

# MARY

## MOTHER OF GOD AND OUR MOTHER TOO



### Word of the Week Luke 1: 46-56

A reading from the Holy Gospel  
according to Luke

And Mary said,  
“My soul magnifies the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked on the humble estate of his servant.  
For behold, from now on all generations will call me  
blessed;  
for he who is mighty has done great things for me,  
and holy is his name.  
And 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 mighty from their thrones  
and exalted those of humble estate;  
he has filled the hungry with good things,  
and the rich he has sent away empty.  
He has helped his servant Israel,  
in remembrance of his mercy,  
as he spoke to our fathers,  
to Abraham and to his offspring for ever.”

Never be afraid of  
loving the Blessed Virgin  
too much. You can never love  
her more than Jesus did.

—SAINT MAXIMILIAN KOLBE



### 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.

# Magnificat

In this week's Word of the Week, Mary responds to God's call with a heart full of praise. Her word, known as the Magnificat, is a powerful reminder that God sees and values the humble, the overlooked, and the faithful. Mary was a young woman, likely a teenager, yet she believed God could use her life for something amazing.

Her song, what we hear in our reading this week, is not just a celebration of what God has done for her, but a proclamation of what God always does: lifts the humble, cares for the poor, and fulfils His promises.

Mary reminds us that being young doesn't mean being unimportant. God works through those who are willing, even when they feel unqualified or small. Her "yes" to God was quiet, but it echoed through history. For you as young people, Mary's example is both a comfort and a challenge: God sees you, He calls you, and He wants to do something meaningful through your life.



- Has there been a time when I've seen and felt God lift me up or provide for me when I have felt low or overlooked?
- Is there something in my life right now that God might be asking me to trust Him with?
- How can I, like Mary, choose to praise God in my joyful and uncertain moments?

Magnificat- Reawaken Hymns

[LISTEN HERE](#)

Why is May the month of the Blessed Virgin Mary?

[WATCH HERE](#)

Salve Regina-CJM MUSIC

[LISTEN HERE](#)

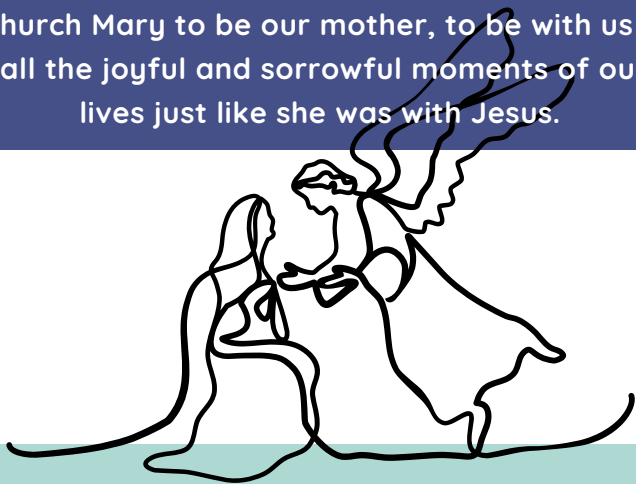


## Mother Mary

May is the month of Mary.

During May, we think about Mary and we try to live like her. Mary is right at the heart of our Catholic faith and right at the heart of the gospel stories of Jesus. Mary is present at the joyful and sorrowful times of Jesus' life.

We should never forget the importance of Mary as the mother of Jesus and that she is our Mother too. On the cross Jesus gave the Church Mary to be our mother, to be with us in all the joyful and sorrowful moments of our lives just like she was with Jesus.



## Mary's Yes

It must have been such a shock for a young, poor, unmarried woman to be visited by an angel and told she was going to have a baby. Mary accepted what she was being told, trusted in God and his plan and said her YES to God.

What is something, big or small, which God asks you to say yes to?

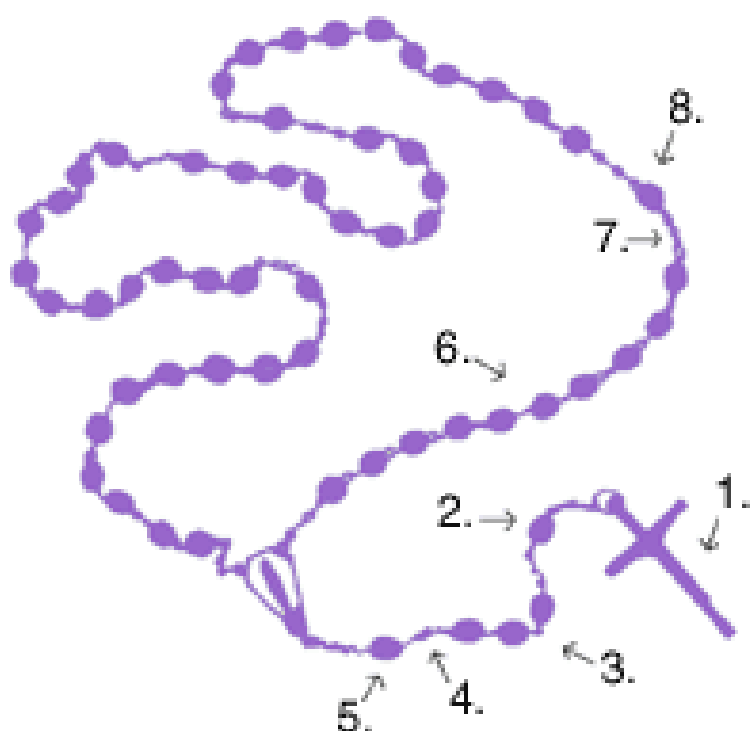
What are some things which make it difficult to say yes to God?

How can we remove some of the barriers to saying yes?

How does being part of a faith community like school or your parish support you in saying yes to God?

What can we learn from Mary's response to God's call that can be applied to our lives?

# 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.

**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, and sits 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.

**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.

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

**Hail, Mary**, full of grace,  
the Lord is with thee.  
Blessed art thou amongst 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.

**[Click here for the different mysteries of the rosary.](#)**