

# MARY OUR MOTHER

## Word of the Week

Luke 1: 46-55

Mary's Song of Praise



Mary said,  
"My soul magnifies the Lord,  
and my spirit rejoices in God my Saviour,  
for he has look with favour on the lowliness of his servant.  
Surly, from now on all generations will call me blessed;  
for the Mighty One has done great things for me,  
and holy is his name.  
His mercy is for those who fear him  
from generation to generation.  
He has shown strength with his arm;  
he has scattered the proud in the thoughts of their hearts.  
He has brought down the powerful from their thrones,  
and lifted up the lowly;  
he has filled the hungry with good things,  
and sent the rich away empty.  
He has helped his servant Israel,  
in remembrance of his mercy,  
according to the promise he made to our ancestors,  
and to Abraham and to his descendants forever."



## PRAYER FOR THE WEEK

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



## Something to think about...

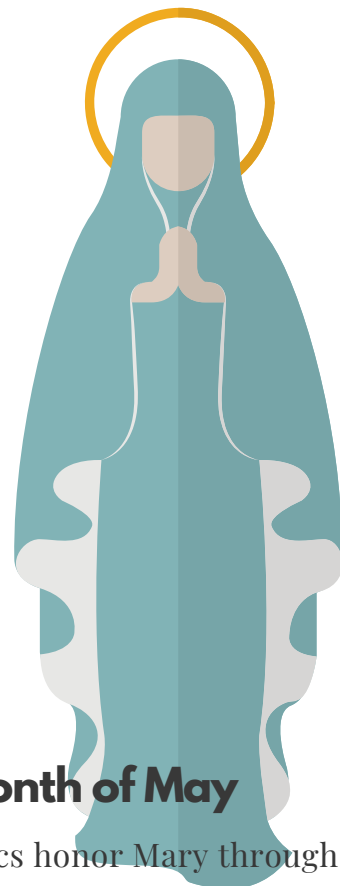
Mary the Mother of God, is the most important woman to have ever lived. Through her, God was able to become human, and be with us on earth. Mary points us towards Jesus. She helps us to get to know Jesus better. She reflects God's light so that we can be who God calls us to be, so that we can respond to God's plan in our life, and say our yes to God.

By the example of Mary, the Mother of God, we learn how to follow Jesus. She is the first and greatest disciple, because she believed and trusted in God's promise to her.

This week's Word of the Week teaches us something about how Mary understood God to work. This song of Mary's is called the Magnificat and it is her song of praise to God, thanking Him for all the wonderful things He is doing in her life and in the lives of other people too.

What in your life are you thankful for?

What can you praise and thank God for in your life right now?



## Mary and the Month of May

Every day of the year, Catholics honor Mary through prayer. We remember the many ways God blessed Mary. We read about Mary in Scripture. But during the month of May, Mary is specially honored by devotions around the world. In fact, May is the month of Mary.

Make a special effort this month to honour Mary. Below is all the information you need to learn how to pray the rosary. Assign one day a week where you will pray a decade (10 Hail Mary's) of the rosary during your time of collective worship throughout May.

### MYSTERIES

#### **The Joyful Mysteries**

*(Mondays & Saturdays)*

- 1) The Annunciation of Our Lord
- 2) The Visitation of Mary to her cousin Elizabeth
- 3) The Birth of Jesus
- 4) The Presentation of Jesus in the Temple
- 5) The Finding of the child Jesus in the Temple

#### **The Luminous Mysteries**

*(Thursdays)*

- 1) The Baptism of Jesus
- 2) The Miracle at the wedding feast at Cana
- 3) The Proclamation of the Kingdom of God
- 4) The Transfiguration of Our Lord
- 5) The Institution of the Eucharist at the Last Supper

#### **The Sorrowful Mysteries**

*(Tuesdays & Fridays)*

- 1) The Agony of Jesus in the Garden
- 2) The Scourging at the Pillar
- 3) The Crowning of Thorns
- 4) The Carrying of the Cross
- 5) The Crucifixion and Death of Our Lord

#### **The Glorious Mysteries**

*(Sundays & Wednesdays)*

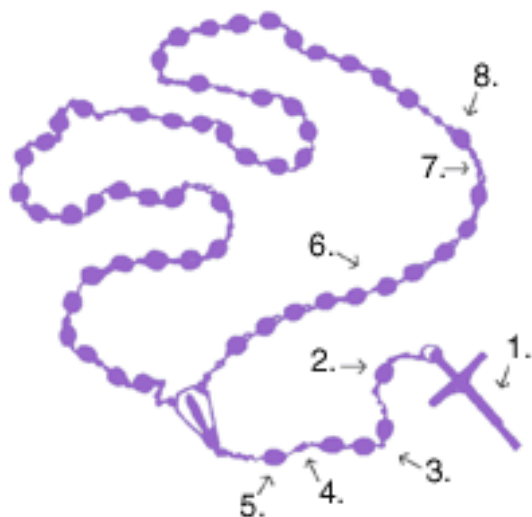
- 1) The Resurrection of Our Lord
- 2) The Ascension of Our Lord into Heaven
- 3) The Descent of the Holy Spirit
- 4) The Assumption of Mary into Heaven
- 5) The Coronation of Mary

1 THESSALONIANS 5:16-18 NLT

*Always*  
BE JOYFUL.

*Never stop*  
PRAYING.  
BE THANKFUL  
*in all circumstances...*

## How to Pray the Rosary



1. Make the Sign of the Cross and pray the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray Glory Be to the Father.
5. Announce the mystery for reflection and pray the Our Father.
6. Pray the 10 Hail Marys.
7. Finish the decade with the Glory Be to the Father.
- 8.