

Sisters, Servants of the Immaculate Heart of Mary

IHM Catholic EdNotes

Volume 1, Issue No. 3



Compassion **Peace** *Justice*

WWW.IHMIMMACULATA.ORG



OUR CREATIVE CONTRIBUTORS

Sister Jeanne Baker IHM
Marissa Caporiccio
Sister Mary Chapman IHM
Karen Creely
Sister Mary Jo Ely IHM
Sister Theresa Duffy IHM
Candace Harkins
Barbara Kiester
Sister Judith Kathleen Knowlton IHM
Kim Lamb
Barbara Long
Sister Patricia McCormack IHM
Sister Beverly Pellegrino IHM
Sister Susan Joseph Porvaznik IHM
Sister Edward William Quinn IHM
Sister Eileen Reilly IHM
Sister Christina Marie Roberts IHM
Sister Stephen Anne Roderiguez IHM
Sister Amanda Marie Russell IHM
Sister Adrienne Saybolt IHM
Sister Patricia Scanlon IHM
Sister Kathleen Schipani IHM
Sister Monica Therese Sicilia IHM
Sister Mary Ann Spaetti IHM
Sister Maryanne Sweeney IHM
Sister Eileen Tiernan IHM
Sister Stephanie Gabriel Tracy IHM
Lisa Youngers

Thank You!
THANK YOU!



Dear Friends,

Welcome to our Spring 2021 issue of the IHM Catholic EdNotes, formerly known and loved as the ABC Notes!

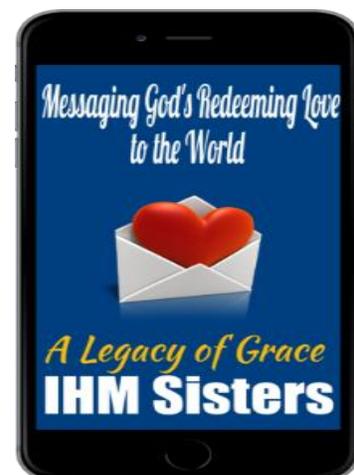
Our cover this edition celebrates Catholic Social Teaching. Our IHM Sisters and their dedicated lay colleagues, who are true everyday heroes, know the importance of providing their students with the knowledge and skills to make sense of their world with a God-view!

Visit this website to learn more:
<https://tinyurl.com/y5e297xb>

We have engaging, informative and interesting features that we hope will support your best practices, Pre-K through Grade 12, whether in a school setting or parish program!

If you have any comments or suggestions, please contact us:
ihmcatholicednotes@gmail.com

God bless you for your dedication to Catholic education! Stay safe and well!





Sharing the IHM Charism

By Sister Susan Joseph Porvaznik IHM

This is the 175th Anniversary of the founding of the Sisters, Servants of the Immaculate Heart of Mary in Monroe, Michigan. Our history books have documented the significant facts of the community but, more importantly, our community anecdotes and personal writings of our members have given shape to the IHM response to emerging needs and have told the stories of our relationship with God and all those whom we serve.

In the business world, *agility* is a necessary characteristic for success. It is critical that businesses retain practices that permit them to be innovative and dynamic to respond to changing markets and customer demands. Just as an agile person might be described as nimble, organizations which are agile can pivot quickly and accurately to meet the needs of their customers.

Although not strictly defined as a business quality responding to market trends, *agility* has been the underlying characteristic in the storied legacy of our IHM community throughout the past 175 years. In the IHM world, we would call this responding to the emerging needs. From 1846 with the founding of the Young Ladies Academy in Monroe and throughout the years to the 21st century, with the beginning of the IHM Literacy Centers, the IHM agile response has not only provided service to God's people but also the opportunity for the formation of relationships, the unique avenue for sharing of the IHM Charism of love, creative hope, and fidelity.

It was love that prompted Mother Theresa Maxis to leave Baltimore, to join Father Gillet in the obscure back country of Michigan, and to begin a journey which would lead her to experience love through great joy and much suffering. Theresa's response to emerging needs took her to Monroe, Susquehanna, Reading, and to Ottawa establishing relationships with her sisters, students, priests, and bishops throughout her sixty-two years in religious life. During this lifetime, Theresa saw the establishment of the Monroe, Scranton, and Immaculata foundations but, she also felt the pain of nearly seventeen years of separation from her beloved IHM Sisters. Through all her life, Theresa demonstrated a strong reliance on Divine Providence even while in Canada, dismissed from full participation in the community which she helped to form. Undaunted by refusals, Theresa maintained a spirit of creative hope that one day she would be reunited with her own. Never indifferent, Theresa Maxis lived an *agile* life of fidelity to her vocation and to the mission of the Church. As the first superior of the Congregation, she was devoted to the creation of the religious rule and the responded generously to the establishment of schools in Michigan and Pennsylvania.

Although we have few stories of Mother Theresa, her prayers, reflections, and letters inform our relationship with her and illustrate for us her unique response to the gift of the IHM Charism. Innovative, dynamic, zealous, selfless, dedicated, resourceful, adaptable, compassionate, courageous, and undaunted in her beliefs, Mother Theresa Maxis is an example for all IHM Sisters and those who minister with us of an active, *agile* life, a life spent meeting the emerging needs of God's people.



Growing as a Family of Faith

By Sister Eileen Tiernan IHM

Our experience, this past year, of quarantines and safety protocols pushed all educators to think “out of the box” as they attempted to forge ahead while existing with our new covid reality. This has been especially so for those who coordinate their parish’s Religious Education Programs. This past year presented unique challenges for Directors of Faith Formation or Religious Education, as many programs could not reconvene in person. Since parish programs vary as to the resources available to them, their leaders had to do much re-visioning to keep the flame of catechesis burning in the midst of all the challenges. However, as crises have a way of doing, they often open our eyes to solutions, even treasures, that are already present. Maybe these crises help us to refocus or change our perspective on what is before us. One such treasure was to focus on our parents and families, the “domestic Church” at home as the center for catechesis.

Family Faith Formation or Whole Family Catechesis is not a new idea in the field of catechetics. This model has been around for some time, and while it has been steadily growing in faith formation programs, our current pandemic environment has made us appreciate its value even more. This is more than handing a book to a parent and saying, “good luck and we will see you next year.” It is predicated on the Church’s view of the Catholic family as a “domestic Church.” This vision was first put forth by the Second Vatican Council in 1964 with the promulgation of *Lumen Gentium (the Dogmatic Constitution on the Church)*. In Chapter 11, titled ***On the People of God***, it states: *“The family is, so to speak, the domestic church. In it parents should, by their word and example, be the first preachers of the faith to their children...”*



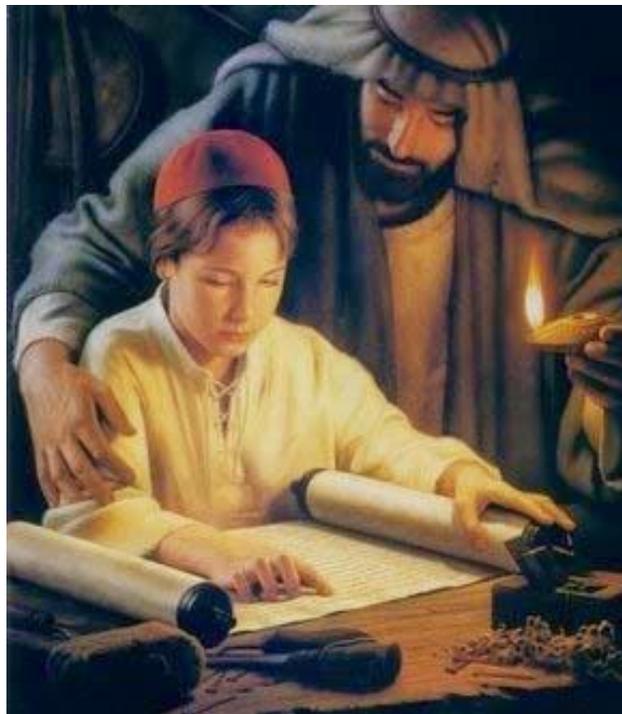
“You have asked to have your child baptized. In doing so you are accepting the responsibility of training him/her in the faith.” (Catholic Rite of Baptism) Parents are reminded of their role as the first and foundational catechists to their children at the moment of their child’s Baptism. And the Bishops reiterate this sentiment with their teaching. *“The family is a proclamation of faith in that it is the natural place in which faith can be lived in a simple and spontaneous manner. It is, indeed, a Christian education more witnessed to than taught, more occasional*

than systematic, more ongoing and daily than structured into periods.” (Directory for Catechesis, USCCB, 2020, #227)

Perhaps a new perspective on parish faith formation, sharpened by the challenges of social distancing, is to take the Church seriously on its emphasis on the family and the role of the parents. Some parents will need more guidance and support than others. All will need encouragement. This gives the leaders of these programs momentum to act more in the role of guide or shepherd rather than arbiter of knowledge. The act of catechizing in this setting is more an experience of faith than an academic endeavor, in which all members of the family have the opportunity to grow in faith together.

Fr. Robert Hater writes in his article The Role of Family in God’s Designs from “House Churches” to the “Domestic Church”: *“Many Christians, to this day, miss the implications of this shift from Institution to People of God to Domestic Church until they consider the special role of the family in God’s designs. (Parents) are to cooperate with these graces and establish a climate in the home where the Christian faith grows and flourishes.”* **The Catholic Telegraph, April 30, 2020.**

As leaders and directors of parish faith formation programs, let us focus on journeying with our parents, supplying them with what they need, quenching their thirst for faith, even if some are not yet aware of that thirst, and facilitate the growth of faith and catechesis in their “domestic church.”



Silence – God’s Lesson of Love!



As Catholic educators, what concept can we teach our students that would benefit them throughout their lives? We may answer this question in a pedagogical sense, stating that schoolchildren must master the fundamentals of religion, reading, writing, and mathematics. We also recognize the importance of social studies, science, technology, music, art, physical education, and foreign language.

We believe that our students should be responsible citizens, loving and compassionate toward all, and that they acquire collaborative and team building skills. For this to happen we may have them participate in social/emotional exercises, service projects, public speaking opportunities, and conflict resolution skills. All the above will equip them to maneuver and experience success in our constantly changing and chaotic world . . . but what else will really help them deep down to live life to the full, in peace and joy with themselves and others?

I propose that in addition to having young scholars achieve content mastery in the above areas, we must also provide them with quiet times with Jesus in prayer. One way to do this is to take your class for a visit to church to sit before the Blessed Sacrament and allow Jesus to speak to each of them in the silence of their hearts.

Years ago, I remember taking my religion class over to church for some prayer time. As the teacher, I carefully planned out our schedule: 1st - we would pray a decade of the rosary; 2nd – read a Scripture passage, 3rd – discuss the passage and how it relates to everyday life; and lastly, give the

group approximately five - 10 minutes for their own time with Jesus. Following our church visit, I asked the children how they felt about the experience. Their response surprised me, “Sister, it was nice, but next time can we go over to church and just be on our own?” As a result of their feedback, the next time we went to church, I explained that they would be totally on their own. I suggested that for the visit they may take a rosary, Bible, their religion text, or nothing at all.

After we genuflected as a class and prayed, “Jesus, in the Blessed Sacrament, I adore You,” the youngsters scattered throughout the church. Some knelt or sat close to the tabernacle; others prayed the Stations of the Cross or their rosary; a few went off by themselves and read Scripture together, and still others just sat in silence and listened in prayer. Most of the participants did not have this type of experience before. I was truly awestruck by their sincerity and simplicity. After nearly 20 years, I still remember this special time; that is how deeply it touched me.



Following this visit, we returned to class and the students were excited to share how their prayer time affected them and inquired as to when we would schedule our next visit. This time outside the regular religion class helped me to understand Jesus’ special love for children. Their openness and longing for union with God was real. For young people to develop a personal relationship with our loving Savior, it is necessary to arrange such opportunities for them. If we as Catholic school educators do not set time aside for this purpose, then who will?

As teachers and/or administrators, we can often feel overwhelmed with how much is expected of us, especially during challenging times such as the pandemic, and so we too must quiet ourselves and allow Jesus to console, comfort, and fill us with His peace. We may think we do not have time because there are lessons to prepare, work due for the re-accreditation project, organizational duties to complete, or family duties to accomplish, etc. The truth is - Jesus knows all about our worries, cares, and responsibilities and tenderly tells us, “Come to Me, all you who are weary and overburdened, and I will give you rest. (Mt. 11:28). We can also hear in the silence of our hearts our heavenly Father who “grasps us by the hand,” speaking lovingly to us individually as He did to His beloved Son, “(Your Name), you are My very precious son/daughter, I love you more than you could ever imagine; with you, I am well pleased.”

Therefore, besides addressing all the academic needs of learners, we must also cultivate for them quiet times with Jesus so that He may share His joy and His love, and bless them with His peace in this very noisy and fast-paced world. May 2021 be filled with many opportunities for silent prayer for you and your class, and may Jesus bring calm to your busy lives and give you the graces needed to continue the especially important vocation of guiding your students in their faith journey for life!



In Mary’s Immaculate Heart, I am,

Sister Mary C. Chapman, IHM, Ed.D.

smaryihm@gmail.com

Educators are among the American Heroes and Essential Workers during COVID-19! For some uplifting and amusing messages and a reminder that you make a positive difference visit the following YouTube videos:

<https://www.youtube.com/watch?v=W5tf5ZJuUBI>

<https://www.youtube.com/watch?v=n3pdoe1hfuE>

https://www.youtube.com/watch?v=yObcMi_0du0

<https://www.youtube.com/watch?v=Mf6HLttmDkI>

MAXIMIZING LEARNING FOR ALL STUDENTS

INCLUSION PRACTICES FOR CATHOLIC SCHOOLS AND PARISH RELIGIOUS EDUCATION



Directory for Catechesis and Persons with Disabilities

In March of 2020, Pope Francis approved the new Directory for Catechesis. As the preface states this marks a new stage in the dynamic renewal that catechesis carries out. Within our IHM tradition, catechesis, a privileged stage in the process of evangelization, is at the core of our charism. The Directory reiterates what we know and have experienced as catechists in Catholic Schools,

parish religious education programs and less formal environments of catechesis. "At the center of every process of catechesis is the living encounter

with Christ." (DC, #75) The Directory goes on to say that the encounter with Christ involves the person in his/her totality: heart, mind and senses. It does not concern only the mind, but also the body and above all the heart.

This truth informs chapter seven of the Directory, which is entitled: Catechesis in the Lives of Persons. This chapter begins with the statement; "Every one of the

baptized, called to the maturity of faith, has the right to adequate catechesis." (DC, #224) For Good and faithful catechesis accommodates the proclamation of the revealed word to meet each person, considering the full spectrum of diverse circumstances and situations, including age, intellectual development, psychological condition, and spiritual maturity. This includes

persons with disabilities in all their stages. We may affirm this but do not always respond to it in effective and meaningful ways.

Chapter seven, part six of the Directory is devoted to catechesis

with persons with disabilities. It is telling that the first sentence of this section reminds us that our concern for the catechesis for persons with disabilities "springs from God's way of acting." (DC,#269) Further, it states that communities are called not only to care for and catechize the most vulnerable but to recognize the presence of Jesus who in a special way manifests himself in them.

AT THE CENTER OF EVERY PROCESS OF CATECHESIS IS THE LIVING ENCOUNTER WITH CHRIST.

Resources for Inclusive Religious Education

Key Ecclesial Documents

[USCCB 1978 Pastoral Statement on Persons with Disabilities](#)

[1998 Welcome and Justice for Persons with Disabilities](#)

[2017 USCCB Revised Guidelines for the Celebration of the Sacraments with Persons with Disabilities](#)

Other Resources

www.opdarchphilly.org Office for Persons with Disabilities of the Archdiocese of Philadelphia has resources under the Faith Formation Section.

www.odwphiladelphia.org The Office for Divine Worship has resources related to full participation in the Sacraments for Persons with Disabilities.

www.ncpd.org The National Catholic Partnership on Disability (NCPD) works collaboratively to ensure meaningful participation of people with disabilities in all aspects of the life of the Church and society.

CATECHESIS FOR PERSONS WITH DISABILITIES "SPRINGS FROM GOD'S WAY OF ACTING."

It also warns us that while on a cultural level these lives may be dismissed and not valued, we must understand the manifold human and spiritual richness in persons with disabilities. Thus, we recognize that vulnerability belongs to the essence of humanity and does not prevent happiness or holiness. Within parish and school communities, persons with disabilities “must be welcomed as a great gift.” (DC, #270) The community is profoundly enriched by their presence and become more aware of the salvific mystery of the cross and resurrection of Christ.

The Directory goes on to say that parishes be open to the ordinary presence of persons with disabilities within programs of catechesis. These programs include Catholic Schools. Each community of catechetical formation is to actively work to promote a *culture of inclusion*. Further, leaders and catechists are encouraged to seek new channels of communication and methods more suitable and effective in fostering a genuine encounter with Jesus. Those involved with education and religious formation are encouraged to receive the specific formation necessary to support and foster this culture of inclusion.

Reiterating Pope Francis’ statement and past documents the Directory again asserts that persons with disabilities are called to the fullness of sacramental life, even in the presence of severe

disabilities. (DC, # 272) This is not always the pastoral practice. It is evident that often, both the nature of disability and the theology of the sacraments are sometimes misunderstood. Persons with disability are made in God’s image and share the same dignity and destiny as all those redeemed by the pascal mystery. As the Directory states sacraments and the liturgy are gifts from God and even before being rationally understood, they need to be lived.

**PRECISELY BECAUSE
THEY ARE A WITNESS TO
THE ESSENTIAL TRUTH
OF HUMAN LIFE,
PERSONS WITH
DISABILITIES MUST BE
WELCOMED AS A
GREAT GIFT.**

This section concludes stating that people with disabilities are not only recipients of catechesis but participants and agents of evangelization. The communities that are able to discover the beauty and joy of faith of its members with disabilities becomes richer and blessed in both the process and the outcome.

Thus, we are called to make this a reality in our efforts to foster a *culture of inclusion* in our schools and programs of catechesis. In so doing we model “God’s way of acting” in this extraordinary mission of evangelization and catechesis entrusted to us.

More Resources

https://udayton.edu/artssciences/ctr/ipi/inclusive_catechesis_resources/index.php As part of the University of Dayton Institute for Pastoral Initiatives, the *Inclusive Catechesis*, provides resources for Sacramental preparation, print and DVD’s to assist with religious education.

www.inclusioninworship.org The "Open Hearts, Open Minds, Open Doors" program of Pathways Awareness assists congregations of all faith traditions to include people with physical, sensory, mental or emotional differences into all aspects of faith life.

www.friendship.org Friendship Ministries equip churches from more than 60 denominations to include people with intellectual disabilities.

www.xaviersocietyfortheblind.org Xavier Society produces Braille, large print, audiotapes and most recently digital formats of religious books and periodicals.

www.ncod.org National Catholic Office for the Deaf develops and disseminates religious education and pastoral training resources for ministry with deaf.

www.faihanddisability.org / www.faihability.org National collaboratives promoting religion and disability resources and research.

Sister Kathleen Schipani, IHM

Director of the Office for Persons with Disabilities & the Deaf Apostolate, Archdiocese of Philadelphia

Each edition of **Maximizing Learning for All Students** will explore inclusion practices and evidenced based strategies that minimize barriers and maximize learning for ALL students.

Weekly Lenten Prayers 2021

(Composed by Sister Mary Anne Sweeney IHM)

First Week of Lent

Sign of the Cross: In the name of the Father...

Call to Prayer: We adore You, O Christ, and we bless You.

- Because by Your holy cross, You have redeemed the world.

Opening Hymn: Lift High the Cross – Verse 1

Introduction: During these sacred days of Lent, we are asking Our Lord to **GIVE US NEW HEARTS** - filled with *KINDNESS, SERVICE, CONTRITION, COURAGE,* and *LOVE*. Each Tuesday, we will pray for the grace to live one specific virtue. We will also remember one holy person from the love story of Calvary, who witnessed to that virtue. We will ask him or her to intercede for us on our Lenten journey and for all who need our prayers. This week, we think of **Veronica** and her **Kindness**. At the Sixth Station, we see Veronica brave the angry crowd and wipe the tears and blood from Jesus' face. What a small deed of **kindness!** What a gigantic act of love for Jesus! "*Nothing is small if it is done with great love.*" We, too, are often asked to step out of the crowd and offer **kindness** to someone.

Intercessions:

The Response is: GIVE US NEW HEARTS!

Help us when we are afraid to do the right thing
when no one else does, we pray to the Lord...

Help us to intentionally do one kind deed today,
we pray to the Lord...

Help us to be grateful for our parents, teachers,
doctors, nurses, and essential workers who have
“wiped the face” of so many in kindness during
this pandemic, we pray to the Lord...

Pray Together: **STUDENT’S PRAYER FOR LENT**

Closing Hymn: Refrain of: Loving and Forgiving

Sign of the Cross: In the name...

Second Week of Lent

Sign of the Cross: In the name...

Call to Prayer: We adore You, O Christ, and we bless You.

- Because by Your holy cross, You have redeemed the world.

Opening Hymn: Lift High the Cross Verse 2

Introduction: This week, we think about **Simon** and his **Service** to Jesus. Jesus really needed Simon's help and Simon was willing to support and **serve** Jesus by helping to carry his heavy Cross. Let us pick up our own cross and try to share the burden of someone else's cross today.

Intercessions: **The Response is: GIVE US NEW HEARTS!**

For the grace to carry our own cross cheerfully today,
we pray to the Lord...

For the grace to help others to carry their cross
today, we pray to the Lord...

For special graces for all those who are carrying very
heavy crosses, especially the sick, the grieving, and those
who are unemployed because of the pandemic, we pray
to the Lord...

Pray Together: **STUDENT'S PRAYER FOR LENT**

Closing Hymn: Refrain of: Loving and Forgiving

Sign of the Cross: In the name...



Third Week of Lent

Sign of the Cross: In the name...

Call to Prayer: We adore You O Christ and we bless You.

- Because by Your holy cross You have redeemed the world.

Opening Hymn: Lift High the Cross Verse 3

Introduction: This week, we think about **Peter** and the virtue of **Contrition**. Contrition means to be sorry for our sins. Peter betrayed Jesus not just once, but three times. He was sorry for what he had done for the rest of his life, but Peter was also grateful for the mercy and forgiveness of Jesus. This week, we pray for true **Contrition** for our sins.

Intercessions:**The Response is: GIVE US NEW HEARTS!**

We are sorry for our sins of thought and word, we pray to the Lord...

We are sorry for our sins of failing to do good deeds, we pray to the Lord...

We are grateful for the grace of new beginnings, especially through the Sacrament of Penance, we pray to the Lord...

Pray Together:**STUDENT'S PRAYER FOR LENT****Closing Hymn:**Refrain of: Loving and Forgiving**Sign of the Cross:**

In the name...

Fourth Week of Lent**Sign of the Cross:**

In the name...

Call to Prayer:

We adore You, O Christ, and we bless You.

- Because by Your holy cross, You have redeemed the world.

Opening Hymn:

Lift High the Cross – Verse 4

Introduction:

This week, we think about **Dismas, the Good Thief**, and the virtue of **Courage**. Dismas knew that he was a

sinner, but he also knew in his heart that Jesus was a very good man. It took great **Courage** to stand up for Jesus when the other thief was bullying Jesus by calling Him names. For this one act of **Courage**, Dismas was

promised heaven. We ask today for the **Courage** to stand up for others who feel hurt or alone.

Intercessions:

The Response is: **GIVE US NEW HEARTS!**

For the grace to admit that we are sinners, we pray to the Lord...

For the grace to stand up to bullies and to violence of any kind, by being true peacemakers to one another, we pray to the Lord...

For the priceless blessing of seeing God face to face in heaven, we pray to the Lord...

Pray Together: **STUDENT'S PRAYER FOR LENT**

Closing Hymn: Refrain of: Loving and Forgiving

Sign of the Cross: In the name...

Fifth Week of Lent

Sign of the Cross: In the name...

Call to Prayer: We adore You, O Christ, and we bless You.
- Because by Your holy cross, You have
redeemed the world.

Opening Hymn: Lift High the Cross – Verse 1

Introduction: This week, we think of **Mary** and the virtue of
Love. Mary teaches us that real **love** means sacrifice
and the willingness to forgive. Mary's heart was broken,
but her strong **love** kept her standing by the Cross,
forgiving all those who hurt or betrayed her Son, Jesus.

Intercessions:

The Response is: GIVE US NEW HEARTS!

For the generosity we need to show our love by many little sacrifices today, we pray to the Lord...

For the grace of a forgiving heart, especially if we have

been hurt by a friend or a family member, we pray to the Lord...

For all who are dying, that they will know that Mary is

beside them to share their pain and to bring them to heaven, we pray to the Lord...

Pray Together:

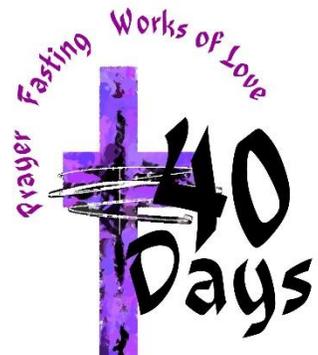
STUDENT'S PRAYER FOR LENT

Closing Hymn:

Refrain of: Loving and Forgiving

Sign of the Cross:

In the name...



Student's Prayer for Lent

Jesus, my Savior, this Lent, please give me a NEW HEART. Fill me with KINDNESS, SERVICE, CONTRITION, COURAGE, and LOVE. May I open wide my heart to You and to the needs of my family, my friends, my classmates, my teachers, and the poor and suffering everywhere.

May this Lenten Cross remind me of Your love poured out on Calvary. Thank You, Jesus, for dying on the Cross for me. Help me to PRAY, MAKE SACRIFICES, and SHARE a little more as Your disciple each day during Lent. Amen.



TOOLS FOR TOUCHY TOPICS



Engaging Young People in Conversations about Peace and Justice

"Just watching it on the news made me upset. How could people do that kind of thing?"

"Why is God allowing this to happen in the last year?"

"I DON'T UNDERSTAND HOW SOMEONE COULD ATTACK AND TRASH SUCH A SACRED BUILDING, ESPECIALLY IF THE REASON IS BECAUSE A PERSON YOU WANTED TO WIN DIDN'T."

THE ELECTION WAS STOLEN!

What happened yesterday was disgraceful and disgusting. It was especially terrifying to see people walking through the halls of the Capitol carrying Confederate flags, a symbol of the deep racism in this country

"IT IS HARD TO KNOW WHAT IS GOING ON...WHO DO WE TRUST?"

"I am embarrassed to call myself an American. The world is looking at the wrong part of America right now."

Does any of this sound familiar? These are some quotes from students in just one of our high schools. Perhaps you have heard similar statements or have been asked similar questions. There is no doubt that the Black Lives Matter protests and violence that we witnessed last Spring and Summer to the horrible attack and events that took place at the Capitol on January 6th rocked all of our worlds, especially those of our young people. They are experiencing all sorts of emotions – sadness, fear, anger, distrust, indifference, disbelief, and they look to us teachers, ministers, and leaders for answers. It is our responsibility to help them sift through the confusion, hatred and discontent to discover and reverence the dignity of each human person. We want them to become well-informed citizens, who listen compassionately and thoughtfully, and are not afraid to respectfully disagree. It is our hope that the following materials will help you start conversations with the youth and young adults in your lives about how to be people of peace and justice.

The Art of Active Listening

In 1 Kings 17, the prophet Elijah experiences God's presence profoundly in listening to the "sound" of silence. The dialogue between Elijah and God displays a frustrated, tired, bewildered, and a little bit belligerent creature addressing his Creator. In some ways, the dialogue between Elijah and God can serve as a starting point for us as we encourage teens and young adults to practice the art of active listening. Rather than return Elijah's frustrated and obstinate behavior with more of the same, God listens quietly and empathizes with him. The two do not become enemies just because their viewpoints on the situation are different. In our media-hyped and polarized world, genuine listening can be hard. We all have a knee-jerk reaction to judge and blame, mute and unfriend when we read or hear something with which we don't agree.

After the January 6 violence at the U.S. Capitol, many of us found ourselves dealing with mixed and complex emotions. Our students and children were no different, except that perhaps they lacked a place where they felt they could be heard. The world had become an even noisier place, and it was almost impossible to get in a word edgewise. In the midst of a pandemic, when screens and masks tend to mediate all of our communication, digital tools can be helpful in providing a safe place where students can share and practice listening to others.

When dealing with tough topics, it may be helpful for students to be allowed to anonymously post their feelings, reactions, and opinions on the topic. But students also need to know that the goal of sharing their thoughts is simply that -- to share. And then they are invited to simply read the comments of others who are participating. Encourage students to simply notice what others are saying, to notice whether others agree or disagree with what they themselves shared. Political opinions, justifications, blame and other sorts of judgments should be kept to a minimum. Encourage students to keep it on the level of feelings and personal experience. And encourage them, as they read the other responses, to really "listen" to the other people rather than making judgments, labeling people, or putting others in a box. Remind them that differences are part of what make us unique, they enrich us and help us to grow in our acceptance of others. Remind students that disagreements on issues do not mean that people automatically have to be enemies.

An exercise like this could also be done in-person, circumstances and group dynamics permitting, and students could be asked to share verbally or using sticky notes on a wall. These practices could be repeated with other complex topics to encourage students to listen to each other on a more regular basis.

The Art of De-mything Social Media

When dealing with youth in middle school, social media becomes a platform for their understanding of truth. In their minds, everything is either black or white. These young minds are quite not yet ready for the art of active listening. This age needs your help to navigate the "truths" they hear from all kinds of media. Here is an invitation for developing a sense of awareness of the "other." As a leader, you need to create a space for your teens to state what they have heard and then help them to see from another perspective. A great way to help these young people grow in their awareness is to practice the art of questioning like Jesus. When the Pharisees questioned Jesus about specific truths, he returned in favor with more questions! This is a wonderful practice when working with middle school youth. The process of engaging youth with questions gives them the opportunity to find the gray area in the midst of what they see as black and white. Questions become a platform for seeing there is more than what they have heard or seen. Questions allow them to become aware! They may not have all the answers, but it helps them to realize the world is bigger than their narrow world view and begins a journey towards growing in compassion and understanding.

The Art of Prayer in the Year of St. Joseph

On December 8, 2020 the Church celebrated the 150th anniversary of the proclamation of St. Joseph as the patron saint of the universal church. In his Apostolic Letter, *Patris Corde* (With a Father's Heart), Pope Francis describes St. Joseph as exhibiting creative courage from agreeing to be Mary's husband to fleeing to Egypt in order to protect Jesus and Mary.

So what is creative courage?

In difficult times, we often question why God does not act more clearly or directly. Pope Francis says that this is because God works through people to accomplish his will, such as with St. Joseph, who chose creative ways to respond to difficulty. Rather than accepting that there were no lodgings for his family, St. Joseph "took a stable and, as best he could, turned it into a welcoming home for the Son of God to come into the world."

"In the face of difficulty, we can either give up and walk away, or somehow engage it."

Just as St. Joseph showed creative courage in difficulties, we are called to do the same to bring about hope in these difficult and uncertain times.

"The Good News of the Gospel consists in showing that for all the arrogance and violence of worldly powers, God always finds a way to carry out His saving plan."

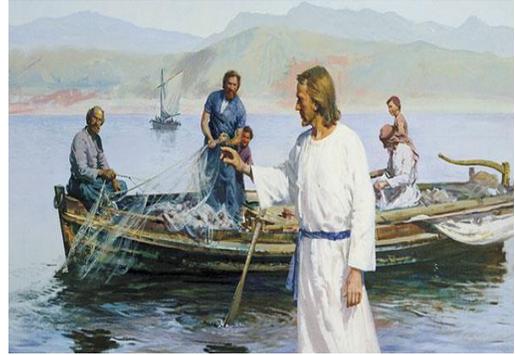
By considering St. Joseph's creative courage in the Scriptures, we can see how God calls each and every one of us to accomplish His will. We must imitate St. Joseph by responding with creative courage. When it seems that God may not be helping, He is really trusting us to be creative and find solutions. Only then can we follow in the footsteps of St. Joseph who was **"able to turn a problem into a possibility by trusting in divine providence,"** giving hope to the world.



A FAMILY AFFAIR – SAINTS AS SIBLINGS

One way you might like to introduce some of the saints would be by presenting saints that are siblings. You could discuss one set each month or present them as a whole. Below is a lesson presentation and websites that have added information and videos concerning these saints.

Have you ever thought about becoming a saint? Hopefully, YES! A saint is someone who loves God with his/her whole heart, mind, and soul, and others as themselves. Now, have you ever thought about your brother(s) or sister(s) becoming a saint with you? Well, there are several sets of siblings who have done just that. Two sets of siblings that we know are Apostles, **Andrew and Peter**.



Andrew was the first to follow the Lord and encouraged his brother Peter to come and see Jesus, Jesus gave Peter the job of leading the other apostles. He became the first Pope. We celebrate St. Andrew's feast on **November 30th**. St. Peter shares his feast on **June 29th** with St. Paul.

Then, two other fishermen, **John and James the Greater**, (called Greater because he was either older or taller than the other James.) dropped their nets when Jesus said to them, "Come, follow me." Jesus, once called them the "Sons of Thunder" because they wanted to get even with those who didn't believe in the Lord. As time went on, they realized that all people, even enemies, should be treated with respect. These Apostles spread the Good News to all they met. St. John is one of the Gospel writers and the only apostle who was not martyred. His feast day is **December 27th**. St. James travelled far and wide to preach the Gospel. Besides his brother John, and Peter, James was privileged to witness the Transfiguration of Our Lord. His feast day is **July 25th**.

In the Fourth Century, around 303 A.D., two brothers who were twins, **Cosmas and Damian**, from Arabia, embraced Christianity. Both were doctors and cared for the sick and needy. They never asked for any payment for their services. As Christians, they saw the need to, not only heal people's bodies, but also to heal people's souls. They shared their faith by telling and showing Jesus' message of love and compassion to all. During this time, the emperor, captured and punished those who professed their belief in Jesus. Despite being tortured, they were steadfast in their faith. As word traveled about their death, the Christian Church developed



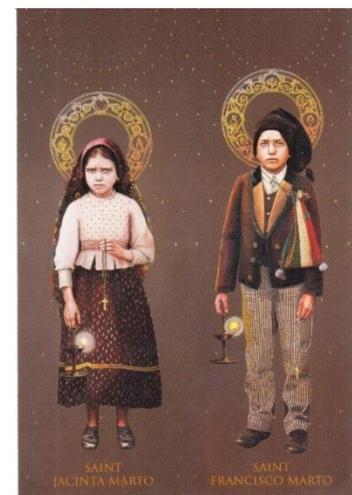
a strong devotion to these brothers. We celebrate their feast day on **September 26th**.

Another set of twins, who we recognize as saints are, **Saints Benedict and Scholastica**. Benedict and Scholastica were born in Italy in 480. Benedict began many monasteries and his group became known as the Order of St. Benedict, the Benedictines. His sister, Scholastica, also established a monastery for women which was about five miles from her brother. A story goes that once a year Benedict and Scholastica would meet each other in an old farm house and share how they were progressing in their spiritual life. One day Scholastica wanted Benedict to stay longer but Benedict refused his sister's wish. Scholastica then prayed to God to somehow prevent him from leaving. Amazingly, a severe storm popped up and Benedict had to stay longer with his sister. Three days later Benedict saw a white dove going up into the heavens and he knew that it was a sign that his sister had died and her soul went up to heaven. **Saint Scholastica's** feast day is **February 10th** and **Saint Benedict's** is on **July 11th**.



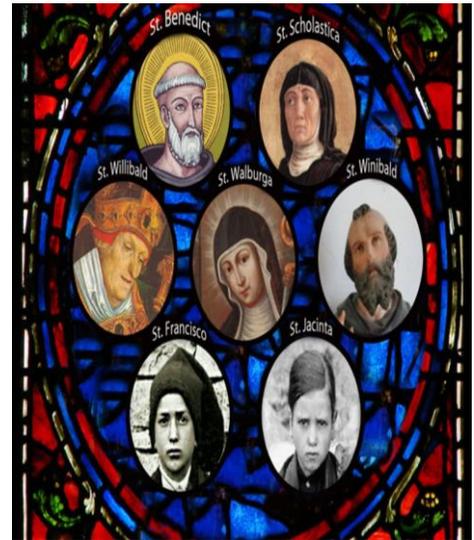
Saints Francisco and Jacinta Marto are a more recent set of siblings who were declared saints on May 17, 2017, one hundred years after the Apparition of Our Lady of Fatima. Francisco was born on June 11, 1908, and Jacinta was born on March 11, 1911. Both Jacinta and Francisco, with their cousin, Lucia Santo, were visited by Our Blessed Lady six times. At first, Francisco could only see Our Lady. After continuing to pray the rosary, he could hear Our Lady's voice, also.

At first, the children were ridiculed by their families and friends when they talked about the beautiful Lady appearing to them. Finally, on October 13th, a special miracle occurred in the sky, known as the 'Miracle of the Sun.' Many people witnessed this miracle and followed Our Lady's request to say the rosary for peace. Francisco was the first to die on April 4, 1919. Jacinta died on February 20, 1920 at the age of ten. We celebrate their feast on **February 20th**.



SOME OTHER SAINTS WHO WERE SIBLINGS

- Saints Jude the Lesser and Simon the Zealot
- Saints Gregory and Basil
- Saints Walburga, Wallibald , Winebald
- Saints Clare of Assisi and Agnes
- Saints Martha, Mary and Lazarus
- Saints Cyril and Methodius
- Saint Therese of Lisieux and Servant of God Sr. Francoise -Therese (Leonie Martin)
- Saint Giana Beretta Molla and Servant of God Enrico Beretta



[4 Incredible Pairs of Saints Who Were Siblings – EpicPew-](#) SHORT SUMMARY

Andrew the Apostle: Patron Saint of Younger Siblings (growchristians.org) ARTICLE

SAINTS COSMAS AND DAMIEN [Saint Cosmas and Damian 09-26 - Bing video](#)- OLDER STUDENTS

SAINTS COSMAS AND DAMIEN [\(1360\) Ss. Cosmas & Damian - YouTube](#) - OLDER STUDENTS

[\(1360\) SAINTLY STORIES: St. Benedict and St. Scholastica - YouTube](#) SAINTS BENEDICT AND SCHOLASTICA 8 MINUTES GRADES 4-8

[Saint of the Day -- Day 5 \(St. Benedict and St. Scholastica\) - Bing video](#) SAINTS BENEDICT AND SCHOLASTICA – ALL STUDENTS 2 MINUTES

[St. Scholastica - Bing video](#) you tube SAINTS BENEDICT AND SCHOLASTICA 2 minutes

[\(1361\) Daughter of the Immaculate Heart \(FILM CLIP\) Saint Jacinta Marto - YouTube](#) SAINT JACINTA MARTO 1: 45 MINUTES

[\(1361\) Blessed Jacinta and Blessed Francisco Marto - YouTube](#) SAINTS JACINTA AND FRANCISCO MARTO (canonized on May 13,2017- Lucia Santo declared Servant of God in 2017)

[\(1361\) My Time with Jesus - Fatima Special: Francisco and Consoling Jesus - YouTube](#) FRANCISCO AND COSOLING JESUS – 27 MINUTES -YOUNGER CHILDREN

[Story of Saint Clare of Assisi | Stories of Saints | Episode 75 - Bing video](#) YOUNGER CHILDREN

The Engaging Educator
Increasing Student Participation
by decreasing “Teacher Talk”
~ Sister Adrienne Saybolt IHM

This last article concludes our topic for the academic year with more ideas on coaxing out productive student participation. Kathleen Kryza provides some of these ideas and more at her website (see below). Her point is that we teach a **chunk** of material, give students a chance to **chew** on it (using extended *wait* time, a few moments with chat partners etc.), then **check** for comprehension. With her permission, I’ll share some of her procedures:

- ***Stand and Share:*** The teacher provides a question or prompt. All students stand. As each one contributes, he/she sits down. Allow some of your strugglers to be among the first to contribute. This makes them feel successful and more likely to speak up again. Your average and above-average students can usually inject something extra, or an idea that hasn’t been mentioned.
- ***Clock Partners:*** Each student gets the face of an analog clock, with numbers 1-12 filled in. You say, “In 45 seconds, I want you to fill in 3 classmates names: one at the 2 o’clock hour, one at 4 and one at 7.” (Keep that time span short so that students don’t get off task.) When the time is up, students return to their desks, you teach a *chunk* of the lesson, then say, “I want you to find your 2 o’clock partner and tell each other the basic ideas thus far.”
- ***TV Guide Summary:*** Students have difficulty summarizing, so this one may be helpful. Can they fit all pertinent information in a few short sentences, as you would find on the TV? To put it another way, can they fit it in a “nutshell”?
- ***Numbered Heads Together:*** Students count off at their places 1 through 4. The teacher asks a question, and the group discusses until they come to a *consensus*. When the discussion time is over, the teacher says, “Number 3 in this group, what answer did your group decide on?” “Number 4 in the next group, do you have anything to add?” Continue until one person from each group has had a chance to speak. The advantage of this strategy is that all must pay attention to the consensus of the group, because no one knows who will be called on.
- ***Turn and Talk:*** Many teachers know and use this technique. Think about adapting it to ***Turn and Teach.*** Using this variation, allows students to summarize or review the chunk of material just taught as if their chat partner had been absent.
- ***Reflect/Pair/Share:*** This is also a variation of a known strategy (i.e. think/pair/share). The difference lies in *reflecting* on the learning. It allows “wait time” for students to collect their thoughts before turning to their chat partner. How did I learn this? What mnemonic can I use to remember it? What key words/ideas will help me to study it?
- ***Charades:*** Just like the game most of us have played, this activity focuses on one word. Therefore, it is particularly good for remembering vocabulary, especially shades of meaning among synonyms. Many times this is part of standardized testing. Let students

enact the differences among synonyms like *walking*, *loping*, *striding*, *sidling*. The mental images created by the actions will stick with the children.

For further explanation of the above techniques, see:

<https://kathleenkryza.com> Infinite Horizons

For your convenience, here are the websites from the previous issues of IHM Catholic EdNotes:

<https://achievethecore.org>

teacherconceptuamath.com (Though best for Math, this site explores different ways to question and encourage student participation.)

<https://busyteacher.org> (Claire Pesci)

<https://www.teachingenglish.org.uk>

<https://www.teachhub.com/top-12-ways-increase-student-participation>

www.edmentality.com/12-lecture-bingo.html

www.thecornerstoneforteachers.com

Have a safe, relaxing summer. Take time for yourself. Decompress! You deserve it after this extraordinary challenging year which was like no other. God bless you.



CATHOLIC TECHNOLOGY RESOURCES FOR RELIGIOUS EDUCATION

Instruct the wise and they become wiser still. Proverbs 9: 9

Catholic Podcasts

The Bible in a Year Podcast: Presented by Ascension Press

Hosted by Fr. Mike Schmitz and featuring Jeff Cavins, each episode begins with two or three scripture readings and a reflection by Father Mike. Father also leads the listeners in a guided prayer to help them hear God's voice through His Word. Listeners can sign up to receive a free PDF reading plan at ascensionpress.com/bibleinayear. The reading plan is a great tool to use while listening to the reflections. Episodes range in length between 20-25 minutes. Listen using your favorite Podcast App or at ascensionpress.com

Catholic Sprouts: Daily Podcast for Kids

Catholic Sprouts brings the Catholic Faith alive for children. The daily episodes are designed to plant a seed of faith in a manner that captures the attention of children. A variety of topics are discussed including: saints, sacraments, morality, Catholic feast days and Catholic theology. The episodes are between 6 -10 minutes in length and can be found on your favorite Podcast App or at <https://catholic-sprouts.libsyn.com/>

Apps for iPad, iPhone, iPod

Bible App for Kids

Through interactive adventures and animation children explore the stories of the Bible. The *Bible App for Kids* features easy, kid friendly navigation, and engaging, interactive content that brings the Bible to life, along with fun facts and activities designed to help children remember what they learn. This app can be downloaded for free from the Apple or GooglePlay stores.



Sinner2Saint App

Sinner2Saint is an app that helps the user delve into the interior life while honestly facing one's tendencies toward sin. It also offers guidance in how to grow in virtue through Spiritual Fitness Exercises using various methods: spiritual exercises, daily scripture, and Bible verses. The app assists users in overcoming sin and deepening relationship with Jesus Christ. This app can be downloaded for free from the Apple or GooglePlay stores.



ConfesGuide App

The Short Guide for Confession provides clear instructions about what to do before, during, and after Confession. It also includes a concise Examination of Conscience, the Act of Contrition, the Rite of Reconciliation, and a last confession date keeper. The use of this app does not take the place of the Sacrament of Confession. It is available in the Apple app store.



Shared Wisdom

Two heads are better than one. Please submit your favorite technology resources for Catholic religious education at krantzihm@yahoo.com. Submissions will be included in upcoming issues. Many thanks to those who shared tools for this issue.

Stepping Stones.

Welcome to Stepping Stones! May this be a valuable resource for teachers of young children. Each publication will hold tips for: organization/ management, Spiritual, social and environmental awareness and theme activities.

Pre-Kindergarten/Kindergarten Ideas

Organization/management



Pictures of indoor Activities during the pandemic:



Social Awareness Environment



Read the book **We Are All Different** (book on you tube) Talk to the children about the different ways children are different.

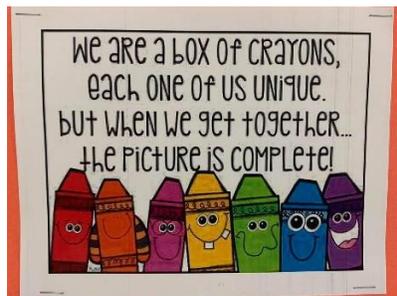


Prayer: Jesus, we are different in many ways. Help us to show respect to all children.

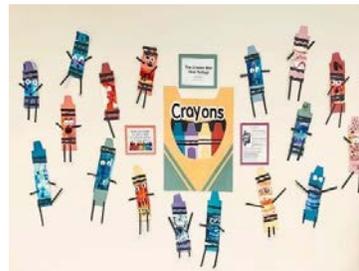
Theme: Season of Spring



Activities:



Crayon children
Crayon template



Bulletin board



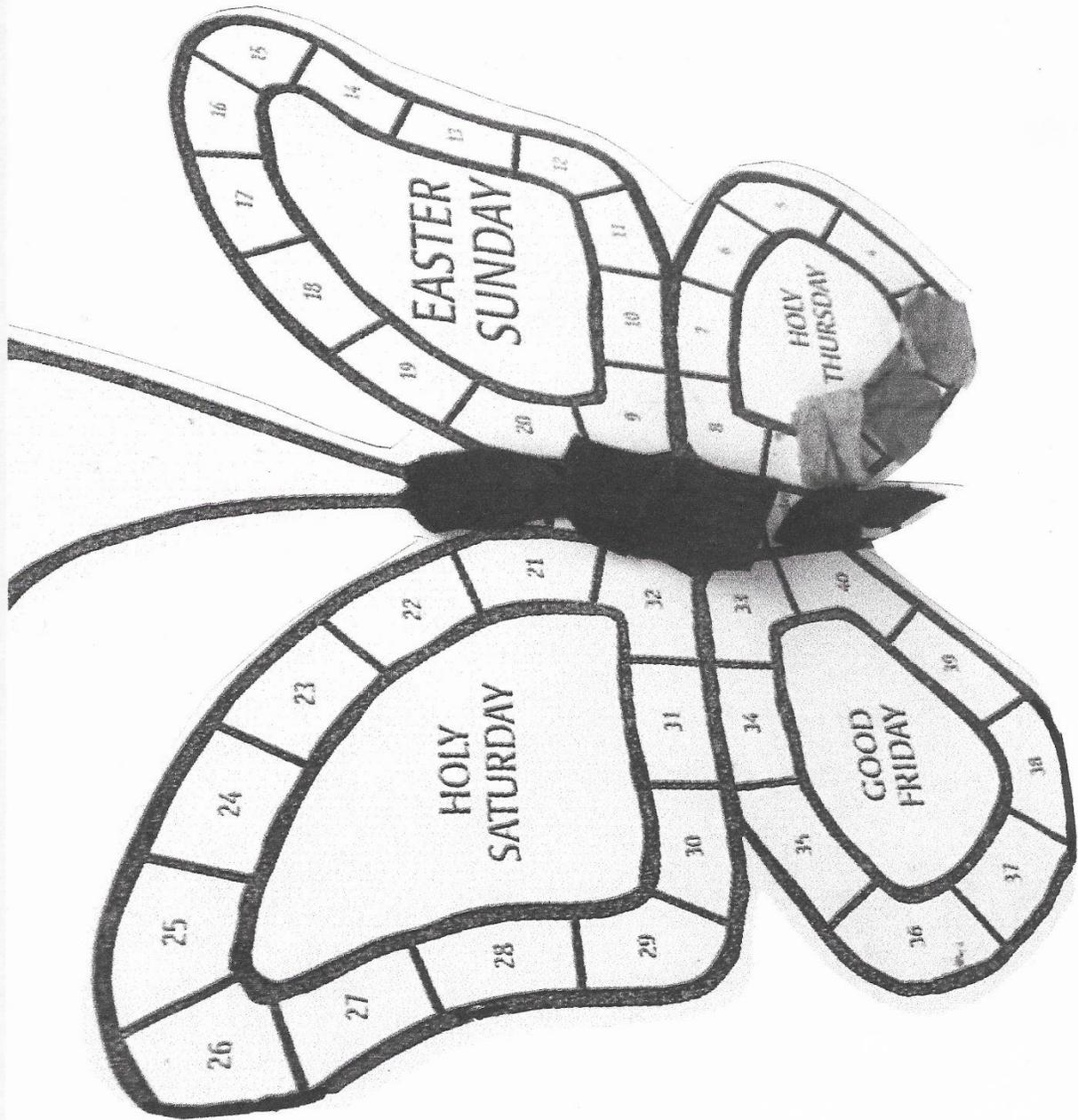
R is for Rainbow hands

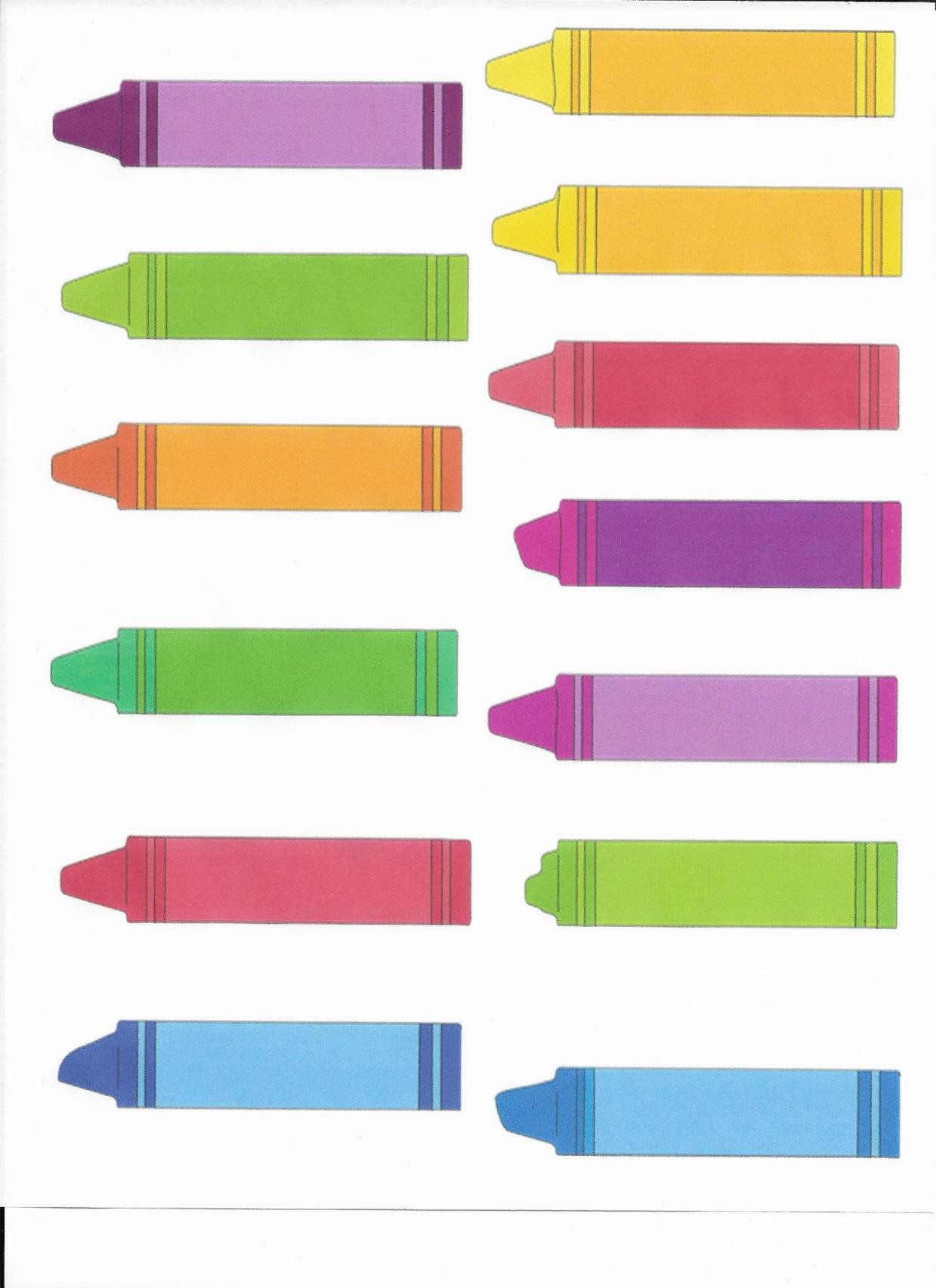


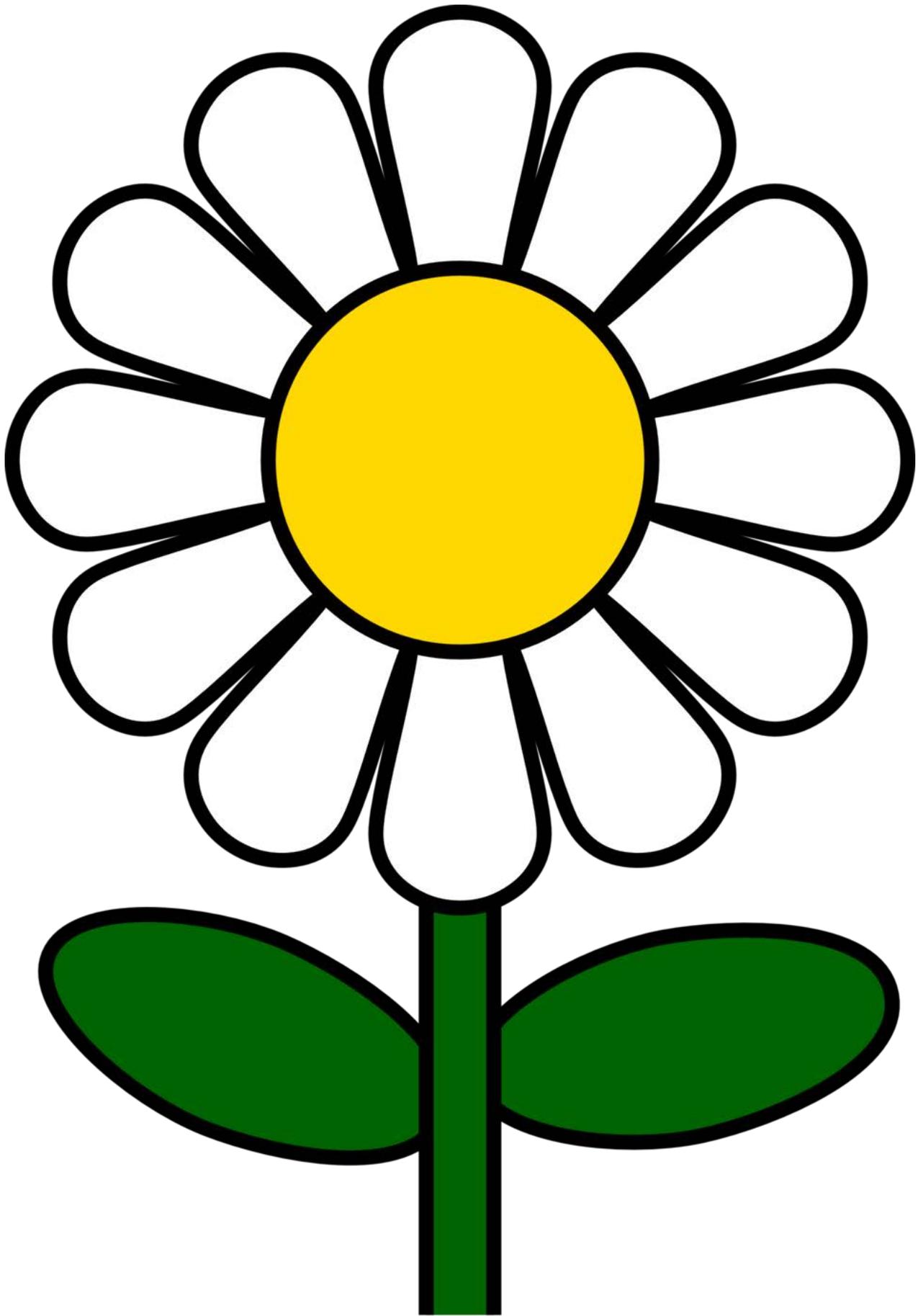
40 days to Easter
Butterfly Template

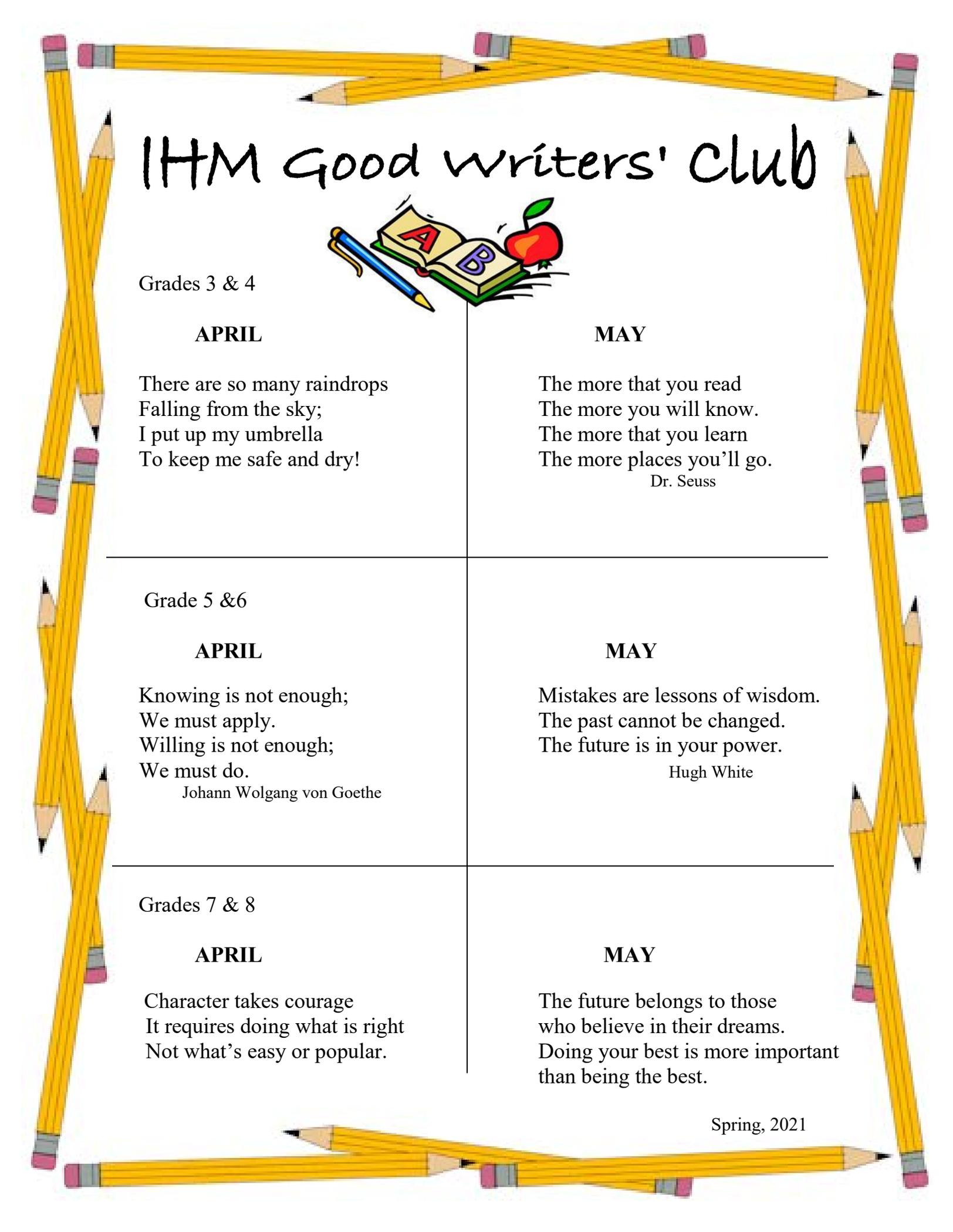


Read Grow Flower Grow (on you tube)
Flower template

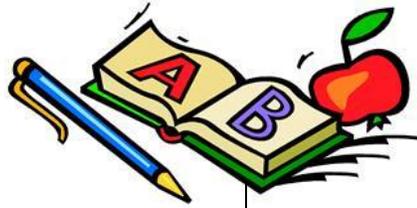








IHM Good Writers' Club



Grades 3 & 4

APRIL

There are so many raindrops
Falling from the sky;
I put up my umbrella
To keep me safe and dry!

MAY

The more that you read
The more you will know.
The more that you learn
The more places you'll go.
Dr. Seuss

Grade 5 & 6

APRIL

Knowing is not enough;
We must apply.
Willing is not enough;
We must do.
Johann Wolfgang von Goethe

MAY

Mistakes are lessons of wisdom.
The past cannot be changed.
The future is in your power.
Hugh White

Grades 7 & 8

APRIL

Character takes courage
It requires doing what is right
Not what's easy or popular.

MAY

The future belongs to those
who believe in their dreams.
Doing your best is more important
than being the best.

Spring, 2021

PROFICIENCY IN PENMANSHIP



This certifies that

has attained that level of proficiency in penmanship
required by the IHM GOOD WRITERS CLUB
for Grade _____

and thereby is entitled to this

Certificate of Merit

awarded by the IHM Good Writers Club

Date

Member of the official Board of Evaluators

PROFICIENCY IN PENMANSHIP



This certifies that

has attained that level of proficiency in penmanship
required by the IHM GOOD WRITERS CLUB
for Grade _____

and thereby is entitled to this

Certificate of Merit

awarded by the IHM Good Writers Club

Date

Member of the official Board of Evaluators



Religion Bulletin Boards

L
E
N
T



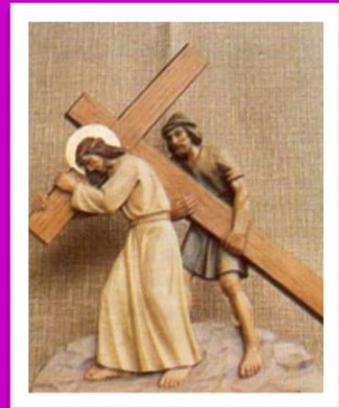
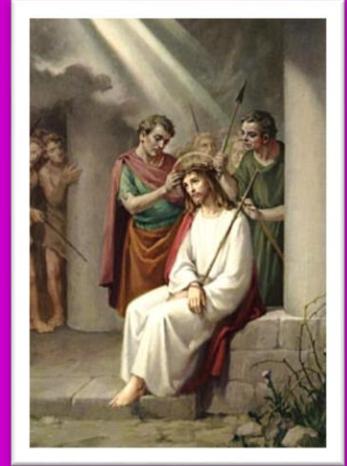
We adore you, O Christ, and we bless You.
Because by Your Holy Cross You have redeemed the world.

STATIONS OF THE CROSS

Stations of the Cross

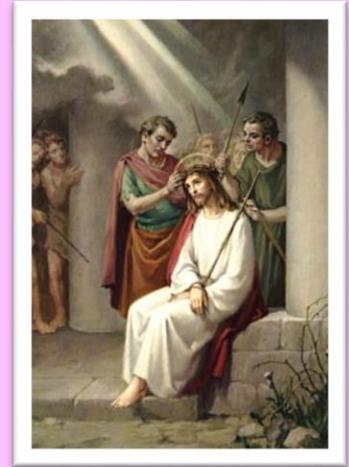
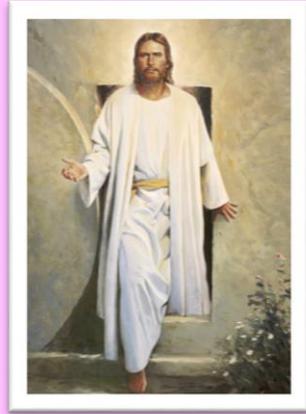
- During Lent, prepare a bulletin board representing the Way of the Cross. Good images can be found at: <https://slmedia.org/blog/the-way-of-the-cross-today-reflections-on-suffering-in-sickness-and-dying>
- For younger students, coloring pages of the Stations of the Cross can be found at: <https://www.thecatholickid.com/stations-of-the-cross-coloring-pages/>
- For older students, include the Stations of the Cross as a part of daily prayer during lent. Short versions (less than 10 minutes) can be found at:
 - <https://youtu.be/mVM0Mn0AgHw>
 - <https://youtu.be/y0Ug4sPrVCc>
 - <https://youtu.be/bvaqHHXtCqE>

M
A
R
C
H



The Sorrowful Mysteries

A
P
R
I
L
/
M
A
Y



The **GLORIOUS** Mysteries

Pray the Mysteries of the Rosary

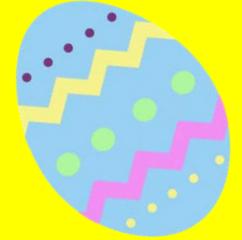
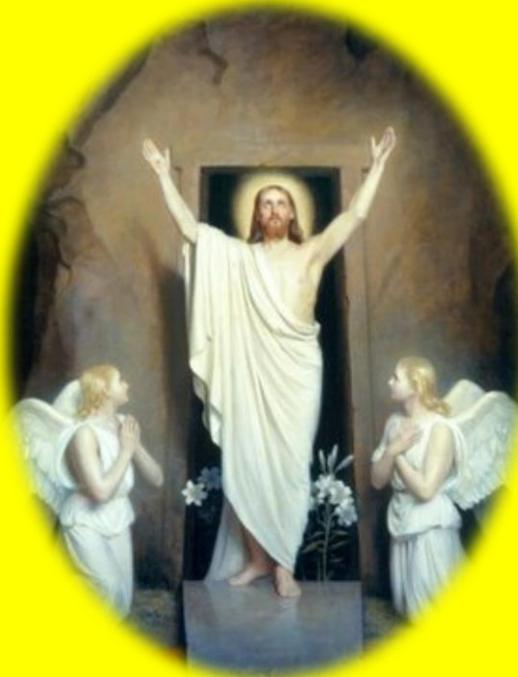
- The Sorrowful Mysteries reflect the Passion and Death of Jesus. The Glorious Mysteries reflect the Resurrection, Beginnings of the Church and Mary.
- Prepare a bulletin board representing the Mysteries of the Rosary appropriate to the Liturgical Season. Change as a new season begins.
- Depending on the level of the students, teach them about each mystery of the Rosary. Place circles around the central mystery and assign each student to a “bead.” Have the student say the Hail Mary or Our Father for their bead as you pray a decade or two of the Rosary frequently during each season, and particularly during the month of May. Allow the students to write their prayer intentions on the “beads.”



A
P
R
I
L



ALLELUIA ALLELUIA ALLELUIA



He is Risen!

He is Risen!

- Following a year of pandemic quarantine and confinement, the students need to hear the message of hope that is reflected in the Resurrection of Jesus. On the bulletin board place an image of the Resurrection. Give each student an egg shape to decorate. On the back of the “egg” have them write down what their hopes and prayers are for the future.
- Place the eggs on the Bulletin Board. During prayer time each day, spend some time in reflective prayer for them to think about and pray for trust in God’s Providence.
- Share with the students the phrase, “Every Good Friday is followed by an Easter Sunday.” Discuss how, with trust in God, this could apply to our current situation.

M
A
R
C
H
/
M
A
Y

ST. JOSEPH



Pray for those who protect us!

Year of St. Joseph

- Pope Francis has designated this year as the Year of St. Joseph. Prepare a bulletin board with a picture of St. Joseph on it. Depending on the level/background of the students, place a focus on the qualities of St. Joseph. Add student-contributed pictures/writings to the board:
 - St. Joseph the Protector—pictures of family members who are police, firefighters, first responders, medical personnel.
 - St. Joseph the Worker—pictures of family members at work; pictures of those who may need work.
 - St. Joseph, Foster Father of Jesus—pictures of fathers; pictures of parents who have adopted children. (Good example for Mothers' Day and Father's Day remembrance of what parents do for them)
- Have the students keep these intentions in prayer.

Summertime & Self-Esteem

Positive self-esteem develops when the *pattern of life* includes practices of security, autonomy, initiative and industry. (Refer to www.ParentTeacherSupport.org for development of these topics.)

Summer vacation is a time to replace school tasks with relaxation and renewal. But do not confuse *leisure* with *lack of productivity*. Sociologists know that *lack of purpose*, leads to aimlessness, unrest, alienation, and anxiety. It contributes to depression and negative self-esteem.

Be proactive! Use the following advice to void “couch potato” days and “I’m bored” whining.

1. Maintain a daily schedule.

Determine a time for wakeup, chores, play or free-time, outreach (projects of charity), learning (personal reading or tutoring), family time, care of body hygiene, and bedtime.

2. Develop a hobby.

Pursue cooking, arts and crafts, a sports camp, a book club, baby-sitting, theater performance, sewing, etc. Learn a musical instrument, enroll in a class or online course, read a book series. . .

3. Provide sufficient sleep-time.

Insufficient sleep can cause irritability, angry outbursts, hyperactivity, listlessness, poor performance in school, sports and games, and problems both physical and social. Sleep feeds the brain; insufficient sleep drains brainpower.

Sleep-needs may vary among individual children but generally, in order to function effectively, preschoolers need 10 to 12 hours of sleep each night. Elementary school children benefit from 9 to 10 hours and most adolescents need at least 8 to 9 hours.

If bedtime becomes problematic try the following ideas: avoid caffeine and high sugar products after lunch time; provide transition time, an appropriate warning signal, wind-down activity, and routine. Eliminate distractions. Dim the lighting and



audio-play soothing music/sounds. Be consistent. Hold your ground kindly but firmly, and let nature take its course.

4. Encourage resourcefulness.

If your child complains of boredom respond, “Be resourceful!” Resist the urge to problem solve for him/her. Have on hand puzzles, art materials, books, items of interest. If necessary create a chart of things to do: write/telephone Grandmom, organize the book shelves, make greeting cards for a nursing home, read to a sibling, alter the environment of the family prayer table/corner, make placemats for the next holiday, collect toys for the poor, help an elderly neighbor . . .

5. Be faithful to spiritual growth.

Some ways of nurturing our God relationship include: wake up and nighttime prayer, grace at mealtimes, a prayer environment on the food table, prayer of intercession during meal prayer, participation in Sunday Mass and the feast of the Assumption (8/15) and receiving the Sacrament of Reconciliation.

Mass participation includes vocal prayer, singing, listening with the heart to the Scripture readings and homily, making a resolve for the week ahead, reverent attention during the Consecration, receiving Eucharist, and taking time to make a thanksgiving after Holy Communion.

Cinco Consejos para la Autoestima en el Verano

La autoestima positiva se desarrolla cuando el patrón de vida incluye prácticas de seguridad, autonomía, iniciativa e industria. (Consulte www.ParentTeacherSupport.org para el desarrollo de estos temas).



Las vacaciones de verano son un momento para reemplazar las tareas escolares con relajación y renovación. Pero no confunda ocio con falta de productividad. Los sociólogos saben que la falta de propósito conduce a la falta de objetivos, la inquietud, la alienación y la ansiedad. Contribuye a la depresión y a la autoestima negativa.

¡Sea proactivo! Utilice los siguientes consejos para evitar los días de "teleadicto" y los quejidos de "estoy aburrido".

1. Mantenga un horario diario.

Determine un tiempo para despertarse, quehaceres, juego o tiempo libre, divulgación (proyectos de caridad), aprendizaje (lectura personal o tutoría), tiempo en familia, cuidado de la higiene corporal y hora de dormir.

2. Desarrolle un pasatiempo.

Experimente con la cocina, artes y manualidades, un campamento deportivo, un club de lectura, niñeras, representaciones teatrales, costura, etc. Aprenda un instrumento musical, inscribáse en una clase o curso en línea, lea una serie de libros. . .

3. Proporcione suficiente tiempo para dormir.

La falta de sueño puede causar irritabilidad, arrebatos de ira, hiperactividad, apatía, bajo rendimiento en la escuela, deportes y juegos, y problemas tanto físicos como sociales. El sueño alimenta el cerebro; el sueño insuficiente agota la capacidad intelectual.

Las necesidades de sueño pueden variar de un niño a otro, pero en general, para funcionar eficazmente, los preescolares necesitan de 10 a 12 horas de sueño cada noche. Los niños de la escuela primaria se benefician de 9 a 10 horas y la mayoría de los adolescentes necesitan al menos de 8 a 9 horas.

Si la hora de dormir se vuelve problemática, pruebe las siguientes ideas: evite la cafeína y los productos con alto contenido de azúcar después de la hora del almuerzo; proporcionar tiempo de transición, una señal de advertencia adecuada, actividad de relajación y rutina. Elimina las

distracciones. Atenúe la iluminación y reproduzca música / sonidos relajantes. Se consistente. Manténgase firme, amable pero firme, y deje que la naturaleza siga su curso.

4. Fomente el ingenio.

Si su hijo se queja de aburrimiento, responda: "¡Se ingenioso!" Resista la tentación de resolver el problema por él / ella. Tenga a mano rompecabezas, materiales de arte, libros, artículos de interés. Si es necesario, cree una tabla de cosas para hacer: escribir / llamar por teléfono a la abuela, organizar los estantes de libros, hacer tarjetas de felicitación para un asilo de ancianos, leerle a un hermano, cambie la decoración de la mesa / o la esquina escogida para la oración familiar, hacer manteles individuales para las próximas vacaciones, recoger juguetes para los pobres, ayudar a un vecino anciano. . .

5. Se fiel al crecimiento espiritual.

Algunas formas de fomentar la relación con Dios durante el verano incluyen:
Orar al despertar y acostarse, dar gracias en las comidas, un ambiente de oración en la mesa de la comida, oración de intercesión durante la oración de la comida, participación en la Misa dominical, en la fiesta de la Asunción (15/8) y recibir el Sacramento de la Reconciliación.

La participación en la misa incluye oración verbal en voz alta, canto, escuchar con el corazón las lecturas de las Escrituras y la homilía, tomar una decisión para la próxima semana, mantenerse atento y reverente durante la Consagración, recibir la Eucaristía y tomarse el tiempo para dar gracias después de la Sagrada Comunión.



A Spiritual Practice for Summertime

With school pressures suspended for summer consider cultivating the practice of visiting Jesus in the Blessed Sacrament once a week. There is no official way of making a Eucharistic visit. Pope Francis suggested that we merely sit with our eyes focused on the Monstrance and be aware that Jesus is looking back at us, exactly as we are, already knowing everything about us – and loving us. Gazing can be a prayer.

This newsletter explains one practice that helps some people – the **A-C-T-S of Love Prayer**. Adults usually make a “Holy Hour.” Adapt the following to shorter sessions for children.

Introductory Prayer – Offer the hour. Say something like:

Jesus, I pause from ___ to visit with you. I want to unwind and to relax with you. I want to quiet the noise of my busy life so that I can hear what you want to say to me today. I will probably need your help to still my soul. I know that only in quiet can I hear and express what my deepest self knows. I want to make myself available to you as my gift to you. And so I offer my time, my attention, and my respect. Speak to my heart. Let me hear your word for me today. Give me the grace to respond with a full heart.

A-C-T-S OF LOVE (Adore-Confess-Thank-Seek)

<p style="text-align: center;">A (ADORE)</p> <ul style="list-style-type: none"> • Recognize God’s greatness. Use “I-You” language to express experiences that cause you to <i>regard with awe, praise, honor, worship, revere, admire, glorify, commend, value, and esteem God.</i> • Within your heart sing a song of adoration, like <i>Praise the Lord, Ye Heavens, How Great Thou Art, All You Works of God . . .</i> 	<p style="text-align: center;">C (CONFESS)</p> <ul style="list-style-type: none"> • Admit sins, faults and failings. Use “I-You” language to <i>acknowledge, admit, reveal, own up to, disclose, divulge, to express guilt or sorrow or shame.</i> • Within your heart sing a song of confession like <i>Pardon Your People, Loving and Forgiving, Save Your People . . .</i>
<p style="text-align: center;">T (THANK)</p> <ul style="list-style-type: none"> • Express gratitude to God. Use “I-You” language to <i>acknowledge kindness given, to show appreciation, and to recognize favors received.</i> • Within your heart sing a song of gratitude like <i>For the Beauty of the Earth, Give Thanks to the Lord, We Give You Thanks . . .</i> 	<p style="text-align: center;">S (SEEK)</p> <ul style="list-style-type: none"> • Make known your needs to God. Use “I-You” language to <i>ask, seek, search, beg, appeal, petition, invite or question.</i> • Within your heart sing a song of desire/seeking like <i>This Alone, God of Second Chances, Servant Song . . .</i>

Conclusion --- **A Spiritual Communion** (Adapted from St. Alphonsus Liguori) **followed by the Glory Be.**

My Jesus, I believe – or I want to believe – that You are really here in the Blessed Sacrament. I want to love You more than anything in the world and I hunger to be nourished by You. Though I cannot receive Eucharist at this moment, come into my soul at least spiritually. I unite myself to You now as I do when I actually receive You. Never let me drift away from You. Glory Be to the Father . . .

Dr. Patricia M. McCormack, IHM

© IHM Formative Support Services. All Rights Reserved.

Website: www.ParentTeacherSupport.org



Una Práctica Espiritual para el Verano

Con las presiones escolares suspendidas para el verano, considere cultivar la práctica de visitar a Jesús en el Santísimo Sacramento una vez por semana. No existe una forma oficial de realizar una visita eucarística. El Papa Francisco sugirió que simplemente nos sentáramos con nuestros ojos fijados en la Custodia y seamos conscientes de que Jesús nos está mirando, exactamente como somos, ya sabiendo todo sobre nosotros y amándonos. Focalizar la mirada puede ser una oración.

Este boletín explica una práctica que ayuda a algunas personas: la **A-C-T-S de la oración de amor**. Los adultos suelen hacer una "Hora Santa". Adapte lo siguiente a sesiones más cortas para niños.

Jesús, hago una pausa para visitarte. Quiero descansar y relajarme contigo. Quiero acallar el ruido de mi ajetreada vida para poder escuchar lo que quieres decirme hoy. Probablemente necesite tu ayuda para aquietar mi alma. Sé que solo en silencio puedo escuchar y expresar lo que mi yo más profundo sabe. Quiero estar disponible para ti como mi regalo para ti. Por eso ofrezco mi tiempo, mi atención y mi respeto. Habla a mi corazón. Déjame escuchar tu palabra para mí hoy. Dame la gracia de responder con todo el corazón.

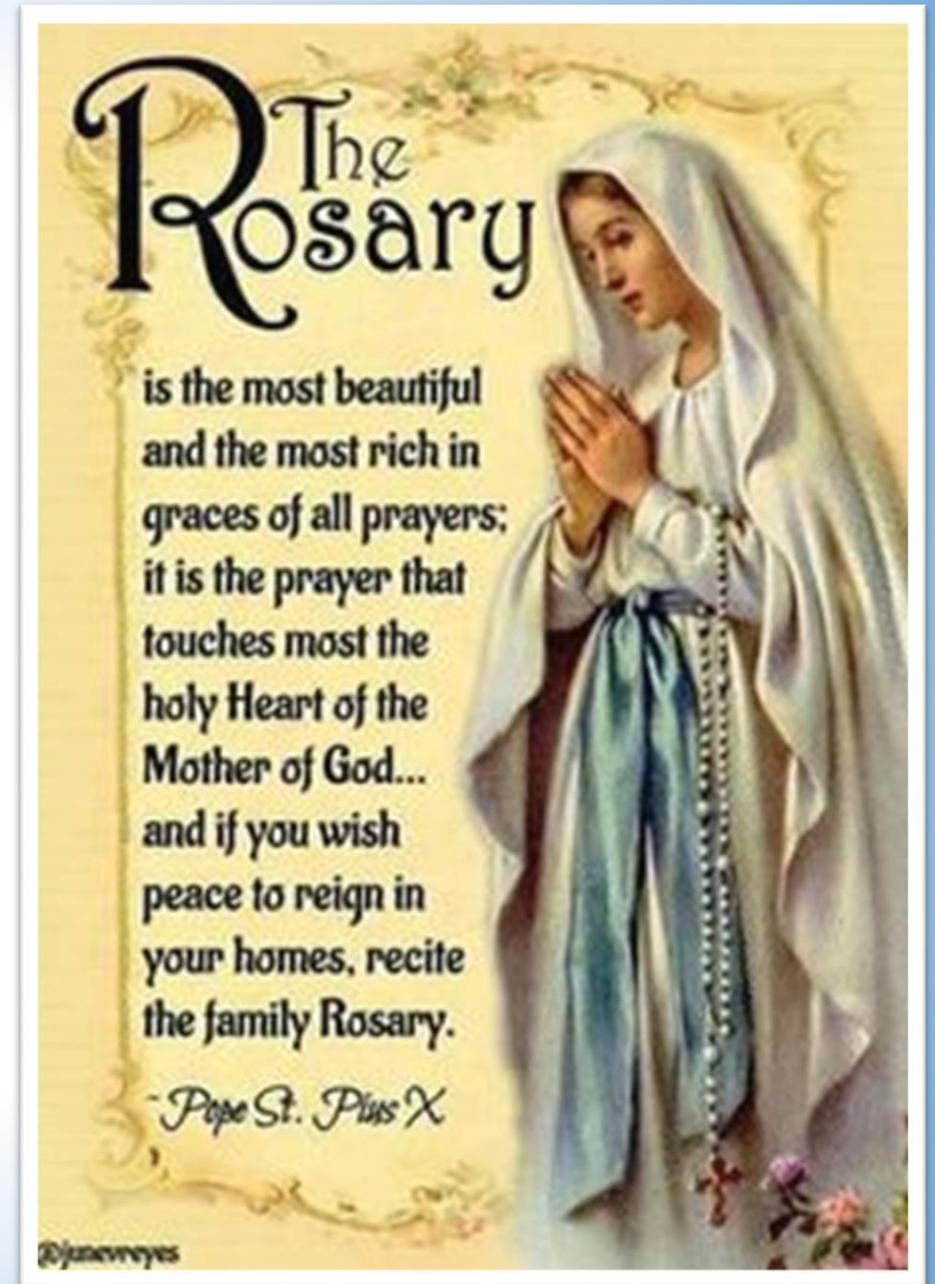
ACTOS de Amor (Adorar – Confesar – Agradecer - Buscar)

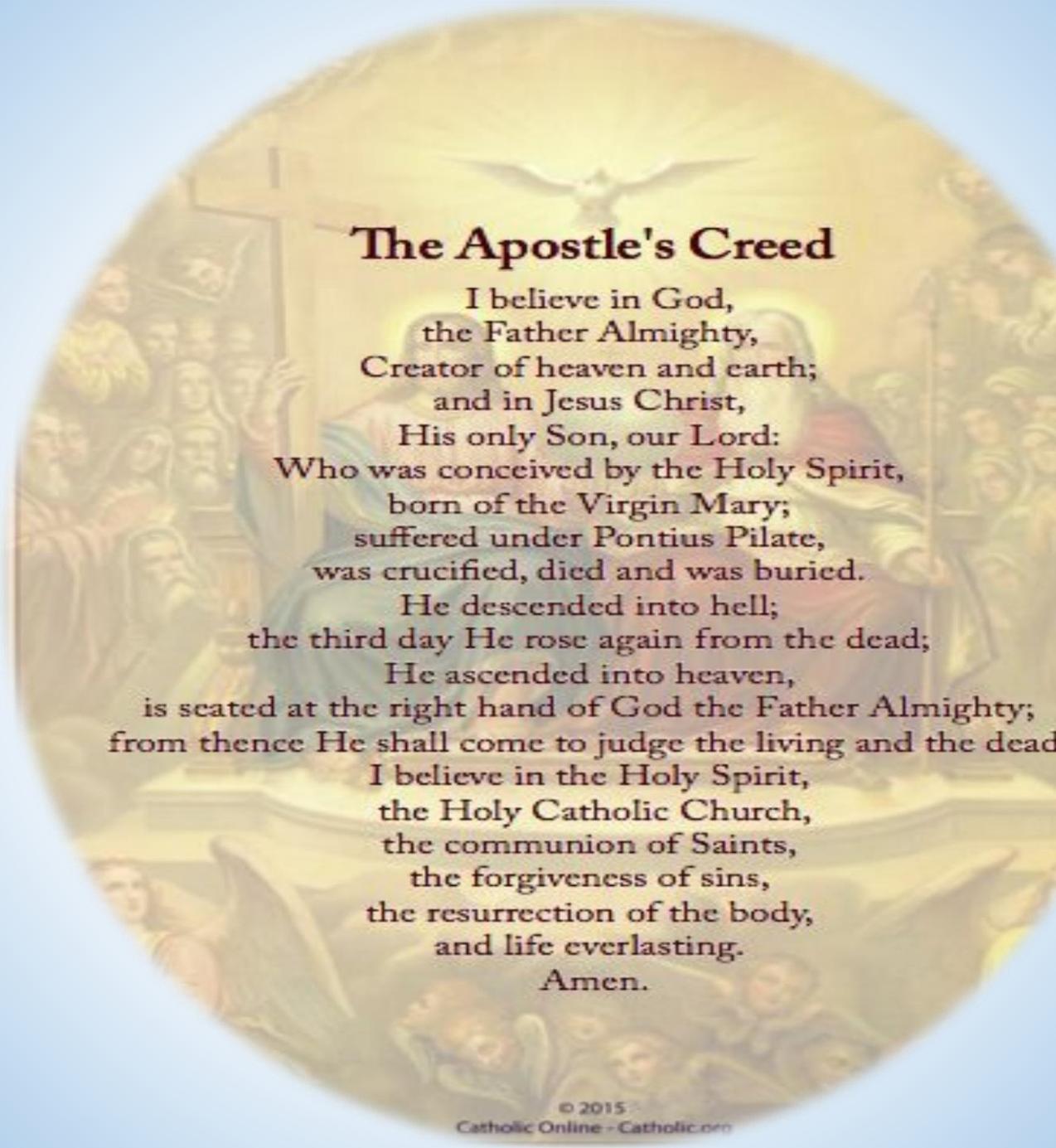
<p style="text-align: center;">1. ADORAR</p> <ul style="list-style-type: none"> • Reconozca la grandeza de Dios. Use el lenguaje "Yo -- Tú" para expresar experiencias que te hagan mirar con <i>asombro, alabanza, honra, adoración, reverencia, admiración, actitud de gloria, elogio, valoración y estima a Dios.</i> • Canta en tu corazón un cántico de adoración, como <i>Alabad al Señor, Oh Cielos, Cuan Grande eres, Todas las Obras de Dios. . .</i> 	<p style="text-align: center;">2. CONFESAR</p> <ul style="list-style-type: none"> • Admita los pecados, las culpas y las faltas. Use el lenguaje "Yo -- Usted" para <i>reconocer, admitir, revelar, reconocer, revelar, divulgar, expresar culpa, pena o vergüenza.</i> • Canta en tu corazón una canción de confesión como <i>Perdona a tu Pueblo, Ama y Perdona, Salva a tu Pueblo.</i>
<p style="text-align: center;">3. AGRADECER</p> <ul style="list-style-type: none"> • Expresa agradecimiento a Dios. Use el lenguaje "Yo -- Usted" para <i>reconocer los bondades entregados, mostrar aprecio y reconocer los favores recibidos.</i> • En tu corazón canta una canción de gratitud como <i>Por la Belleza de la Tierra, Da Gracias al Señor, Te Damos Gracias. .</i> 	<p style="text-align: center;">4. BUSCAR</p> <ul style="list-style-type: none"> • Da a conocer tus necesidades a Dios. Utilice el lenguaje "yo -- usted" para <i>preguntar, buscar, suplicar, apelar, pedir, invitar o cuestionar.</i> • Dentro de su corazón canta una canción de deseo / búsqueda como <i>This Alone, God of Second Chances, Servant Song. . .</i>

Conclusión -- Una Comunión Espiritual (Adaptado de San Alfonso de Ligorio) seguida por el Gloria.

Jesús mío, creo, o quiero creer, que realmente estás aquí en el Santísimo Sacramento. Quiero amarte más que a nada en el mundo y tengo hambre de ser alimentado por ti. Aunque no puedo recibir la Eucaristía en este momento, entra en mi alma al menos espiritualmente. Me uno a Ti ahora como lo hago cuando te recibo. Nunca dejes que me aleje de ti. Gloria al Padre . . .

*In the Name of the
Father,
and of the Son
and of the Holy Spirit
Amen.*





The Apostle's Creed

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;
the third day He rose again from the dead;
He ascended into heaven,
is seated at the right hand of God the Father Almighty;
from thence He shall 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.

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.*

Lead us not into temptation but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace.

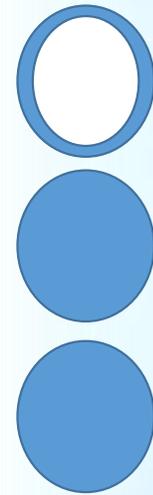
The Lord is with thee.

Blessed are 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.

SVG PDF 



Hail Mary

Hail Mary, full of grace.

The Lord is with thee.

Blessed are 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.

SVG PDF 



Hail Mary

Hail Mary, full of grace.

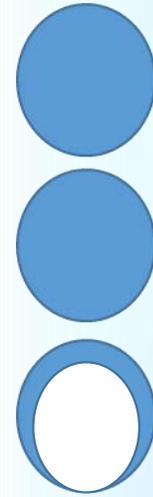
The Lord is with thee.

Blessed are 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.

SVG PDF 



*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.**



Amen.

1st Sorrowful Mystery – The Agony in the Garden

And he went a little farther, and fell on His face, and prayed, saying: "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt". (Mat 26,36-39). And being in an agony he prayed more earnestly: and His sweat was as it were great drops of blood falling down to the ground. (Luke 22,44)

During this mystery we recall Jesus' prayer to the Father. He found strength and trust. His Father sent an angel to comfort Him. Jesus will be our comforting angel. He asks us "Why do you worry when things are difficult? Come to me and I will be with you." Let us ask Him to help us to always do His will.



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.*

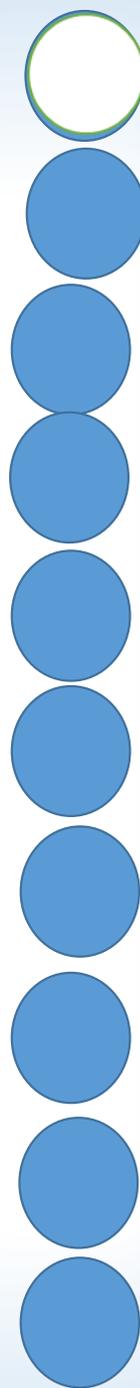
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

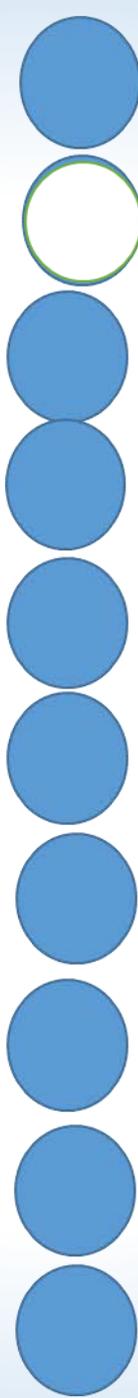




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

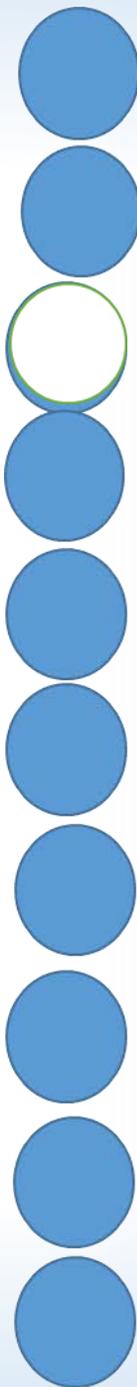




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

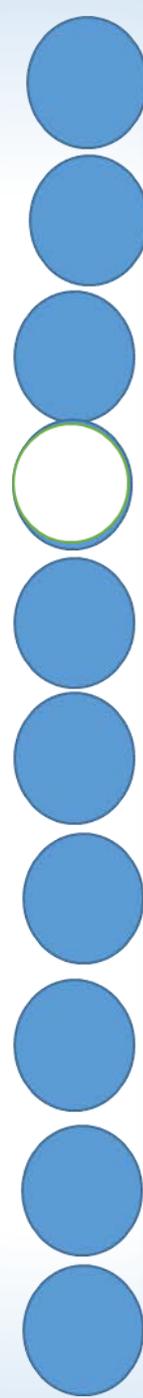




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

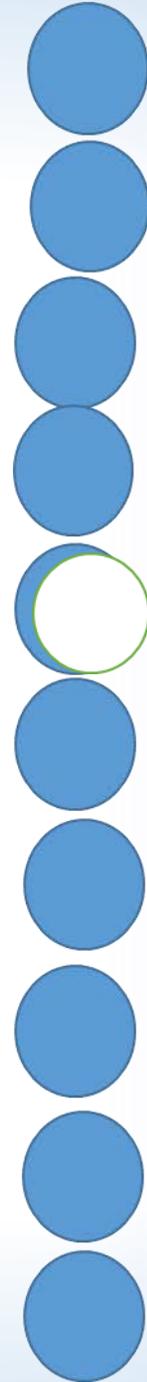




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

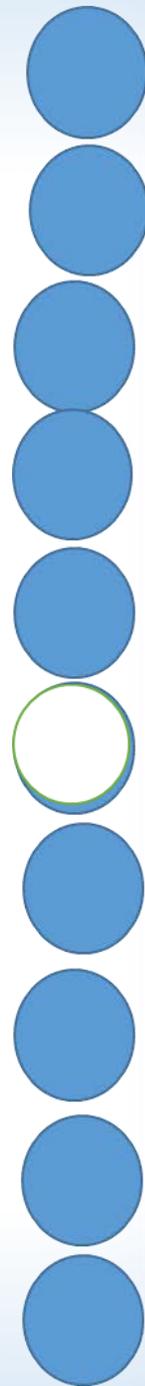




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

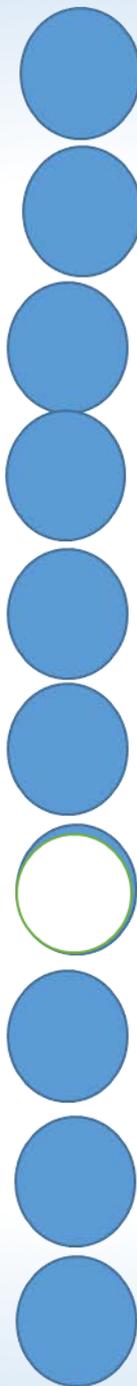




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

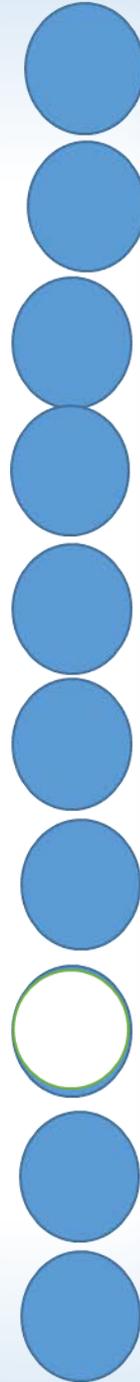




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

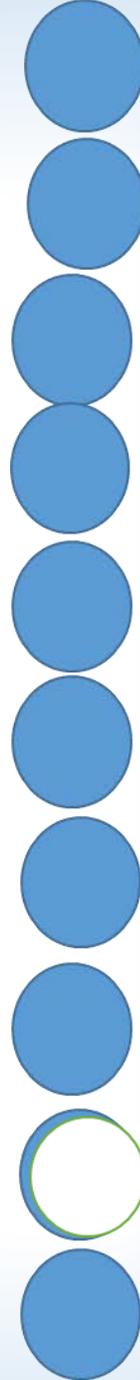




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

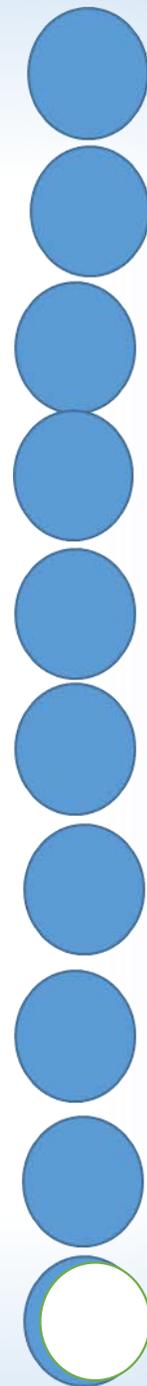




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

2nd Sorrowful Mystery – The Scourging at the Pillar

And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scourged Him, to be crucified. (Mar 15,15) ss



During this mystery we can think -- How many pains, how many torments, and how many wounds were on the body of Jesus after the scourging? How much blood fell to the ground, while His tormenters laughed, insulted Him, and gathered their strength to hit the innocent body of Jesus again and again? Let us ask for the strength to accept every insult or hurts we get for the love of our Lord, and also a true regret for the sins that we committed that caused Him to suffer..

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.*

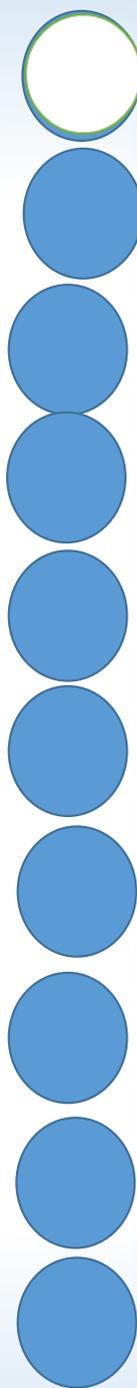
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

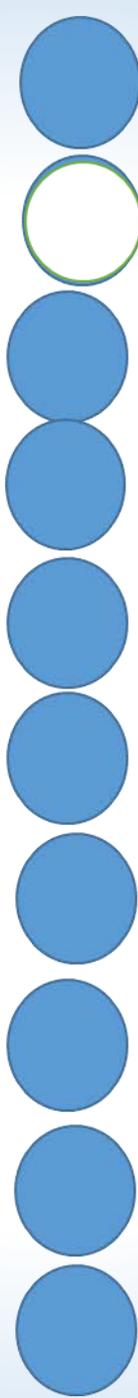




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

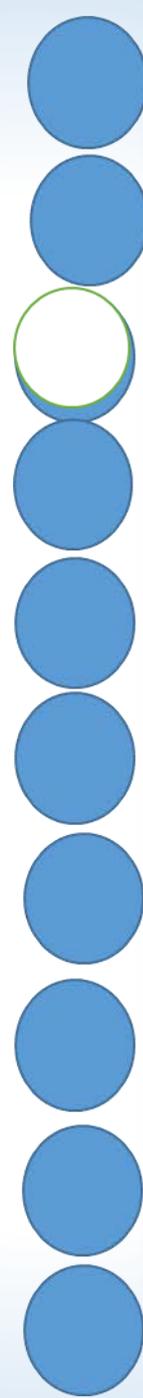




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

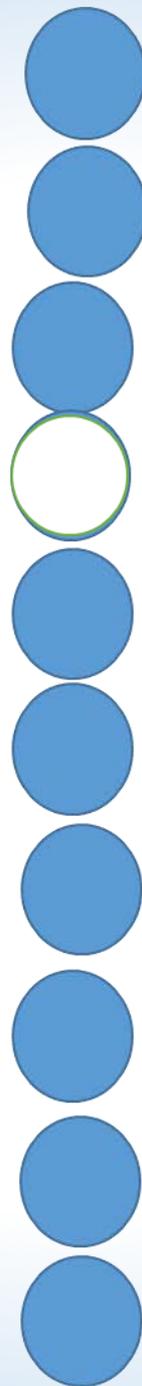




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

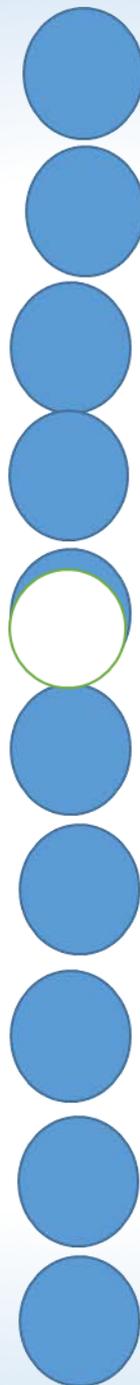




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

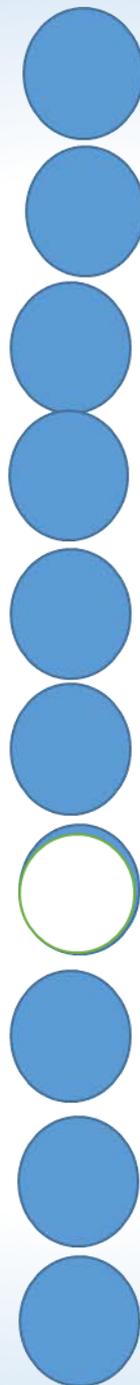




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

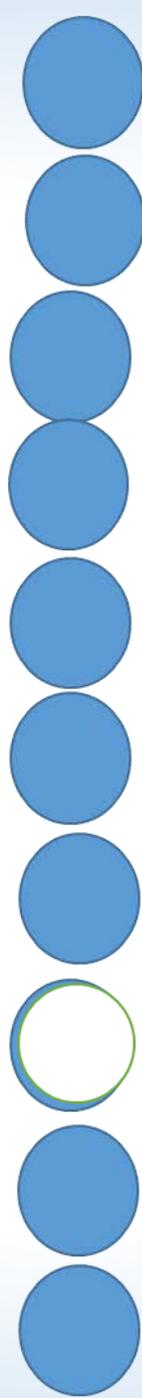




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

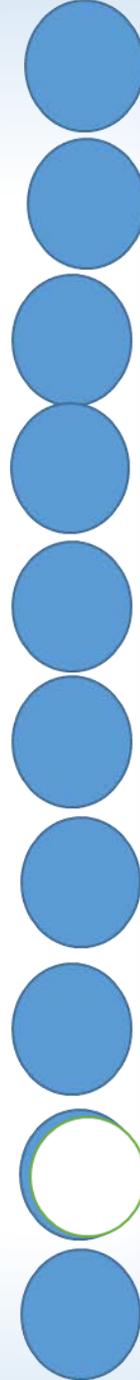




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

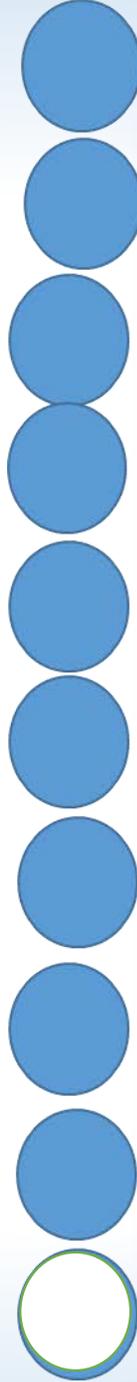




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**

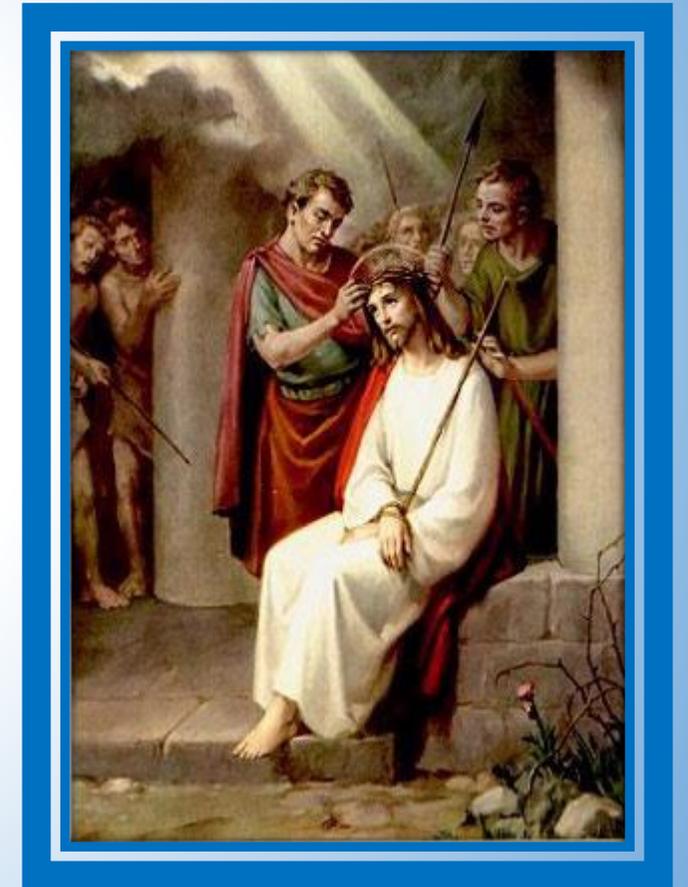


Amen.

3rd Sorrowful Mystery – The Crowning with Thorns

Then the soldiers of the governor took Jesus into the common hall, and gathered unto Him the whole band of soldiers. And they stripped Him, and put on Him a scarlet robe. And when they had platted a crown of thorns, they put it upon His head, and a reed in His right hand: and they bowed the knee before Him, and mocked Him, saying: "Hail, King of the Jews!" And they spit upon Him, and took the reed, and smote Him on the head. And after that they had mocked Him, they took the robe off from Him, and put His own raiment on Him, and led Him away to crucify Him. (Mat 27,27-31)

During this mystery think of the hurt, pain, and humiliation that Jesus suffered. They striped Him of every dignity. He was treated as though he were the worst criminal. He seems to say to us: "Why do you give up when you find things difficult? Is that the way you love me? Consider how Jesus suffered and ask for the gift of patience to accept all humiliations, thinking of how Jesus suffered for us.



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.*

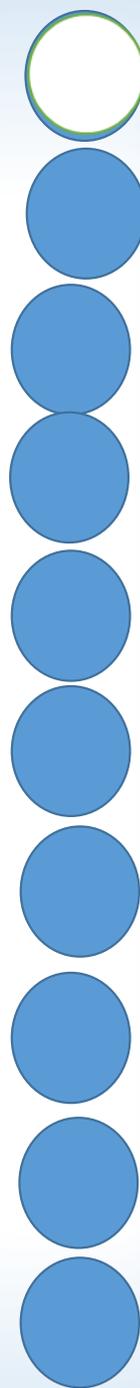
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

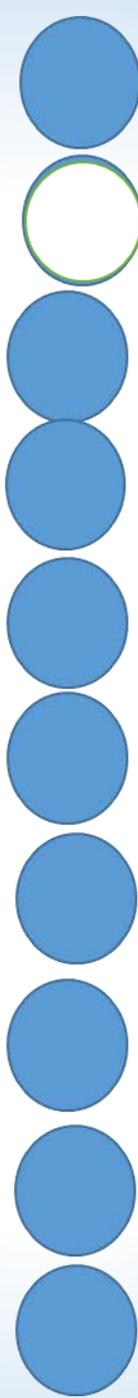




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

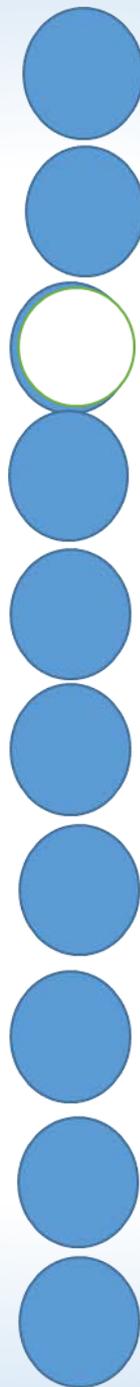




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

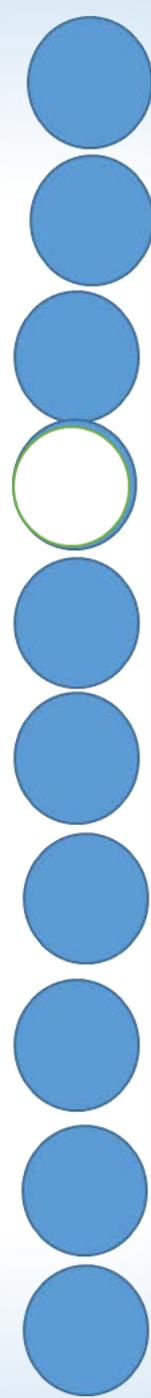




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

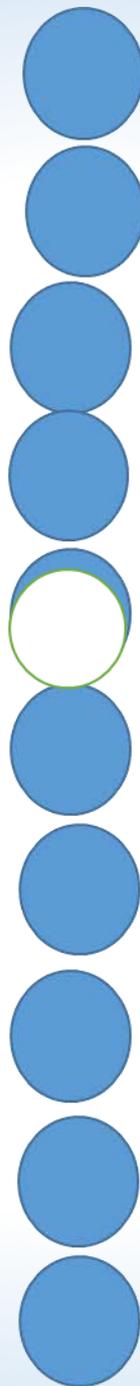




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

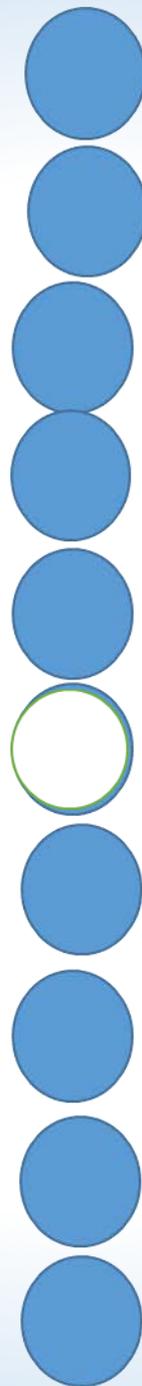




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

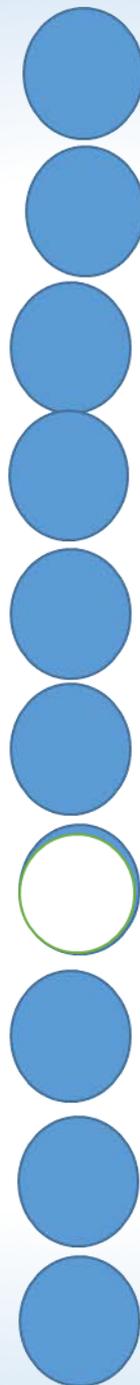




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

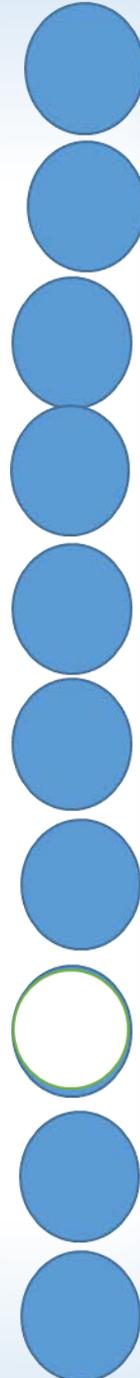




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

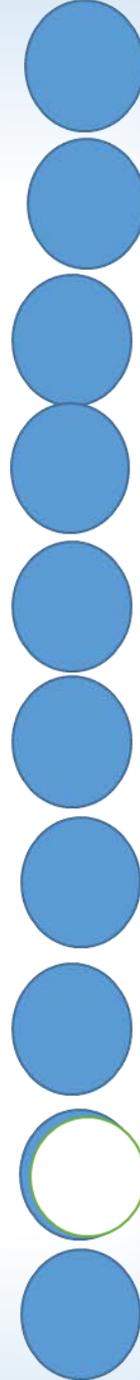




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

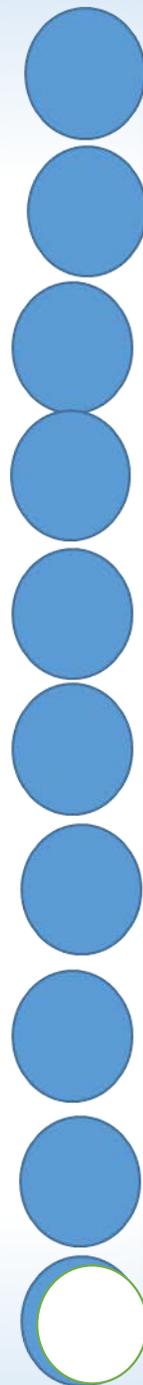




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

4th Sorrowful Mystery - The Carrying of the Cross

.. carrying the cross by Himself, He went out to what is called the Place of the Skull (in Hebrew, Golgotha). (John 19:17)



Even if He had suffered just for you, Jesus would have accepted such pains, so great is His love for you. Along the road to Calvary Jesus sees Mary, His Mother. Can you imagine the moment when Their eyes met? Her Heart must have ached. Let us pray to Mary for the grace to always accept our crosses. Ask her to always walk along side us as she walked along side her Son.

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.*

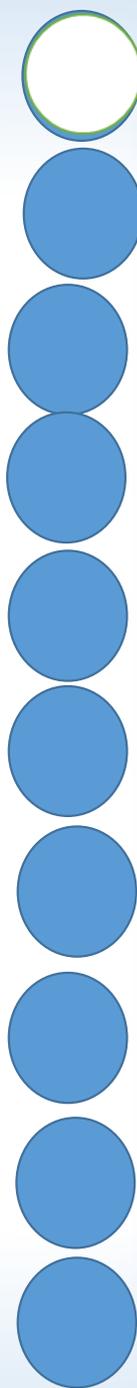
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

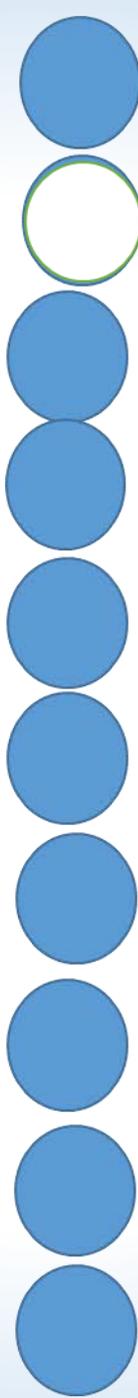




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

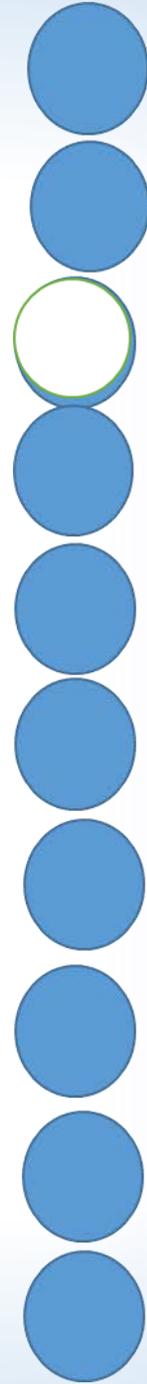




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

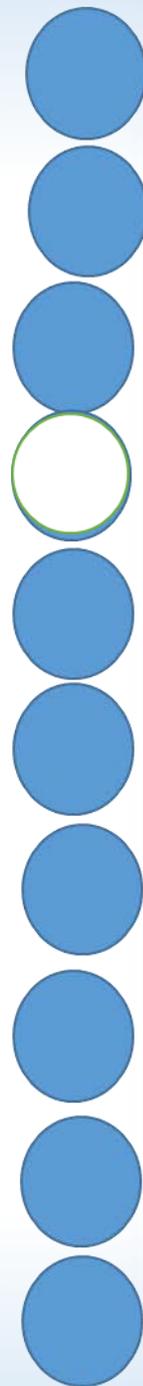




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

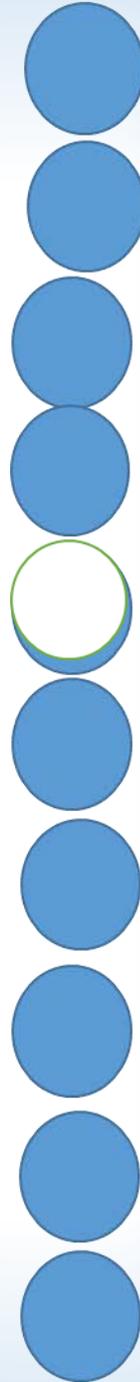




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

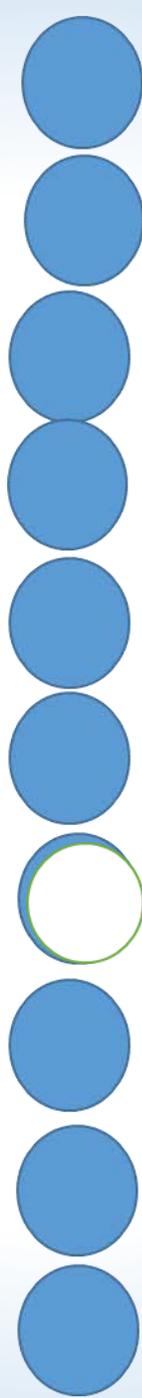




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

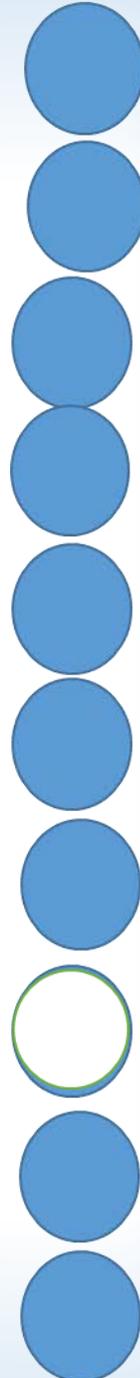




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

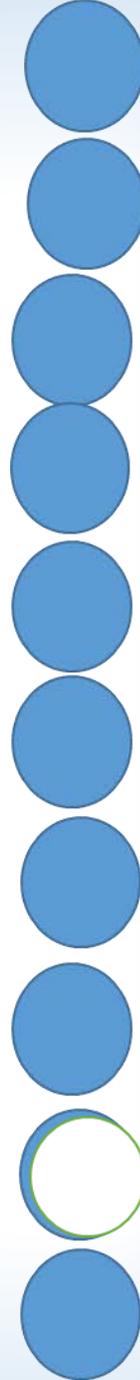




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

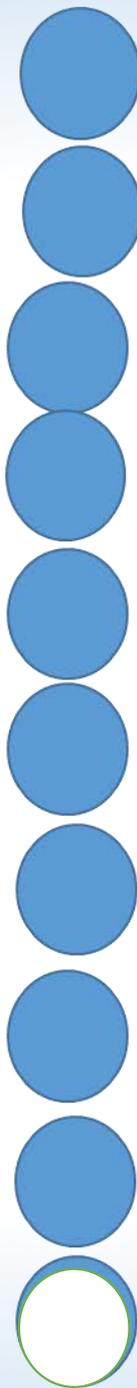




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

5th Sorrowful Mystery – The Crucifixion

Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Cleophas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple standing by, whom he loved, he saith unto His mother: "Woman, behold thy son!" Then saith he to the disciple: "Behold thy mother!" And from that hour that disciple took her unto His own home. (Joh 19,25-27)

Jesus wants us to be close to His Mother; He wishes that, like children, we keep our hand in the hand of Mary. That is what He wants. He asks us to look to Mary as our Mother, that is depend on Her. During this mystery pray to Mary. Ask her to put us under the protection of Her Immaculate Heart, and keep us far from anything that takes us away from God.



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.*

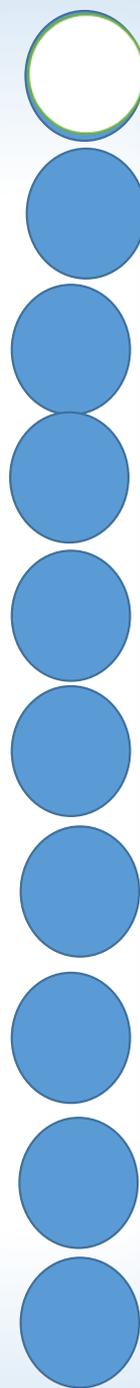
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

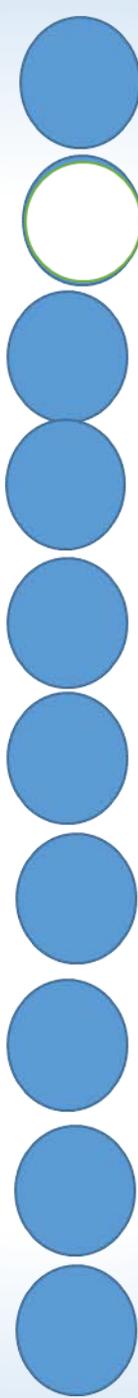




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

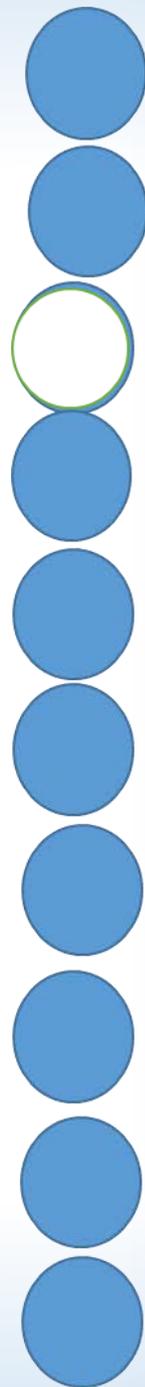




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

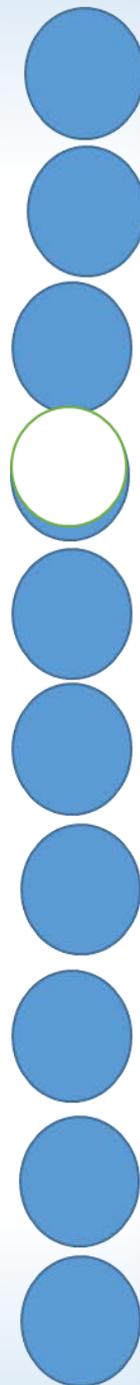




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

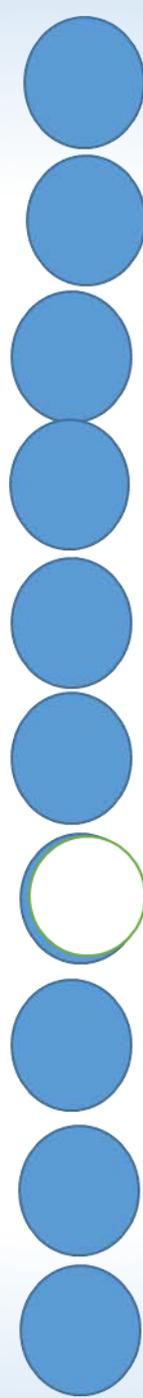




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

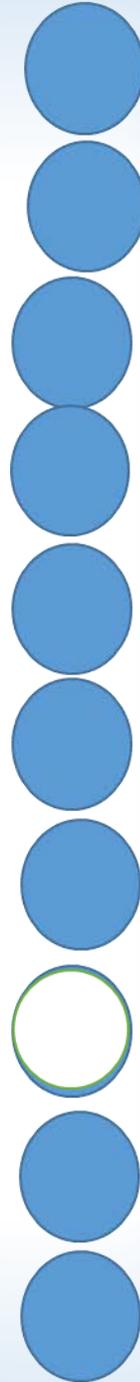




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

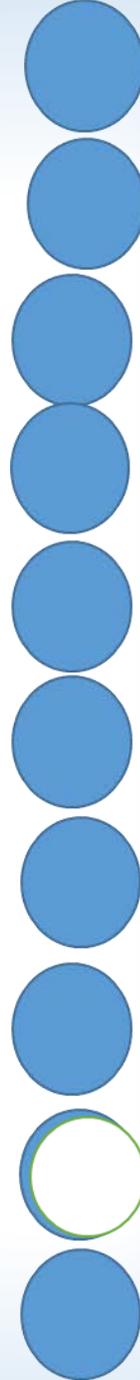




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

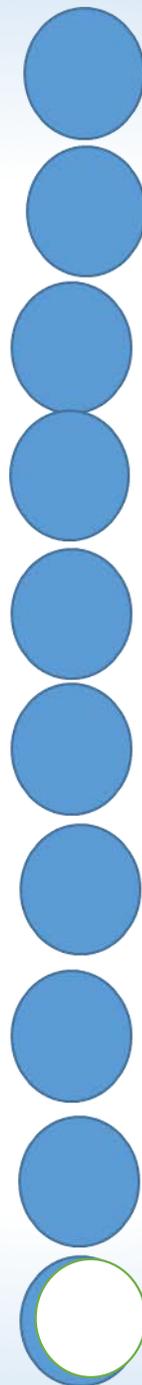




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



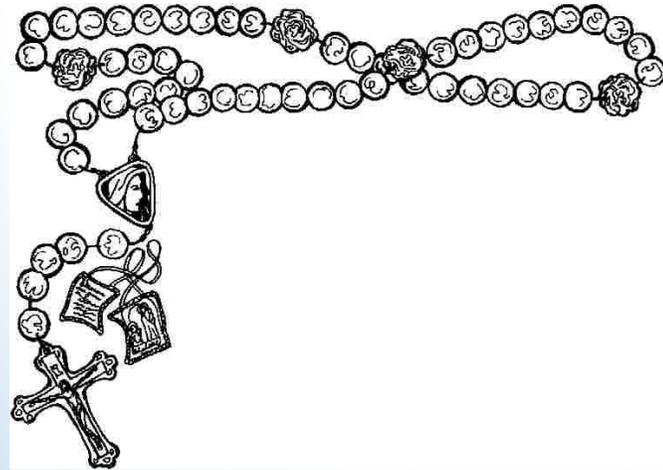
Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto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

Leader: Pray for us O Holy Mother of God,
All: That we may be worthy of the promises of Christ.



***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, while
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 Christ Our Lord. Amen.***

Let us conclude our prayers with the prayers recommended to us by Pope Francis.



Let Us Pray

O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith. "Protectress of all people", you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.

***We fly to your protection, O Holy Mother of God;
Do not despise our petitions in our necessities,
but deliver us always from every danger,
O Glorious and Blessed Virgin.***

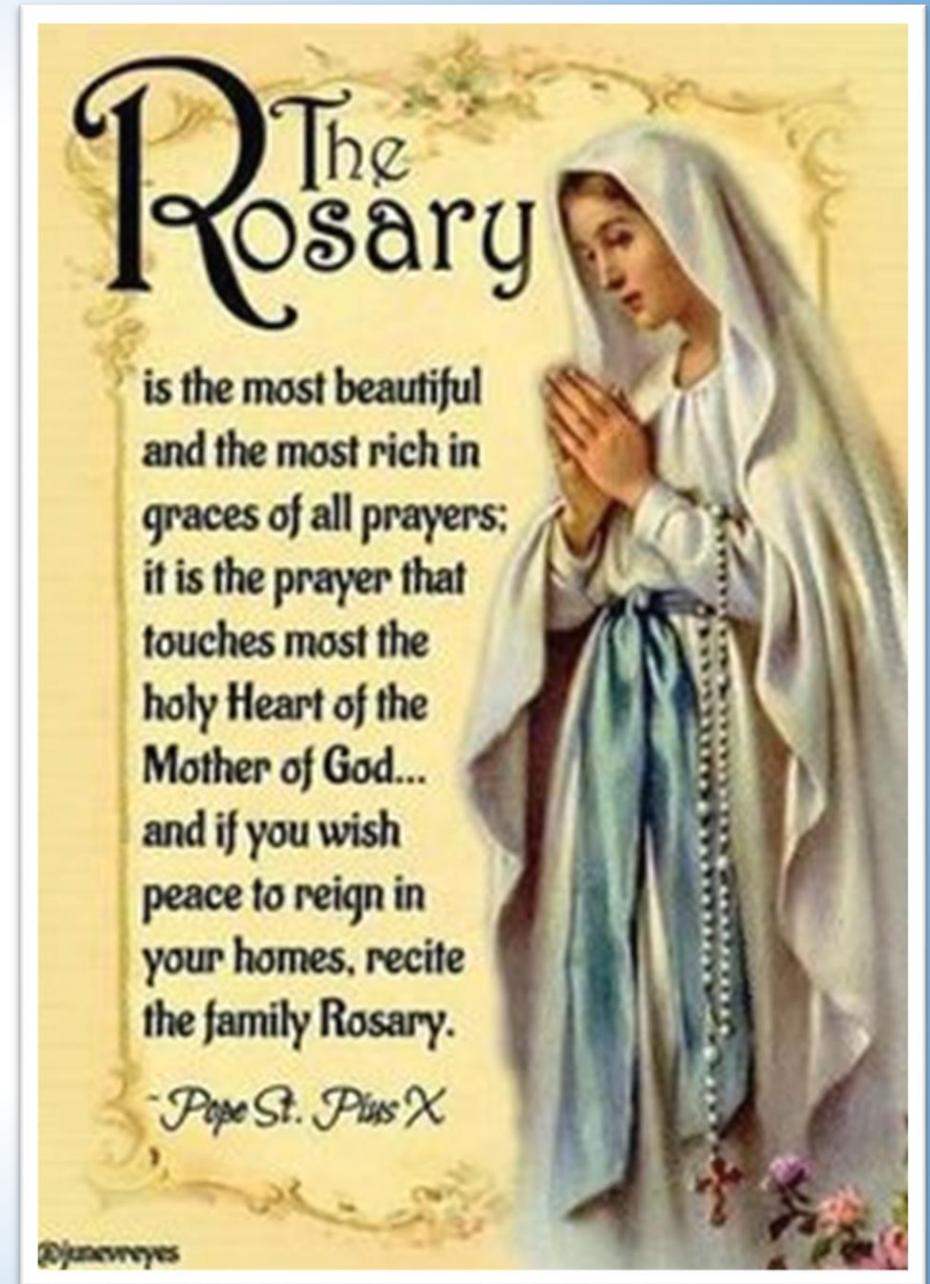
Response: *“We fly to your protection, O Holy Mother of God”.*

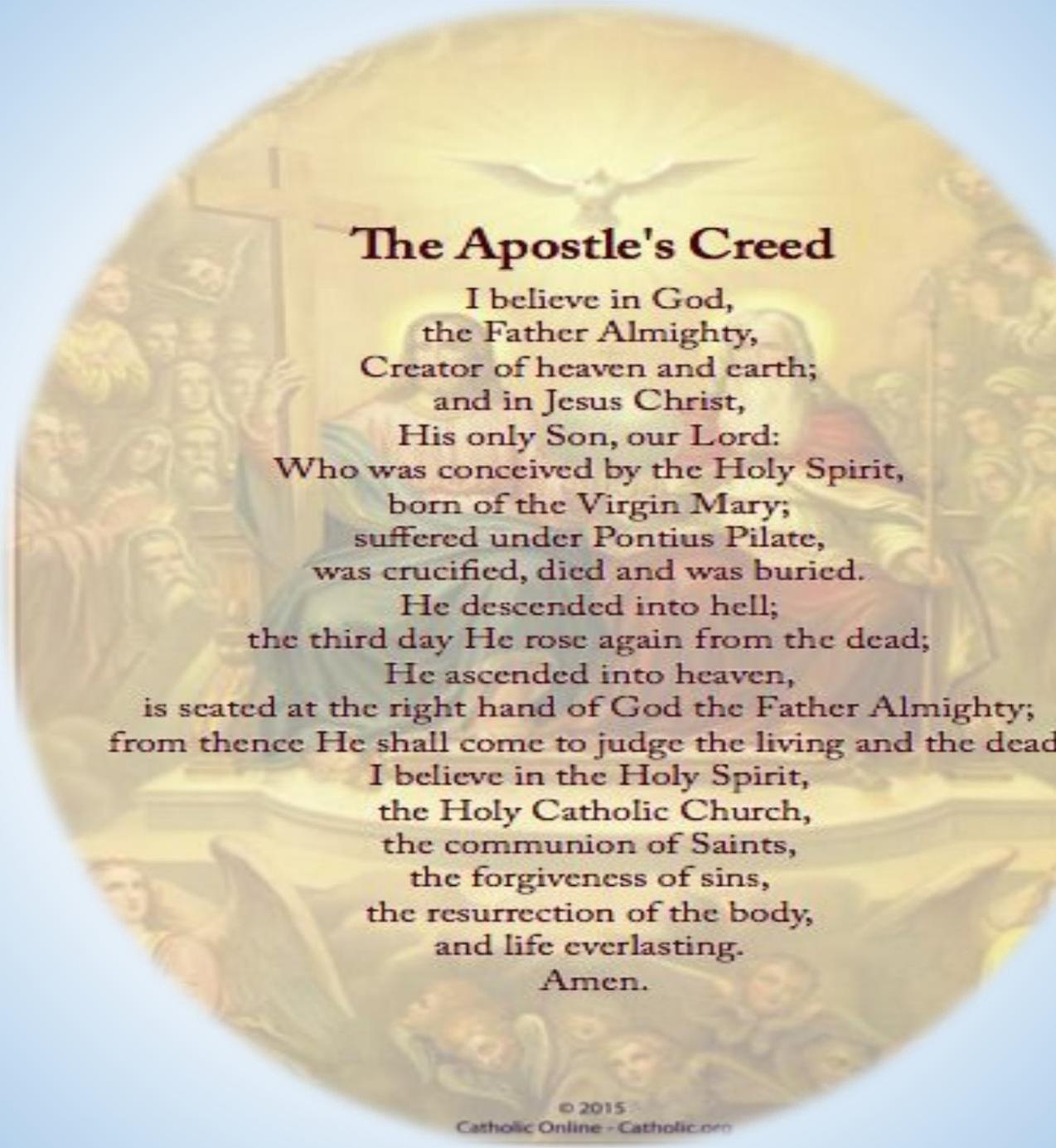
- In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.
- Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.
- Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.
- Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.
- Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

- Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.
- Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.
- Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.
- Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.
- Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.
- To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves,
O Clement, O Loving, O Sweet Virgin Mary. Amen.



*In the Name of the
Father,
and of the Son
and of the Holy Spirit
Amen.*





The Apostle's Creed

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;
the third day He rose again from the dead;
He ascended into heaven,
is seated at the right hand of God the Father Almighty;
from thence He shall 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.

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.*

Lead us not into temptation but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace.

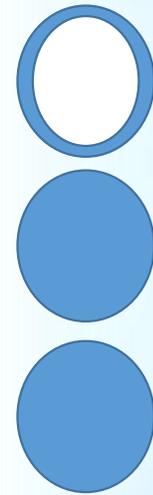
The Lord is with thee.

Blessed are 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.

SVG PDF 



Hail Mary

Hail Mary, full of grace.

The Lord is with thee.

Blessed are 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.

SVG PDF 



Hail Mary

Hail Mary, full of grace.

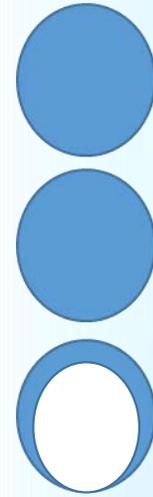
The Lord is with thee.

Blessed are 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.

SVG PDF 



*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.**



Amen.

1st Glorious Mystery – The Resurrection

You need not be amazed! You are looking for Jesus of Nazareth, the one who was crucified. He has been raised up; He is not here. See the place where they had laid Him.

Mark 16:6

This Glorious Mystery is the cornerstone of the Christian faith. On this, we meditate Jesus' conquering of death by rising again. During this mystery, we ask Mary's intercession that the peoples of the world may rise again from the pandemic and all health concerns which plague us at the present time.



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.*

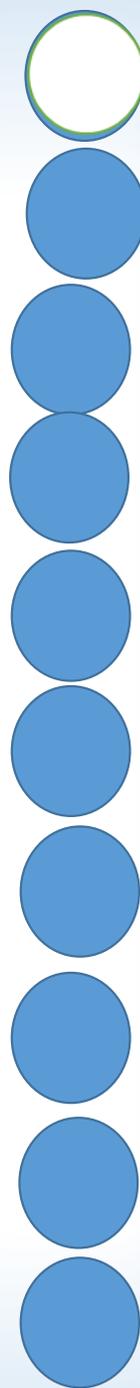
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

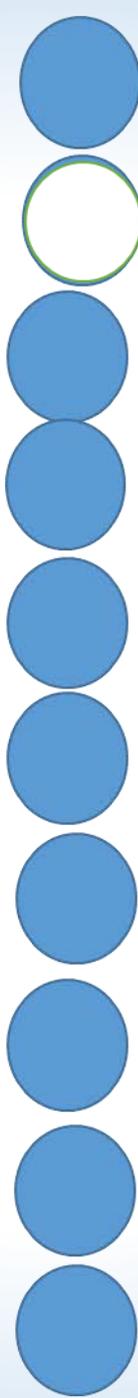




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

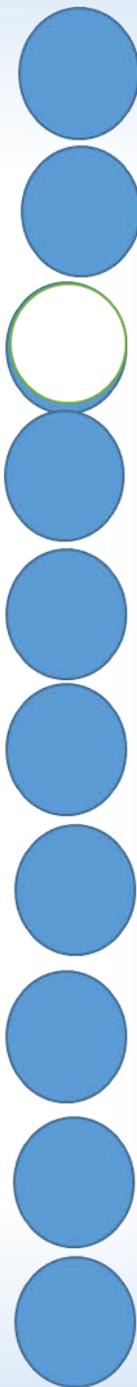




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

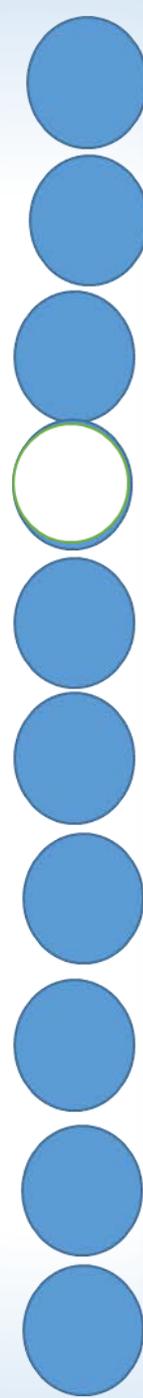




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

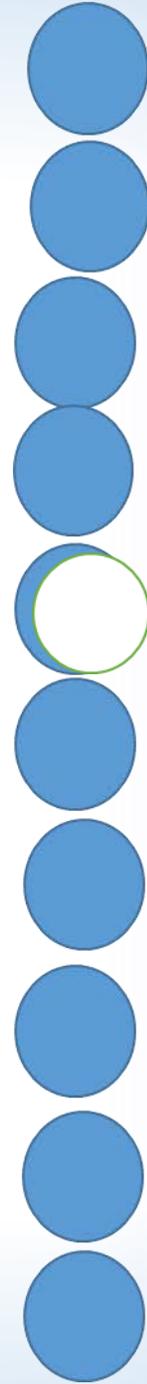




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

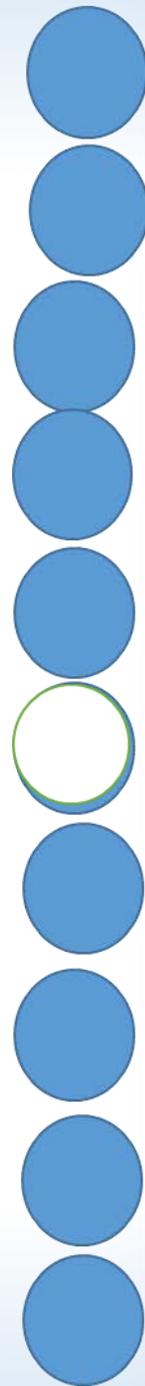




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

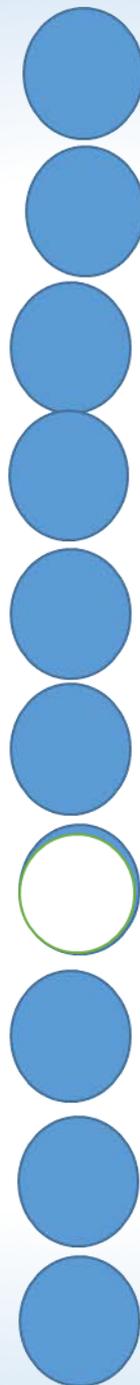




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

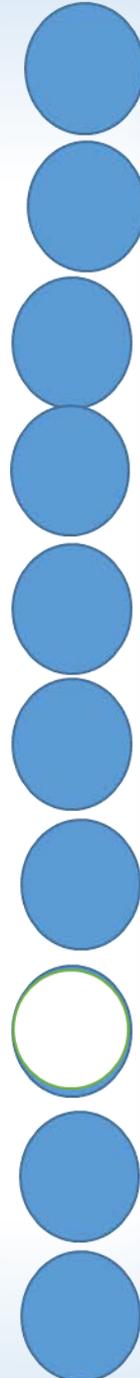




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

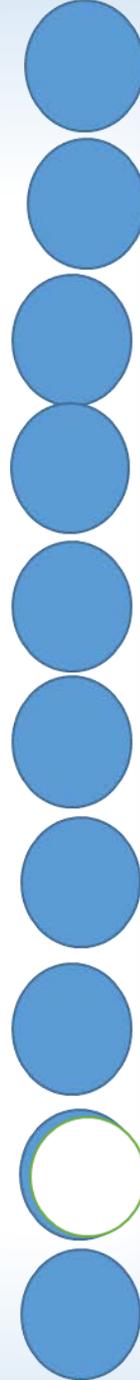




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

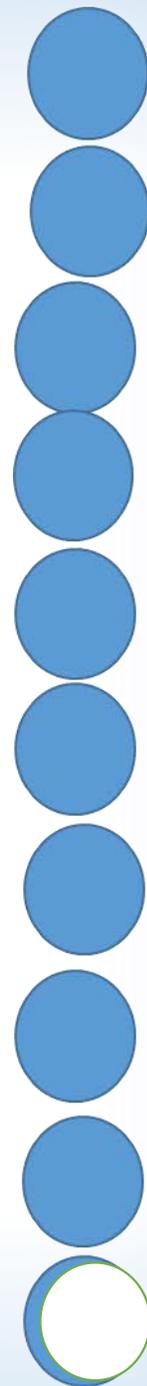




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

2nd Glorious Mystery – The Ascension

Then, after speaking to them, the Lord Jesus was taken up into Heaven and took His seat at God's right hand. Mark 16:19



It was time for Jesus to return to His father in Heaven. Before He did this, the last thing He gave to his Apostles was the Great Commission. He commanded that they go forth and bring as many people to him as possible. During this mystery we ask Mary to intercede for us to the Father that we may have the courage to set an example of faith to bring others to God and that our society will “ascend” from acts of rioting and violence to acts of peace and faith.

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.*

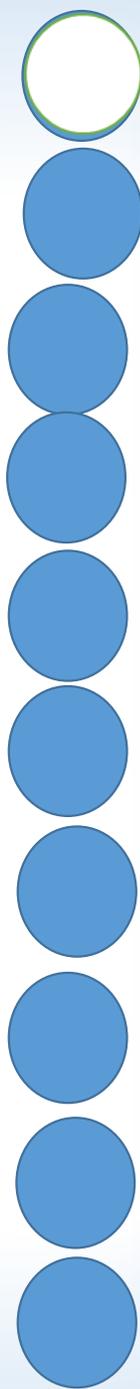
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

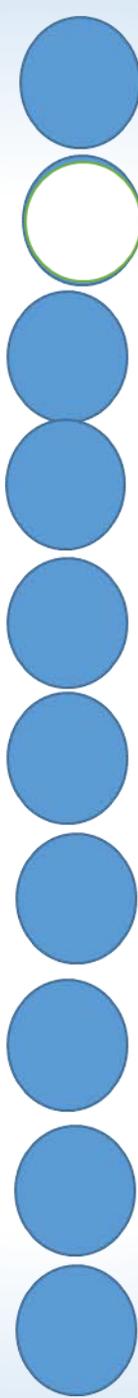




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

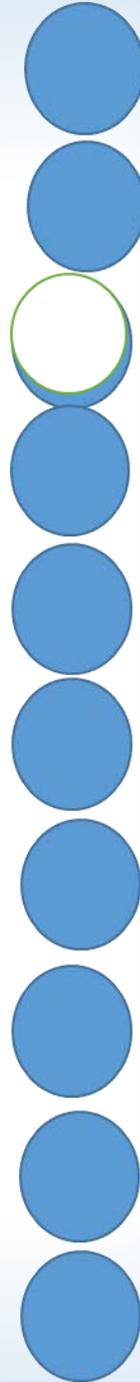




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

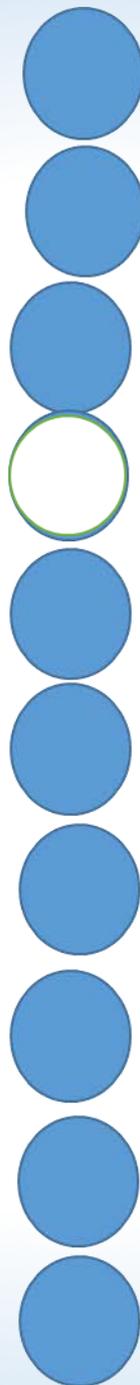




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

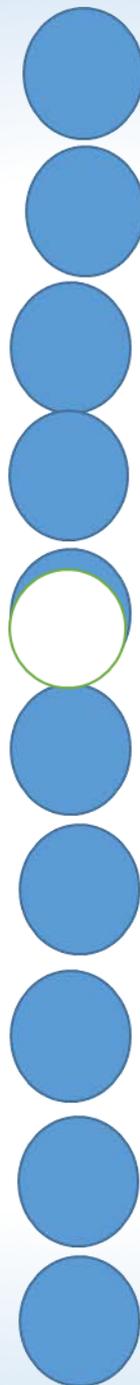




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

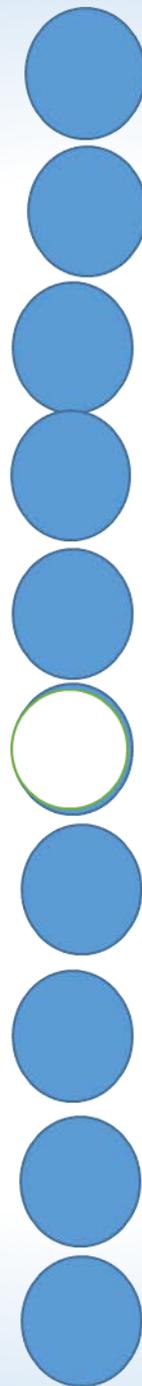




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

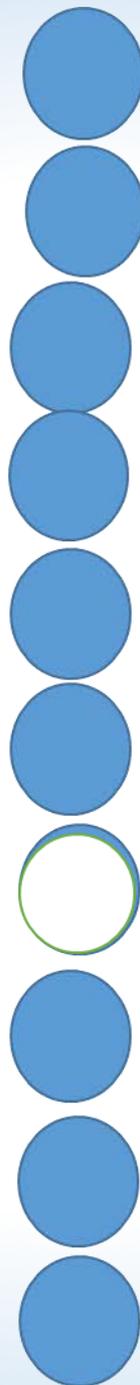




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

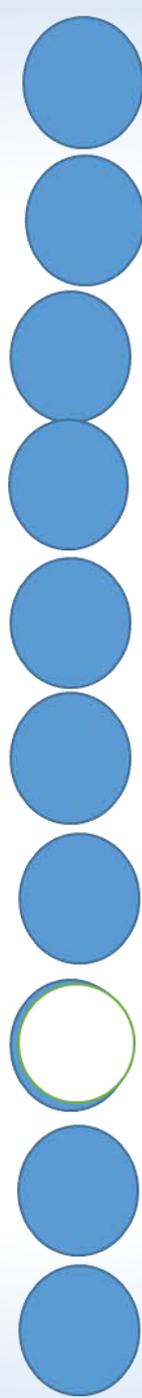




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

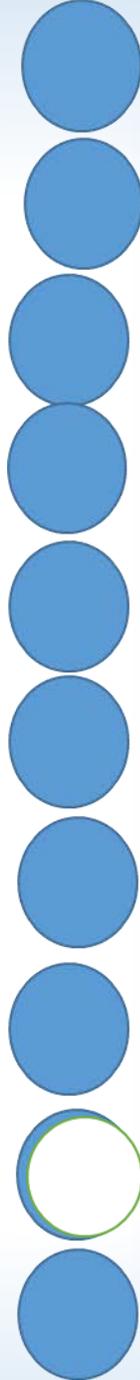




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

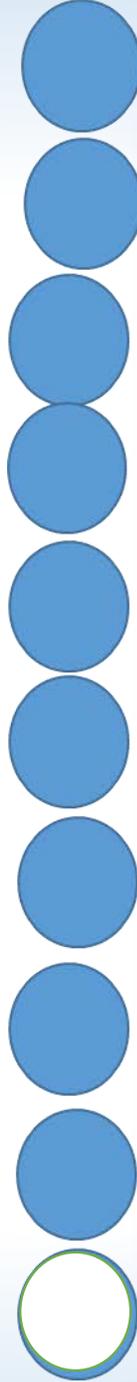




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

3rd Glorious Mystery – The Descent of the Holy Spirit

- *All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamation as the Spirit promised them*
Acts 2:4

This Glorious Mystery always reminds us to think about how terrified the Apostles and Mary must have been in their upper room until the Holy Spirit granted them the gifts to go forth and share the Gospel. The Descent of the Holy Spirit reminds us of our need for the third person of the Blessed Trinity. Meditating upon this Glorious Mystery, we humbly ask to receive the gifts of the Holy Spirit so that we can be better soldiers of Christ, courageously bringing others closer to God. We pray especially that the Holy Spirit enlighten all government officials and citizens to be informed by and follow God's plan for Salvation as we build the future of our country.



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.*

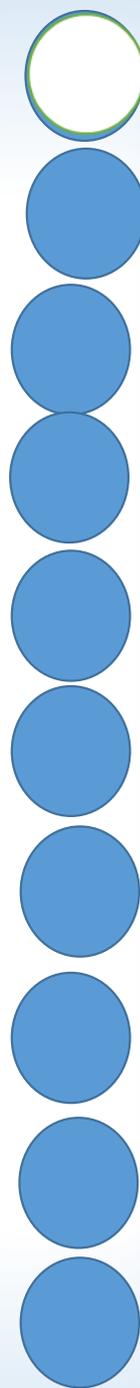
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

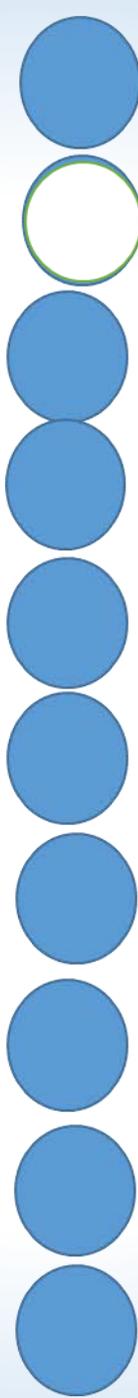




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

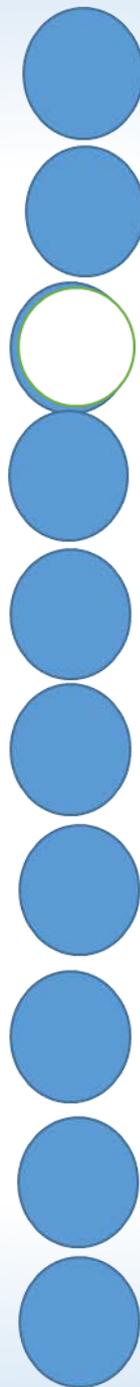




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

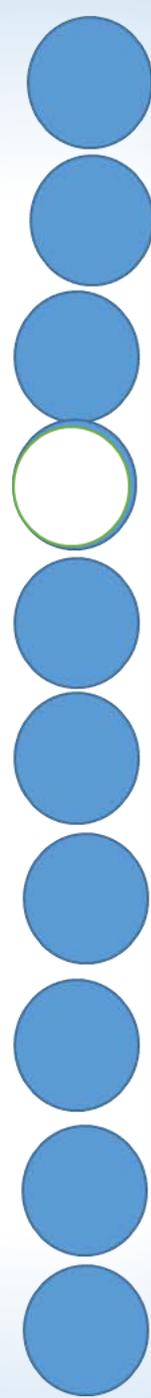




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

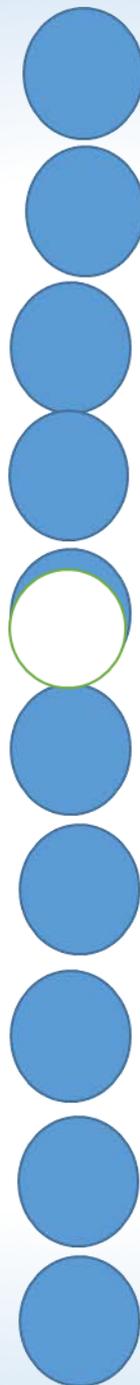




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

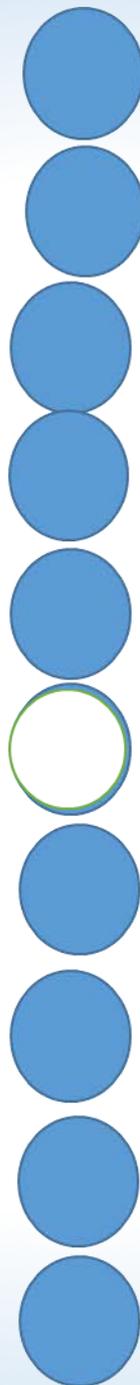




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

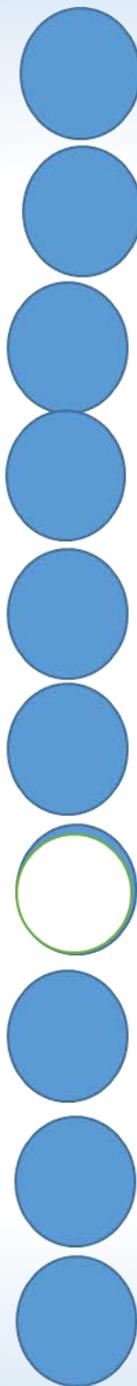




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

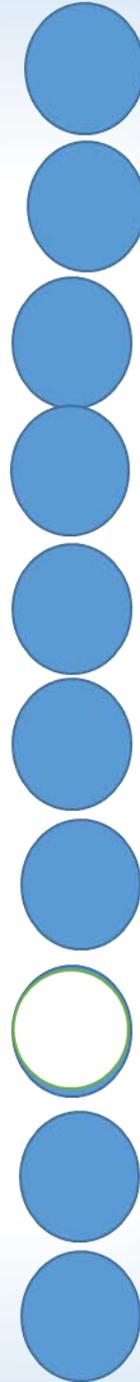




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

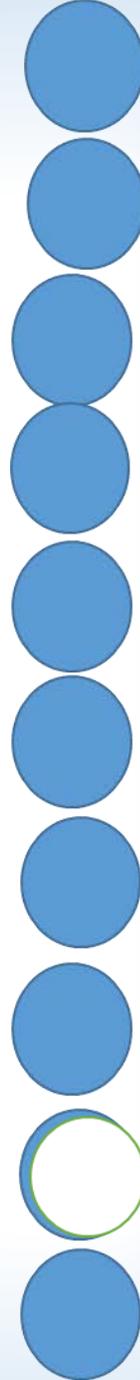




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

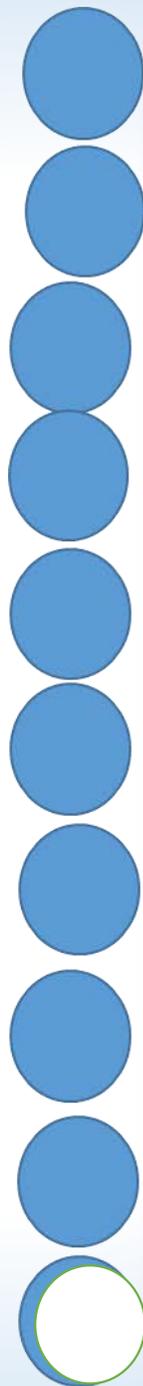




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

4th Glorious Mystery - The Assumption



- *May you be blessed, my daughter, by God most high, beyond all women on earth; and my the Lord God be blessed, the Creator of Heaven and earth. Judith 13:18*
- When Mary, the Blessed Mother of God, completed her life on earth, God did not allow her body to decay. Her body could have been an incorruptible one like some of the Saints, but God had bigger plans for her. Not only her soul, but also her body Assumed into Heaven at the end of her life. In a sense, Mary is a “first responder” in our relationship with God. During this mystery we ask Mary’s intercession for all of our First Responders—police, firefighters, health care workers, the military, teachers and clergy.

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.*

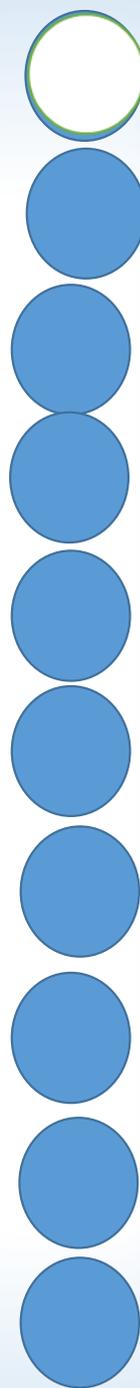
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

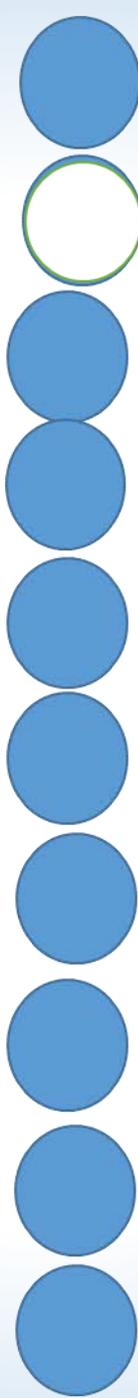




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

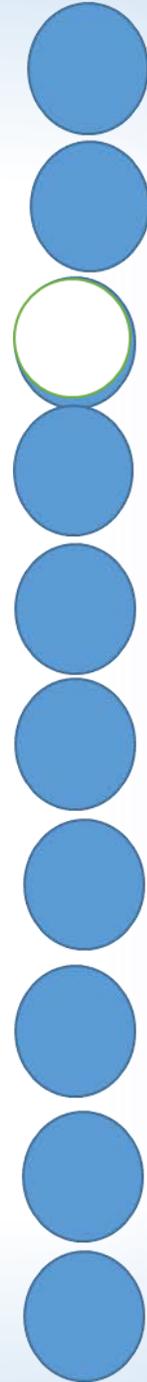




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

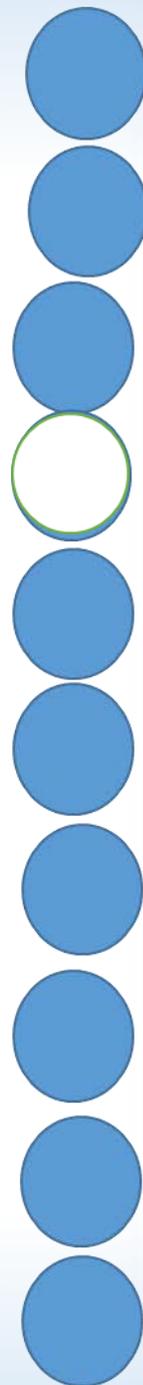




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

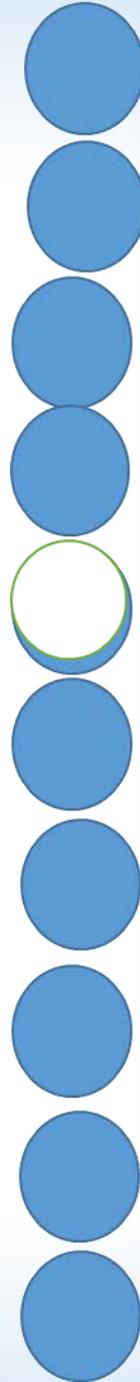




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

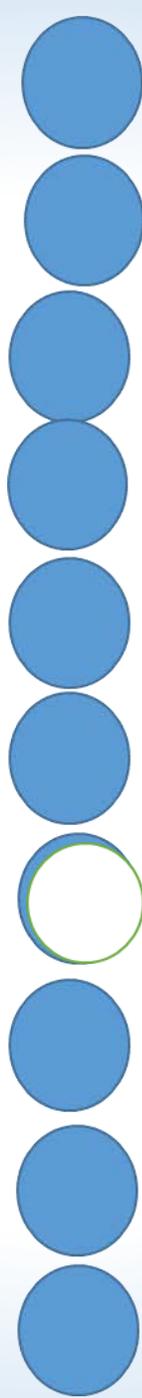




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

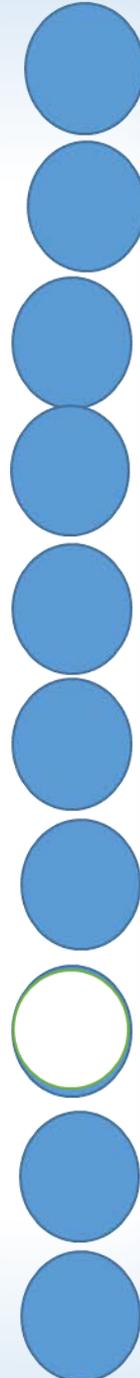




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

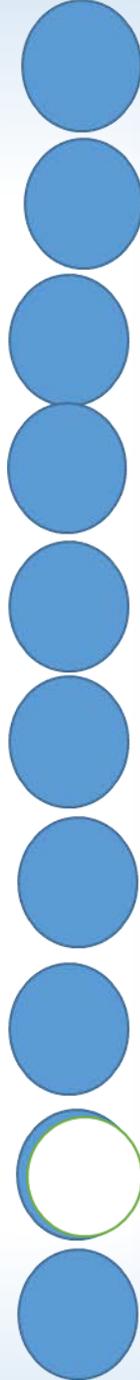




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

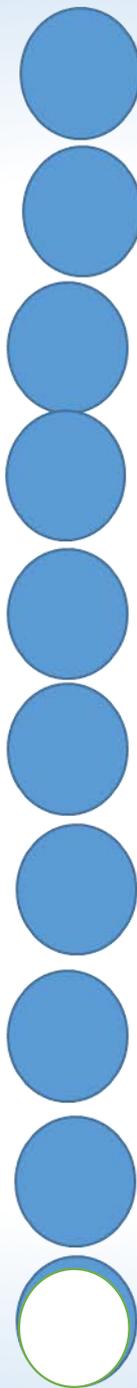




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



Amen.

5th Glorious Mystery – Crowning of Mary

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.

Revelations 12:1

When we meditate on this Glorious Mystery, what comes to mind most often is Mary's humility. We can imagine Jesus placing a crown on her head as she humbly and graciously accepts it. Mary lovingly intercedes for us as we turn to her for her graces. She comforts us as a Mother should, and she always directs us toward her Son. As we grow closer to her, we grow closer to Jesus. During this mystery we once again consecrate ourselves to Mary as our Mother and our protector.



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.*

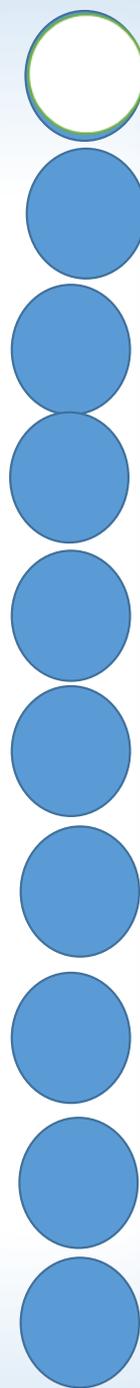
Lead us not into temptation but deliver us from evil. Amen.



Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

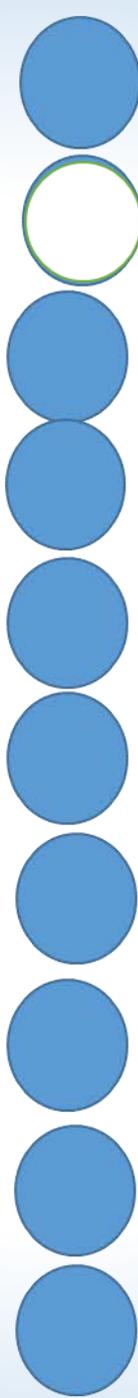




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

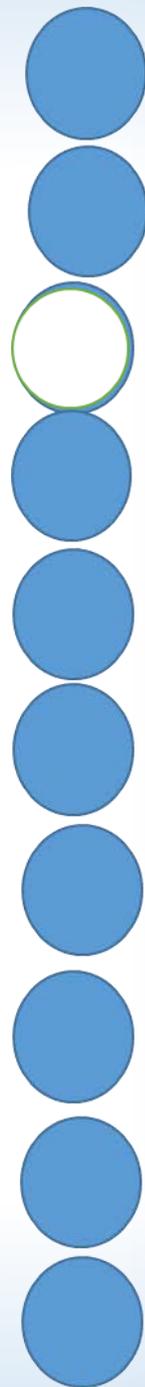




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

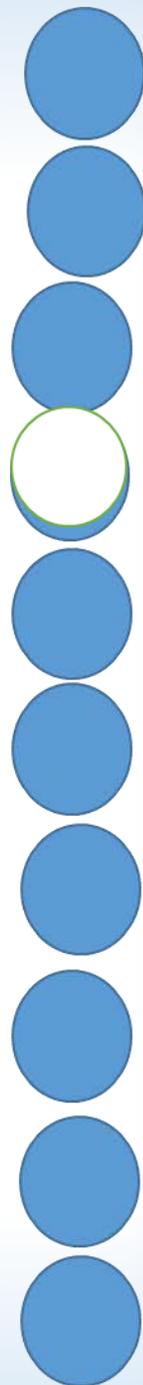




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR 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 YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

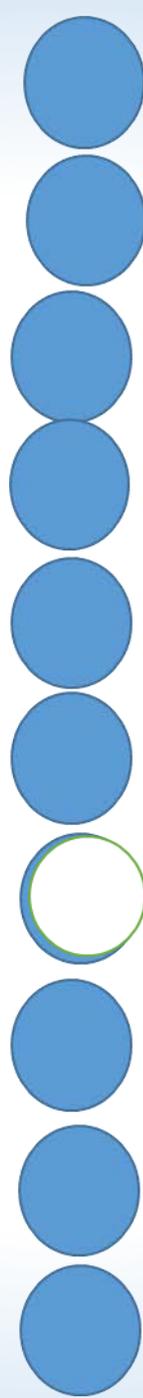




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

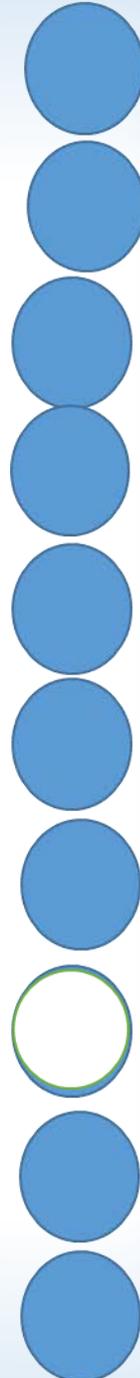




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

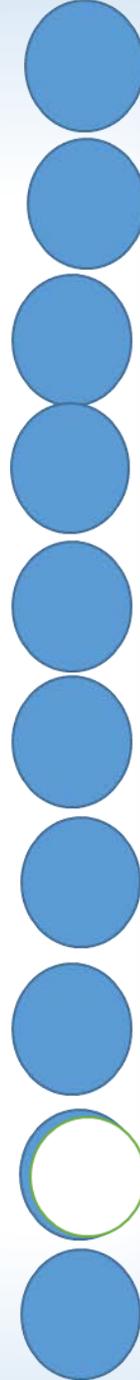




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.

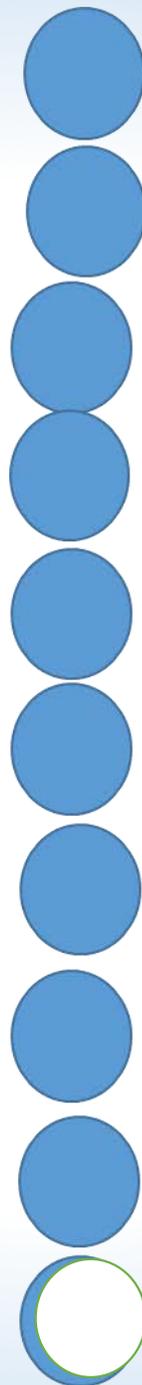




Hail Mary,

FULL OF GRACE,
THE LORD IS WITH YOU.
BLESSED ARE YOU AMONG WOMEN,
AND BLESSED IS THE FRUIT
OF YOUR WOMB, JESUS.

HOLY MARY, MOTHER OF GOD,
PRAY FOR US SINNERS,
NOW AND AT THE HOUR
OF OUR DEATH.
AMEN.



*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.**



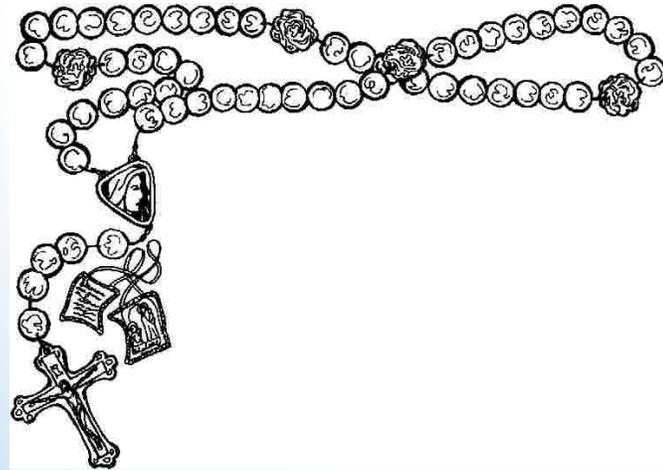
Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto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

Leader: Pray for us O Holy Mother of God,
All: That we may be worthy of the promises of Christ.



***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, while
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 Christ Our Lord. Amen.***

Let us conclude our prayers with the prayers recommended to us by Pope Francis.



Let Us Pray

O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith. "Protectress of all people", you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.

***We fly to your protection, O Holy Mother of God;
Do not despise our petitions in our necessities,
but deliver us always from every danger,
O Glorious and Blessed Virgin.***

Response: *“We fly to your protection, O Holy Mother of God”.*

- In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.
- Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.
- Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.
- Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.
- Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

- Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.
- Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.
- Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.
- Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.
- Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.
- To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves,
O Clement, O Loving, O Sweet Virgin Mary. Amen.

