the weak spots in our marriage?  
What has hurt our love?  
How have I grown in love lately?

## MY FAMILY AND I

Do I spend "quality time" with my children?  
What kind of pressure do I put on them to get good grades, etc.?  
How do they know that I love them?  
Do I pray with them?

## MY RELATIONSHIP WITH MYSELF

Am I happy?  
When do I get hurt and depressed?  
What keeps me from being a better person?

## OTHERS AND I

Who "gets under my skin"?  
Who am I prejudiced against?  
How do I express my care for the poor?

## CREATION AND I

How do I help to conserve what God has given us in nature and resources?  
How am I wasteful?

# Examination of Conscience in Light of Catholic Social Teaching

## Life and Dignity of the Human Person

- Do I respect the life and dignity of every human person from conception through natural death?
- Do I recognize the face of Christ reflected in all others around me whatever their race, class, age, or abilities?
- Do I work to protect the dignity of others when it is being threatened?
- Am I committed to both protecting human life and to ensuring that every human being is able to live in dignity?

## Call to Family, Community, and Participation

- Do I try to make positive contributions in my family and in my community?
- Are my beliefs, attitudes, and choices such that they strengthen or undermine the institution of the family?
- Am I aware of problems facing my local community and involved in efforts to find solutions? Do I stay informed and make my voice heard when needed?
- Do I support the efforts of poor persons to work for change in their neighborhoods and communities? Do my attitudes and interactions empower or disempower others?

## Rights and Responsibilities

- Do I recognize and respect the economic, social, political, and cultural rights of others?
- Do I live in material comfort and excess while remaining insensitive to the needs of others whose rights are unfulfilled?
- Do I take seriously my responsibility to ensure that the rights of persons in need are realized?
- Do I urge those in power to implement programs and policies that give priority to the human dignity and rights of all, especially the vulnerable?

## Option for the Poor and Vulnerable

- Do I give special attention to the needs of the poor and vulnerable in my community and in the world?
- Am I disproportionately concerned for my own good at the expense of others?
- Do I engage in service and advocacy work that protects the dignity of poor and vulnerable persons?

## The Dignity of Work and the Rights of Workers

- As a worker, do I give my employer a fair day's work for my wages? As an owner, do I treat workers fairly?
- Do I treat all workers with whom I interact with respect, no matter their position or class?
- Do I support the rights of all workers to adequate wages, health insurance, vacation and sick leave? Do I affirm their right to form or join unions or worker associations?
- Do my purchasing choices take into account the hands involved in the production of what I buy? When possible, do I buy products produced by workers whose rights and dignity were respected?

## Solidarity

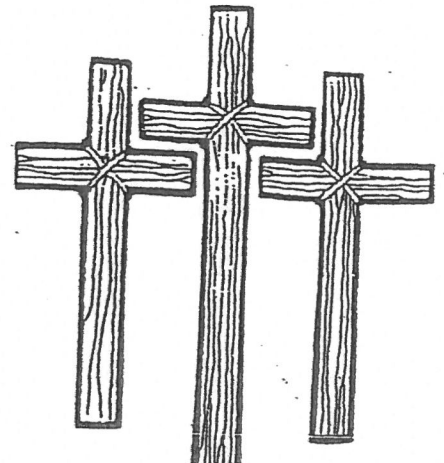
- Does the way I spend my time reflect a genuine concern for others?
- Is solidarity incorporated into my prayer and spirituality? Do I lift up vulnerable people throughout the world in my prayer, or is it reserved for only my personal concerns?
- Am I attentive only to my local neighbors or also those across the globe?
- Do I see all members of the human family as my brothers and sisters?

## Care for God's Creation

- Do I live out my responsibility to care for God's creation?
- Do I see my care for creation as connected to my concern for poor persons, who are most at risk from environmental problems?
- Do I litter? Live wastefully? Use energy too freely? Are there ways I could reduce consumption in my life?
- Are there ways I could change my daily practices and those of my family, school, workplace, or community to better conserve the earth's resources for future generations?

## PRAYER OF SORROW

Dearly beloved God,  
In who I lay my trust,  
Please give me new life.  
Fill every cell of my being, transform each thought,  
Cleanse every heartbeat,  
That I might be as Your would have me be.  
Take away the darkness of my past.  
Fill me with Your blessing and graciousness.  
Allow me rebirth from the many deaths I have endured in this life.  
Dear God,  
I have been through the battles.  
Where I have been weak, please make me strong.  
Where I perceive myself as guilty, please show me my innocence.  
Where I block my healing of full empowerment of full  
experience of love and joy, please show me my  
wound and take from me its sting.  
May I experience the beauty, the abundance, the power  
and the joy that is Your wish for all mankind,  
That I might be a vessel for these things in the lives of others.  
The wicked in myself and others has tormented me.  
Please cast away the darkness from my life.  
I know Yours is the power,  
I know Yours are the holy truths, the currents of  
love and power that remain,  
And so I ask, dear God, please remove the burdens  
on my heart,  
Cast out the demons from my mind and my environs.  
May I see the light at the center of my being.  
I believe in your power within me.  
I know it is there.  
Dear God, help me find it.  
I have faith in Your light.  
Please show it to me that I might give up the fight  
To be anything other than who I am.  
May I fly with angels and sing with angels and know  
the angels in myself and others  
Henceforth and forever as You have promised.  
Please hold my hand.  
Please take me home.  
Please move me forward.  
Thank You, Lord.  
Amen.





*The Dash*  
By Linda Ellis

I read of a man who stood to speak at a funeral of a friend.  
He referred to the dates on her tombstone from the beginning...to the end.

He noted that first came the date of her birth and spoke of the following date with tears,  
But he said what mattered most of all was the dash between those years.

For that dash represents all the time that she spent alive on earth  
and now only those who loved her know what that little line is worth.

For it matters not, how much we own, the cars...the house...the cash.  
What matters is how we live and love and how we spend our dash.

So think about this long and hard; are there things you'd like to change?  
For you never know how much time is left that can still be rearranged.

If we could just slow down enough to consider what's true and real  
and always try to understand the way other people feel.

If we could just slow down enough to consider what's true and real  
and always try to understand the way other people feel.

And be less quick to anger and show appreciation more  
and love the people in our lives like we've never loved before.

If we treat each other with respect and more often wear a smile...  
remembering that this special dash might only last a little while.

So when your eulogy is being read with your life's actions to rehash,  
would you be proud of the things they say about how you spent your dash?

Joseph Epstein once said,  
*"We do not choose to be born.  
We do not choose our parents, or the country of our birth.  
We do not, most of us, choose to die;  
Nor do we choose the time and conditions of our death.  
But within this realm of choicelessness,  
We do choose how we live."*

This is what *The Dash* is all about.

## *"WE REMEMBER THEM"*

Reform Jewish Prayerbook  
from Gates of Prayer

In the rising of the sun and in going down,  
- we remember them.

In the blowing of the wind and in the chill of winter,  
- we remember them.

In the opening of buds and in the rebirth of spring,  
- we remember them.

In the blueness of the sky and in the warmth of summer,  
- we remember them.

In the rustling of leaves and in the beauty of autumn,  
- we remember them.

In the beginning of the year and when it ends,  
- we remember them.

When we are weary and in need of strength,  
- we remember them.

When we are lost and sick at heart,  
- we remember them.

When we have joys we yearn to share,  
- we remember them.

So long as we live, they too shall live, for they are now a part of us,  
- we remember them.

# CANDLE LIGHTING RITUAL

*This candle lighting service was created for use in remembrance of a loved one who has died. You will need five candles for this ceremony.*

*"As I light these five candles in honor of ' \_\_\_\_\_ ', I light one for my grief, one for my courage, one for my memories, one for my love, and one for hope."*

## *LIGHT FIRST CANDLE*

*"The light of the first candle represents my grief. The pain of my loss is intense, but it reminds me of the depth of my love for ' \_\_\_\_\_ '."*

## *LIGHT SECOND CANDLE*

*"The light of this second candle represents my courage to confront my sorrow; to comfort another; to change our lives."*

## *LIGHT THIRD CANDLE*

*"This third candle is a light to all of my memories of ' \_\_\_\_\_ '. To the times we laughed, the times we cried, the time we were angry with each other, the silly things we did, and the caring and the joy ' \_\_\_\_\_ ' gave us."*

## *LIGHT FOURTH CANDLE*

*"This fourth candle is the light of our love. Day by day, we cherish the special place in our hearts that will always be reserved for ' \_\_\_\_\_ '. I give thanks for the gift his/her life brought to each of us. I will love him/her always."*

## *LIGHT FIFTH CANDLE*

*"And this fifth candle is the light of hope. It reminds me of the love and memories of you that are ours forever. May the glow of the flame be my source of hopefulness now and forever."*

# Stations of the Resurrection

1. Jesus Rises from the Dead  
*Pray for the grace to truly believe.*
2. The Disciples Discover the Empty Tomb  
*What joy, wonder and fear must the earliest disciples have felt upon discovering the empty tomb?*
3. The Risen Lord Appears to Mary Magdalene, Apostle to the Apostles  
*Like Mary, do we cling to the Lord?*
4. The Risen Lord Appears on the Road to Emmaus.  
*Are we able to recognize Christ when he appears in our life and we are not expecting him?*
5. The Risen Lord is Recognized in the Breaking of the Bread  
*Pray for the grace to truly experience the deep mystery of Christ's Real Presence in the Eucharist.*
6. The Risen Lord Appears to the Community of Disciples  
*When we gather with two or more people, do we acknowledge Christ's presence?*
7. The Risen Lord Breathes Peace and Gives the Power to Forgive  
*Who in my life do I need to forgive more fully?*
8. The Risen Lord Strengthens the Faith of Thomas  
*Pray for a deeper, more unquestioning faith.*
9. The Risen Lord Eats with the Disciples on the Shore of Tiberias  
*When we eat, do we stop and give thanks to God for the great gift of nourishment?*
10. The Risen Lord Forgives Peter and Entrusts Him to Tend and Feed His Sheep  
*Say a short prayer for the leaders in the church and leaders everywhere.*
11. The Risen Lord Sends the Disciples into the World  
*Share the Good News of Christ through giving time to someone.*
12. The Risen Lord Ascends into Heaven  
*Take a moment at bedtime and pray for all of your relatives and friends who are with the saints in heaven.*
13. Mary and the Disciples Keep Vigil in the Upper Room for the Spirit's Advent  
*Ask Mary to share her deep, abiding faith with all of us who dwell waiting for the Second Coming.*
14. The Risen Lord Sends the Holy Spirit  
*Thank God for the gift of the Holy Spirit to give us wisdom and guide our lives.*

# Lectio Divina

## Lectio

- “Read”
- Read several times, be attentive to detail
- Note verses or phrases that stand out to you
- Work to understand meaning and background

## Meditatio

- “Meditate”
- Think about reading and connect to your life
- Imagine being present to hear the passage or witness the story

## Contemplatio

- “Contemplate”
- Quiet expression of love between you & God
- Note what God is trying to teach you through the passage & time of prayer

## Oratio

- “Pray”
- Dialogue with God in prayer about passage
- Thank God for His Word
- Ask Him to lead you to deeper understanding





## WRAP WORKSHEET

**Date:**

**Scripture Citation:**

**Write: (v. \_\_\_\_\_):**

**Reflect:**

**Apply:**

**Pray:**

# Lectio Divina: Getting Started

Try and spend 20-30 minutes doing this activity

1. Collect your materials: For this homework assignment you will need a notebook (your prayer journal and/or this worksheet), a Bible, pen or pencil. If you don't have a Bible at home I have included the passage I would like you to reflect on for this assignment.
2. Choose a quiet place: Find a quiet place you can pray and enjoy God's presence without distraction.
3. Select a passage of Scripture: I have provided one for you to use for this assignment on the reverse side of this sheet
4. Begin with thanksgiving and prayer: Affirm that the Lord is with you. "Heavenly Father, I come into your presence. Jesus, I know You are here and that You love me. Thank You, Lord, that I belong to You. Thank you, Lord, that You want to speak to my heart today in scripture. Come, Holy Spirit, open my heart to truth...
5. Read: open your Bible or read the passage I have provided on the paper. Read the selected passage several times until a word, verse or verses capture your attention. Once you have a word, verse, or verses, begin on the worksheet on the reverse side
6. Fill out the WRAP worksheet on the reverse side: please feel free to write additional answers in your prayer journals from class

This is meant to be a new prayer experience for you to try. Don't stress about being graded on your responses or if you get distracted. The idea is to give you some quiet time praying with the Lord and may take time to understand the full process. I just want you to try it out and we will discuss the experience in class next week. You will not be asked to share your answers on the worksheet or in your journal. I just want to hear how the prayer experience was for you in class next week.

## 4 Questions to Keep in Mind While Praying:

1. What does the text say in this passage?
2. What does the text say to *me*?
3. What do I want to say to God about the text?
4. What difference will this text make in my life?

# Lectio Divina: WRAP Worksheet

**Date:**

**Scripture Reading:** Jeremiah 29:11-14

For I know well the plans I have in mind for you — oracle of the LORD — plans for your welfare and not for woe, so as to give you a future of hope. When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, I will let you find me — oracle of the LORD.

**Write** (write down the key verse or verses from the passage above that spoke to you):

**Reflect:** Write down everything that comes to mind when you look at the key verse or verses you wrote in the section above. It could be a few key words, images or thoughts that came to mind when you read the passage.

**Apply:** How does this verse or verses apply to your life today? What might this be telling you to do or change in your life? Could be to try something new or forgive someone or to go to Mass....many things it could suggest.

**Pray:** Write a prayer to God at the end of reflecting on this passage.

## SEEING THE WORD: Visual Theology

The illuminations of the Saint John's Bible bring the text to life by giving them a visual form. They aren't simply pictures or illustrations of the stories in the Bible, but are paintings that come out of a long process of reflective living with the text. The illuminations are really spiritual meditations on the word of God. What do images really have to do with prayer, and what can the arts tell us about God, the divine, and the sacred? These are two of the questions that visual theology attempts to ignite.

God is revealed to us not only in the realm of words and language, but in countless other ways as well. The history of Christian faith and theology is also a history of the eye, the ear, of bodily gesture and movement, the mind imagining, and the senses conjoining.<sup>1</sup> Visual theology is a field that examines how the sense of sight is used to see the existence of God in the world and give it meaning to us as God's people. In our lives as Christians, visual theology claims that beauty is essential. Beauty not only excites and nourishes our feelings, thoughts, and imagination, but without beauty, truth and goodness become dull, lifeless, boring, and cold.<sup>2</sup> God's beauty is displayed in all of creation; it draws us to God and to the mystery and glory of Christ on the cross.

But the beauty of the world is not the only concern of visual theology. When we use visual theology, we change our mode of

communication from language and mathematics to the realm of imagination, so that intuition, the senses, and our own experiences and knowledge become primary.<sup>3</sup> A work of art isn't just an object that is beautiful to its viewer; it becomes a tool to see

- a technique of examination and contemplation - that may lead the viewer in prayer.

*Visio divina,*

Latin for "Holy Seeing" or "Divine Looking," is a Christian prayer practice that creates an openness to encounters with God and the Word.<sup>4</sup> It is similar to the sixth-century Benedictine practice of *lectio divina* in which one meditates on a passage of scripture allowing the Spirit to speak through the story, except in *visio divina* the Spirit is essentially revealed through images and feelings. The illuminations of the Saint John's Bible are suited perfectly for this unique form of visual contemplation and prayer, and they can even give us new insight into Biblical stories. Both the field of visual theology and the practice of *visio divina* enable us to know God and ourselves better as well as experience God's love more fully.

*May the eyes of your hearts be enlightened, that you may know what is the hope that belongs to his call, what are the riches of glory in his inheritance among the holy ones and what is the surpassing greatness of his power for us who believe.*  
(Ephesians 1:18-19)

Written by Kasey M. Devine  
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2. Mel Ahlborn, Ken Arnold, eds., *Visio Divina: A Reader in Faith and Visual Arts* (Leeds, Massachusetts: LeaderResources, 2009), 63.

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4. Mel Ahlborn, Ken Arnold, *Visio Divina* 28.



# SEEING THE WORD

## Eucharist

*Luke 22:14-20*

*"This is my body, given for you;  
this is my blood,  
poured out for you.  
Do this and remember me."*

(Psallite 238)



**W**hen the hour came, he took his place at the table, and the apostles with him. He said to them, "I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God." Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood."





praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man." Every day he was teaching in the temple, and at night he would go out & spend the night on the Mount of Olives, as it was called. And all the people would get up early in the morning to listen to him in the temple.

## 22

**N**ow the festival of Unleavened Bread, which is called the Passover, was near. The chief priests and the scribes were looking for a way to put Jesus to death, for they were afraid of the people. Then Satan entered into Judas called Iscariot, who was one of the twelve; he went away and conferred with the chief priests and officers of the temple police about how he might betray him to them. They were greatly pleased and agreed to give him money. So he consented & began to look for an opportunity to betray him to them when no crowd was present. Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, "Go and prepare the Passover meal for us that we may eat it." They asked him, "Where do you want us to make preparations for it?" "Listen," he said to them, "when you have entered the city, a man carrying a jar of water will meet you; follow him into the house he enters and say to the owner of the house, 'The teacher asks you, "Where is the guest room where I may eat the Passover with my disciples?"'" He will show you a large room upstairs, already furnished. Make preparations for us there." So they went and found everything as he had told them; and they prepared the Passover meal. When the hour came, he took his place at the table, and the apostles with him. He said to them,

"I have eagerly desired to eat this Passover with you before I suffer;" for I tell you, I will not eat it until it is fulfilled in the kingdom of God." Then he took a cup, and after giving thanks he said, "Take this & divide it among yourselves;" for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes. Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood." But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but not to that one by whom he is betrayed!" Then they began to ask one another which one of them it could be who would do this. A dispute also arose among them as to which one of them was to be regarded as the greatest. But he said to them, "The kings of the Gentiles lord it over them; and those in authority over them are called benefactors. But not so with you; rather the greatest among you must become like the youngest, and the leader like the one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one at the table? But I am among you as one who serves." "You are those who have stood by me in my trials;" and I confer on you, just as my Father has conferred on me, a kingdom, so that you may eat and drink at my table in my kingdom, and you will sit on thrones judging the twelve tribes of Israel. "Simon, Simon, listen! Satan has demanded to sift all of you like wheat, but I have prayed for you that your own faith may not fail; and you, when once you have turned back, strengthen your brothers." And he said to him, "Lord, I am ready to go with you to prison and to death!" Jesus said, "I tell

gk. *hōmō*  
gk. *hōmō*  
other ancient authorities read, *who are at the table*  
other ancient authorities lack in whole or in part, verses 19b-20 (which is *omitted* in my third I  
or, *has of turned*  
p. 100-101  
gk. *hōmō*

### LISTENING

Listen for God's word or a passage that touches the heart.



In his description of Jesus' final meal with his disciples, Luke emphasizes the intimacy of God's relationship with the people, celebrated in the Passover and sealed through the covenant ritual in Exodus 24. The significance of Passover is symbolized in the food. The participants, imitating the Israelites fleeing from Egypt, eat a meal of roasted lamb and unleavened bread, the fare of nomads on the move (see Exod 12:1-19).

Months later when the exodus generation arrived at Mount Sinai, God made a covenant with them, promising, "I will be your God and you will be my people" (see Exod 19:3-8). The covenant was sealed by a double ritual—a blood rite and a meal—signifying the sharing of life (Exod 24:1-11). Now God and the people have become "blood relatives." Jesus heightens the significance of this relationship, sealing the covenant in his own blood.

### MEDITATING

Ruminate on the word. Allow the word or passage to dwell within you. Allow this pondering to invite you into dialogue with God and then, in the spirit of Pentecost, share the word with the group.

### SEEING

Return to God's word for the purpose of "hearing and seeing" Christ in the text. Fix your gaze on the illumination. Ask God to open the eyes of your heart and enable you to see what God wants you to see. Be open to images, thoughts, impressions, and feelings that come into your awareness.



Luke describes two of the three cups of the Passover celebration. All three cups appear in the illumination. The design of the tablecloth, with its Star of David and its cross, reminds us that we Christians are allowed to share this sacred meal with our Jewish brothers and sisters. At the left we see the wine being offered at the Eucharist: "May the Lord accept this sacrifice." The Passover lamb takes center stage and its blood flows into the cup and overflows for us.

The new covenant continues to be offered to us in the twenty-first century. The right panel shows a ciborium. The bread of the Eucharist is reserved for the sick and all who suffer with Christ. Jesus eagerly desires to eat the Passover with us now. He who has taken on our flesh and blood desires to share life with us. In him God says over and over, "I will be your God and you will be my people."

### PRAYING

Pray to God, allowing for the transformation of your being and feelings. Give to God what you have found in your heart.



## CONTEMPLATING

Notice the transforming presence of God within you. Surrender all that is stirring, even if only briefly, and rest in God's embrace.



Who eat this bread and drink this cup are nourished by the life of Jesus and the blood of Jesus flows in our veins. This sharing of life makes us one body, intimately united as the living Body of Christ. Daily, weekly, we refresh this living unity. But there are serious implications of our oneness in Christ. Sharing the bread and wine demands of us that we care for all the members of Christ's Body, especially the most vulnerable. How can we neglect those who have become our own flesh and blood? How can we refuse to feed the hungry and clothe the naked? How can we declare, "Those people are no concern of mine"? Participating in Eucharist is a radical commitment to love one another as Christ has loved us.

## BECOMING CHRIST-LIKE

Return to God's word. Allow it to transform you. Notice how your faith is being deepened and your way of life motivated.

*"This is my body, given for you;  
this is my blood, poured out for you.  
Do this and remember me."*

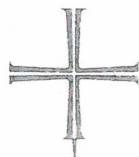
(Psallite 238)



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## SEEING THE WORD

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# Spiritual Development of Children



## First graders

- are open to spiritual realities and have a sense of the sacred.
- have a sense of awe and wonder and are comfortable with prayer.
- need an atmosphere of warmth and security.
- think of God as a provider and protector.
- enjoy being silent.
- are capable of taking simple prayers to heart.

## Second graders

- love to celebrate and enjoy ritual.
- have a natural sense of wonder
- are comfortable with prayer.
- enjoy quiet
- are capable of reflecting for short periods of time.
- are capable of praying spontaneously in a conversational style.
- see nature as a reflection of God's love and greatness.
- view the Church as a community of friends who help one another.
- begin to appreciate the liturgical seasons, seasons of the year, and feast days.
- are capable of taking simple prayers to heart.

## Third graders

- begin to see prayer as not entirely centered on the self and as more realistic.
- are capable of praying for broad concerns
- begin to see connections between events.
- enjoy ceremonies, rituals, and symbolism.
- need a sense of belonging.
- enjoy quiet and are capable of reflecting for short periods of time.
- are capable of praying spontaneously in a conversational style.
- begin to appreciate the liturgical seasons, seasons of the year, and feast days.
- are capable of taking complex prayers to heart.

## Fourth graders

- engage in hero worship and enjoy stories about saints and model Christians.
- have a realistic image of Jesus as a human being.
- enjoy rituals
- have a great sense of God's presence.
- tend to trust that things will work out since God is in charge.
- see God as faithful, just, and fair.
- are comfortable thanking God for positive things and asking God for help.
- enjoy quiet and are capable of reflecting for short periods of time.
- are capable of taking complex prayers to heart.

## Fifth graders

- are interested in preparing for and participating in meaningful liturgy and prayer.
- love symbols and ritual.
- enjoy Bible stories, especially about Jesus, and the lives of the saints.
- have a need for acceptance by the Church community.
- are beginning to recognize how they can use their gifts to serve the community.
- enjoy quiet and are capable of reflecting for long periods of time.
- are capable of taking complex prayers to heart.
- desire to experience prayer that is focused on emotionally confusing issues and conflicts.

## Sixth graders

- can appropriately relate messages in Scripture to their own life experiences.
- respond well to participating in liturgical celebrations.
- can relate to God in a variety of prayer forms.
- are capable of understanding God, community, and faith in a deep way.
- can recognize Jesus as an example to follow.
- enjoy quiet reflection and can sustain it for long periods of time.
- are capable of taking complex prayers to heart.
- desire to experience prayer that is focused on emotionally confusing issues.

### *Seventh and eighth graders*

- often exert a sense of independence by doubting, questioning, and challenging faith while at the same time seeking a deeper understanding
- begin to reject childhood notions of society, faith, Church, and God while at the same time embracing their faith roots, religious heritage, and religious tradition, especially during times of change in their lives.
- are developing their sense of spiritual identity based on their personal religious experience.
- are seeking to discover their place in the Church, and are eager to participate in projects that build up the Body of Christ.
- have increased conscience formation and are capable of a strong personal relationship with Jesus, even if they have yet to grasp complex doctrinal concepts.
- often see Jesus as a model and an ideal, one who guides them in their struggles and offers an unshakeable hope in the Kingdom of God.
- desire more freedom but still need structure and require encouragement in their self-expression.

## JESUS PRAYER

1. Close your eyes.
2. Breathe deeply and evenly.
3. Repeat the word Jesus in rhythm with your breathing.
4. Do slowly and respectfully.
5. Do this anytime/anywhere.

## GUIDED MEDITATION

1. Close your eyes.
2. Be aware of your surroundings.
3. Be aware of your breathing.
4. Use your imagination in following the suggestions of the person guiding the meditation.

## PRAYING WITH SCRIPTURE

1. Choose a Scripture Quote.
2. Read it slowly and prayerfully.
3. Choose the one passage that really strikes you.
4. Picture yourself in the scene.
5. What is Jesus saying to you?
6. Decide what Jesus wants you to do after praying this passage of Scripture.
7. Write down what you will do.

## PRAYING WITH A PSALM FROM THE OLD TESTAMENT

1. Choose a Psalm.
2. Read it slowly all the way through.
3. Go back and choose your favorite line.
4. Write it down.
5. Read it over and over again.
6. Become very still.
7. Experience God present in these words of the psalm.

## PRAYING WITH A SONG

1. Find a quiet place.
2. Play the song through once.
3. Replay the song to find a favorite line.
4. Write it down.
5. Repeat your favorite line as a prayer to God. (You may learn to sing this line as the prayer or learn to sing the whole song.)

## MEDITATION

1. Find a quiet and comfortable place and time.
2. Become centered through awareness of surroundings, breath, and God's presence.
3. Think about God or Jesus using your favorite image or Scripture quote.
4. Say what's in your heart to God (or Jesus).
5. Listen to what God (or Jesus) speaks to you through your thoughts, feelings, and imagination.

## SHARED PRAYER

1. Everyone in the group takes time to center.
2. Someone in the group reads a Bible selection slowly and reflectively.
3. The group leader asks questions about the reading.
4. Group members discuss the reading and apply it to their own lives today.

## PRAYING WITH NATURE

1. Go to a beautiful area in nature (lake, forest, ocean, Grand Canyon, etc.) or bring an object from nature inside (sea shell, colored leaf, etc.)
2. Reflect on the beauty of this nature as God's gift.
3. Thank God in prayer for this beautiful gift.
4. Decide to notice this gift often and to tell God thank for it.

**THIS IS THE WORD OF THE LORD**  
(fill in you own name)

I made you \_\_\_\_\_ in my own image and likeness, and when I made you, I saw that you are good. (Gn. 1:27,31)

You \_\_\_\_\_ are my work of art. (Eph. 2:10)

You \_\_\_\_\_ reflect like a mirror the brightness of the Lord, and grow brighter and brighter as you are turned into the image that you reflect: this is my work.

I have blessed you \_\_\_\_\_ with all the spiritual blessings of heaven in Christ. (Eph. 1:3)

You \_\_\_\_\_ are my friend. (Jn. 15:15)

I Made you \_\_\_\_\_ only a little less than angels, and crowned you with glory and honor. (Ps. 8:5)

You \_\_\_\_\_ are a glorious crown of beauty in the hand of God. (Is. 62:3-4)

With age-old love I have loved you \_\_\_\_\_; so I have kept my mercy toward you. (Jn. 31:3)

Your name \_\_\_\_\_ is written on the palm of my hand. (Is. 49-16)

I know the plans I have for you \_\_\_\_\_, plans of fullness, not of harm; I give you a future full of hope. (Jer. 31:14-17)

I will show you the path of life \_\_\_\_\_, the fullness of joy in my presence. (Ps. 15)

Consider the love God has given you, \_\_\_\_\_, that you are called a daughter/son of God. For indeed, that is what you are. (1 John 3:1)

In quiet and confidence you \_\_\_\_\_ will find your strength.  
(Isaiah 30:15)

Even if the mountains should leave their place and the hills shall be shaken, my love will never leave you \_\_\_\_\_. (Is 54:10)

Do you not know \_\_\_\_\_ that you are God's temple, and that God's Spirit dwells in you? God's temple is holy, and you are that temple.

Do not be afraid. I have called you by your name \_\_\_\_\_, you are mine. Should you pass through the sea, I will be with you; should you walk through fire, you not be scorched. You are precious in my eyes, and I love and honor you. (Is. 43:1-4)

I am waiting to be gracious to you \_\_\_\_\_; to rise up to show mercy to you.

As one whom the mother caresses \_\_\_\_\_ so will I comfort you.  
(Jer 66:13)

I have chosen you \_\_\_\_\_ as my disciple, to go forth and bear much fruit. (Jn. 15:16)



I am the potter \_\_\_\_\_ and you are clay. I am your maker and you, the work of my hands. (Is. 64:8)

I have put my words in your mouth \_\_\_\_\_, and covered you in the shadow of my hands. (Is. 51:16)

Peace I leave with you \_\_\_\_\_; my own peace I give to you, a peace that the world cannot give. (Jn. 14:27)

I am able to do immeasurably more than you, \_\_\_\_\_, ask or imagine. (Eph. 3:20)

No disaster can overtake you \_\_\_\_\_. I am with you when you are in trouble. I give you life, long and full. (Ps 91)

Do not let your heart be troubled \_\_\_\_\_. Trust in God and trust in me. (Jn. 14:1)

Do not be afraid, for I am with you \_\_\_\_\_. (Is. 43:5)

Can a mother forget her baby? Could she lack tenderness for the child in her womb? Even if she should forget, I will never forget you \_\_\_\_\_. (Is. 49:15)

Make your home in me, as I make mine in you \_\_\_\_\_. (Jn 15)

When you were a child I loved you \_\_\_\_\_. I myself taught you how to walk. I took you in my arms. ...I was like someone who lifts an infant close against his/her cheek; Stooping down to you \_\_\_\_\_ I gave you your food. (Hs. 11:1-8)

As the bridegroom rejoices in his bride, so will I, your God, rejoice in you \_\_\_\_\_. (Is 62:5)

I have always supported you \_\_\_\_\_, and I will continue. I will carry you to safety. (Is 46:4)

I clothed you \_\_\_\_\_ with my own splendor. (Ez 16:14)

\_\_\_\_\_, my grace is enough for you; my power works perfectly in your weakness. (2 Cor 12:9)

You \_\_\_\_\_ will rest, with no one to frighten you away. (Is 17:2)

You \_\_\_\_\_ who trust in God shall renew your strength. (Is 40:31)

Look to me \_\_\_\_\_ that you may be radiant with joy. (Ps 33:6)

You shall become like me \_\_\_\_\_ for you shall see me as I am.  
(1 Jn 3:2)

No eye has seen and no ear has heard, nor has it entered anyone's heart, \_\_\_\_\_, to imagine all that I have prepared for those who love me.  
(1 Cor 2:9)

In your old age I shall be the same still. When your hair is gray, \_\_\_\_\_ I shall still support you. (Dt 1:31)

I have gone to prepare a place for you, and I shall return to take you with me, so that where I am, you \_\_\_\_\_ also may be.

# God Rocks!

Judith Costello

I have always liked the “worry stone” idea. Carrying a smooth item in my pocket to rub during times of stress somehow offers comfort.

To bring this concept into our formation program lessons, I used to collect small pebbles and would have students draw faces of Jesus on them using permanent markers. The students loved the idea, but a few of the kids weren't happy with their drawings. It's not easy to draw on a small, uneven surface.

So our latest effort has been to use my own artwork glued to the rocks. The face of Jesus seems to “come alive.” Instead of calling these “worry stones” we call them “God rocks.” This name has a double meaning. The rocks are symbolic of the strength of God *and* the term (God rocks) fits the latest term for something amazing; we say “it rocks.” Teens like to shout out “Our school rocks” or “Our team rocks.” “God rocks” is another way of saying “God is the best!”

## Give a God Rock

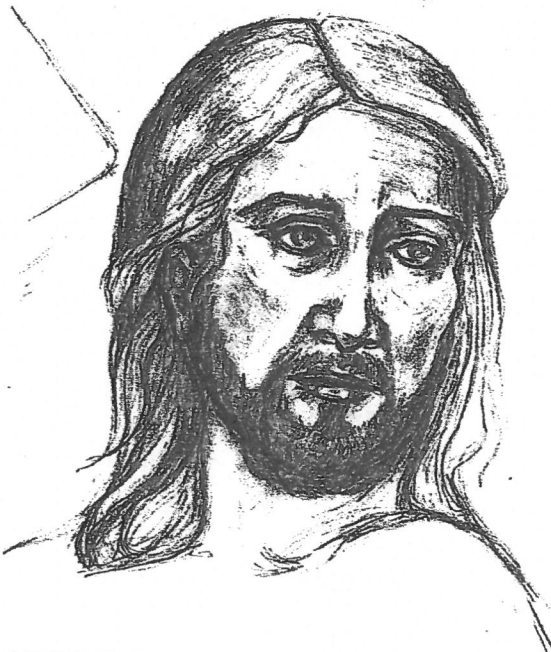
During the Advent and Christmas Seasons, God rocks take on another special meaning. They remind us that God gave us his only Son. The Son of God left the grandeur and glory of heaven to enter humanity in a human body, to be a helpless infant, and to lift up the poor by being born in a lowly stable. Giving a God rock to someone at any time during this season is to give a gift of inspiration, reassurance, and love.

- 1) You will need a clear glass craft rock for each God rock. These are sold at craft stores, dollar stores, and in some shops that sell aquarium supplies. (They are often used at the bottom of fish tanks.) Look for the ones that are clear and not frosted. These come in different sizes and tinted colors.
- 2) Copy the image of Jesus provided here to a reduced size that will fit on one of the rocks. Make enough copies so that each student has one—with some extra in case a child wants to “start over.”
- 3) Place a rock over the image of Jesus and trace around the rock with a pencil. Add color to the *background* of the Jesus image using water-based markers.
- 4) Cut out the image of Jesus along the pencil lines.
- 5) Smear glue over the entire surface of the image of Jesus, rubbing it with a finger or a brush. (Regular glue is better than school glue for permanency.)



- 6) Press the artwork onto the rock. Gently rub the artwork to press it securely against the rock. Press hard. Some glue may come out around the edges of the artwork. Carefully wipe it off.
- 7) Allow the glue to dry. Share God rocks with everyone!

Judith Costello, MA, writes for national and regional publications and is a Third Order Carmelite (OCSO). She is an artist, freelance writer, and catechist. Judith can be reached at [Judith@parentingwithspirit.com](mailto:Judith@parentingwithspirit.com).



## Psalm 23

The Lord is my Shepherd  
That's Relationship!

I shall not want  
That's Supply!

He maketh me to lie down in green pastures  
That's Rest!

He leadeth me beside the still waters  
That's Refreshment!

He restoreth my soul  
That's Healing!

He leadeth me in the paths of righteousness  
That's Guidance!

For His name sake  
That's Purpose!

Yea, though I walk through the valley of the shadow of death  
That's Testing!

I will fear no evil  
That's Protection!

For Thou art with me  
That's Faithfulness!

Thy rod and Thy staff they comfort me  
That's Discipline!

Thou preparest a table before me in the presence of mine enemies  
That's Hope!

Thou annointest my head with oil  
That Consecration!

My cup runneth over  
That's Abundance!

Surely goodness and mercy follow me all the days of my life  
That's Blessing!

And I will dwell in the house of the Lord  
That's Security!

Forever  
That's Eternity!

# THE ABC'S OF GRATITUDE

by Jeanette Martino Land

Any time is a good time for us to cultivate an attitude of gratitude in ourselves and our families. But the holiday season offers a specially opportune time to begin this practice, as we celebrate the birth of Jesus.

Let us bless God for the wondrous gift of freedom! Let us thank God for our many blessings for family, friends and the many material things we often take for granted. Let us make this attitude of gratitude a part of our lives all year long!

An excellent way to do this is by focusing on Scripture versus that express gratitude to God. Ask each member of the family to search the bible for versus expressing gratitude.

**Here's one that corresponds to the letters of the alphabet:**

**A**—Arise and thank God for his great love in the dawning of a new day.

"Every morning I will sing aloud of your constant love"  
Psalm 59:16

**B**—Boast only in the Lord, grateful for what he has done for you.

"For it is when the Lord thinks well of a person that he is really approved" II Corinthians 10:18

**C**—Cultivate and captivate inner joy.

"I will still be joyful and glad because the Lord God is my savior" Hebrews 3:18

**D**—Do what Jesus would do in your relationships with family and friends.

"Do unto others what you want them to do for you!"  
Matthew 7:12

**E**—Eat healthily and take care of your body. "It is better to be poor but strong and healthy, than to be rich, but in poor health"  
Deuteronomy 8:3

**F**—Fast from criticism and jealousy. "Man must not depend on bread alone to sustain him, but on everything that the Lord says"  
Deuteronomy 8:3

**G**—Give thanks always, at all times, no matter what. "I will always thank the Lord"

**H**—Hug someone in your family, especially that person whom you find it hardest to love. "Conquer evil with good" Romans 12:21

**I**—Increase your attitude of gratitude.

"Give thanks to the Lord, because he is good, his love is eternal"  
Psalm 106:1

**J**—Jump for joy: Jesus is your best friend!

"I will sing with joy because of you. I will sing praise to you, Almighty God" Psalm 9:2

**K**—Kindness is always the "in" thing. "Be kind and tender hearted to one another" Ephesians 4:32

**L**—Love God and love all life.

"If you obey my commands, you will remain in my love"  
John 15:10

**M**—Make a list each day of what you're thankful for. "Giving thanks is the sacrifice that honors me" Psalm 50:23

**N**—Notice the beauty of God's creation in nature. God looked at everything he had made, and he was very pleased"  
Genesis 1:31

**O**—Order your day according to God's way. "Remember that the Lord in everything you do, and he will show you the right way" Proverbs 3:6

**P**—Prayers and praise are pleasing to God. "Pray at all times"  
1 Thessalonians 5:17

**Q**—Quickly turn to God and listen to him in quiet time, a time to listen, so you can hear God speak to you. "Listen! I stand at the door and knock; if anyone hears my voice and opens the door, I will come into his house and eat with him, and he will eat with me" Revelation 3:20

**R**—Rejoice in the Lord, your God! "Clap your hands for joy, all peoples" Psalm 47:1

**S**—Share your time, talent and treasure with others. "Give your help to the poor, and the Lord will give you his perfect blessing" Sirach 7:32

**T**—Try your best to be the person God wants you to be. "I have done my best in the race, I have run the full distance, and I have kept the faith"

**U**—Understand in your heart God's great love for you. "See how much the father has loved us! His love is so great that we are called God's children" 1 John 3:1

**V**—Visit someone who is lonely or sick. "Remember those who are suffering, as though you were suffering as they:"  
Hebrews 13:3

**W**—witness to the goodness of the Lord. "Go back home to your family and tell them how much the Lord has done for you and how kind he has been to you" Mark 5:19

**X**—Xmas—Christ's Mass—Christ is an aspect of God love the world so much that he gave his only son, so that everyone who believes in him may not die but have eternal life" John 3:16

**Y**—You are special in God's eyes. "The Lord rewards me when I do right" Psalm 18:20

**Z**—Zzzz—sleep soundly and rest in God's loving arms, thanking him for the day that's ending. "When I lie down, I go to sleep in peace, you alone, O Lord, keep me perfectly safe"



# POPE FRANCIS' FIVE FINGER PRAYER

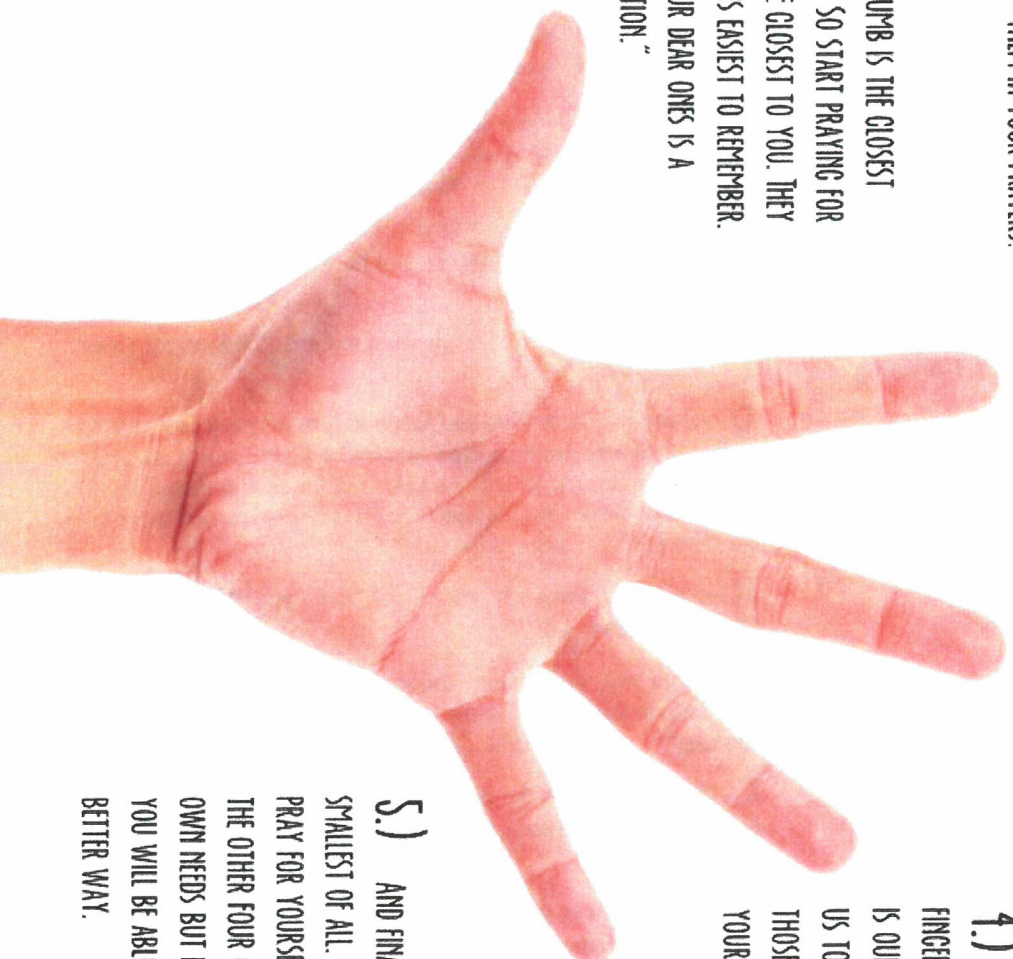
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2.) THE NEXT FINGER IS THE INDEX. PRAY FOR THOSE WHO TEACH YOU, INSTRUCT YOU AND HEAL YOU. THEY NEED THE SUPPORT AND WISDOM TO SHOW DIRECTION TO OTHERS. ALWAYS KEEP THEM IN YOUR PRAYERS.

3.) THE FOLLOWING FINGER IS THE TALLEST. IT REMINDS US OF OUR LEADERS, THE GOVERNORS AND THOSE WHO HAVE AUTHORITY. THEY NEED GOD'S GUIDANCE.

4.) THE FOURTH FINGER IS THE RING FINGER. EVEN THAT IT MAY SURPRISE YOU, IT IS OUR WEAKEST FINGER. IT SHOULD REMIND US TO PRAY FOR THE WEAKEST, THE SICK OR THOSE PLAGUED BY PROBLEMS. THEY NEED YOUR PRAYERS.

1.) THE THUMB IS THE CLOSEST FINGER TO YOU. SO START PRAYING FOR THOSE WHO ARE CLOSEST TO YOU. THEY ARE THE PERSONS EASIEST TO REMEMBER. TO PRAY FOR OUR DEAR ONES IS A "SWEET OBLIGATION."



5.) AND FINALLY WE HAVE OUR SMALLEST FINGER, THE SMALLEST OF ALL. YOUR PINKIE SHOULD REMIND YOU TO PRAY FOR YOURSELF. WHEN YOU ARE DONE PRAYING FOR THE OTHER FOUR GROUPS, YOU WILL BE ABLE TO SEE YOUR OWN NEEDS BUT IN THE PROPER PERSPECTIVE, AND ALSO YOU WILL BE ABLE TO PRAY FOR YOUR OWN NEEDS IN A BETTER WAY.

# Pope Francis' Five Finger Prayer



yourself

weakest

leaders

parents and teachers

family and friends