

*the fma at
prayer*

Text revised according to the liturgical renewal and the Constitutions redrafted upon the request of the XVII GC to the General Council.

Institute FMA
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INTRODUCTION

This book is a guide for concrete times of prayer throughout the day in our Institute. Its specific function is to nourish our spirit of piety which has both its source and its culmination in the Eucharist, its only aim being to achieve a gradual communion with the Father in Christ and in the Spirit.*

Words, attitudes, gestures, and songs have an important function, but one which is always relative to the life of prayer that every FMA should cultivate within herself and in her community, in simple, faithful docility to the Spirit, the Source of all authentic Christian prayer.

Our most serious responsibility in regard to prayer is not merely to repeat prescribed formulas or be present at scheduled community encounters. It goes beyond that, to making space for the Spirit who praises the Father using our voices and opens us to the demands of our vocation. Indeed, the Spirit helps us overcome the danger of either reducing prayer to a sterile formalism or eliminating it, in the belief that it is useless and alienating. By His action He guides us far beyond the purely normative and incidental aspect of our times of prayer, to help us rediscover the profound, theological dimension of prayer itself which is absolutely indispensable if we are to fulfill our mission.

* Cfr. Paul ALBERA. *Letter to FMA 24-2-1920*, in *Libro delle preghiere e delle pratiche di pietà ad uso delle Figlie di Maria Ausiliatrice*, Torino Scuola tip. Salesiana (1920) V.

The present prayerbook is thus meant to be a modest, though concrete, aid to our communities, helping them live their prayer in the Salesian spirit, in harmony with the liturgical renewal, and our renewed Constitutions.

In it, the FMA will find help in discovering a suitable relationship between the demands of the official prayer of the Church and the patrimony of prayer belonging to our Institute. The Missal, the Liturgy of the Hours, and the present text constitute our daily prayer books. They form, as it were, a journal of the Lord's encounters with us throughout the hours of our daily lives and the more extended span of the liturgical year.

Each of these meetings with God, Mary, and our Saints, calls for the lively and responsible participation of each individual and of the community as a whole.

Indeed, in Salesian life, prayer has a fundamental community dimension; it is both the expression and the basis of community which needs to express itself in prayer; not merely as one more action among many, but as a fundamental reality of community life. Through prayer, we build community, re-awaking in each member a lively awareness of her intimate, vital relationship with God, her sense of belonging to the Institute and of self-giving to youth, her faith and love—all those values which sustain communion.

This is why the text offers essential directives for our communities. At the same time, it will, hopefully, be used with balanced creativity based on a genuine respect for tradition and a solid spiritual formation.

Presented with a variety of selections, each community is invited to live its own prayer in a way that responds to the needs of the various situations,

but always in faithfulness to a common, uniform direction for the entire Institute.

The text is divided into two main sections: one, dealing with our daily encounters with God, centered on the Eucharist, and the other, the celebration of the mystery of Christ throughout the Liturgical Year, which culminates at Easter. Within this context, every community and every individual member will be able to testify to a love for Christ in faith, and animated by a lively ecclesial sense, prepare for prayer as a decisive moment of personal and community growth.

Many formulas are rewritten in updated language and are drawn from the rich patrimony of liturgy and the spirituality of both Church and Institute in order to clarify the need to educate ourselves and integrate our life with our prayer.

From this vital unity, the FMA daily assesses the fruitfulness of her presence in community and among the young.

We Praise the Lord
from Sunrise to Sunset

Our Daily Prayer

Morning prayer includes the following moments: the Eucharist, Lauds, Meditation, and the Prayer to Mary. Each of these has its own nature and structure, although they share the same elements and characteristics, particularly Lauds and the Eucharist.

The Church suggests that, as a rule, both celebrations keep their independence. For this reason the following order is suggested: Lauds, Meditation, Prayer to Mary, Eucharist.

In particular circumstances, community needs may place Lauds immediately before the Eucharist. At such times it is necessary to observe the principles and norms of the Liturgy of the Hours for uniting the two celebrations.¹

THE CELEBRATION OF LAUDS^{2*}

This Hour, celebrated as the light of a new day dawns, recalls the Resurrection of the Lord Jesus, “the true light, enlightening every man,” (Jn. 1:19) “the Sun of Justice,” (Mal. 4:2) “arising on high.” (Lk. 1:78)³ It is a sacrifice of praise because it allows us to dedicate ourselves more fully to God through the offering of our day and our commitment to treasure the precious gift of time.

The celebration of Lauds calls to mind creation and the task God assigned to us - to dominate the world and its history with our free, intelligent activity: “You formed us in Your own likeness, and set us over the whole world to serve You, our creator, and to rule over all

* Where Lauds open morning prayers they begin with: “O God, come to my assistance” or — if preceded by the invitatory — with: “Lord, open my lips.” Otherwise the opening is: “In the Name of the Father ...”
TRANSLATOR’S NOTE: Norms may differ from country to country. Kindly consult those of the locality.

creatures.”⁴ *This morning prayer... “is not a private activity, but pertains to the whole body of the Church. It manifests the Church and has an effect upon it.”⁵ Sharing in this prayer by which, in Christ, we become the voice of the whole of humanity,⁶ we strive to establish favorable conditions for a conscious and active celebration.*

PRAYER FOR THE HOLY FATHER

We show our love for the Pope, which is a characteristic of our Institute, by our filial adherence to his teachings and by our daily prayer.

Every community will decide how to include the prayer for our Holy Father in one of its community acts,⁷ e.g., in the invocations at Lauds, the intercessions at Vespers, or the Prayer Before the Eucharist.

By way of suggestion some prayers taken from the Liturgy are given here:

V Let us pray for our Holy Father, Pope N.

R Father of providence,
look with love on N. our Pope
Your appointed successor to Saint Peter,
on whom You built Your Church.
May he be the visible center and foundation
of our unity in faith and love.
Grant this through our Lord Jesus Christ,
Your Son, who lives and reigns
with You and the Holy Spirit,
one God, for ever and ever.⁸

(Tr. note: the sources for this text coincide, but not the wording, nor the content.)

or

God our Father,
shepherd and guide of all the faithful,
look with love on N. Your servant,
the pastor of Your Church.
May his word and example
inspire and guide the Church,
and may he, and all those entrusted to his care,
come to the joy of everlasting life.⁹

MEDITATION

An especially important time for daily dialogue with God is the meditation. While it extends and interiorizes the prayer of Lauds in our personal prayer, it also prepares us for the Eucharistic Celebration. In fact, especially when the Missal is its source, it teaches us to hear and assimilate the Word of God in order to live it day by day.

Don Bosco exhorts us never to omit it.

When the meditation opens morning prayer, it is preceded by the invocation to the Holy Spirit. Instead, when it follows Lauds, the invocation is omitted.

V Come, Holy Spirit, Creator, come
From Your bright heavenly throne,
Come, take possession of our souls
And make them all Your own.

You who are called the Paraclete,
Best gift of God above,
The living spring, the living fire,
Sweet unction and true love.

You who are sevenfold in Your grace,
Finger of God's right hand;

His promise, teaching little ones
To speak and understand.

Oh guide our minds with Your blessed light,
With love our hearts inflame
And with Your strength, which never decays,
Confirm our mortal frame.

Far from us drive our deadly foe;
True peace unto us bring;
And from all perils lead us safe
Beneath Your sacred wing.

Through You may we the Father know,
Through You the eternal Son,
and You, the Spirit of Them both,
Thrice-blessed Three in One.

All glory to the Father be,
With His co-equal Son:
The same to You, great Paraclete.
While endless ages run. Amen. (Alleluia).¹⁰

or

V Come, O Spirit, from on high!
Shine upon our inward eye,
Pierce the blindness of our sight!
Come, O Kinsman, to our aid;
Come with gifts that never fade;
Come and bathe us in Thy light!

Come, Consoler Spirit blest,
Troubled Soul's most welcome guest,
Soothing hand on fevered brow!
Restful ease in toil and stress,
Cooling wind when heats oppress,
Comfort in all grief art Thou!

Light of lights in darkness shine,
Flood our hearts with light divine,
Burn within us, living fire!
If Thou dost not light our way,
Ever from Thee must we stray;
Sinful man with grace inspire!

What is stained by sin, renew;
What is dry, with grace bedew;
Strength to wounded souls restore!
Coldness with Thy ardor burn;
Willfulness to wisdom turn;
Crooked ways make straight once more!

To Thy people come in love;
All our hope is from above;
With Thy sevenfold grace descend!
Come with virtue's high reward;
Come in death as living Lord;
Come with joy that knows no end!¹¹

After the meditation:

V Your word is a lamp to my feet,
a light on my path. (Ps. 119:105)

R Blessed are those who hear the word of God
and keep it. (cf. Lk. 11:28)

or

V Your will is my heritage for ever,

R The joy of my heart. (Ps. 119:111)

or

V I take delight in Your statutes;

R I will not forget Your word. (Ps. 119:16)

PRAYER TO MARY

The certainty of belonging “to a religious family that is all Mary’s”¹² and our duty to carry on her motherly mission among the young inspire us to feel her presence in our lives.

From early morning we proclaim her special cooperation in the mystery of salvation, and entrust our vocation, the Church, and all of humankind to her motherly assistance.

Whenever the meditation is substituted by a homily at Mass to which Lauds are also joined, the Prayer to Mary opens morning prayer.

As an alternative, one Hail Mary may be said after all three invocations, and one Glory Be at the conclusion.

V Let us contemplate the mystery of the Incarnation of the Son of God with the angel’s greeting to our Lady.

The angel of the Lord declared unto Mary.

R And she conceived by the Holy Spirit.

V Hail Mary, full of grace; the Lord is with thee, blessed art thou among women and blessed is the fruit of thy womb, Jesus.

R Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V Behold the handmaid of the Lord.

R Be it done unto me according to Your word.
Hail Mary ...

V And the Word was made flesh.

R And dwelt among us.
Hail Mary ...

V Pray for us, O holy Mother of God,

R That we may be made worthy of the promises of Christ.

V Let us pray. Pour forth, we beseech You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ Your Son was made known by the message of an angel, may by His passion and cross, be brought to the glory of His Resurrection. Through the same Christ our Lord.¹³

R Amen.

V Glory be to the Father, and to the Son, and to the Holy Spirit,

R As it was in the beginning, is now, and ever shall be, world without end. Amen.

The Glory Be is said three times.

Easter season:

V Let us proclaim the Resurrection of the Lord, uniting ourselves to the joy of Mary.

Queen of heaven, rejoice, alleluia.

R For He whom you did merit to bear, alleluia.

V Has risen as He said, alleluia.

R Pray for us to God, alleluia.

V Rejoice and be glad, O Virgin Mary, alleluia.

R Because the Lord is truly risen, alleluia.

V Let us pray. O God, Who by the Resurrection of Your Son, our Lord Jesus Christ, have vouchsafed to make glad the whole world, grant, we beseech You, that through the intercession of the Virgin Mary, His mother, we may attain the joys of eternal life. Through the same Jesus Christ, our Lord.¹⁴

R Amen.

The Glory Be is said three times.

V Let us entrust our fidelity to our vocation to Mary, our Mother and our Help.

R **Virgin Mary**, Mother of Jesus and our Mother, we entrust ourselves to you that we may live in total availability to God for the redemption of the world.

You, who are the Mother and Help of the Church, protect our Holy Father, Pope N., all bishops, priests, and religious; open the hearts of the young to the Lord's call, and help them to follow Him with courage and fidelity.

Watch over our Institute and the entire Salesian Family, our relatives and benefactors, our past pupils, and all the young entrusted to our care.

Mother and Model of the Church, teach us to live, like you, in patient charity, joyful humility, and purity of heart, that we may be signs of your presence in the world.

O Mary, Help of Christians, make us faithful to our vocation and give us the certainty of your protection in every circumstance of life and at the moment of death.

Help us to overcome every form of evil and sin so that, with you and like you, we may glorify the Lord now and forever. Amen.

or

R O Mary Help of Christians,
Immaculate Mother of Christ
and of the Church,
we entrust ourselves entirely to you.

You inspired our Institute;
continue to be its Mother and Teacher.

Help us carry on the salvific mission of Christ
that, wherever we go, we may be
a sign and expression of His love,
according to the spirit of Don Bosco
and Mother Mazzarello.

Open our hearts to receive
the Word of God
that we may witness to it
in joyful simplicity, purity of heart,
and foreseeing goodness.

Grant that we may be
living stones of the Church
to carry on her mission,
working in communion of life and action
with the Pope, our bishops,
and the entire Salesian Family.

Grant your special protection
to our relatives, benefactors, past pupils,
and all the young people to whom we are sent
to bring the good news of salvation.

Faithful Virgin,
strengthen our fidelity,
especially in times of trial,
so that, day by day,
we may be fully available

for the education of the young,
walking with them
along the way of holiness
for the glory of the Father. Amen.

V Through the intercession of Mary
let us ask God for peace
in our house and in the world.¹⁵ *
Hail Mary ...

THE EUCHARISTIC CELEBRATION

*The Eucharist is the center of our day, the moment in which our community life is built up and renewed. It is the source and culmination of our prayer.*¹⁶

*The celebration consists of two complementary parts: the Liturgy of the Word and the Liturgy of the Eucharist. "These are so intimately connected that they form one act of worship. Indeed, in the Mass, the table of the Word of God and of the Body of Christ is prepared for the instruction and nourishment of the faithful."*¹⁷

"When the Sacred Scriptures are read, God Himself is speaking to His people. His Word enlightens the mind and moves the heart; it arouses faith, conversion, and commitment. The assembly, animated by the Holy Spirit, responds to the Word by celebrating, making present the mystery that is proclaimed; that is, by 'making Eucharist,'" ¹⁸ re-enacting the paschal mystery of Christ.

* Don Bosco wanted the Hail Mary said for the grace of removing whatever might disturb inner or outer peace.

Every community shares in the priesthood of Christ in the Eucharistic assembly, by offering the Eucharistic sacrifice in union with the celebrant, learning to offer itself in charity for the building up of the community. Shunning every kind of individualism and division, our common participation is expressed also in the movements and gestures we make together, and in giving our joyful service, without neglecting our own daily, personal preparation.

PRAYER BEFORE THE EUCHARIST

*Prayer before the tabernacle helps us relive the dimensions of the Eucharistic Celebration: offering, thanksgiving, imploring universal salvation, and the Trinitarian dimension.*¹⁹

*Our Constitutions exhort us to remain before Jesus, present in the tabernacle, “placing ourselves before Him in love and trust, to listen to Him and to thank Him, letting ourselves be fired by His desire for our salvation and learning the secret of authentic dialogue with our neighbor.”*²⁰

The structure of our community prayer before the Eucharist will normally follow that of our practices of piety: the proclamation of the Word and a response.

Besides the formulas presented by way of suggestion, texts from the Liturgy of the day may also be used. This prayer is addressed to the Lord Jesus, or to the Father, through Christ, in the Spirit. Within this framework of content, other elements of our Salesian piety may be introduced (e.g., the invocation to Mary, the prayers to Don Bosco and Mother Mazzarello, for the Pope, etc.)

Introduction

- V** In the Name of the Father ...
The love of Jesus Christ has called us together
in His presence. United in Him, let us pray:
- R** Lord Jesus, reign forever among us.
Grant that one day,
in company with all the Blessed,
we may contemplate Your face in glory,
and delight in this great and unique joy
for all eternity. Amen.
- V** That, as a pledge of our love for the living God,
we may love one another with sincere
affection. Let us pray.
- R** Lord Jesus, reign forever among us;
grant us Your Spirit
and help us to overcome all selfishness
that we may love everyone as our brother and
be signs of the foreseeing love of the Father
in our mission. Amen.

SUNDAY**PRAYER OF ADORATION**

- V** Lord Jesus, You who fulfilled the Father's
designs by becoming one of us, we offer You
our adoration and praise.
- S** "Worthy are You, Lord our God, to receive
glory and honor and power, for You created
all things; because of Your will they came to
be and were created." (Ap. 4:11)

"Worthy are You to receive the scroll and to
break open its seals, for You were slain and with

Your blood You purchased for God those from every tribe and tongue, people and nation. You made them a kingdom and priests for God, and they will reign on earth.” (Ap. 5:9-10)

or

S “Oh, the depth of the riches and wisdom and knowledge of God! How inscrutable are His judgments and how unsearchable His ways! For who has known the mind of the Lord or who has been His counselor? Or who has given Him anything that he may be repaid? For from Him and through Him and for Him are all things. To Him be glory forever. Amen.” (Rm. 11:33-36)

or

S “But the hour is coming, and is now here, when true worshippers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship Him. God is Spirit, and those who worship Him must worship in Spirit and truth.” (Jn. 4:23-24)

brief pause for meditation and adoration

V Let us pray to Christ, that He may make us like Himself, true worshippers of the Father. Let us ask with confidence: **Lord, hear us.**

R Lord, hear us.

- That, united with You, O Jesus, by the grace of the Holy Spirit, we may transform every moment of our existence into a joyful hymn of adoration to the Father, we pray ...

- That this same spirit of love and adoration may animate us in our daily conversations with You, O Jesus, when we are in Your presence, we pray ...
- That, docile to the action of Your Spirit, we may turn to the Father as His children, we pray ...
- That our educative mission may guide the young to discover Your Presence in their lives and help them transform their existence into a hymn of praise to the Father and a gift of self to others, we pray ...

V Let us invoke the help and intercession of Mary, who, in obedience and fidelity, made her life a sacrifice of praise to God.

R Loving Mother of the Redeemer,
Gate of Heaven, Star of the Sea,
assist your people who have fallen
yet strive to rise again.
To the wonderment of nature
you bore your Creator,
yet remained a virgin after as before.
You who received Gabriel's joyful greeting,
have pity on us poor sinners.²¹

Invocation to Don Bosco and Mother Mazzarello

V Let us invoke Don Bosco and Mother Mazzarello that, following their example, we may make our lives a continuous gift of self to God, the community, and the young. Together let us say:
Pray for us.

- That, following your example, we may spend our lives in continuous union with God...
pray for us.
- That we may be diligent in our work as you were...
pray for us.
- That we may love youth as you did...
pray for us.
- That, like you, we may live the Eucharistic mystery and imitate Mary Help of Christians...
pray for us.

or

V Let us pray to Don Bosco and Mother Mazzarello that, following their example, our lives may become a continuous gift of self to God, working for the salvation of young people. Together let us say:

Pray for us.

- That, inwardly unified in the will of the Father, we may be true contemplatives in action, we ask you...
pray for us.
- That our love for Christ and for Mary Help of Christians may help us to live our pastoral charity toward the young with responsibility and optimism, we ask you...
pray for us.

or

V Merciful Lord, You called Your priest,
Saint John Bosco,

to be a father and teacher of youth,
and with the help of the Virgin Mary,
to work with tireless zeal for the Church.

R Impelled by love like his, may we seek souls
and serve You alone.²²

V Lord, You made Saint Mary Mazzarello,
renowned for her humility and charity,
a shining example of Christian and religious
life.

R May we seek the truth with simplicity of heart
and bear witness to it with our deeds.
Through Christ our Lord. Amen.²³

Conclusion

V Blessed and praised

R every moment be the most holy and divine
Sacrament.

V Mary, Help of Christians

R Pray for us.

V In the name of the Father and of the Son and
of the Holy Spirit.

R Amen.

or

V Let us go in peace, in the name of the Father
and of the Son and of the Holy Spirit.

R Amen.

or

V Let us bless the Lord.

R Thanks be to God.

MONDAY**PRAYER OF THANKSGIVING**

V Jesus revealed to us the Father's merciful love, His mystery of salvation. In union with Christ, we offer our thanks to God.

S "At that time Jesus said in reply, 'I give praise to You, Father, Lord of heaven and earth, for although You have hidden these things from the wise and the learned You have revealed them to the childlike. Yes, Father, such has been Your gracious will. All things have been handed over to Me by My Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal Him'." (Mt. 11:25-27)

or

S "Blessed be the God and Father of our Lord Jesus Christ, Who has blessed us in Christ with every spiritual blessing in the heavens, as He chose us in Him, before the foundation of the world, to be holy and without blemish before Him. In love He destined us for adoption to Himself through Jesus Christ, in accord with the favor of His will, for the praise of the glory of His grace that He granted us in the Beloved. In Him we have redemption by His blood, the forgiveness of transgressions, in accord with the riches of His grace that He lavished upon us in all wisdom and insight." (Eph. 1:3-8)

brief pause

V Let us proclaim together:

With Jesus, we thank You, Father.

R **With Jesus, we thank You, Father.**

- Because in Your wisdom and goodness, You have created the universe and have raised up humankind that we may share in Your divine life ...
- Because You have so loved the world as to send us Your Son for our salvation ...
- Because You have given all people Your Spirit, making them Your children, and helping them walk in newness of life ...
- Because You chose Mary to be the Mother of Your Son and of all ...
- Because by our religious consecration You have called us to live our Baptism radically in the service of evangelization to the young ...

V Let us learn from Mary to praise God for the wonders of grace He continually works in all.

R O Mary,
teach us to praise God for His wonders.
Nourished by silence and reflection, like you,
we will learn to discover the face of God
and His saving deeds in history.
In communion with you,
O Mother of our Savior,
we praise and thank God,
for the abundance of His gifts. Amen.

TUESDAY**PRAYER FOR FRATERNAL CHARITY**

V The Eucharist is the molding, unifying force that moves the ecclesial and domestic community. From it we daily draw the strength and hope to live fraternal charity, and to believe that it is always possible to overcome tensions and divisions.

S “Beloved, I am writing no new commandment to you but an old commandment that you had from the beginning. The old commandment is the word that you have heard. And yet I do write a new commandment to you, which holds true in Him and among you, for the darkness is passing away, and the true light is already shining.

Whoever says he is in the light, yet hates his brother, is still in the darkness. Whoever loves his brother remains in the light, and there is nothing in him to cause a fall. Whoever hates his brother is in darkness; he walks in darkness and does not know where he is going because the darkness has blinded his eyes.” (1 Jn. 2:7-11)

or

S “You call me ‘teacher’ and ‘master,’ and rightly so, for indeed I am. If I, therefore, the Master and Teacher, have washed your feet, you ought to wash one another’s feet. I have given you a model to follow, so that as I have done for you, you should also do.”
(Jn. 13:13-15)

or

S “If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing.

If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.

Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.”

(1 Cor. 13: 1-8a)

brief pause

V Trusting in the Lord Jesus present here, we say: **Lord, hear us.**

R **Lord, hear us.**

- That, in the Eucharistic Celebration, we may become ever more conscious of being living members of the Church, committed to a concrete service to others, especially the young, let us pray:
- That the mystery of the Eucharistic Celebration may call us to an assiduous, serene, but

decisive examination of our living in charity,
let us pray:

- That the Eucharistic mystery may enable us to perceive and live both the richness and the demands of community life, let us pray:
- That the Eucharist we celebrate daily may make our community a visible sign of God's presence in the world, let us pray:
- That all people, sharing in the mystery of communion, which is born of the Eucharistic sacrifice, may pledge themselves to promote and serve others, let us pray:

V Let us call upon Mary, Mother of the Church, that she may continue to consolidate the unity of all Christians.

R We fly to your patronage,
O Holy Mother of God,
despise not our petitions in our necessities,
but always deliver us from all dangers,
O Glorious and Blessed Virgin.²⁴

WEDNESDAY

PRAYER OF OFFERING

V Through Baptism we have become sharers in Christ's royal priesthood; therefore, we can offer our lives to God as a spiritual sacrifice.

In the Eucharist our offering is united to Christ's own redeeming offering, thus becoming a sacrament of salvation for our brothers and sisters.

S “I urge you therefore, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.”
(Rm. 12:1-2)

or

S “Come to Him, a living stone, rejected by human beings but chosen and precious in the sight of God, and, like living stones, let yourselves be built into a spiritual house to be a holy priesthood to offer spiritual sacrifices acceptable to God through Jesus Christ. But you are ‘a chosen race, a royal priesthood, a holy nation, a people of His own, so that you may announce the praises’ of Him who called you out of darkness into His wonderful light. Once you were ‘no people’ but now you are God’s people; you ‘had not received mercy’ but now you have received mercy.”
(1 Pt. 2:4-5; 9-10)

brief pause

V Let us entrust to Jesus Christ, present among us, our commitment to make our lives an oblation to God for the salvation of all people. Let us say with confidence:

Help us, Lord.

R Help us, Lord.

- That our consecrated lives, in union with Your Eucharistic sacrifice, may become ever

more a living offering of adoration and praise to the Father, we pray:

- That, docile to the action of Your Spirit, we may offer the Father our powers of love, thereby becoming signs of Your presence through our goodness, we pray:
- That we may live our poverty as a sharing in Your mystery of humiliation, in an attitude of filial abandonment to the Father's providence, and as a sign of His gratuitous love, we pray:
- That, by the power of Your Spirit, we may freely offer our will as a sacrifice of our very being to the Father, in total availability to the service of the Church in the education of the young, we pray:
- That, through the sorrows and sufferings we find in our lives, we may fulfill whatever is lacking to Your redeeming passion, we pray:

V Let us call on Mary for help and intercession, for she offered herself to the Father for the fulfillment of His saving plan.

R Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse
to your protection,
implored your help,
or sought your intercession,
and was left forsaken.
Filled therefore with confidence
in your goodness,
I fly to you, O Mother, Virgin of Virgins.
To you I come, before you I stand,
a sorrowful sinner.

Despise not my poor words,
O Mother of the Word of God,
but graciously hear and grant my prayer.

THURSDAY

PRAYER FOR THE FRUITFULNESS OF OUR MISSION

V Our work for the salvation of youth finds its highest value and deepest meaning in union with Christ's own offering. All our fatigue and all our plans derive their fruitfulness from the Eucharist.

S "I am the true vine, and My Father is the vine grower. He takes away every branch in Me that does not bear fruit, and everyone that does He prunes so that it bears more fruit. You are already pruned because of the word that I spoke to you. Remain in Me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in Me. I am the vine, you are the branches. Whoever remains in Me and I in him will bear much fruit, because without Me you can do nothing."
(Jn. 15:1-5)

or

S "What is Apollos, after all, and what is Paul? Ministers through whom you became believers, just as the Lord assigned each one. I planted, Apollos watered, but God caused the growth. Therefore, neither the one who plants nor the one who waters is anything, but only God, who causes the growth. The one who plants and the one who waters

are equal, and each will receive wages in proportion to his labor.

For we are God's co-workers; you are God's field, God's building. According to the grace of God given to me, like a wise master builder I laid a foundation, and another is building upon it. But each one must be careful how he builds upon it, for no one can lay a foundation other than the one that is there, namely, Jesus Christ." (1 Cor. 3:5-11)

brief pause

V We offer our prayer to the Lord Jesus, the only Savior of the world, saying:

Lord, hear our prayer.

R **Lord, hear our prayer.**

- For the Pope and all those who are sent to lead the Christian community, that, united in Your love and truth, they may serve Your Word with great freedom and courage, we pray:
- For all those who have consecrated their lives for the coming of God's Kingdom, that they may live their mission in an attitude of poverty, conscious of being "useless servants" who collaborate with You, the Savior of all, we pray:
- For every Daughter of Mary Help of Christians who, in whatever capacity, works for the Christian education of the young, that she may live her mission with charity and joy, simplicity and modesty, obedience and humility, certain that nothing that has been

offered and united to You is ever lost, we pray:

- For all Christians, that they may work with commitment and honesty, in the awareness that, even as they build the earthly city, You are present, and hence they are already establishing Your kingdom, we pray:
 - For the unity of all Christians, that Your prayer “that all may be one,” may become our own prayer, committing us to build up unity in truth and respect, we pray:
- V** Let us call upon Mary, Mother and Help of the Church. In her attitude of poverty and total availability to the Lord, she will teach us to carry out our mission with the optimism of one who knows that salvation belongs to God.

R O Mary, Virgin and Mother,
Help of Christians,
model of every virtue
for the entire community of the elect,
we want to learn from you
to direct everything to Christ, your divine Son,
so that, in our Institute,
that fount of generosity and dedication,
interior life and fervor, holiness and grace
that makes us collaborators with Christ
for the salvation of the young,
may never run dry. Amen.²⁵

FRIDAY**PRAYER TO INVOKE THE MERCY OF GOD**

V The Eucharist makes God's gratuitous and total love present among us, for in Christ Jesus, His Son, He has loved us to the point of giving His life for us.

To celebrate the Eucharist means to accept this merciful and faithful love of God, for it is more powerful than our unfaithfulness.

S "For to this you have been called, because Christ also suffered for you, leaving you an example that you should follow in His footsteps. "He committed no sin, and no deceit was found in His mouth." When He was insulted, He returned no insult; when He suffered, He did not threaten; instead, He handed Himself over to the one who judges justly. He himself bore our sins in His body upon the cross, so that, free from sin, we might live for righteousness. By His wounds you have been healed." (1 Pt. 2:21-24)

or

S "But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of His mercy, He saved us through the bath of rebirth and renewal by the holy Spirit, whom He richly poured out on us through Jesus Christ our savior, so that we might be justified by His grace and become heirs in hope of eternal life." (Ti. 3:4-7)

or

S “My people, what have I done to you?
How have I offended you? Answer Me!

I led you out of Egypt,
from slavery to freedom,
but you led your Savior to the cross.

My people, what have I done to you?
How have I offended you? Answer Me!

For forty years I led you safely
through the desert.
I fed you with manna from heaven,
and brought you to a land of plenty;
but you led your Savior to the cross.
What more could I have done for you?
I planted you as my fairest vine,
but you yielded only bitterness:
when I was thirsty you gave Me
vinegar to drink,
and you pierced your Savior’s
side with a lance.”²⁶

brief pause

V Let us implore the forgiveness and mercy of
the Lord Jesus for ourselves and for all.
Together let us say:

Show us your mercy, Lord.

R Show us your mercy, Lord.

- For Your Church, which is both holy and ever in need of conversion; that she may draw courage for her continual service to all

people, from communion at the sacrificial banquet, we pray:

- For all those who believe in God, but fail to recognize that He has spoken through You; that You became a man for us, and that You are present in the Church and in the world, we pray:
- For all those who abuse every kind of power to hinder dialogue, peace, justice, the search for truth, and the freedom of peoples, we pray:
- For all those who fail to appreciate the gift of life or who impede its growth through different forms of manipulation and violence, we pray:
- For our community, which is not always ready to be converted to the demands of its consecration to You for the Christian education of the young, we pray:

V Let us call on Mary who stood by the cross, suffering deeply with her Son. With a mother's heart, she united herself with His sacrifice and His offering of Self to the Father.

R Hail, holy Queen, Mother of mercy,
hail our life, our sweetness and our hope,
to you do we cry,
poor banished children of Eve;
to you do we send up our sighs,
mourning and weeping in this vale of tears.
Turn then, most gracious advocate,
your eyes of mercy towards us,
and after this our exile,
show unto us the blessed fruit
of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.²⁷

SATURDAY**PRAYER FOR FIDELITY TO OUR VOCATION**

V In the Eucharist the Spirit makes us sharers in the life of Christ, and calls us to become, like Him, a total offering to the Father for the salvation of the young. In the grace of the Spirit, we can live like Mary, detached from all that is vanity, and fully available to the will of God.

S “His mother and His brothers arrived. Standing outside they sent word to Him and called Him. A crowd seated around Him told Him, “Your mother and Your brothers [and Your sisters] are outside asking for You.” But He said to them in reply, “Who are My mother and [My] brothers?” And looking around at those seated in the circle He said, “Here are My mother and My brothers. [For] whoever does the will of God is My brother and sister and mother.” (Mk. 3:31-35)

or

S “Whatever gains I had, these I have come to consider a loss because of Christ. More than that, I even consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For His sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ and be found in Him, not having any righteousness of my own based on the law but that which comes through faith in Christ, the righteousness from God, depending

on faith to know Him and the power of His resurrection and [the] sharing of His sufferings by being conformed to His death, if somehow I may attain the resurrection from the dead.

It is not that I have already taken hold of it or have already attained perfect maturity, but I continue my pursuit in hope that I may possess it, since I have indeed been taken possession of by Christ [Jesus].” (Phil. 3:7-12)

brief pause

V Let us ask God for fidelity to our vocation, saying together:

Lord, grant us Your Spirit.

R **Lord, grant us Your Spirit.**

- That, animated by the spirit of Don Bosco and Mother Mazzarello, we may be faithful to our vocation, living the evangelical beatitudes radically, we pray:
- That, faithful to the commitments we assumed at our religious profession, and nourished daily at the Eucharistic banquet, we may hasten the coming of Your Kingdom, and stand before our brethren as a luminous sign of the good things to come, we pray:
- That, committed to our daily work with simplicity and joy, and wholly dedicated to the good of the young, we may learn to unite our ardent apostolic activity to a deep spirit of prayer, we pray:

- That, drawing from the richness of Your Eucharistic sacrifice, and docile to the guidance of the Spirit, we may know how to live Don Bosco's Preventive System faithfully today, as a characteristic of our vocation in the Church, we pray:
 - That, prompted by a wise educative approach, many young people may have the courage to respond generously to the gift of Your call to follow in the steps of Don Bosco and Mother Mazzarello, at the service of the Church, we pray:
- V** Let us entrust our faithfulness to our vocation to Mary, our Mother and Teacher.

R O Mary, faithful Virgin,
implore for us the joy of living
the covenant of love
which God established
with Don Bosco and Mother Mazzarello.
Grant that, following your teachings
of total adherence to the will of the Father,
we may welcome every situation
as a call to renew ourselves
in faithfulness and love,
so that we may bring to the young
the joyful news of salvation. Amen.

SPIRITUAL READING

The purpose of the spiritual reading is "to deepen our spiritual, ecclesial and Salesian formation."²⁸ In our Salesian tradition it has always been considered a highly formative time, together with the personal meeting with one's Superior, the weekly conference, and the Goodnight.

The reading may be substituted at times by the celebration of the Word, the Way of the Cross, or by shared reflection presented in different ways.²⁹

Before the reading

V In the name of the Father...
Come Holy Spirit,
fill the hearts of Your faithful, and enkindle in
them the fire of Your love.
Send forth, O Lord, Your Holy Spirit,
R and bring to birth a new creation.

V Let us pray:
You sent Your Holy Spirit, O Lord,
to be light to the minds
and warmth to the hearts of the Apostles;
now by His presence among us
may our judgement be right
and our joy unending.
Through Christ our Lord.³⁰

R Amen.

Following the reading

V May the grace of God be always with us.

R Amen.

V We give You thanks, Almighty God,
for all Your benefits,
who live and reign world without end.

R Amen.

or

V God our Father, may Your Spirit
working in us confirm us in Your will
and grant that we may witness to You
in evangelical freedom.

R Amen.

THE HOLY ROSARY

*“After the celebration of the Liturgy of the Hours [...] there is no doubt that the Rosary should be considered as one of the best and most efficacious prayers in common....”*³¹ *“Meditation on the mysteries of the Rosary, by familiarizing the hearts and minds of the faithful with the mysteries of Christ, can be an excellent preparation for the celebration of those same mysteries in the liturgical action and can also become a continuing echo thereof.”*³²

*“Without this contemplative dimension, the Rosary becomes a body without a soul, and its recitation is in danger of becoming a mechanical recitation of formulas.”*³³

The daily Rosary, which was so recommended by Don Bosco and loved throughout our Salesian tradition, will receive particular attention during Advent—the Marian liturgical season par excellence—on feasts of our Lady, in May and October, and on Saturday, a day which Church tradition has always consecrated to the memory of the Mother of God in remembrance of the great Saturday Vigil of the Resurrection.

For the recitation of the Rosary, the guidelines of the competent ecclesiastical authority and local custom are to be followed.

V O God, come to my assistance.

R O Lord, make haste to help me.

V Glory to the Father, ...

Hail, holy Queen, ...

Joyful Mysteries (*Monday and Saturday*)

V In the first joyful mystery let us contemplate the Annunciation of the Angel to the Blessed Virgin Mary.

In the second joyful mystery let us contemplate the Visit of Our Blessed Lady to Saint Elizabeth.

In the third joyful mystery let us contemplate the Birth of Jesus in the Stable at Bethlehem.

In the fourth joyful mystery let us contemplate the Presentation of the Child Jesus in the Temple.

In the fifth joyful mystery let us contemplate the Finding of the Child Jesus Among the Doctors in the Temple.

Luminous Mysteries (*Thursday*)

V In the first luminous mystery let us contemplate the Baptism of Jesus in the Jordan River.

In the second luminous mystery let us contemplate the Wedding at Cana.

In the third luminous mystery let us contemplate the Proclamation of the Kingdom.

In the fourth luminous mystery let us contemplate the Transfiguration of Jesus on Mt. Tabor.

In the fifth luminous mystery let us contemplate the Institution of the Eucharist at the Last Supper.

Sorrowful Mysteries (*Tuesday and Friday*)

V In the first sorrowful mystery let us contemplate the Agony of our Lord Jesus Christ in the Garden.

In the second sorrowful mystery let us contemplate the Scourging of our Lord at the Pillar.

In the third sorrowful mystery let us contemplate the Crowning of our Lord with Thorns.

In the fourth sorrowful mystery let us contemplate the Carrying of the Cross to Calvary.

In the fifth sorrowful mystery let us contemplate the Crucifixion and Death of our Lord Jesus Christ.

Glorious Mysteries (*Wednesday and Sunday*)

V In the first glorious mystery let us contemplate the Resurrection of our Lord Jesus Christ.

In the second glorious mystery let us contemplate the Ascension of our Lord Jesus Christ into Heaven.

In the third glorious mystery let us contemplate the Descent of the Holy Spirit upon our Blessed Lady, the Apostles, and the World.

In the fourth glorious mystery let us contemplate the Assumption of our Blessed Lady into Heaven.

In the fifth glorious mystery let us contemplate the Coronation of our Blessed Lady, Queen of Heaven and Earth.

Litany of the Blessed Virgin Mary ³⁵

Lord, have mercy
Christ, have mercy
Lord, have mercy

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Holy Mary
Holy Mother of God
Holy Virgin of Virgins
Mother of Christ
Mother of the Church
Mother of Divine Grace
Mother Most Pure
Mother Most Chaste
Mother Ever Virgin
Mother Immaculate
Mother Most Amiable
Mother Most Admirable
Mother of Good Counsel
Mother of Our Creator
Mother of Our Savior
Virgin Most Prudent
Virgin Most Venerable
Virgin Most Renowned
Virgin Most Powerful
Virgin Most Merciful
Virgin Most Faithful
Mirror of Perfection
Seat of Wisdom
Cause of Our Joy
Temple of the Holy Spirit
Tabernacle of Eternal Glory
Dwelling Consecrated to God
Mystical Rose
Tower of the Holy City of David
Invincible Fortress
Sanctuary of the Divine Presence
Ark of the Covenant
Gate of Heaven

Pray for us.

Morning Star
Health of the Sick
Refuge of Sinners
Comforter of the Afflicted
Help of Christians
Queen of Angels
Queen of Patriarchs
Queen of Prophets
Queen of Apostles
Queen of Martyrs
Queen of Confessors of the Faith
Queen of Virgins
Queen of All Saints
Queen Conceived Without Sin
Queen Assumed into Heaven
Queen of the Holy Rosary
Queen of Peace

Lamb of God, You take away the sins of the world
Spare us, O Lord.
Lamb of God, You take away the sins of the world
Graciously hear us, O Lord.
Lamb of God, You take away the sins of the world
Have mercy on us.

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

V Let us pray:
Lord God, give to Your people the joy of
continual health in mind and body. With the
prayers of the Virgin Mary to help us, guide
us through the sorrows of this life to eternal
happiness in the life to come. Through Christ
our Lord.

R Amen.^{34*}

* This prayer was introduced at the conclusion of the Rosary at the express desire of Don Bosco, to implore the grace of good health.

or

V Let us pray:

Grant us, Your servants, we beseech You, O Lord God, to enjoy perpetual health of mind and body, that through the glorious intercession of the blessed Mary ever Virgin, we may be delivered from present sorrow, and enjoy everlasting happiness. Through Christ our Lord.

R Amen.

V We fly to your patronage,

R O holy Mother of God,
despise not our petitions in our necessities,
but always deliver us from all dangers,
O glorious and blessed Virgin.

or

Lord, have mercy
Christ, have mercy
Lord, have mercy

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

Holy Mary
Holy Mother of God
Holy Virgin of Virgins
Highly Favored Daughter of God
Mother of Christ, King of All the Ages
Glory of the Holy Spirit
Virgin Daughter of Zion
Virgin Poor and Humble
Virgin Gentle and Docile
Handmaid Obedient in Faith
Mother of the Lord
Cooperator of the Redeemer
Full of Grace
Fount of Beauty
Treasure of Virtue and Wisdom

Pray for us.

First Fruit of the Redemption
Perfect Follower of Christ
Purest Image of the Church
Woman Clothed with the Sun
Woman Crowned with Stars
Lady of Great Kindness
Lady Full of Forgiveness
Lady of Our Families
Joy of the New Israel
Splendor of Holy Church
Honor of the Human Race
Advocate of Grace
Minister of Divine Mercy
Help of God's People
Queen of Love
Queen of Mercy
Queen of Peace
Queen of Angels
Queen of Patriarchs
Queen of Prophets
Queen of Apostles
Queen of Martyrs
Queen of Confessors of the Faith
Queen of Virgins
Queen of All Saints
Queen Conceived Without Sin
Queen Assumed into Heaven
Queen of the World
Queen of Heaven
Queen of the Universe

Lamb of God, You take away the sins of the world
Spare us, O Lord.
Lamb of God, You take away the sins of the world
Graciously hear us, O Lord.
Lamb of God, You take away the sins of the world
Have mercy on us.

On Marian feasts and Saturdays, the following prayers may be used at the end of the Rosary.³⁶

Advent

- V** Hail, full of grace! You carried the Son of the Eternal Father within you.
- R** O God our loving Father, You revealed the generosity and power of Your love when You chose the Virgin Mary to give mortal flesh to the Word of Life in her most pure womb: grant that we may receive Him and give Him birth in the Spirit by listening to Your word in the obedience of faith. Through Christ our Lord. Amen.

Christmas

- V** Hail, Holy Mother! You gave birth to Him who created you, and remain a virgin forever.
- R** Father, You gave the human race eternal salvation through the fruitful virginity of the Virgin Mary. May we experience the help of her intercession, for through her, we have received the Author of Life, Your Son, our Lord Jesus Christ, who lives and reigns with You in the unity of the Holy Spirit, one God forever and ever. Amen.

Lent

- V** Mother of all the living, faithful Virgin, grant us the joy of believing with you.
- R** O God, infinite Wisdom and Mercy, You love humanity and want us to share with Christ in Your eternal plan of salvation. Grant us to relive, together with Mary, the vital power of faith which made us Your children at Baptism. With her, we anxiously await the dawn of the resurrection. Through Christ our Lord. Amen.

Easter

V Rejoice, Virgin Mary, for Christ is risen, alleluia!

R O God our loving Father, You gave us Mary, the firstborn of the redemption, to be our mother, full of tenderness. Open our hearts to the joy of the Spirit, and grant that, in imitation of the Virgin, we may learn to glorify You for the wondrous work You have fulfilled in Christ, Your Son. He lives and reigns for all ages to come. Amen.

Pentecost

V The disciples were fervent in prayer, together with Mary, the Mother of Jesus.

R Lord God, You wanted the Mother of Your Son to be present and praying in the first Christian community. Grant us grace to persevere at her side as we await the Spirit, that we may form one heart and one soul. May we thus taste the sweet and lasting fruits of our redemption. Through Christ our Lord. Amen.

THE CELEBRATION OF VESPERS

Vespers is celebrated in the early evening hours. It recalls the sacrifice of our redemption, that is, the sacrifice of the cross, together with its ritual anticipation, at the Last Supper. It expresses both the blessed hope with which we await the definitive coming of God's Kingdom, and the actual fulfillment of that hope, which will come true at the end of our cosmic day. Thus it has

an eschatological sense related to the final coming of Christ, which will bring with it the grace of eternal light.³⁷ Every community will seek to create the necessary setting for “a celebration that is worthy, attentive, and devout.”³⁸

THE EXAMINATION OF CONSCIENCE

The examination of conscience is a daily opportunity to compare our lives with the Word of God as received during the day. We thank God for the gift of His kindness, confess our own faith in His mercy, and ask His pardon for our daily failings.

At the end of the day the community remains for a few moments of silence, after which a formula asking pardon is suggested.

The Rite of Penance and the Missal offer several formulas. By way of suggestion, a few examples are presented here.

V In the name of the Father...

pause for reflection

V Act of Contrition...

or

Psalm 51:

Have mercy on me, O God, in Your goodness,
in Your great tenderness wipe away my faults;
wash me clean of my guilt,
purify me from my sin.

For I am well aware of my faults,
I have my sin constantly in mind,
having sinned against none other than You,
having done what You regard as wrong.

You are just when You pass sentence on me,
blameless when You give judgement.
You know I was born guilty,
a sinner from the moment of conception.

Yet, since You love sincerity of heart,
teach me the secrets of wisdom.
Purify me with hyssop until I am clean;
wash me until I am whiter than snow.

Instill some joy and gladness into me,
let the bones You have crushed rejoice again.
Hide Your face from my sins,
wipe out all my guilt.

God, create a clean heart in me,
put into me a new and constant Spirit,
do not banish me from Your presence,
do not deprive me of Your Holy Spirit.

Be my Savior again, renew my joy,
keep my spirit steady and willing;
and I shall teach transgressors the way to You,
and to You the sinners will return.

Save me from death, God my Savior,
and my tongue will acclaim Your righteousness;
Lord, open my lips,
and my mouth will speak out Your praise.

Sacrifice gives You no pleasure,
were I to offer holocaust, You would not have it.
My sacrifice is this broken spirit,
You will not scorn this crushed and broken heart.

Show Your favor graciously to Zion,
rebuild the walls of Jerusalem.
Then there will be proper sacrifice to please You
— holocaust and whole oblation —
and young bulls to be offered on Your altar.

Give glory to the Father Almighty,
to His Son, Jesus Christ, the Lord,
the Spirit who dwells in our hearts,
both now and for ever. Amen.

or

Have mercy on me, God,
in accord with Your merciful love;
in Your abundant compassion
blot out my transgressions.
Thoroughly wash away my guilt;
and from my sin cleanse me.

For I know my transgressions;
my sin is always before me.
Against You, You alone have I sinned;
I have done what is evil in Your eyes

So that You are just in Your word,
and without reproach in Your judgment.
Behold, I was born in guilt,
in sin my mother conceived me.

Behold, You desire true sincerity;
and secretly You teach me wisdom.
Cleanse me with hyssop, that I may be pure;
wash me, and I will be whiter than snow.

You will let me hear gladness and joy;
the bones You have crushed will rejoice.
Turn away Your face from my sins;
blot out all my iniquities.

A clean heart create for me, God;
renew within me a steadfast spirit.
Do not drive me from before Your face,
nor take from me Your Holy Spirit.

Restore to me the gladness of Your salvation;
uphold me with a willing spirit.
I will teach the wicked Your ways,
that sinners may return to You.

Rescue me from violent bloodshed,
God, my saving God,
and my tongue will sing joyfully
of Your justice.
Lord, You will open my lips;
and my mouth will proclaim Your praise.

For You do not desire sacrifice
or I would give it.
A burnt offering You would not accept.
My sacrifice, O God, is a contrite spirit;
a contrite, humbled heart, O God,
You will not scorn.

Treat Zion kindly according to Your good will;
build up the walls of Jerusalem.
Then You will desire the sacrifices of the just,
burnt offering and whole offerings.

Give glory to Father Almighty,
to His Son, Jesus Christ, the Lord,
to the Spirit who dwells in our hearts,
both now and forever. Amen.

or

Father of mercy,
like the prodigal son
I return to You and say:
“I have sinned against You
and am no longer worthy to be called Your son.”
Christ Jesus, Savior of the world,
I pray with the repentant thief,
to whom You promised Paradise:

“Lord, remember me in Your kingdom.”
Holy Spirit, Fountain of Love,
I call on You with trust:
“Purify my heart,
and help me to walk as a child of light.”³⁹

or

Lord Jesus,
You opened the eyes of the blind,
healed the sick,
forgave the sinful woman,
and after Peter’s denial
confirmed him in Your love.
Listen to my prayer:
forgive all my sins,
renew Your love in my heart,
help me to live in perfect unity
with my fellow Christians
that I may proclaim Your saving power
to all the world.

or

Lord Jesus Christ,
You are the Lamb of God;
You take away the sins of the world.
Through the grace of the Holy Spirit
restore me to friendship with Your Father,
cleans me from every stain of sin
in the blood You shed for me,
and raise me to new life
for the glory of Your name.

V May the all-powerful Lord grant us a restful
night and a peaceful repose.

R Amen.

Prayers
for Various Occasions
Throughout the Day

The praise of God is extended throughout the day as a renewed offering of our work to the Lord and as a petition for His help and light.

It is an expression of our “daily liturgy of life,” born of the Eucharistic Celebration.

ON RISING AND BEFORE RETIRING

On rising

The FMA turns her first thoughts to God, that He may purify her heart and prepare it for praise and offering.

Lord, open my lips
and my mouth will proclaim Your praise.

In the name of the Father
and of the Son and of the Holy Spirit. Amen.

“Lord we praise You with our lips and with our lives and hearts. Our very existence is a gift from You; to You we offer all that we have and are.”⁴⁰

or

Lord, may our voices and our spirits praise You,
and, since our being is a gift of Your love,
may our whole life be transformed
into an everlasting liturgy of praise.

Mary, Help of Christians,
Pray for us.*

* Prayers for the various occasions during the day are to conclude with the invocations: Mary, Help of Christians, pray for us.

or

Let us bless the Lord.
Thanks be to God.

In the name of the Father
and of the Son and of the Holy Spirit. Amen.

O Divine Heart of Jesus, I offer You, in union with the Eucharistic Sacrifice, through the Immaculate Heart of Mary, every prayer, action, suffering and joy of this day for the greater glory of the Eternal Father and for the sanctification of all people.

I give my heart to you,
Mother of Jesus, Mother of Love.

Before retiring

The liturgy is rich with prayers that express our trusting abandonment to God before retiring, and our renewed supplication for His mercy.

The following are offered as suitable examples:

Jesus, Light of Lights,
Sun that never sets,
You brighten our darkness
in the night of this world.

In You, holy Lord,
we seek repose
from our human fatigue
at the end of this day.

Though our eyes be closed,
may our heart keep watch with You;
may Your hand protect
those who place their hope in You.

Defend, O Savior,
the children You have redeemed
with Your precious blood
from the malice of evil.

Glory to You, O Christ,
born of the Virgin Mary,
and to the Father and Spirit
for all ages to come. Amen.⁴¹

or

Psalm 51:

Have mercy on me, O Lord... (p. 59 or 61)

or

Psalm 91:

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: "My refuge,
my stronghold, my God in whom I trust!"

It is He who will free you from the snare
of the fowler who seeks to destroy you;
He will conceal you with His pinions
and under His wings you will find refuge.

You will not fear the terror of the night,
nor the arrow that flies by day,
nor the plague that prowls in the darkness,
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
His faithfulness is buckler and shield.

Your eyes have only to look

to see how the wicked are repaid,
you who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell,
for you has He commanded His angels
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to Me in love, I will free him;
protect him for he knows My name.
When he calls I shall answer: "I am with you."
I will save him in distress and give him glory.

With length of life I will content him;
I shall let him see My saving power. Glory...

or

Lord, we beg You to visit this house and banish
from it all the deadly power of the enemy. May
Your holy angels dwell here to keep us in peace,
and may Your blessing be upon us always.
Through Christ our Lord. Amen.⁴²

or

Jesus, Mary, and Joseph,
I give you my heart and my soul.

Jesus, Mary, and Joseph,
assist me in my last agony.

Jesus, Mary, and Joseph,
may I breathe forth my soul in peace with you.

Into Your hands, O Lord, I commend my spirit.

BLESSING AT TABLE

Before meals

Bless us, O Lord
and these Thy gifts,
which we are about to receive
from Thy bounty.
Through Christ our Lord. Amen.

or

Bless us, O Lord,
and the food we are about to take.
Grant that, in the fulfillment of Your holy will,
our souls may find nourishment. Amen.

or

God our Father,
You sent the Holy Spirit into our hearts.
Grant that, as we take this food,
we may also delight in the joy and freedom
of living as Your children, in Your house.
Through Christ our Lord. Amen.

or

God of infinite goodness,
who showed forth the love You bear all people
in Your Son, born of the Virgin Mary,
bless us and the food we are about to take,
and render our hearts
ever mindful of our brothers and sisters.
Through Christ our Lord.⁴³

Thanksgiving

We give You thanks, Almighty God,
for all Your benefits,
who live and reign world without end. Amen.

or

We thank You, Lord,
for the gifts we have received from You
and we beseech You
to extend Your providence to all. Amen.

or

Lord our God, we thank You for Your gift.
Keep us always attentive to Your Word,
certain that You will never let those
who seek first Your Kingdom
lack what is necessary.
Through Christ our Lord. Amen.

or

We thank You, God our Father,
for the earthly bread You give us every day:
You, Who, in Christ,
born of Mary, Your faithful handmaid,
gave us the Bread come down from heaven,
Who lives and reigns for all ages to come.
Amen.⁴⁴

Offering of recreation

We offer You, O Lord, our recreation.
Grant that we may taste the joy
of fraternal union in Your love. Amen.

or

Lord, You grant us the relaxation
of mind and body in fraternal communion.
Grant that we may possess

the peace we offer others,
and keep the peace we receive from them.
Amen.

BEFORE AND AFTER WORK

Before work

Father, may everything we do begin
with Your inspiration
and continue with Your saving help.
Let our work always find its origin in You
and through You reach completion.
Through Christ our Lord. Amen.⁴⁵

or

Father, Yours is the harvest
and Yours the vineyard.
You assign the task
and pay a wage that is just.
Help us to meet this day's responsibilities
and let nothing separate us from Your love.
Through Christ our Lord. Amen.⁴⁶

or

Our help is in the name of the Lord
Who made heaven and earth! (Ps. 124:8)

or

O God, source of every good,
principle of our existence and activity,
grant that we may acknowledge the benefits
of Your fatherliness,
and love You with our whole heart and strength.
Through Christ our Lord. Amen.

or

Grant, O Lord, that my words and my behavior
may be the salt of the earth and the light
of the world,
so that I may seek Your glory,
doing good to all.
Through Christ our Lord. Amen.⁴⁷

After work

We give You thanks, Almighty God,
for all Your benefits,
Who live and reign world without end. Amen.

or

God our Father,
You always hear the prayers of Your children.
Receive our humble thanks
and transform us by the power
and joy of Your Spirit,
that we may serve You
with renewed enthusiasm.
Through Christ our Lord. Amen.⁴⁸

or

God our Father, everything is the gift
of Your kindness.
We thank You for giving us the joy
of being Your children.
Open our hearts to accept Your salvation
and to glorify You in our lives.
Through Christ our Lord. Amen.

BEFORE AND AFTER CONFERENCES AND MEETINGS

Before

Come, Holy Spirit ...

or

Lord, let Your word be a lamp to our feet
and a light on our path,
that it may illumine our understanding
and show us the way we must walk.
You Who live and reign for ever and ever.
Amen.⁴⁹

or

Lord, pour out on us
the spirit of understanding, truth and peace.
Help us to strive with all our hearts
to know what is pleasing to You,
and when we know Your will
make us determined to follow it
in unity and harmony.
We ask this through Christ Your Son. Amen.⁵⁰

or

Lord Jesus, who promised
that You would be present
whenever two or three gather in Your name,
we thank You for being in our midst.
Grant that we may seek what is true and good
with freedom of spirit and with love,
You who are our way, truth, and life.
You who know the mystery of each person,
help us to grow in unity and in communion.
Make us a reflection of Your love

for the Father and our brothers and sisters,
You Who are present among us,
living, risen, and glorious for all ages to come.
Amen.

or

Lord Jesus, grant that all my words may be
inspired by charity, humility, and truth.⁵¹

After

We give You thanks, Almighty God,
for all Your benefits,
Who live and reign world without end. Amen.

or

Lord Jesus,
You manifested Yourself to us
and drew us to Your Truth.
Grant that we may now proclaim it with our lives
in obedience to the Father and in service
to our brothers and sisters.
Amen.

or

God our Father, may Your Spirit working in us
confirm us in Your will
and grant that we may witness to You
in evangelical freedom. Amen.

LEAVING AND RETURNING HOME

Leaving

O Lord, may Your blessing guide our way,
defend us from evil, and keep us from harm.
Amen.

O Angel of God, my guardian dear,
to whom God's love entrusts me here,
ever this day be at my side,
to light and guard, to rule and guide. Amen.

or

Lord, protect us on our way.
Grant that, upheld by Your angels,
we may advance with renewed vigor
along the path of salvation. Amen.

or

Lord, You fill every place with Your presence.
Accompany me on this trip.
May it be an announcement of joy,
a message of hope,
and a witness of Christian life
for all those I meet on the way. Amen.

or

God our Father, in Your loving providence
You send Your holy angels to watch over us.
Hear our prayers, defend us always
by their protection, and let us share Your life
with them forever. Amen.⁵²

Returning

O Mary, bless this house,
where your name is always praised.
May the remembrance of your
motherly presence among us
be our comfort and our joy. Amen.

We Celebrate Christ
Yesterday, Today and Forever

The Lord's Day

Sunday “is the original feast of the liturgical year, the living memorial of the Passover of the Lord, in which the community relives all the mysteries of our Lord, and celebrates them. It is, therefore, the ‘first day,’ on which the new creation and the authentic liberation of humanity from sin and death are fulfilled.”⁵³

As children of God, we are called to conform our lives gradually to Christ and to live in communion with the new family of God. On Sunday, the community of believers gathers around Christ, now risen from the dead. Nourished by Him, the Word and the Bread, we receive the strength to carry the joyous proclamation of salvation to the utmost boundaries of the world.

With faith and profoundly united to the universal Church, let us live the mystery of Christ, “which has its culmination in Easter and is expressed week by week in a special way on the day the Church has called “the Lord’s Day.”⁵⁴

Sundays are to be prepared and celebrated “in a fitting manner, according to the possibilities of the local situation. On Sundays and feast days, Morning and Evening Prayer will be celebrated with greater solemnity and Midday Prayer will be added.”⁵⁵

“The festive, joyful spirit that should characterize the day of the Risen Lord present among His disciples (cf. Mt. 28:20; Jn. 20:20) is not to be limited to the liturgical celebration, but should find ways and forms of expressing itself in our interpersonal, family and community relationships.”⁵⁶

Where possible, let us collaborate in the liturgical animation of the parish. Let us also educate our young people in this matter, exhorting them to live in a spirit of joy and celebration, allowing time for giving, for creativity, for forming relationships with God and others.

Furthermore, wherever possible, let us offer our young people the opportunity to celebrate Vespers with us, or to share some other time of prayer, mindful that “sharing in prayer with the community will be for them the best school of prayer.”⁵⁷

Advent - Christmas

During Advent the Church celebrates God's coming in the Person of Jesus of Nazareth to save humankind, while at the same time, in watchful joy, we await His glorious return.

The Liturgy of Advent also emphasizes Mary's relation to the mystery of Redemption and her cooperative role. She "stands out among the poor and humble of the Lord, who confidently hope for and receive salvation from Him. After a long period of waiting, the times are fulfilled in her, the exalted Daughter of Zion and the new plan of salvation is established, when the Son of God has taken human nature from her, that He might, in the mysteries of His flesh, free us from sin."⁵⁸

As we live the spirit of Advent in the liturgy, we are invited to contemplate "the ineffable love with which the Virgin Mother awaited her Son;" to take her "as our model" and, "in prayer, exulting with joy, to prepare to meet the Lord who is coming."

Furthermore, "even the Christmas Season is a prolonged commemoration of the divine, virginal and salvific motherhood" of Mary.⁵⁹

Our prayer for this season draws nourishment from these mysteries. Thus, we nurture our trust in the God who comes, our watchfulness as we follow Christ, our will to participate in His mystery of annihilation, our own conversion and our spirit of hope.

PREPARATION AND SOLEMNITY OF THE IMMACULATE CONCEPTION

Advent is the Marian liturgical season par excellence. During this time the Solemnity of the Immaculate Conception appears closely bound to our preparation for the coming of the Savior, and to the mystery of the Church.⁶⁰ In fact, as we sing in the preface of the solemnity, in Mary, God “marked the beginnings of the Church, the Bride of Christ, without spot or wrinkle, resplendent in beauty.”

May this liturgical season provide “for us and for the girls, opportunities for growth in filial love for the Blessed Virgin,”⁶¹ in the wake of Don Bosco, for whom Mary Immaculate, through her total gift of self to God and to others, was a strong, shining presence, an ideal of life for his young boys. This feast also coincides with the date that marked the beginnings of his most significant works.

Mother Mazzarello used to exhort: “We are nearing the Feast of the Immaculate Conception. Our Holy Rule wishes us to celebrate it with great solemnity, and besides, for us Daughters of Mary, it should be one of our greatest feasts!”⁶²

According to the circumstances, it would be good to offer the community a homily or suitable reading for every day of the novena.

After the Eucharist and the Liturgy of the Hours, the Rosary is one of the most opportune times for a prayerful preparation for the Solemnity of the Immaculate.

The following is only a suggestion:

For the Joyful Mysteries

V In the mystery of the Immaculate Conception of Mary, the Church exalts the totally gratuitous gift of the Father, by which He preserved her

from any form of sin through the Holy Spirit, who filled her with grace. In Mary, who was freely and totally faithful to the Lord, the Spirit brought forth the image of virginity and of motherhood for the entire Church.

The Rosary follows.

after the litany:

- V Father of mercy, You predestined the Virgin Mary and filled her with grace that she might become the Mother of Your only Son. In Him You also chose us to be holy and spotless in Your presence through love. Grant that we may understand and live ever more deeply the gift of our Baptism. Through Christ our Lord. Amen.

For the Luminous Mysteries

- V From Mary's uniquely privileged relationship with Christ which makes her the Immaculate Mother of God, we derive the forcefulness of our appeal as we entrust our lives to her maternal intercession.⁶³ A contemplative in action, Mary lived in the background, treasuring in her heart the words and works of Jesus. The Virgin of Nazareth — a woman of faith, of silence, of attentive listening⁶⁴ — is the model of true discipleship for us.

The Rosary follows.

after the litany:

- V Loving Father, in the silence of her mother's womb, You preserved Mary from all stain

of sin, making her the perfect follower of Christ. Grant that we, like the Immaculate Help of Christians, may live in intimate union with You, reflecting Your love in our mission among the young. Through Christ our Lord. Amen.

For the Sorrowful Mysteries

V The Virgin Mary was preserved from all stain of sin. In view of the death of her Son she cooperates, in His hour of sorrow, with a pure, holy and immaculate heart, in the offering of Christ's sacrifice to the Father. Because of her total availability to the will of God, the Immaculate is also the Queen of Martyrs, the Sorrowful Mother who, with her Son, lends both meaning and depth to the sufferings of humanity.

The Rosary follows.

after the litany:

V O God, Father of Mercy, who filled Mary with grace and holiness, making her our mother at the foot of the cross, grant that we may live the mystery of sorrow that must accompany every Christian life, with purity of love. Through Christ our Lord. Amen.

For the Glorious Mysteries

V Mary Immaculate was fully available to God's gratuitous love. She, thereby, shared in the resurrection of the Son. The new Eve and most pure spouse, she is the model of the Church, the spouse and mother whom Christ

purifies day by day, “that He might present to Himself the Church in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.” (Eph. 5:27)

The Rosary follows.

after the litany:

V O God, who filled the Virgin Mary with grace and love that, in the fullness of her availability she might also be the model of the Church as spouse and mother, may we come to live our gift of chastity as authentic witnesses of the hopes of Your people. Through Christ our Lord. Amen.

PREPARATION AND SOLEMNITY OF CHRISTMAS

*“The Church considers the Christmas season, which celebrates the birth of Our Lord and His early manifestations, second only to the annual celebration of the Easter mystery.”*⁶⁵

*“God so loved us that He sent His Son into the world, the Word of Truth and Life, who continually challenges us, both individually and as a community.”*⁶⁶

The FMA draws strength and courage from the mystery of the Incarnation to live as one “incarnated” in the world of the young. She makes their joys and their problems her own. She accepts and stimulates their suggestions of new things, of dynamism and initiative, in order to help them carry out God’s plan. She awakens in them the need and hope of salvation, involving them in the joy of encountering Christ.

“The weekdays from December 17th–24th inclusive

are more directly oriented to the preparation for the Lord's Birth."⁶⁷

The liturgy of these days thus constitutes the most suitable preparation for the solemnity of Christmas.

Where certain pastoral needs exist, the traditional novena of the different countries may take the place of Vespers.

LAST DAY OF THE SECULAR YEAR

Our life is measured by time. As believers we consider time as that "opportune moment" in which we freely build up eternal life, gradually working out our Christian maturity.

The year that draws to its close is a free gift of love and salvation. For this reason we live the last day of the year in a spirit of gratitude for the gifts which God continues to lavish upon us, the young, and all humanity.

In the community celebration of the evening we will express our thanks to God, the source of every perfect gift, by singing the Te Deum or another hymn of thanksgiving, which could be the concluding song of the entire celebration.

NEW YEAR'S DAY

The New Year begins with the Solemnity of Mary, Mother of God. We entrust our days to her, that at every moment we may discover the mysterious workings of God, who saves us and gives us true peace.

While it is true that peace is a human endeavour, it is also the Fruit of the Spirit. Let us therefore invoke Him to renew our hearts and render us, like Mary, bearers of Christ and of His peace to all, especially the young.

Lent

Lent is the season for a more true-to-life experience of sharing in Christ's paschal mystery, "if only we suffer with Him so that we may also be glorified with Him." (Rom. 8:17)

LENT: A BAPTISMAL PILGRIMAGE

Lent has an essentially baptismal character, which serves as the basis for its penitential aspect, in the sense that the Church — and consequently, each of the faithful — is called to give expression to the sacrament which generates the latter aspect, through a life of continual conversion.⁶⁸

Rediscovering one's Baptism means striving to carry out the plan of life contained in the Word of God; to follow Christ along the way of the cross until we reach His glory; to slake our thirst at the living waters that spring from Christ our Savior, our Rock; living as children of the light in a continuous process of conversion and rebirth, in communion with the Church.

Basing ourselves on the Rite of Christian Initiation of Adults, and valuing the richness of the baptismal texts found in the liturgy of Lent, we can renew — together with the young — certain significant gestures such as entrusting the Gospel, or the symbol (the Creed) and the Lord's Prayer.⁶⁹

LENT: A PENITENTIAL PILGRIMAGE

Lent is a living, actual memorial of Christ's paschal pilgrimage, and His YES to the Father's will as evidenced by the sign that is a community in the process of conversion.

It is a vital school of purification and illumination in order to live the words of Jesus: "Repent and believe the Gospel." (Mk. 1:15)

The road to Easter is more clearly defined by the freedom we give God to purify and sanctify us than by the fulfillment of ascetical practices. "Penitential works are the sign of sharing in the mystery of Christ, who for us became a penitent through His fast in the desert. The Church sets out on her Lenten pilgrimage, aware that the Lord Himself grants efficacy to the penance observed by her faithful members, for whom it acquires the value of a liturgical action; that is, an action of Christ and of His Church."*⁷⁰

The penitential practice, which is not merely individual and internal, but communitarian and external as well, is, above all, hatred of sin as an offense against God, and cause of evil social consequences. The penitential practice means opening one's spirit to welcome the sacramental acts of the Church and persevering in assiduous prayer for the reconciliation of all.

*The means suggested for the penitential practice are those of Church tradition: hearing the Word of God more frequently, praying more intensely, fasting in its various forms, and works of charity.*⁷¹

As educators we are committed to lead our young people to mature in the experience of God's personal love for them, and to educate them to a truly fraternal love and solidarity with the poor.

A valid aid on our way is "the Sacrament of Reconciliation [which] renews our participation in the

* For observing such penitential works, the Church grants indulgences, e.g., partial or total remission before God, of temporal punishment due to sins that are already forgiven. In order to gain the indulgences the faithful must have the necessary dispositions, that is, to love God and hate sin. They must place their trust in Christ the Savior and believe in the help they receive from the Communion of Saints. For a deeper study of this theme, see the *Apostolic Constitution Indulgentiarum doctrinae* by Paul VI, and the *Manual of Indulgences*.

mystery of Christ's death and resurrection and reconciles us with our fellow members in the Church. It helps us to recognize and accept our human frailty and to accomplish our progressive liberation from sin."⁷²

The Rite of Penance provides two general forms of sacramental celebration:

- *the rite of reconciliation of individual penitents;*
- *the rite of reconciliation of a number of penitents with individual confession and absolution.*⁷³

Whenever there is difficulty with the second possibility, the penitential celebrations provided by the Rite itself⁷⁴ will prove useful for the growth of a community sense of penance and the preparation for a more fruitful celebration of the Sacrament of Reconciliation. The following is an outline of essentials, by way of suggestion:

PENITENTIAL CELEBRATIONS

- *Opening Song or Hymn*
- *Greeting*

The meaning and order of celebration are briefly explained as also the content of the readings.

- *Prayer*⁷⁵

Lord Jesus,
 when Peter denied You three times,
 You looked at him with merciful love,
 so that he might weep for his sin;
 look now upon us
 that we may be converted to You,
 and serve You in faithfulness all our life long.
 You, who live and reign for ever and ever.
 Amen.

- *The Word of God*

When only one reading is used, it is better to take a passage from the Gospels. Excerpts from the Liturgy of the Word found in the Masses of Advent and Lent are valuable, as are other texts from the Rite of Penance.

- *Examination of Conscience*

Even when it is guided with counsels or suggestions, it is fitting to allow a pause for silence, in which each one can examine her conscience personally.

- *The Penitential Rite*

The presider invites all to pray in the following or other similar words:

Let us call upon Jesus Christ, the Victor over sin and death, to reconcile us with God and with the Church: **Have mercy on us.**

- Lord, You were sent by the Father to bring the joyous news to the poor and to heal the brokenhearted...
- Lord, You came to call and save sinners...
- Lord, You deigned to remain among publicans and sinners...
- Lord, You did not condemn the adulteress, but sent her away in peace...
- Lord, You promised paradise to the repentant thief...

- *Our Father*

- *Song of Thanksgiving*

- *Prayer*

Lord Jesus, our Savior,
You called Peter to be an apostle,
and after his fall and repentance,
confirmed him in Your friendship
and in his role of leadership among the
Apostles:
look now on us in Your mercy
that we may return to You
from the slavery of sin,
and serve You with greater love.
You who live and reign for ever and ever.
Amen.

- *Dismissal*

WAY OF THE CROSS

Lent is the season for meditating on the mystery of Christ's passion and death.

The passion and death of Jesus are the "fulfillment" of the promise of salvation. They are the "revelation" of the love of God the Father for all people, and the love of Christ for the Father and for all.

Meditating on the passion and death of the Lord disposes us to thank God for all He has done for us, and stimulates us to offer our life after the example of Jesus. In intimate participation in the paschal mystery of the Lord, let us live "with faith the mystery of the cross, which touches every human being and is the fount of grace and true freedom."⁷⁶

The Sequela Christi is the way of Calvary, followed in the light of the resurrection. "Meditation on the passion of Our Lord will be expressed in a particular manner by the Way of the Cross every Friday during Lent."⁷⁷

suggested format:

V We adore You, O Christ, and we praise You.

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

V Let us pray.

Almighty and eternal God,
You gave Christ, Your Son, our Savior,
to be the model for all people.
He became man and was humiliated,
even to death on a cross.
Grant that, in the trials of life
we may share intimately
in His redeeming passion,
and attain the glory of the Resurrection.⁷⁸
Amen.

V Have mercy on us, O Lord.

At the cross her station keeping,

R Have mercy on us.

Stood the mournful mother weeping,

Close to Jesus to the last.⁷⁹

First Station

JESUS IS CONDEMNED TO DEATH

V We adore You, O Christ, and we praise You.

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

“My kingdom does not belong to this world. If My kingdom did belong to this world, My attendants [would] be fighting to keep Me from being handed over to the Jews. But as it is, My kingdom is not here.” (Jn. 18:36)

“Pilate said to them, ‘Shall I crucify your king?’ The chief priests answered, ‘We have no king but Caesar.’ Then he handed Jesus over to them to be crucified.” (Jn. 19:15-16)

pause for reflection

V Have mercy on us, O Lord. Through her heart, His sorrow sharing
R Have mercy on us. All His bitter anguish bearing,
Now at length the sword had passed.

Second Station**JESUS IS MADE TO BEAR THE CROSS**

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

“So they took Jesus, and carrying the cross Himself, He went out to what is called the Place of the Skull, in Hebrew, Golgotha.”
(Jn. 19:17)

“Yet it was our pain that He bore, our sufferings He endured.” (Is. 53:4)

“Whoever wishes to come after Me must deny himself, take up his cross, and follow Me.”
(Mt. 16:24)

pause for reflection

V Have mercy on us, O Lord. Oh, how sad and sore distressed
R Have mercy on us. Was that mother highly blest
Of the sole-begotten One!

Third Station**JESUS FALLS THE FIRST TIME**

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

“...Though He had done no wrong, nor was deceit

found in His mouth. But it was the Lord's will to crush Him with pain." (Is. 53:9-10)

"... He was pierced for our sins, crushed for our iniquity." (Is. 53:5)

"... As Your lips have instructed me, I have kept from the way of the lawless. My steps have kept to your paths; my feet have not faltered." (Ps. 17:5)

pause for reflection

V Have mercy on us, O Lord. Christ above in torment hangs;
R Have mercy on us. She beneath beholds the pangs
Of her dying glorious Son.

Fourth Station

JESUS MEETS HIS MOST HOLY MOTHER

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

"Simeon blessed them and said to Mary His mother, 'Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce)'." (Lk. 2:34-35)

"To what can I compare you—to what can I liken you—O daughter Jerusalem? What example can I give in order to comfort you, virgin daughter Zion? For your breach is vast as the sea; who could heal you?" (Lam. 2:13)

pause for reflection

V Have mercy on us, O Lord. Is there one who would not weep,
R Have mercy on us. Whelmed in miseries so deep
Christ's dear mother to behold?

Fifth Station**SIMON OF CYRENE HELPS JESUS TO CARRY HIS CROSS**

V We adore You, O Christ, and we praise You.

R Because by Your holy cross You have redeemed the world

“As they led Him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus.”
(Lk. 23:26)

“Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of His Body, which is the Church.” (Col. 1 :24)

pause for reflection

V Have mercy on us, O Lord.

Can the human heart refrain

R Have mercy on us.

From partaking in her pain,

In that mother's pain untold?

Sixth Station**VERONICA WIPES THE FACE OF JESUS**

V We adore You, O Christ, and we praise You.

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

“For it is on Your account I bear insult, that disgrace covers my face.” (Ps. 69:8)

“He had no majestic bearing to catch our eye, no beauty to draw us to Him. He was spurned and avoided by men, a Man of suffering, knowing pain, like one from whom you turn your face...”
(Is. 53:2-3)

pause for reflection

V Have mercy on us, O Lord. Bruised, derided, cursed, defiled,
R Have mercy on us. She beheld her tender child:
All with bloody scourges rent.

Seventh Station
JESUS FALLS THE SECOND TIME

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

“But I am a worm, not a man, scorned by men,
despised by the people...” (Ps. 22:7)

“...Yet it was our pain that He bore, our
sufferings He endured. We thought of Him as
stricken, struck down by God and afflicted.”
(Is. 53:4)

“...The Lord laid upon Him the guilt of us all.”
(Is. 53:6)

pause for reflection

V Have mercy on us, O Lord. For the sins of His own nation,
R Have mercy on us. Saw Him hang in desolation,
Till His spirit forth He sent.

Eighth Station
JESUS SPEAKS TO THE WOMEN OF JERUSALEM

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

“A large crowd of people followed Jesus,
including many women who mourned and
lamented Him. Jesus turned to them and said,

‘Daughters of Jerusalem, do not weep for Me; weep instead for yourselves and for your children’.” (Lk. 23:27-28)

pause for reflection

V Have mercy on us, O Lord.
R Have mercy on us.

O thou mother! fount of love!
Touch my spirit from above,
Make my heart with thine accord.

Ninth Station **JESUS FALLS THE THIRD TIME**

V We adore You, O Christ, and we praise You.

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

“Fear and trembling overwhelm me; shuddering sweeps over me. For it is not an enemy that reviled me – that I could bear – not a foe who viewed me with contempt, from that I could hide. But it was you, my other self, my comrade and friend, you, whose company I enjoyed, at whose side I walked in the house of God.”
(Ps. 55:6, 13-15)

pause for reflection

V Have mercy on us, O Lord.
R Have mercy on us.

Make me feel as You have felt;
Make my soul to glow and melt
With the love of Christ our Lord.

Tenth Station **JESUS IS STRIPPED OF HIS GARMENTS**

V We adore You, O Christ, and we praise You.

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

“When the soldiers had crucified Jesus, they

V Have mercy on us, O Lord. Let me share with you His pain,
R Have mercy on us. Who for all my sins was slain,
 Who for me in torments died.

Twelfth Station **JESUS DIES ON THE CROSS**

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

“Standing by the cross of Jesus were His mother and His mother’s sister, Mary the wife of Clopas, and Mary of Magdala.” (Jn. 19:25)

“When Jesus had taken the wine, He said, ‘It is finished.’” (Jn. 19:30)

“Jesus cried out in a loud voice, ‘Father, into Your hands, I commend my spirit.’” (Lk. 23:46)

“And bowing His head, He handed over the spirit.” (Jn. 19:30)

pause for reflection

V Have mercy on us, O Lord. Let me mingle tears with you,
R Have mercy on us. Mourning Him who mourned for me,
 All the days that I may live.

Thirteenth Station **JESUS IS TAKEN DOWN FROM THE CROSS**

V We adore You, O Christ, and we praise You.
R Because by Your holy cross You have redeemed the world.

“After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body.

V Let us pray.
God our Father, in obedience to You
Your only Son accepted death on the cross
for the salvation of humanity.
We acknowledge the mystery
of the cross on earth.
May we receive the gift
of redemption in heaven.
We ask this through Christ our Lord. Amen.⁸⁰

SOLEMNITY OF SAINT JOSEPH

On the feast of the Saints, the Church proclaims the paschal mystery fulfilled in those who suffered with Christ and have been glorified with Him.⁸¹

The feast of Saint Joseph, whom Don Bosco left us as the Patron of the Institute,⁸² is for us an occasion for invoking his intercession, and of measuring our own life with his pilgrimage of holiness lived in silence, of accepting Christ, and being humbly available to the signs of God.

Every community will give a more festive spirit to the Liturgy of the Hours and to the Eucharistic Celebration, and will choose the most opportune time for invoking Saint Joseph's intercession.

The following prayers are merely suggestions. They might be placed at the end of the reading adapted to the occasion.

O God, who in Your providence
called us to cooperate
in Your plan of creation,
grant that, following the example of Saint Joseph,

we may be faithful to
the responsibilities You entrust to us
and receive the reward You promise.
Through Christ our Lord. Amen.⁸³

or

O God of eternal goodness,
who chose Saint Joseph
to care like a father for Your only Son;
grant that we may honor him
as the Patron of our Institute,
and that we may safeguard Your loving designs
for every one of our young people
with his same faithfulness and uprightness.
Through Christ our Lord. Amen.

or

Saint Joseph,
you believed and hoped,
and trusted in God's Word,
faithfully caring for His Promise:
Jesus our Savior.
Grant that as we honor you, our patron,
our faith may gradually mature,
and our hope grow invincible
so that our pastoral work among the young
may be fruitful in goodness,
and upheld by God's blessings. Amen.

The Easter Triduum
of the Passion
and Resurrection of the Lord

*“Christ redeemed humankind and gave perfect glory to God principally through His paschal mystery: by dying He destroyed our death and by rising He restored our life. The Easter Triduum of the passion and resurrection of Christ is thus the culmination of the entire liturgical year.”*⁸⁴

*This mystery, which is one, is relived in successive celebrations, for the purpose of penetrating its richness and significance ever more deeply and of living it ever more intensely. It “begins with the evening Mass of the Lord’s Supper, reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday.”*⁸⁵

Each of us, nourishing her spirit abundantly at the mystery, celebrated in the Liturgy, will also find therein the foundation of her spirituality and apostolic work.⁸⁶ By giving our life of love even to the last dregs, as Christ did, we will become heralds of the joy of the resurrection to the young.

THE LORD’S SUPPER

*The celebration of the Lord’s Supper is the memorial of the ritual anticipation of His death and resurrection wrought by Christ on the vigil of His passion. “The Easter Triduum presents the reality of the paschal mystery, which is one and unified, in its historical dimension; Holy Thursday transmits it to us in its ritual dimension.”*⁸⁷

The vital dimension of participating in this memorial necessarily implies a concrete spirit of service and fraternal charity, according to the teachings of the Lord, and an ever sharper awareness of the priestly role proper to the Church. Both allow for offering our authentic worship in spirit and truth on the altar of our

own lives and for building up the Body of Christ within our own local community.

THE CELEBRATION OF THE LORD'S PASSION

Good Friday celebrates the passion and death of the Lord. The supreme moment for participating in this mystery occurs as we listen to the Word of God during the afternoon celebration, together with the Adoration of the Cross and Holy Communion. On this day “the fast which is significantly called ‘Easter’ or ‘Paschal’ fast is religiously observed. [It] is a sacramental sign of our participation in the sacrifice of Christ. In fact, ‘the days have come when the Spouse is taken away from us;’ thus, as Jesus pointed out, the disciples will then fast.”⁸⁸

Each of us, “sharing intimately in the Lord’s Passover... will make up in her own body all that still has to be undergone by Christ,”⁸⁹ for the salvation of the young.

AWAITING THE RESURRECTION

Today (Holy Saturday) the Church abstains from celebrating the Sacrifice of the Mass until the solemn vigil or nocturnal watch for the resurrection, remaining close by the Lord’s tomb to meditate on His passion and death. We gather “for the celebration of the Liturgy of the Hours. This prayer celebrates Christ’s repose in the tomb following the glorious and victorious combat of the cross; we meditate on the salvific mystery of Christ’s descent into the world of the dead... we await the fulfillment of the Lord’s words: ‘the Son of Man must... and be killed and on the third day be raised.’

(Lk. 9:22) This day is, therefore, characterized by penance, an expression of faith and of hope.”⁹⁰

Like Mary, let us also live in trustful expectation of the resurrection of Christ. Following her example, let us persevere in prayer in order to become more intimately associated with the sacrifice of her Son.

THE EASTER VIGIL AND EASTER SUNDAY

Easter is the culmination of the liturgical year: the celebration of the triumph of Christ over death.

The symbolism of the “passage” from darkness to light, from night to day, of light overcoming darkness and day overcoming night, expresses the profound mystery of Easter: the passage of Israel from slavery to freedom, the passage of Christ from death to glorious life, the passage of those who believe in Christ from sin to divine life.⁹¹ Through Him, the beginning of all things, this ruined world is rebuilt; the old is made new and all things are restored to their integrity.⁹²

The Spirit of the Lord allows us to live the prodigious event of Easter, enjoying its fullness and witnessing to it joyfully.

The Easter Season

The fifty days from Easter Sunday to Pentecost are celebrated as one feast day, sometimes called “The Great Sunday”.⁹³

During this time, we are invited to a joyful “Easter Confession” that proclaims the wonders the Risen Lord works in us and in the community of believers who allow the dynamism of the Spirit to penetrate them through and through, as He comes to renew our hearts and involve us in the great event that is the Church.

During our daily pilgrimage in history, Christ is present among us with His Spirit, strengthening our communion and leading humanity to the final age when all tears will be wiped away in the light of glory.

It is a glorious sign of hope to celebrate the saints during this period, for each one utters their own version of the Easter Alleluia. The grace of Baptism blossoms in them as a response to the vocation to which they were called to announce Christ as He gives the Spirit to His Church that She may bring forth abundant fruit.

In a very special way during this liturgical season of the year, our own Saints tell us that there is only one real sorrow: that of not being saints.

SOLEMNITY OF SAINT MARY MAZZARELLO

Saint Mary Mazzarello “lived our Founder’s project in creative fidelity, thus giving rise to the ‘spirit of Mornese’ which must continue to characterize the lifestyle of our communities.”⁹⁴

We will honor her “on her feast day, prepared for by a triduum and on the occasion of her monthly commemoration.”⁹⁵

Each community will decide on the best way to celebrate her feast day.

Besides initiatives for the Prayer Before the Eucharist, it would be well to offer the community a homily or suitable reading for each day of the triduum.

Suggestions for the invocation to Saint Mary Mazzarello during the Prayer Before the Eucharist:

TRIDUUM OF PREPARATION

Day 1

V Let us call upon the Lord that the spirit of Mornese, lived in creative fidelity by Mother Mazzarello and our first Sisters, may characterize each of our communities.

The Holy Spirit filled her with wisdom and her path was straight and sure.

R O God, in Saint Mary Mazzarello
You gave us a model of total availability
to the voice of the Spirit.
Through her humility and burning charity
grant that we may walk today
in the way of her teachings.
Through Christ our Lord. Amen.

Day 2

V Let us call upon the Lord that the spirit of Mornese, lived in creative fidelity by Mother Mazzarello and our first Sisters, may characterize each of our communities. The Lord worked wonders through her humility. Wonderful are the works of His hands.

R O God, You called us to this Institute to follow in the footsteps of Mother Mazzarello. Through her humility and burning charity grant that we may live our educative mission with the same apostolic spirit and tireless dedication. Through Christ our Lord. Amen.

Day 3

V Let us call upon the Lord that the spirit of Mornese, lived in creative fidelity by Mother Mazzarello and our first Sisters, may characterize each of our communities. God has chosen the weak of this world to confound the strong, for no one can exalt themselves before the Lord.

R O God, in the simple and generous heart of Mother Mazzarello, You established Your dwelling. Through her humility and burning charity grant that we, her daughters, may open our hearts to You with sincere piety, as we fulfill our duties at the right time and place and solely for love of You. Through Christ our Lord. Amen.

**PRAYER BEFORE THE EUCHARIST
ON THE SOLEMNITY OF SAINT MARY MAZZARELLO**

suggestion:

V United in the presence of Christ, we contemplate God's saving power in Mother Mazzarello, who, by a unique design of grace, shared with Don Bosco in the foundation of our Institute.

S "... We ought to give thanks to God for you always, brothers loved by the Lord, because God chose you as the firstfruits for salvation through sanctification by the Spirit and belief in truth. To this end He has [also] called you through our gospel to possess the glory of our Lord Jesus Christ." (2 Thess. 2:13-14)

pause for reflection

V Let us thank Jesus Christ, the One who is holy, the One who is Lord, for giving the gift of holiness to His Church (cf. 1 Pt. 2:9) as we say together:

We give You thanks, Lord Jesus.

R We give You thanks, Lord Jesus.

- You loved and glorified the Father with Your life, death, and resurrection. Mother Mazzarello learned from You to direct her life to the love of God, and so we say:
- You proclaimed that the pure of heart are blessed, for they shall see God. Mother Mazzarello learned from You a new life style, marked by simplicity and joy, and so we say:

- You taught us to carry our cross day by day. Mother Mazzarello discovered in You the value of a life of work and sacrifice, and so we say:
- You sent apostles to preach the Gospel to every creature. Faithful to You and Don Bosco, our Founder, Mother Mazzarello was filled with pastoral charity for youth, and so we say:

V With hearts full of gratitude, we turn to Mary, who shines as a model of holiness before the entire community of the elect.

R O Mary, you sang of the great things the Lord had done for you, and experienced the wonders of His Redemption. We unite ourselves to you that we may glorify the sanctifying power of God in His creatures, especially Mother Mazzarello. Amen.

V Let us call upon our Mother and Cofoundress with trust and gratitude.

R Saint Mary Mazzarello, guided by the wisdom of the Holy Spirit, you made Don Bosco's project your own. We thank you, together with our first Sisters of Mornese, for giving our Institute an original character of holiness. Grant us the capacity for loving Jesus Christ as you did

so that we may present to the young
a life according to the Gospel. Amen.

or

Saint Mary Mazzarello,
who living detached from the world
and wholly united with God,
practiced great virtue.
Obtain for us, your daughters,
the grace to follow your example faithfully,
in humility and simplicity,
in charity, in angelic purity,
in the spirit of sacrifice,
in devotion to Mary Help of Christians
and in love for Jesus in the Blessed Sacrament.
Assist us in our last hour,
that we may come to join you in heaven
where, together with you,
we may love and praise God
and our Heavenly Mother,
the Help of Christians,
for all eternity. Amen.

or

Saint Mary Mazzarello,
in docility to God's work in you,
you lived Don Bosco's educative project
with creative fidelity.
Intercede for us with the Father
that we may follow your example
and give ourselves totally to the young
in order to live with them that Salesian holiness
to which we are called. Amen.

or

Saint Mary Mazzarello, you built
“the House of the Love of God” in Mornese.
Help us to announce the joy of the Resurrection
by our lives
and to build a community
rich in faith and hope
where the young will feel welcome
and where our daily living
in active charity
will continue Mary’s “Magnificat.” Amen.

or

Saint Mary Mazzarello,
Mother and Cofoundress of our Institute,
you shared in Don Bosco’s project
of pastoral charity
with enthusiastic and generous commitment.
Grant us the vigor and newness of spirit
that spring from trust in God,
from humility and joy,
that we may reach out to the young
with your simplicity and apostolic efficacy.
Amen.

MONTHLY COMMEMORATION

It is a tradition of our Institute to observe the monthly commemoration of Mother Mazzarello as an invitation to deepen our Salesian spiritual legacy and live it with ever greater intensity.

For this purpose a suitable reflection, reading, or Goodnight could be useful.

Where opportune, the prayer to Saint Mary Mazzarello, chosen from those of the Solemnity (preceding pages) or another suitable prayer, might be included in the Prayer Before the Eucharist or following the spiritual reading.

SOLEMNITY OF MARY HELP OF CHRISTIANS

Don Bosco wanted our Institute to be a “living monument of his gratitude to Mary, Help of Christians.”

“Let us strive to make her dispositions of faith, hope and charity, and her perfect union with Christ our own. Let us open our hearts to the joyous humility of her ‘Magnificat’ to be helpers, like her, especially among young girls.”⁹⁶

In preparation for the feast of Mary Help of Christians, let us commemorate Mary’s presence in our Institute and in the Church during the recitation of the Rosary.

It is suggested to add a brief introduction and a concluding prayer suited to the Joyful, Luminous, Sorrowful, or Glorious Mysteries. However, this is not intended to place limits on the creativity with which each community expresses its devotion to and love for Mary Help of Christians.

For the Joyful Mysteries

V Mary is our Help because she adhered to the plan of salvation in freedom of faith and obedience.

“She conceived, brought forth, and nourished Christ, she presented Him to the Father in the temple, shared her Son’s sufferings as He died on the cross. Thus, in a wholly singular way she cooperated in the work of the Savior.”⁹⁷

She is still our Help today because in her role of Mother in the order of grace, she continues to guide and educate us in our Christian life.

The Rosary is prayed.

after the litany:

V O God, You made the Virgin Mary the Mother and Help of all humankind because of her generous and obedient “Yes.” Renew our faith in Your plan of love

and grant that we may cooperate with You in the “regeneration” of humanity.
Through Christ our Lord. Amen.

- R** We fly to your patronage,
O holy Mother of God,
despise not our petitions in our necessities,
but always deliver us from all dangers,
O glorious and blessed Virgin.

For the Luminous Mysteries

- V** Mary is the foreseeing Mother and Help who was actively present in the ministry of Jesus as He proclaimed the Kingdom of God with His life. The great maternal counsel which Mary addresses to the Church of every age: “Do whatever He tells you” (Jn. 2:5)[...]is a fitting introduction to the words and signs of Christ’s public ministry and it forms the Marian foundation of all the “mysteries of light.”⁹⁸

The Rosary is prayed.

after the litany:

- V** Lord God, You who filled Mary
with wisdom of heart,
inspire us with that same spirit of maternal love
which guides and teaches.
Like Mary, grant that we too may be helpers,
accompanying one another on the Way of Love.
Through Christ our Lord. Amen.
- R** We fly to your patronage...

For the Sorrowful Mysteries

- V** Mary’s union with her Son reached its peak
on Calvary, where Christ sacrificed Himself

to God as an immaculate victim, while she remained beneath the cross suffering profoundly with Him and offering Him to the Father in loving consent to His immolation.⁹⁹

Mary still cares for her Son's brethren in their pilgrimage on earth, amid so many anxieties and perils. For this reason we invoke her as our Help.¹⁰⁰

The Rosary is prayed.

after the litany:

V God, our merciful Father,
You willed that Mary should share in
the sufferings of Your Son
so as to conform her heart
to the passion of the Crucified.
Grant that we may accept the mystery
of the cross with faith
that in our own flesh we may complete
what is lacking to Christ's own sufferings
for the sake of His Body, the Church.
Through Christ our Lord. Amen.

R We fly to your patronage ...

For the Glorious Mysteries

V Mary is the Help of the Church because she still sustains its faith and, with burning charity, implores the Spirit to come.

She was assumed into heaven but never abandons her children. Rather, she is "a sign of certain hope and comfort, until the day of the Lord shall come."¹⁰¹

The Rosary is prayed.

after the litany:

- V** Almighty and eternal God,
You made Mary the model of the Church,
our Mother, giving her to us as our “Advocate,
Helper, Benefactress, and Mediatrix.”¹⁰²
Through her intercession
grant that we may continue to hope
in the fulfillment of Your promises.
Through Christ our Lord. Amen.
- R** We fly to your patronage...

PRAYER BEFORE THE EUCHARIST
SOLEMNITY OF MARY HELP OF CHRISTIANS

- V** The Eucharist is the banquet of the covenant of fidelity. Mary, the Mother of Jesus, belongs to the community of faithful disciples.
- S** The disciples “devoted themselves with one accord to prayer, together with some women, and Mary, the mother of Jesus.” (Acts 1:14)
“They were all in one place together...and they were filled with the Holy Spirit.” (Acts 2:1,4)

or

- S** “Behold, God’s dwelling is with the human race. He will dwell with them and they will be His people and God Himself will always be with them.” (Rev. 21:3)

brief pause for reflection

- V** We pray to You, Lord Jesus, who gave Mary to the Church as our Mother and Help, as we say:

Graciously hear us, O Lord.

- R** Graciously hear us, O Lord.

- That, like Mary, we may receive and cherish the Word of God, which enables us to live the mysteries of salvation which we celebrate in faith, we pray:
 - That we may prolong the sacrificial offering of Your Body and Blood in our adoration and thanksgiving, which were the habitual dispositions of Mary's heart, we pray:
 - That, as we receive the gift of Your Spirit with Mary's own openness and docility, we may deepen our communion with each other and with the life of the Church, we pray:
 - That, like Mary, we may live the beatitude of those who believe, and dedicate ourselves to an apostolic action that brings hope to others, we pray:
 - That the young may learn from Mary to recover their sense of God and His greatness, thereby becoming a "prophecy" of a new humanity, in the spirit of the Gospel, within the Church and the world, we pray:
- V** We entrust our Institute, the hopes of the Church and of the world to Mary, our Help, our Mother and Teacher.
- R** O Mary, most powerful Virgin,
great and illustrious defender of the Church,
wonderful Help of Christians,
formidable as an army in battle array,
you who alone have overcome
every heresy in the world,
in our anguish, in our combats, in our difficulties,
defend us from the enemy,
and at the hour of our death,
receive our souls into Paradise. Amen.¹⁰³

or

R O Mary, Mother and Help of the Church,
inspiration and Teacher of our Institute,
you, who share in the glory of the Risen
Christ,
continue your motherly intercession
for our salvation.
Protect us,
pilgrims surrounded by trials and perils,
and help us bear the burden and the joy
of our apostolic mission
with generous dedication.
Amen.

or

V Let us turn to the Father who gave us a
Mother and a powerful Help in Mary.

R Lord, You chose the Virgin Mary
to be the Mother and Help of Christians.
By her prayers give strength to Your Church
so that it may bear with patience
and overcome with love,
all turmoil and oppression
and proclaim before all
the mystery of Christ.
Who lives and reigns for all ages to come.
Amen.¹⁰⁴

V With joy and gratitude we pray to Don Bosco
and Mother Mazzarello:

R **Saint John Bosco and Saint Mary Mazzarello,
pray for us.**

- That we may make our day a continuous act of giving, lived in simplicity and joy, a perennial hymn to the Father...

- That we may be throughout time, a living monument of gratitude to Mary Help of Christians...

BLESSING AND INVOCATION TO MARY HELP OF CHRISTIANS

Priests, religious and lay people alike may say this formula of blessing and invoke God's protection on their loved ones, thereby exercising their own common priesthood by virtue of Baptism.

The blessing and invocation to Mary Help of Christians was composed by Saint John Bosco ¹⁰⁵ and approved by the Sacred Congregation of Rites on May 18, 1878.

Blessing of Mary Help of Christians

V Our help is in the name of the Lord,

R Who made heaven and earth.

Hail Mary ...

We fly to your patronage,
O holy Mother of God,
despise not our petitions
in our necessities,
but always deliver us from all dangers,
O glorious and blessed Virgin.

V Mary, Help of Christians

R Pray for us.

V O Lord, hear my prayer.

R And let my cry come to You.

(Priest or deacon adds: The Lord be with you. And also with you.)

V Let us pray:

Almighty and Everlasting God,
who by the cooperation of the Holy Spirit
made ready the body and soul
of the glorious Virgin Mother Mary
to be a fit dwelling for Your Son,
grant that we,
who rejoice in her memory,
may by her prayers,
be freed from present ills
and from eternal death.
Through the same Christ our Lord.

R Amen.

V May the blessing of Almighty God,
Father, Son, and Holy Spirit
descend upon you
and remain forever with you.

R Amen.

MONTHLY COMMEMORATION OF MARY HELP OF CHRISTIANS

*The commemoration of the 24th of every month is to be
“for us and for the girls an opportunity for growth in
filial love for the Blessed Virgin.”*¹⁰⁶

*This commemoration may be kept in various ways. For example,
the proper Collect of the Mass of Mary Help of Christians may
be used at the Marian part of the Prayer Before the Eucharist, or
Don Bosco’s prayer, “O Mary most powerful Virgin” or one of
the suggested prayers for her novena or feast day might be said
at the Rosary.*

PREPARATION AND SOLEMNITY OF PENTECOST

Pentecost, the feast of the Spirit, marks the conclusion of the Easter Season.

*“The weekdays after the Ascension to the Saturday before Pentecost inclusive are a preparation for the coming of the Holy Spirit.”*¹⁰⁷

We live this season with a more intense preparation and participation in the liturgy of the Church.

Among the hymns proposed for the Liturgy of the Hours, the Sequence of the Holy Spirit may also be either sung or recited. (p. 19-21)

With the gift of the Spirit which is poured upon us, we are introduced into the dynamism of divine life. Beginning with Pentecost and throughout it, all the life of the Church unfolds under the sign of the Spirit who confirms its faith and unity through the Sacraments.

*“When the liturgy turns its gaze either to the primitive Church or to the Church of our own days, it always finds Mary. In the primitive Church she is seen praying with the Apostles; in our own day she is actively present, and the Church desires to live the mystery of Christ with her.”*¹⁰⁸

Ordinary Time

*Besides the seasons that have their own characteristics, like Advent-Christmas and Lent-Easter, there are the “weeks in the course of the year which celebrate no particular aspect of the mystery of Christ. Instead, especially on Sundays, the mystery of Christ in all its fullness is celebrated.”*¹⁰⁹

During this time we celebrate the pilgrimage of the Church on its way to final completion and fulfillment. In fact, the final week is dominated by the theme of the world’s end, and concludes with the vision of Christ’s universal kingship and the glory of the Saints.

The feasts and commemorations of the Saints in no way rupture the harmony of the one and unique mystery of Christ celebrated throughout the liturgical year, but serve to shed an even brighter light on it: indeed, every form of holiness present within the Church finds its source in Christ.

FEAST OF SAINT FRANCIS DE SALES

Saint Francis de Sales, whom Don Bosco chose as Patron of the Institute, offers a life of holiness that is accessible to every social condition and entirely based on the love of God.

Don Bosco drew inspiration from the method used by Saint Francis de Sales, the tireless apostle of loving kindness and friendliness, as an expression of charity lived in service to the young and which, in turn, has its source in Christ, the Good Shepherd.

For us, the feast of Saint Francis de Sales is an occasion to invoke his intercession, that our life may invite the young to a love that saves them in “kindness” and “gentleness.”

The Liturgy of the Hours and the Eucharistic Celebration are given a more festive tone.

After a suitable spiritual reading or during the Prayer Before the Eucharist, following the invocations to Don Bosco and Mother Mazzarello, the following prayer may be said:

V Let us pray to the Father,
who filled Saint Francis de Sales
with the kindness and gentleness of our
Savior:

R O God, who gave the gentle
and wise educator of hearts
Saint Francis de Sales to the Church,
grant that the Salesian Family,
which honors him as its Patron and Protector,
may imitate him in his kind gentleness
and tireless apostolic zeal,
so that we may radiate Your
unconditional love everywhere.
Through Christ our Lord. Amen.

SOLEMNITY OF SAINT JOHN BOSCO

The Solemnity of Saint John Bosco is a special occasion to renew our faithfulness to his spirit and to take a fresh account of our responsibility for daily carrying out the plan for Christian education that is proper to the Preventive System.

We will honor Saint John Bosco “on his feastday, prepared for by a triduum, and on his monthly commemoration.”¹¹⁰

Each community will decide upon the most suitable and efficacious way to prepare and celebrate this commemoration.

Apart from the following suggestions for the Prayer Before the Eucharist, it would be useful to offer a daily homily or suitable reading to the community.

During the Prayer Before the Eucharist, at the invocations to Saint John Bosco:

TRIDUUM OF PREPARATION

Day 1

V Let us call upon the Lord to grant us the grace to live ever more intensely the spirit and mission He entrusted to Don Bosco.

The Lord chose him and sent him to announce the good news so that the young might become friends of God.

R Father, You who raised up Don Bosco that, with the heart of a father and teacher, he might dedicate himself to the salvation of the young, and for this same purpose, through the direct intervention of Mary Help of Christians,

might found our religious family,
grant that we may imitate his apostolic zeal
and be visible signs of Your love and kindness
to the young.
Through Christ our Lord. Amen.

Day 2

V Let us call upon the Lord to grant us the
grace to live ever more intensely the spirit
and mission He entrusted to Don Bosco.

He became all things to all people
in order to lead the young to Christ.

R O, Christ, You are the source
and model of pastoral charity.
Grant that, by following Don Bosco's
example and teachings,
we may give concrete witness
to the gospel values
in our life, consecrated
to You and to the young. Amen.

Day 3

V Let us call upon the Lord to grant us the
grace to live ever more intensely the spirit
and mission He entrusted to Don Bosco.

God gave him a heart as great as the sands
of the seashore and made him the father and
teacher of a multitude of young people.

R O Father, You have called us
to follow Your Son.
Grant us the strength to live
our consecrated chastity in its integrity
that we may be a glorious ideal of life

and a sign of spiritual fruitfulness to the young whom You have entrusted to us. Through Christ our Lord. Amen

**PRAYER BEFORE THE EUCHARIST
ON THE SOLEMNITY OF SAINT JOHN BOSCO**

V On this day, our community time spent before the Eucharist celebrates the charity of Christ the Good Shepherd from whom Don Bosco drew his zeal for the glory of the Father and the salvation of the young.

S “I am the Good Shepherd. A Good Shepherd lays down His life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the Good Shepherd, and I know Mine and Mine know Me, just as the Father knows Me and I know the Father; and I will lay down My life for the sheep. I have other sheep that do not belong to this fold. These also I must lead, and they will hear My voice, and there will be one flock, one Shepherd.” (Jn. 10:11-16)

brief pause for reflection

V With docility and fidelity to the Spirit, like Don Bosco, we pray to Christ and say:

Hear us, Lord.

R Hear us, Lord.

- In the marvelous designs of the Father's Providence we are called to share in Your mission of salvation.

Grant that we may give our unconditional response, making Your spirit of the "Good Shepherd" our own.

- At the table of the Word we hear Your voice, gathering us in unity.

Make us living, transparent images of Yourself, so that our whole being, in imitation of Don Bosco, may be an effective "word" that attracts everyone to holiness.

- In the Eucharistic mystery You continue to offer the sacrifice of Your Body and Blood for the salvation of the world.

Grant that we may give our lives generously, saying with Don Bosco: "I promised God that even my very last breath would be for the young."

- V** We pray with confidence to Mary, who guided Don Bosco to become a prophet of holiness for the young:

R Hail Mary, Mother of Divine Grace,
you helped Don Bosco carry out
a bold and urgent task:
to proclaim to the young
the Gospel call to holiness.
Grant, holy Virgin,
that we may re-create in our communities
the spirit of Valdocco and Mornese.
For this purpose, grant us spiritual depth,

docility to the Spirit, and
communion with the Church.
Your help is efficacious.
Mother of God, we trust in you. Amen.

V Let us pray to Don Bosco:

- That we may cultivate a grateful, filial love for Mary Help of Christians and pass it on to the young.

R **Saint John Bosco, pray for us.**

- That we may live the Preventive System making it characterize our relationships with our Sisters and the young, with its own kind of sincerity, trust, warmth, and affection in an atmosphere of radiant joy.

R **Saint John Bosco, pray for us.**

or

V Saint John Bosco,
apostle of tireless zeal,
man ever united with God,
wholly abandoned to the guidance of Mary,

R **make us like you.**

or

Saint John Bosco,
Father and Teacher of youth,
who worked untiringly for the salvation of souls,
guide us as we work for our own salvation
and that of others.
Help us grow in love for God and our brethren,
courageously overcoming
the evil within and outside ourselves.

Teach us to love our Lord Jesus,
Mary Help of Christians, and the Pope;
implore for us from God the grace
of a happy death
so that one day
we may come to join you in heaven.
Amen.

or

Lord, we thank You for giving us Don Bosco.
In him we celebrate the marvels of Your love.
You have bestowed upon him abundant gifts
of nature and of grace.
You have given him to us as father and teacher.
He was deeply human,
alert, and open to the signs of the times.
At the same time, he was a man of God,
animated by the Holy Spirit.
May he continue to live through us.
May we be like him,
faithful to You and to our brothers and sisters
in serving youth.
May we carry out this service with firmness
and constancy,
despite difficulties,
and with the generosity of a heart filled
with Your love. Amen.¹¹¹

or

Saint John Bosco, father and teacher of youth,
obtain for us a spirit of initiative,
kindness, and strength, that we may be faithful
to your educative project.
Give us a great love
for Christ, for Mary most holy,

and for the Church.

As we allow the problems
and hopes of today's youth
to question us,
may we learn to involve them
“in the marvelous adventure of a life
lived according to the Gospel.”¹¹² Amen.

MONTHLY COMMEMORATION

*Our Institute is a living part of the Salesian Family, which carries out in history, the spirit and mission of Don Bosco, expressing its perennial newness.*¹¹³

The monthly commemoration of Don Bosco is an invitation to deepen and live more intensely our Salesian spiritual heritage. It is an aid, to help us become more aware of our identity, and render it operative in life.

For this purpose a reflection, suitable reading or Goodnight will prove useful.

Where opportune, the prayer to Don Bosco, chosen from those of the Solemnity or another source, might be introduced into the Prayer Before the Eucharist or following the spiritual reading.

SOLEMNITY OF THE SACRED HEART

The Solemnity of the Sacred Heart of Jesus celebrates the mystery of God's merciful love. Christ opens His Heart to us, that we may be united with Him for the salvation of the world.

“Devotion to the Sacred Heart, so closely linked to the Eucharistic mystery and a living part of our tradition, will be expressed particularly during the annual novena and Solemnity of the Sacred Heart.”¹¹⁴

The following suggestions are offered for the Prayer Before the Eucharist during the novena:

NOVENA OF PREPARATION

Day 1

V The love of Jesus Christ has called us together.
Let us pray.

R O God, who in this wonderful Sacrament have left us a memorial of Your passion, help us so to reverence the sacred mysteries of Your Body and Blood, that we may always experience in our lives the effects of Your redemption.

V That, as a pledge of our love for the living God, we may love one another with sincere affection. Let us pray:

R Lord Jesus, reign forever among us. Grant that one day, in company with all the blessed, we may contemplate Your face in glory for all eternity. Amen.

Reader: Jn. 3:14-21

brief pause for reflection

V With confidence let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, beloved Son of the Father, keep us always faithful to our dignity as children of God.
- Jesus, formed by the Holy Spirit in the womb of the Virgin Mary, keep us free and open to the sanctifying action of the Spirit, in imitation of Mary.

- Jesus, Word of God,
may we never forget that Your redemption
made us sharers in Your divine life.

or

O Jesus, our Redeemer,
who revealed the Father's merciful love to us
by Your word and example,
teach us to be gentle and humble of heart,
and to share Your zeal for the Father's glory.
Send us Your Spirit
that we may live in brotherhood,
thereby collaborating with You in the salvation
and reconciliation of the human family.
Send us Your Spirit
to renew the face of the earth,
that the entire universe,
drawn by Your merciful love,
may attain faith in the true God
and proclaim that You are Lord and Redeemer,
worthy of honor and glory for all ages to come.
Amen.

or

O Divine Redeemer,
Who loved the Church
and gave Yourself for her
so that she might be holy
and appear before You resplendent in glory,
let Your face shine upon her!
Grant that Your Church may be one in Your love,
holy as she shares in Your own holiness!
A vessel of salvation for all people,
the center of unity of all hearts,
and the source of inspiration of holy resolutions,

so that there may be a general, stirring renewal.
May her children leave aside
all divisions and unworthiness
and always and everywhere bring her honor.
Then all those who do not yet belong
will look to the Church and find You,
the Way, the Truth, and the Life,
and in You be brought to the Father
in the unity of the Holy Spirit. Amen.¹¹⁵

V Let us call upon Mary, who remained by the cross, “suffering grievously with her only-begotten Son. There she united herself with a maternal heart to His sacrifice, offering Him to the Father...”¹¹⁶

R Hail, Holy Queen ...

The invocations to Don Bosco and Mother Mazzarello follow.

Day 2

Everything as on Day 1, except the following:

Reader: Jn. 15:9-14

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, God of infinite majesty, grant that we may understand that our true greatness lies in serving others for love of Your name.

- Jesus, holy temple of God,
grant that we, who were made the dwelling
of the Holy Spirit at Baptism, may praise the
Father continually by our lives.
- Jesus, tabernacle of the Most High, grant
that we may believe that in history, You are
the Emmanuel, the Redeemer, the God who
steadfastly visits us.

V Let us call upon Mary...

Day 3

Everything as on Day 1, except the following:

Reader: Jn. 19:31-37

brief pause for reflection

V With confidence, let us pray to Jesus, gentle
and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, house of God and gate of heaven,
grant that we may believe that it is only by
passing through Your death and resurrection
that we can obtain the fullness of life.
- Jesus, burning with love,
grant us the courage to combat every form of
hatred, violence, and warfare, so that finally
Your Kingdom of love and peace may be
established again among us.
- Jesus, source of justice and love,
grant that legislators and government leaders
may promote justice and fraternity, with

respect for the true dignity of all people.

V Let us call upon Mary ...

Day 4

Everything as on Day 1, except the following:

Reader: Eph. 1:3-10

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, full of kindness and love, make the Church the living sign of Your mercy for the people of our times.
- Jesus, source of all virtues, make us docile to the action of the Spirit that we may reproduce Your divine image in ourselves.
- Jesus, worthy of all praise, we offer You the hymn of thanksgiving which the Church raises to You upon the altar of the world.

V Let us call upon Mary...

Day 5

Everything as on Day 1, except the following:

Reader: Col. 1:12-20

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, in whom dwells the fullness of divinity, grant that we may penetrate the unfathomable richness of Your love, which surpasses all human understanding, and thank You for the gift of the presence of the Trinity within us.
- Jesus, in whom are all the treasures of wisdom and knowledge, grant that we may relish Your Word and have the courage to witness to it in our lives.
- Jesus, King and center of all hearts, bind the entire human race to Yourself in an unbreakable bond of love and gather all the dispersed children of God into Your Kingdom.

V Let us call upon Mary ...

Day 6

Everything as on Day 1, except the following:

Reader: Rom. 5:6-11

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, in whom the Father was well pleased,

grant that we may hold steadfastly to the Will of the Father, in imitation of You.

- Jesus, of whose fullness we have all received, grant that we may learn from the Eucharist to live for You, rather than for ourselves, for You died and rose for us.
- Jesus, desire of the everlasting hills, grant Your Church awareness of her nature and mission and help her walk in poverty and freedom, in strength and love until she reaches You.

V Let us call upon Mary ...

Day 7

Everything as on Day 1, except the following:

Reader: Rom. 8:28-34

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, patient and merciful, teach us to be merciful like You, and render us capable in our mission among the young, to wait patiently and trustingly for the hour of salvation, which is known to You alone.
- Jesus, enriching all who invoke You, grant that every person, conscious of their poverty, may approach the unending fountain of Your love with confidence.

- Jesus, fount of life and holiness, make us capable of true conversion that, having been buried in death, like You, we may rise, as You did, to newness of life.
- V Let us call upon Mary ...

Day 8

Everything as on Day 1, except the following:

Reader: Rom. 8:35-39

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, our peace and reconciliation, You who from the cross destroyed all enmity, breaking down the walls of separation, teach us to build a world of love and peace.
- Jesus, obedient unto death, teach us to accept the Father's will through the mediation of people and events.
- Jesus, from whose pierced side the Church was born, we pray You to make her a sacrament of salvation and a sign of unity for the whole human race.

V Let us call upon Mary ...

Day 9

Everything as on Day 1, except the following:

Reader: Heb. 4:14-16; 7:26-27

brief pause for reflection

V With confidence, let us pray to Jesus, gentle and humble of heart, saying:

Show us Your mercy, Lord.

R Show us Your mercy, Lord.

- Jesus, source of all consolation, grant that all who suffer in body and spirit, all victims of violence and persecution may find in You the strength to offer their suffering with steadfastness and confidence.
- Jesus, hope of those who die in You, save all those who are about to leave this world and welcome them into Your eternal dwelling.
- Jesus, our life and resurrection, make the Church faithful to her mission of being a living witness to Your resurrection for all.

V Let us call upon Mary ...

**PRAYER BEFORE THE EUCHARIST
SOLEMNITY OF THE SACRED HEART**

V Jesus is the Paschal Lamb who, out of love, lays down His life for our salvation.

S “Thus says the Lord: ‘The people who escaped the sword find favor in the wilderness. As Israel comes forward to receive rest, from afar the Lord appears:

With age-old love I have loved you; so I have kept My mercy toward you. Again I will build you, and you shall stay built, virgin Israel.”
(Jer. 31 :2-4)

brief pause for reflection

V We pray to the Lord Jesus, who leads us to salvation, making us a new humanity in a fully renewed world, as we say:

Renew us, Lord, in Your love.

R **Renew us, Lord, in Your love.**

- You went up to Jerusalem to live Your passion and enter into Your glory.
Include us in Your determination to save all, so that our Sisters and the young may feel themselves fully understood and accepted.
We pray:
- Pierced by the lance, You shed blood and water, symbol of the sacraments of Your Church.
Free us from our selfishness that we may be for others, signs of God’s gratuitous love.
We pray:
- On the scaffold that was Your cross, You forgave the good thief.
Let us experience the sweetness of God’s mercy that in our community we may be a reflection of that love, which always forgives and forgets. We pray:
- Source of life and holiness, You loved us to the point of giving Your life.
May our charity be an expression of Your faithfulness, which is always new, unchanging, and eternal. We pray:

V Let us ask the help of Mary, Mother of mercy: that our entire life may sing the wonders of God's love.

R Mary, Mother of great charity,
you were entrusted by Christ,
dying on the cross,
to His beloved disciple.
Sustain us in the enthusiasm
of the Da Mihi Animas,
keep our faith intact,
strengthen our hope,
make our charity shine forth,
that our lives may be a hymn that celebrates
with joy and exultation
the God of Mercy
for the great things He does
in our history and throughout the world.
Amen.

V Let us invoke the intercession of Don Bosco and Mother Mazzarello, that our life, like theirs, may be an expression of God's love which is manifest in Christ:
That we may love youth as you did...

R Pray for us.

V That we may live that patient, kindly love which draws all things to Christ...

R Pray for us.

MONTHLY COMMEMORATION - FIRST FRIDAY

*The first Friday of each month also expresses our devotion to the Heart of Christ, according to the tradition proper to our Institute.*¹¹⁷

Because this devotion is so intimately bound to the Eucharist, it may be commemorated during the Prayer Before the Eucharist, using some of the forms proposed for the Novena of the Sacred Heart.

AUGUST 5: COMMEMORATION OF THE FOUNDATION OF THE INSTITUTE OF THE FMA

On August 5, 1872, Mother Mazzarello and the first Sisters made their religious profession in the presence of Don Bosco. It was the beginning in time of “Don Bosco’s living monument of gratitude to Mary Help of Christians.”¹¹⁸

In our celebration of this historical day for our family we relive the event in joyful gratitude for the gift of the Institute to the Church, including the young in the festivities.

We make the Liturgy of the Hours and the Eucharistic Celebration especially festive today.

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY

“The solemnity of August 15 celebrates the glorious Assumption of Mary into heaven. It is a feast of her destiny of fullness and blessedness, of the glorification of her immaculate soul and her virginal body, her perfect configuration to the Risen Christ; a feast that sets before the eyes of the Church and of all the image and the consoling proof of the fulfillment of their final hope.”¹¹⁹

Assumed into heaven, the Virgin Mary watches over the Church, visits and comforts her, fulfills her motherly task and ever remains at the service of God’s plan of salvation.

The Feast of the Assumption invites us to see this Marian dogma within the framework of the history of salvation as a reality that also touches us, our destiny and that of each person, indeed, of history itself.

In fact, in Mary, we contemplate that reality of glory which will come true for each one of us and for the entire Church.

We prepare for the Feast of the Assumption by a triduum in Mary's honor,¹²⁰ contemplating in the Rosary, the mystery of her glorification which will also come true for each of us and for the entire Church.

The following suggestion is offered for use after the litany:

V Lord God,
who received the Virgin Mary into heaven,
by the power of her prayer,
grant us courage and hope
in the struggles of this world, and the grace
to follow her example of faith, piety,
steadfastness, and holiness,
for she is Your Mother and ours,
the model of Holy Church.
You, Who live and reign for all ages to come.
Amen.

R We fly to your patronage ...

COMMEMORATION OF THE HOLY ANGELS

Throughout salvation history, God entrusts the angels with the task of protecting His servants, the patriarchs, and all His chosen people. (cf. Ex. 23:20-23) Peter's angel freed him from prison. (cf. Acts 12:7, 11-15) Jesus defended the little ones saying that their angels always see the Father's face in heaven. (cf. Mt. 18:10)

Don Bosco greatly promoted devotion to our guardian angels. He recommended his sons and his boys to pray to their angels frequently and confidently, especially when they found difficulties along their way to God.

Let us keep alive, in ourselves and the young, this

certainty of the presence of God's messengers, the angels, invoking their protection and drawing inspiration from the texts proper to the liturgy.

FEAST OF SAINT TERESA OF JESUS

In the lives of the Saints, God shows Himself to us. He speaks to us through them. Let us entrust ourselves to them, seeking example in their lives and help in their intercession, certain of sharing with them in the community of the Church. ¹²¹

We honor Saint Teresa as the Patron Saint Don Bosco gave our Institute, together with Saint Joseph and Saint Francis de Sales, with an especially festive Liturgy of the Hours and Eucharistic Celebration.

After the spiritual reading, the following prayer may be said:

V Let us invoke the Lord, who reveals to us the powerful action of love in one who gave her all to Him.

R God our Father,
in the Saints You manifest Your presence
and Your countenance.
Help us follow the example
of prayer and tireless work
of Saint Teresa, Patroness of our Institute.
Make us conscious, as she was,
that God alone suffices,
and that nothing is lacking
to one who truly possesses Him.
Grant that we may allow the power
of Your love to fill us, and that we may work
with evangelical fearlessness
for the coming of Your Kingdom,
especially among the young entrusted to us.
We ask you this through Christ our Lord.
Amen.

ALL SOULS DAY

Those who have preceded us to the Father's house are not far from us: all of them belong to the community of humanity and the Church, both those who died professing their love of God, and those whose faith was known to Him alone.

Our communion in Christ, who unites us in life, continues and deepens in intensity beyond death.

*The memory of the Sisters with whom we shared our Salesian vocation urges us to offer our grateful prayers for them.*¹²²

*“On the annual commemoration of all the faithful departed the entire Rosary will be recited, or the complete office of the day will be celebrated.”*¹²³ *

* The complete Office consists in the celebration of the Office of Readings (which takes the place of meditation); Lauds, Midday prayer (which takes the place of the Prayer Before the Eucharist) and Vespers.

MONTHLY SPIRITUAL RETREAT

*The spiritual retreat is a time of examination of one's spiritual, personal, and community life.*¹²⁴

*For Don Bosco it constituted an efficacious means of thinking over the truth and true meaning of our life in the light of death.*¹²⁵

The essential elements of the retreat day are:

- *listening to the Word of God and measuring one's life against it.* *
- *renewing one's commitment to conversion.* **
- *entering more deeply into Christ's paschal mystery through a more intense celebration of the Eucharist; or, when the community considers it opportune and circumstances permit, with Exposition of the Eucharist.* ***

Although the needs and demands of every community should be taken into consideration, it would be better for the Retreat to keep a tone similar to the Annual Spiritual Exercises, offering the same atmosphere of silence and recollection.

*The personal Examination of Conscience, the Prayers for a Happy Death **** and the renewal in common of the commitment we assumed at our religious profession, constitute an efficacious means for a new start on the way to sanctity.*¹²⁶

* The word as spoken by a priest, where possible, will favor this personal and community encounter with the Word of God.

** The commitment to conversion is the habitual attitude of every Christian. Its most favorable moment is the celebration of the Sacrament of Penance. As Don Bosco taught, the sacrament should be offered on this day, for he recommended "a more careful confession than usual" on Retreats.

*** For this purpose, see pages 168-170 for direction for this form of Eucharistic worship outside Mass and a format for the celebration.

**** Whenever a penitential celebration is held, the examination and the Prayers for a Happy Death are omitted since they are already contained in substance in the celebration.

PRAYER FOR A HAPPY DEATH

The Prayers for a Happy Death constitute a characteristic aspect of our tradition. Don Bosco vigorously recommended them, having drawn them from the popular devotions of his times.

Although their terminology is modified, they still hold for us all the significance and the spirit Don Bosco recommended.

V Let us pray that the Lord keep us in watchful expectancy of His coming:

R O God of goodness, source of mercy and every consolation, grant that death may unite me with You, the Father who created me, the Son who redeemed me, the Holy Spirit who sanctified me. O most holy Trinity, in Your infinite love, grant me eternal rest. Amen.

O Virgin Mary, Mother of God and my Mother also, assist me in the last moments of my life that I may expire in an act of love and that, in your company, my soul may present itself for God's judgment.

O Saint Joseph, you who at the point of death were assisted by Jesus and Mary, obtain for me, too, the grace of a happy death.

pause for reflection

V "... through one person sin entered the world, and through sin, death ..." (Rom. 5:12)

R Father, may the sacrifice of Your Son, Jesus Christ our Savior, enlighten the mystery of my death.

V "Blessed is that servant whom his master on his

arrival finds busy at work.” (cf. Mt. 24:46)

R Lord Jesus, grant that I may be prepared for Your coming, and in that all-important meeting, have mercy on me.

V “Those who were ready went into the wedding feast with Him. Then the door was locked.” (Mt. 25:10)

R O Jesus, Divine Spouse of my soul, prepare me for a blissful eternity with You, the reward of good works.

V O Father, from this moment on, in union with the agony of Jesus in the Garden of Gethsemane, I accept my last agony and I offer it to You in expiation for my sins.

R Your will be done, O Lord.

V O Father, in union with the agony of Jesus on the cross, I offer You my death for the salvation of all people.

R Your will be done, O Lord.

V O Father, in union with the agony of Jesus abandoned at the hour of death, I offer You the sacrifice of my life for Your glory.

R Your will be done, O Lord.

V Into Your hands, O Lord,

R I commend my spirit.

V “If, then, we have died with Christ, we believe that we shall also live with Him.” (Rom. 6:8)

R In Baptism I have been buried with Christ. As Christ rose from the dead, so also will my body rise in glorious and immortal splendor.

Grant Father, that I may walk in newness of life, dead to sin and living in Christ Jesus.

V Father, that in the celebration of the Eucharist, in which is renewed the death and resurrection of Your Son, Jesus Christ, I may daily find the strength to serve You and others until You call me to Yourself.

R Abide with me, Lord.

V That the Holy Eucharist may be my strength on life's journey and the pledge of a happy eternity.

R Abide with me, Lord.

V Let us pray, Lord Jesus Christ, who in Your resurrection conquered death, grant that I may live in the hope of a future resurrection, for You Yourself have said, "... whoever believes in Me, even if he dies, will live..." (Jn. 11:25)

R Amen.

V For the one among us who will be the first to die:

Our Father. ..

Hail Mary ...

Glory ...

V Let us pray for all the faithful departed ...

R From the depths I call to You, Lord,
Lord, listen to my cry for help!
Listen compassionately
to my pleading!

If You never overlooked our sins, Lord,
Lord, could anyone survive?

But You do forgive us:
and for that we revere You.

I wait for the Lord, my soul waits for Him,
I rely on His promise,
my soul relies on the Lord
more than a watchman on the coming of dawn.

Let Israel rely on the Lord
as much as the watchman on the dawn!
For it is with the Lord that mercy
is to be found,
and a generous redemption;
it is He who redeems Israel
from all their sins.

or

Out of the depths I cry to You, O Lord,
Lord, hear my voice!
O let Your ears be attentive
to the voice of my pleading.

If You, O Lord, should mark our guilt,
Lord, who would survive?
But with You is found forgiveness;
for this we revere You.

My soul is waiting for the Lord,
I count on His word.
My soul is longing for the Lord
More than the watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

Because with the Lord there is mercy
and fullness of redemption.
Israel indeed He will redeem
from all its iniquity.

To the Father almighty give glory,
give glory to His Son,
to the Spirit Most Holy give praise,
whose reign is for ever. Amen.

Eternal rest grant unto them, O Lord.
And let perpetual light shine upon them.
May they rest in peace. Amen.

or

PRAYER BEFORE THE EUCHARIST ON RETREAT DAY *

suggested format:

V The Eucharist is the memorial of the death and resurrection of the Lord, entrusted to the Church to be celebrated perennially until He comes again.

S “Beloved, we are God’s children now; what we shall be has not yet been revealed. We do know that when it is revealed we shall be like Him, for we shall see Him as he is” (1 Jn. 3:2)

brief pause for reflection

V We turn to Christ, our life and resurrection, saying:

Christ, hear us.

R Christ, hear us.

- You became our victim of propitiation:
May Your redeeming sacrifice illumine the mystery of our life and death.

* This Prayer may substitute both the Prayer for a Happy Death and the Prayer before the Eucharist on Retreat Day.

- You prayed and suffered for us,
even to the point of sweating blood:
accept the joys and sorrows of our life
in expiation for our sins.
 - You became obedient unto death for our sake:
accept our faithfulness to daily duties
for the glory of the Father
and the salvation of the young.
 - You died on the cross to overcome sin and
death:
grant us the grace to be united to Your death,
so that we may share in Your resurrection.
 - You became our food and drink of salvation:
help us to be available to the Father
until the hour of our final encounter with You.
 - You live forever in the glory of the Father:
grant that we may persevere in faith
so that our whole life may be a preparation
for the eternal wedding banquet.
 - You promised us a place in the Father's
house:
grant that we may contemplate
Him face to face in eternal life.
- V Let us entrust Mary with our commitment to
live in watchful waiting for the coming of the
Lord Jesus.
- R Mary, Mother of hope,
help us to live, as you did,
the fatigues and joys of fidelity,
and to long ardently
for our final meeting with your Son,
who will transform our mortal body
into the image of His glorious Body.

Help us to keep our hearts fixed
there where true joys are found,
so that we may be found ready
at the coming of Christ our Lord. Amen.

V Let us pray to Don Bosco and Mother Mazzarello that, like them, we may learn to make our lives a continual waiting for the coming of the Lord:

Saint John Bosco and Saint Mary Mazzarello, pray for us.

- That we may ever walk in newness of life, dead to sin and alive in God... **pray for us.**
- That, after your example, we may live with love, in faith and in the hope of our future resurrection... **pray for us.**

EXAMINATION OF CONSCIENCE

The examination of conscience is an evaluation of our own life in the light of the Word of God and the demands of our vocation.

It could be part of the penitential celebration.

V Come, O Holy Spirit,
fill the hearts of Your faithful,
and kindle in them the fire of Your love,
Send forth, O Lord, Your Holy Spirit,

R and bring to birth a new creation.

V Let us pray.
O Father, in the light of the Holy Spirit
You guide the faithful
to full knowledge of the truth.

Grant that we may delight in true wisdom,
in Your Spirit,
and ever rejoice in His consolation.
Through Christ our Lord.

R Amen.

in conclusion

V We implore the Father's mercy and forgiveness.

R Act of contrition
(or other penitential prayer—see pp. 59-63)

V Certain of God's faithfulness, let us renew our commitment of total dedication to Him.

R Heavenly Father,
You have consecrated me in Baptism
and through the power of the
Holy Spirit You called me
to follow Jesus Christ more closely;
to share more intimately
in His saving mission in the Church.

In response to Your love,
I bind myself to live the Beatitudes radically,
in communion with my Sisters,
proclaiming Christ to the young
according to the spirit of Saint John Bosco
and Saint Mary Domenica Mazzarello.
Trusting in the help of Your grace,
in the intercession of Mary Help of Christians
and of all our Saints,
I renew the vows of chastity,
poverty and obedience,

*according to the evangelical way traced out
by the Constitutions of the Institute*

of the Daughters of Mary Help of Christians.

I want to live faithfully, for Your glory,
the commitment I assumed at my Profession.
Amen.

EXPOSITION OF THE EUCHARIST

Adoration of the Eucharist outside Mass has been confirmed by long tradition in the Church and by innumerable fruits of Christian holiness.

*It has its beginning and its end in the Eucharistic celebration and prolongs in time the prayerful, contemplative pause between the sacrificial offering of Christ and His Church and communion during this sacrifice.*¹²⁷

*One form of Eucharistic worship is the Exposition of the Blessed Sacrament, which “stimulates the faithful to an awareness of the marvelous presence of Christ, and is an invitation to spiritual communion with Him. It is therefore an excellent encouragement to offer Him that worship in spirit and truth which is His due.”*¹²⁸

It may be either long or short.

The short Exposition should be organized in such a way that before the Benediction, “a convenient time be set aside for readings of the Word of God, hymns, songs and prayers, and some silent prayer.”

*Exposition merely for the purpose of giving Benediction is forbidden.*¹²⁹

During the long Exposition,^{130} “part of the liturgy of the Hours, especially the principal hours, may be celebrated before the Blessed Sacrament. This liturgy*

*extends the praise and thanksgiving offered to God in the Eucharistic celebration to the several hours of the day; it directs the prayers of the Church to Christ and through Him to the Father in the name of the whole world.”*¹³¹

RITE FOR EXPOSITION AND EUCHARISTIC BENEDICTION

- *Exposition hymn*

*When the community is gathered, a suitable song is sung while the minister exposes the Blessed Sacrament and incenses It.*¹³²

- *Adoration*

Readings, prayers, and hymns should be planned to make Christ the center of all prayer. The homily or short exhortation should lead all to deepen the Eucharistic mystery. The response to the Word of God may be either a hymn or opportune moments of silence.

- *Biblical Readings* **

- *Gen. 14:18-22: The offering of bread and wine*
- *Jer. 31:1-4: God’s eternal love*
- *Eph. 3:14-19: The love of Christ which surpasses all understanding*
- *Lk. 24:13-35: Recognizing Christ in the breaking of the bread*

* By long Exposition is meant the Solemn Exposition of the Eucharist which is done once a year or in particular circumstances and lasts for several hours.

** Bible quotations are merely suggestions. For other selected passages or prayers, see the Ritual of Eucharistic Worship Outside the Mass.

- *Community prayer*

It is advisable to plan this part according to the format of the Prayers of the Faithful: for the needs of the Church, for government leaders and the salvation of the entire world, for all those who suffer trials and for the community. It concludes with the Our Father, either sung or recited.

- *Benediction*

Towards the end of the adoration a hymn or other Eucharistic song is sung, followed by the prayer of the celebrant or minister. Benediction then follows.

- *Reposition*

After Benediction, while the Blessed Sacrament is reposed in the Tabernacle, the assembly concludes with an acclamation,¹³³ e.g.: The Divine Praises..., or a suitable hymn.

ANNUAL SPIRITUAL EXERCISES

*The annual spiritual exercises constitute a special time of interior renewal.*¹³⁴

*They are undertaken in a setting of silence and prayer in order to bring about a vital confrontation of one's life against the Word of God and the lifelong project of our Constitutions.*¹³⁵

*"It is only in silence that the Lord grants His graces. Therefore, let each commit [herself] to profit by this Retreat."*¹³⁶

These days are also of great human value. We all need to stop to find ourselves again in silence and peace, to deepen and clarify the profound motivations behind our lives. But above all, we need to encounter God, to listen to Him, and allow Him to permeate and guide us with His Word, if we are to live It with coherence and faithfulness.

Appendices

MORNING PRAYERS ¹³⁷

I adore You, O my God, and I love You with my whole heart. I thank You for having created me, called me into Your Church, and preserved me during the night past. I offer You all my actions of the day; grant that they may be done according to Your holy will and for Your greater glory. Keep me from sin and from every evil. May Your grace be always with me and with all those who are dear to me. 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. Amen.

Act of Faith. O my God, I firmly believe that You are one God in three Divine Persons, Father, Son and Holy Spirit. I believe that Your Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived.

Act of Hope. O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace,

and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love. O my God, I love You above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured.

Act of Contrition. O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin.

O Angel of God, my guardian dear,
to whom God's love entrusts me here,
ever this day be at my side
to light and guard, to rule and guide. Amen.

or

Act of Faith. My God, I believe in You and all that Your Church teaches, because You have said it, and Your word is true.

Act of Hope. My God, I hope in You, for grace and for glory, because of Your promises, Your mercy and Your power.

Act of Love. My God, because You are so good,
I love You with all my heart,
and for Your sake,
I love my neighbor as myself.

Act of Contrition. O my God,
I am sorry and beg pardon for all my sins
and detest them above all things,
because they deserve Your dreadful punishments,
because they have crucified
my loving Savior Jesus Christ,
and most of all,
because they offend Your infinite goodness.
I firmly resolve, by the help of Your grace,
never to offend You again,
and to carefully avoid the occasions of sin.

O my good Angel whom God has appointed
to be my guardian,
enlighten and protect me,
direct and govern me
during this day (night). Amen.

V Let us pray for our Holy Father, Pope ...
R The Lord preserve him and give him strength,
and make him blessed upon the earth,
and keep him from all harm.

V From all evil
R O Lord, deliver us.

V Mary, Help of Christians
R Pray for us.

EVENING PRAYERS

I adore You, O my God, and I love You with my whole heart. I thank You for having created me, called me into Your Church, and preserved me during the day past. Pardon me the evil I have done this day and, if I have performed any good action, deign to accept it. Watch over me during my repose and free me from all dangers. May Your grace be always with me and with all those who are dear to me. Amen.

Our 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 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.

Hail, Holy Queen, Mother of mercy,
hail our life, our sweetness, and our hope,
to you do we cry, poor banished children of Eve;
to you do we send up our sighs,
mourning and weeping
in this vale of tears.

Turn then, most gracious advocate,
your eyes of mercy towards us,
and after this our exile,
show unto us the Blessed Fruit
of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

Dear Mary, Virgin Mother,
help me to save my soul.

Hail Mary ...

The short invocation to Mary above, followed by the Hail Mary, is repeated three times.

Glory be ...

Angel of God ...

V Lord, You purposely entrusted the beginnings of our redemption to the careful custody of Saint Joseph.

R Through his intercession grant that Your Church may cooperate faithfully in fulfilling Your work of salvation. ¹³⁸

or

V Let us pray:
to Saint Joseph, that he may assist us in life
and in death.

R Obtain, O Joseph, that, under your protection,
we may live in holiness.

V For our Salesian brethren:

R O Lord, reward all the good they do for our Institute and bless their apostolate.

V for our Superiors and Sisters:

R O Lord, sustain them in their apostolate, bless their work and reward their sacrifices.

V for all missionaries:

R Lord, help them to be effective messengers of Your Word and witnesses to the love of Jesus Christ.

V for our parents, relatives, cooperators, benefactors, and all those recommended to our prayers:

R Keep in Your love, O Lord, and reward with eternal life all those who do good to us for Your name's sake.

V for our pupils, past and present:

R Lord, keep them in Your grace and grant that they may be faithful to their Christian commitment.

V for all our brothers and sisters who are suffering for Your name's sake:

R Lord, confirm in Your truth all those who follow Christ on His way to Calvary, and give them the blessedness of those who suffer for their faith. ¹³⁹

V for all the faithful departed:

R Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

or

V for all the faithful departed:

R Remember our dead, Lord; let Your light shine upon them, and may they live in Your peace for ever. Amen.

Examination of Conscience

brief pause for reflection

Act of Contrition ...

LITANY OF THE SACRED HEART

Lord, have mercy	Lord, have mercy.
Christ, have mercy	Christ, have mercy.
Lord, have mercy	Lord, have mercy.
Christ, hear us	Christ, graciously hear us.
God, the Father of Heaven	Have mercy on us.
God the Son, Redeemer of the world	
God, the Holy Spirit	
Holy Trinity, One God	
Heart of Jesus, Son of the Eternal Father	
Heart of Jesus, Formed by the Holy Spirit in the Womb of the Virgin Mother	
Heart of Jesus, Substantially United to the Word of God	
Heart of Jesus, of Infinite Majesty	
Heart of Jesus, Sacred Temple of God	
Heart of Jesus, Tabernacle of the Most High	
Heart of Jesus, House of God and Gate of Heaven	
Heart of Jesus, Burning Furnace of Charity	
Heart of Jesus, Abode of Justice and Love	

Heart of Jesus, full of goodness and love
Heart of Jesus, abyss of all virtues
Heart of Jesus, most worthy of all praise
Heart of Jesus, King and Center of all hearts
Heart of Jesus, in Whom are all the treasures
of wisdom and knowledge
Heart of Jesus, in Whom dwells
the fullness of divinity
Heart of Jesus, in Whom the Father
was well pleased
Heart of Jesus, of Whose fullness
we have all received
Heart of Jesus, desire of the everlasting hills
Heart of Jesus, patient and most merciful
Heart of Jesus, enriching all who invoke You
Heart of Jesus, fountain of life and holiness
Heart of Jesus, propitiation for our sins
Heart of Jesus, loaded down with opprobrium
Heart of Jesus, bruised for our offenses
Heart of Jesus, obedient unto death
Heart of Jesus, pierced with a lance
Heart of Jesus, source of all consolation
Heart of Jesus, our life and resurrection
Heart of Jesus, our peace and reconciliation
Heart of Jesus, victim for our sins
Heart of Jesus, salvation of those
who trust in You
Heart of Jesus, hope of those who die in You
Heart of Jesus, delight of all the Saints
Lamb of God, You take away the sins of the world
Spare us, O Lord.
Lamb of God, You take away the sins of the world
Graciously hear us, O Lord.
Lamb of God, You take away the sins of the world
Have mercy on us.

V Jesus, meek and humble of heart,
R Make our hearts like unto Yours.

V Let us pray:
Almighty and everlasting God,
graciously regard the Heart
of Your well-beloved Son
and the acts of praise and satisfaction
which He renders You
on behalf of us sinners;
and through their merit,
grant pardon to us who implore Your mercy,
in the name of the same Jesus Christ, Your Son
who lives and reigns with You
forever and ever. Amen.¹⁴⁰

SORROWS AND JOYS OF MARY MOST HOLY ¹⁴¹

Sorrows

- 1. O sorrowful Virgin,**
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son
unto the cross,¹⁴²
by the sorrow you endured
at the prophecy of holy Simeon,
grant that, strengthened by the gift of wisdom,
we may live in faith.
- 2. O sorrowful Virgin,**
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son
unto the cross,
by the sorrow you endured

in your flight and exile in Egypt,
grant that strengthened
by the gift of understanding
we may live in faith.

3.O sorrowful Virgin,
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son,
unto the cross,
by the sorrow you endured
in the loss of your Divine Son,
grant that, strengthened by the gift of counsel,
we may live in faith.

4.O sorrowful Virgin,
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son,
unto the cross,
by the sorrow you endured
on meeting Jesus carrying His cross,
grant that, strengthened by the gift of fortitude,
we may live in faith.

5.O sorrowful Virgin,
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son,
unto the cross,
by the sorrow you endured
in assisting your agonizing Jesus
grant that, strengthened
by the gift of knowledge,
we may live in faith.

6.O sorrowful Virgin,
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son,
unto the cross,

by the sorrow you endured
when the lance pierced the side of Jesus
and wounded His most loving heart,
grant that, strengthened by the gift of piety,
we may live in faith.

- 7. O sorrowful Virgin,**
who advanced in the pilgrimage of faith,
and loyally persevered in union with your Son,
unto the cross, by the sorrow
you endured at the burial of Jesus,
grant that, strengthened by the gift
of the holy fear of God,
we may live in faith.

Joys

- 1. Most holy Virgin, who said,**
“..... all generations will call me blessed,
for the Almighty has done great things
for me,” (Lk. 1:48)
we rejoice with you
in the remembrance of your spirit of faith
in receiving the angel’s message.
Grant that our life
be one of joyous adherence to the will
of the Father.
- 2. Most holy Virgin, who said,**
“..... all generations will call me blessed,
for the Almighty has done great things for me,”
we rejoice in the remembrance
of the humility of soul
with which you visited Saint Elizabeth.
Grant that, following your example,
we may always render joyful service to others.

3. **Most holy Virgin, who said,**
“ ... all generations will call me blessed,
for the Almighty has done great things for me,”
we rejoice with you
in the remembrance of your joy
on beholding the Word Incarnate.
Grant that we may be numbered
among the pure of heart
who even on earth
experience the joy of God’s holy presence.
4. **Most holy Virgin, who said,**
“ ... all generations will call me blessed,
for the Almighty has done great things for me,”
we rejoice with you
in the remembrance of the efficacy of your
word at the marriage feast of Cana.
Grant that, through your intercession,
our hearts may be filled with true charity.
5. **Most holy Virgin, who said,**
“ ... all generations will call me blessed,
for the Almighty has done great things for me,”
we rejoice with you
in the remembrance
of the glorious resurrection of Jesus.
Grant that we may enjoy
and may communicate to all
with whom we come in contact
the blessings of a living faith.
6. **Most holy Virgin, who said,**
“ ... all generations will call me blessed,
for the Almighty has done great things for me,”
we rejoice with you
in remembering the new birth of grace
you received from the Holy Spirit

at Pentecost.

Grant that the same Spirit
may transform us into apostles,
totally committed to spreading
the Kingdom of God.

7. **Most holy Virgin, who said,**
“ ... all generations will call me blessed,
for the Almighty has done great things for me,”
we rejoice with you
in the remembrance of your glorious
assumption into heaven.
Grant that no earthly pleasure
may deprive us of everlasting joy.

Eternal Father

Eternal Father, we offer You
the most precious blood of Jesus Christ,
the sorrows of Mary most holy,
and the sufferings of the Mystical Body,
in expiation for our sins,
for the wants of Holy Church,
for the relief of the souls in Purgatory,
for the conversion of sinners,
for the perseverance of the just,
and in thanksgiving for the benefits
received from Your infinite mercy.

LITANY OF SAINT JOSEPH

Lord, have mercy
Christ, have mercy
Lord, have mercy

Graciously hear us, O Lord.
Lamb of God, You take away the sins of the world
Have mercy on us.

V He made him lord of His household
R And prince over all His possessions.

V Let us pray:
O God,
Who in Your ineffable providence
chose blessed Joseph
to be the spouse of Your most holy Mother,
grant, we beseech You,
that we may have for our advocate in heaven
him whom we venerate
as our protector on earth.
Who live and reign,
world without end. Amen.¹⁴³

PRAYER FOR THE SUPERIOR GENERAL

O Mary, Help of Christians,
protect the Superior General of your Institute
and all its members,
present and future,
so that one day,
rich in the merit of good works
performed in the spirit of Saint John Bosco,
their Founder,
they may all come to praise you
for ever in heaven. Amen. *

* Blessed Michael Rua had this prayer printed on August 12, 1906, on the occasion of the 25th anniversary of the election of Mother Catherine Daghero as Superior General of the FMA.

PRAYER FOR VOCATIONS

O Jesus, our Divine Shepherd,
who called apostles
and made them fishers of men,
call to Yourself many ardent
and generous young men
to follow You as Your ministers.
Give them Your own thirst
for the redemption of all peoples for whom
You renew Your sacrifice on our altars.

Lord, You
“Who always live to make intercession
for us,” expand their horizons to embrace
the whole world.
Let them hear the silent cry
of our brothers and sisters
who yearn for the light of truth
and the warmth of love.
Thus, responding to Your call,
may they continue Your mission
and build up Your Mystical Body, the Church.
May they be “the salt of the earth
and the light of the world.”

Lord Jesus,
we also ask You to extend Your loving call
to many pure and generous young women.
Enkindle in them an ardent desire
for evangelical perfection
and dedication to the service of the Church
and of our brothers and sisters in need. Amen.¹⁴⁴

PRAYER FOR PEACE

O Lord, the God of peace,
You who have created all people
and ever show them Your benevolence,
so that they may share as children in Your glory,
we bless You and we give thanks to You
because You have sent us Jesus,
Your well-beloved Son,
and through the mystery of His resurrection
You have made Him the worker of all salvation,
the source of all peace,
and bond of all brotherhood.

We give thanks to You for the desires,
the efforts, the achievements
stirred up by Your spirit of peace in our time
to replace hate with love,
mistrust with understanding,
and indifference with collaboration.

Open our minds and our hearts ever wider
to the real demands of the love
of all our brothers and sisters,
so that we may become more fully peacemakers.

Remember, O Father of mercy,
all those who struggle, suffer, and die
to bring forth a world of closer unity.
May Your kingdom of justice,
of peace, and of love come to
people of every race and every tongue
and may the earth be filled with Your glory!
Amen. ¹⁴⁵

NOVENA TO MARY HELP OF CHRISTIANS

“One who alone can do very little, with the help of Mary, can do much more... Everyone, in fact, can do anything with Mary’s help and obtain any favor from her. Through grace she is all powerful; we should invoke her constantly.”¹⁴⁶

Day 1: Prayer for Humility

Immaculate Virgin, powerful Help of Christians and Mother of God, by that deep humility which prompted you to call yourself the Handmaid of the Lord, help me to imitate you in this virtue. My faults, infidelities, and waywardness tend to discourage rather than humble me. Help me, Mother, to become truly humble.

Hail Mary...

Mary Help of Christians, pray for us.

Day 2: Prayer for Patience

O Virgin Help of Christians, who cooperated with Christ in our redemption and endured great suffering at the foot of the cross, teach me to love sacrifice and to understand its salvific meaning. I feel the urgent need of your strength and patience since I shrink from even the slightest suffering. Help me, Mother, to embrace my daily cross willingly in reparation for my sins and for the salvation of souls.

Hail Mary...

Mary Help of Christians, pray for us.

Day 3: Prayer for Gentleness

O Virgin Help of Christians, I ardently entreat you to obtain for me the virtue of gentleness, so dear to the Heart of Jesus, and, because of my pride, so difficult for me. Help me, then, O loving Mother, to be kind in my judgements, gentle in speech, and good to all, especially to those who seem cold to me.

Hail Mary...

Mary Help of Christians, pray for us.

Day 4: Prayer for Purity

O Immaculate Virgin, living reflection of God's light, obtain for me great love for the virtue of purity. I entreat you, my Mother, to come to my aid so that I may shun every occasion of sin. O Immaculate Help of Christians, I consecrate myself entirely to you. Protect me and intercede for me that I may be numbered among the pure of heart.

Hail Mary...

Mary Help of Christians, pray for us.

Day 5: Prayer for Charity

O loving Help of Christians, by your constant, intimate union with God which ever increased your love for Him, intercede for me that I, too, may love Him with generous and total dedication. Obtain for me, also from your Divine Son, that I may sincerely love, eagerly serve, readily forgive, and charitably judge my brothers and sisters, and that in all

my contacts with others, I may be a witness to the gentleness and love of your Divine Son.

Hail Mary...

Mary Help of Christians, pray for us.

Day 6: Prayer for Wisdom

O Mary, Seat of Wisdom and Temple of the Holy Spirit, obtain for me that divine gift of wisdom which will enable me to know myself well. Thus shall I become humble in the knowledge of my own shortcomings and ready to love God in the person of my neighbor. Help me, dear Mother, to deepen this self-knowledge still further by listening attentively to the daily readings of the Word of God.

Hail Mary...

Mary Help of Christians, pray for us.

Day 7: Prayer to Obtain Devotion to the Sacred Heart

O powerful Help of Christians and channel of grace, inspire me with true devotion to the Sacred Heart of Jesus and help me to understand the demands of that love which raises souls to the heights of perfection. Teach me how to love Him Who loves so much and is so little loved in return, He who longs for the salvation of sinners, yet meets with such great indifference. Immaculate Heart of Mary, intercede for me that my heart may burn with ardent love for your Divine Son and with active zeal for souls.

Hail Mary...

Mary Help of Christians, pray for us.

Day 8: Prayer for Devotion to the Blessed Sacrament

Most Holy Virgin and Help of Christians, grant that Jesus in the Holy Eucharist may be the focal point of my daily life. Mother, you who after the ascension of your Divine Son, found comfort in the Holy Eucharist, obtain for me a lively faith in this great mystery so that I may become a Eucharistic soul and that I may diffuse around me the joy that springs from this faith.

Hail Mary...

Mary Help of Christians, pray for us.

Day 9: Prayer for the Unity of the Church

Mother of the Church, whose countless victories over heresy and the enemies of the faith merited for you the glorious title of Help of Christians, show your power again today against the forces of evil. Strengthen and sustain the Vicar of Christ, and preserve, in union with him, all bishops, priests, religious, and faithful. O Mother, hasten the hour of mercy for all, when throughout the world there shall be but one sheepfold and one Shepherd.

Hail Mary...

Mary Help of Christians, pray for us.

ADDITIONAL ENTRUSTMENTS TO MARY

Mary, Bearer of God's Love

V Let us entrust to Mary our commitment to be bearers of God's love in our world, especially to the young.

R O Mary,
you were chosen to bring the Word of God,
the incarnation of God,
the visible presence of God's love
to a needy and waiting world.

As the first and most faithful
follower of Jesus,
you also became
a sign of the God who is love.

As followers of Jesus and as your daughters,
we are also called to be bearers
of God's love in our world,
especially for the young people
to whom we are sent.

Help us to live in openness of heart,
ready to welcome
all those we meet along our way.
By our attentive listening,
humble attitude, and patient charity,
help us to be credible signs
of your presence in our world.

Be with us today
 as our inspiration and guide.
 We pray for our Holy Father,
 and for all who carry out
 various ministries in the Church.
 We pray for our relatives,
 benefactors, collaborators, past pupils,
 and the young people to whom we are sent.

May we all live the great commandment
 by which we can be recognized
 as followers of your Son:
 “Love one another as I have loved you.”
 (Jn. 13:34) Touch the hearts of our youth
 that they may see in every walk of life,
 an opportunity to serve.

Obtain for us the grace
 to live this commitment every day,
 especially when we find it difficult,
 until the day when we will contemplate
 the God Who is love, face to face. Amen.

Mary, Our Mother and Guide

V We recognize Mary as the Mother and Guide
 Jesus gave us from the cross when He said:
 “There is your mother.” (Jn. 19:27)
 Let us entrust to her our efforts to faithfully
 follow her Son throughout this day.

R **We entrust ourselves entirely to you.**

*Leader reads the verses of the Entrustment, p. 24 - 25.
 The response is repeated after each verse.*

Mary, Woman of Communion

V The disciples were united in prayer around Mary, the Mother of Jesus. She was a source of union and strength for the early Christian community. Let us entrust to her our journey of growth in communion.

R O Mary, You were the first to believe.
You persevered in prayer
with the disciples in the upper room.
You were a unique witness
to the mystery of Jesus
and a source of unity and hope
for the first Christians.
All generations have called you blessed.
We turn to you for inspiration and help.

Look favorably upon your children.
Shine forth for us and for all people
as a sign of sure hope and solace
as we strive to make our pilgrimage of faith
in harmony and mutual support.

We entrust to you our communities,
called to be witnesses of communion
in a divided world.
Teach us to welcome every person
as the image of God,
and to treat each one as our brother or sister
within the one human family.

May all members of the Salesian Family,
our relatives, benefactors, past pupils,
and the young in our houses,
live our charism of the family spirit
as we work towards
the coming of God's kingdom.

Grant that the Church,
as the community of believers,
may form one heart and one mind,
united with our Holy Father and our bishops.
May all live the spirituality of communion
as a participation in the welcoming
and compassionate love of God.

Mary, woman of communion,
obtain for us from your Son
an increase of vocations
to the priesthood and the religious life
so that the Church may flourish in our time
and thereby spread His kingdom
of unity, justice, and peace. Amen.

Mary, the Listening Virgin

V Mary kept all these things in her heart.
To her, we entrust our growth in the attitude
of discernment so that we may hear what God
tells us throughout this day.

R Mary, attentive virgin,
who “kept all these things in your heart,”
(Lk. 2:51) obtain for us the grace to live
in an attitude of discernment,
so that we may be open to God’s plan
as it is revealed to us in our daily experiences.

Help us to make
the sentiments of Jesus our own
through constant listening
to the signs of the times,
to life, to history, and to the young.

Help us to open our hearts, as you did,
to the Word of God,
that we may receive it and live it
with courage and fidelity.

Obtain for us the grace
to become reflective women,
capable of acquiring a Gospel mentality
that becomes a way of being
and a way of looking at reality.
Grant that we may help our young people
find in God's Word
the answers to life's deepest questions
and a sure guide
for the decisions they have to make.

Be with our Holy Father
and those who are called
to serve the community of faith.
Help us all to be attentive listeners
who courageously live the Gospel message.

Watch over the entire Salesian family,
our relatives, benefactors,
and the young whose lives we touch.
May all of us
open our hearts, our minds, and our lives
to the Word of Life,
Jesus your Son,
Who alone brings us
the joyful news of salvation. Amen.

Mary, Companion on Our Journey

V We know that Mary walks beside us as we follow her Son's footsteps. To her we entrust our daily journey of faith.

R O Mary, Help of Christians, obtain for us the light and strength we need to walk the pilgrimage of faith as you did. You have gone before us on the same journey and are now glorified in heaven.

O Virgin full of courage,
 may your spiritual strength and trust in God
 inspire us,
 so that we might know
 how to overcome all the obstacles
 that we encounter
 in accomplishing our mission.

Teach us to treat the affairs of the world
 with a real sense of Christian responsibility
 and a joyful hope
 for the coming of God's Kingdom,
 and of a "new heaven and a new earth."
 (Ap. 21:1)

You who were gathered in prayer
 with the Apostles in the Cenacle,
 awaiting the coming of the Spirit at Pentecost,
 implore His renewed outpouring
 on our Holy Father, all Church leaders,
 and all the faithful.
 Accompany the pilgrim Church
 as it journeys amid toils and joys,
 fears and hopes.

May all members of the Salesian family
more fully respond
to their vocation and mission,
so that they can bear much fruit
for the life of the world.

Open the hearts of the young
to the Gospel message
and strengthen
those who are called to serve
in the priesthood or religious life.

O Virgin Mother,
guide and sustain us
so that we might always live
as daughters of the Church.
Enable us to do our part
in helping to establish on earth
the civilization of truth and love.

Be for all
who are walking along the path of life
a true guide,
leading us to the presence of your Son
where He sits at the right hand of the Father,
enthroned in glory. Amen.

Mary, Woman of Faith

V We rejoice in the call and response of Mary,
woman of faith. We entrust to her our own
call to recognize the Divine Presence and
respond to the many ways in which God
comes to us each day.

R O Mary,
blessed are you because you believed.
Help us to discern the plan of God
in the fabric of our daily lives.
Be our Mother.
Share with us your limitless faith.
You did not always understand
what was happening in your life.
But you remained open and attentive
to the God who called you
and made His will known to you day by day.

As we strive to live our vocation,
we ask you to obtain for us
the grace to grow in faith.
Help us to look with eyes of faith
at the persons and events that fill our days.
Inspire us to recognize the many ways
in which God speaks to us
through our daily experiences.

Be with our Holy Father,
and all who serve your people.
Help all members of the Salesian Family,
our relatives, benefactors,
past pupils, and young people
to discover and live God's plan in their lives.

In moments of difficulty and discouragement,
help us to remember
the promise Jesus made to His followers:
"I will be with you always." (Mt. 28:20)
May we find courage and strength
to continue the journey of faith
until we come to contemplate with you
the God in Whom we have placed our trust.
Amen.

Mary, Model of Family Life

V Mary lived the ordinary life of a wife and mother in the home at Nazareth. We entrust to her our efforts to live the family spirit in the ordinary tasks of our day.

R Mary, our Mother,
like the apostle John,
we wish to take you into our home
that we may learn from you
to become like your Son.

To you we entrust our community,
our families and our world.
May families always be united,
may they be living witnesses
of love, justice, and solidarity.

May the family life
you shared with Jesus and Joseph at Nazareth
be our model and inspiration.

Help parents to make their families
places where respect, forgiveness,
and mutual help are learned,
so that the world may believe.
May all parents realize
the importance of the family
as the cradle of life and love,
and the place where one first learns
how to become human.

Strengthen them
to be the source of vocations
to the priesthood, the consecrated life,
and all the other forms
of Christian service and commitment.

May all groups
 who follow Don Bosco's charism,
 live the family spirit
 as a witness to the dignity of each person
 and the values
 of mutual acceptance, trust, and forgiveness.
 May we also support the families
 of the young we serve.

Help all mothers
 to understand the precious gift
 of a new life
 and the responsibility
 of surrounding every child
 with joyful acceptance and loving care.

Protect all families
 in situations of difficulty
 and heal those
 in need of forgiveness and reconciliation.
 Strengthen parents
 to fulfill their responsibilities
 with faith, hope, and love.

To you, Mother of the human family,
 we confidently entrust all of humanity,
 with its hopes and fears, its joys and sorrows.
 Let the light of true wisdom
 guide humanity in the ways of peace.
 Enable all to meet Christ,
 the Way, the Truth, and the Life. Amen.

Mary, Teacher in Our Educational Mission

V Mary is the teacher and guide of our Institute.
We entrust to her the daily gift of ourselves to
God, in the service of the young.

R O Mary, inspirer and guide of our Institute,
help us to rekindle within ourselves
the missionary passion of our origins.
Obtain for us
the grace to strengthen
our commitment to education
as the way to form disciples of Jesus
who will become agents of positive change
in our world.

Help us to live the missionary spirit
of Don Bosco and Mother Mazzarello
as we continually discern
the emerging needs of the young
and respond with courage and generosity.
Grant that we may live our Salesian heritage
of pastoral charity
that has its source in the heart of your Son
and its model in your motherly care.

Grant that all who share our Salesian charism
may be witnesses of the Gospel
through a simple, joyful presence
and a solid, faith-centered life.

As we strive to live our mission
within the Church,
give us strength to proclaim
the Word of God with courage
in the work of the new evangelization,
so that the world may have new hope.

Amid the confusing messages of our world,
 help the young to understand
 that to serve God satisfies the heart,
 and that only in the service of God
 and of His Kingdom
 do we find fulfillment and joy.

Help us to make of our community,
 the “house of God’s love”
 where the young feel at home.
 May young people
 see our life of simplicity and joy
 as a witness to the values
 that bring lasting happiness with you. Amen.

Mary, Sign of God’s Foreseeing Love

V Mary shows us how to love. Let us entrust
 our life, our vocation, the Church and the
 world to her care.

R Mary, you are present in a particular way
 in the history of our Institute
 and in our personal history.

Help us to be
 the living monument desired by Don Bosco
 where many young people
 feel drawn to meet Jesus,
 welcomed by a Mother
 who inspires trust, peace, and love.

It is our honor to be called your Daughters –
 to be part of this living monument
 that Don Bosco built to thank you.

Mary, you are our teacher of wisdom.
Accompany us
as we ardently search and discern
how to be, today,
a sign and expression of God's foreseeing love
for the young, for our benefactors,
and for every person that we meet,
beginning with our Sisters in community.

Be with us on our journey
of conversion to love.
Open our hearts to the Holy Spirit,
so we may be the human space
inhabited by love.

Teach us not to avoid challenges,
but to welcome them as possibilities
for renewing
our educative and missionary passion.

Mary, you are the home
where the Word may dwell.
Help us to give life to Jesus in the world.
We commit ourselves to be your true image
in our mission as mothers and helpers
in the education of the young.
Help our past pupils
to embrace this vision of life
and to be living witnesses of Jesus' love.

Mary, we ask you
to tend every small seed of a vocation
so that it may become a flourishing tree
with abundant fruit for the good of the Church
and of the whole of humanity. Amen

Mary, Mother of the Church

V We entrust the Church and all its members to the care and love of our Mother.

R You are the splendor
 which in no way dims the light of Christ,
 for you exist in Him
 and through Him.
 Everything in you is fiat.
 You are the immaculate one;
 through you
 the fullness of grace is resplendent.
 We are your children gathered before you.

O Mother, intercede for us,
 that the fruits of our work
 will not be lost
 and that the seeds of grace will grow
 to the full measure of the holiness
 to which we are all called.

O Mother, like the apostle John,
 we wish to take you into our home
 that we may learn from you
 to become like your Son.

We entrust to your maternal care
 ourselves, our families,
 our past and present students,
 the Church, and the entire world.
 Today we entrust to you
 the future that awaits us,
 and we ask you to be with us on our way.
 Amen.

Mary, Intimately United to Jesus

V With the words of Pope Benedict XVI, let us entrust ourselves to Mary's motherly protection. (Visit to Loreto - 2007)

R Mary, mother who said, "Yes,"
you listen to Jesus
and you know the timbre of His voice
and the beat of His heart.
Morning Star, speak to us of Him,
and tell us of your journey
to follow Him in the way of faith.

Mary, you who lived at Nazareth with Jesus,
impress your sentiments on our lives,
your docility and your silence
which make the Word blossom
in choices of true freedom.

Mary, speak to us of Jesus,
so that the freshness of our faith
may shine in our eyes
and warm the hearts of those who meet us,
as you did visiting Elizabeth
who, in her old age,
rejoiced with you for the gift of Life.

Mary, Virgin of the Magnificat,
help us to bring joy to the world
as you did at Cana.
Move every young person
dedicated to the service of others,
to do only what Jesus tells them to do.

V Mary, through your help, we ask you to make our hearts, our communities, and our ministries places of peace. Hail Mary...

Mary, Inhabited by the Holy Spirit

V Let us entrust ourselves and our fidelity to our vocation to Mary's motherly protection.

R Virgin Mary,
 Mother of Jesus and our mother,
 we entrust our lives entirely to you,
 who are the sacred dwelling place
 of the Holy Spirit.

You, who let yourself
 be molded by His action,
 obtain that we may also be
 "Temples of His Glory."

Mother of Life,
 you are the woman of communion.
 Help us to give primacy to God in our lives.
 Make us builders of harmony
 and of communion.

Teach us to maintain a contemplative attitude,
 to reverence the presence of God
 who dwells in our everyday routine.

Watch over our Institute,
 over our Mother General
 chosen to be your vicar,
 the bond of union, and the center of unity.

Mother of all believers,
 we entrust our world to you
 with all its hopes and its fears,
 so that with your motherly assistance,
 we may enjoy liberty, justice, and peace.

To you we entrust our youth,
to whom we are called to bring
the Good News of salvation.

Grant that, with your help,
we may find the most suitable paths
to carry out the *Da Mihi Animas*
with boldness and generosity. Amen.

- V Let us ask God, through Mary's intercession,
to make our houses places of peace.
Hail Mary...

Mary, Inspirer of Our Institute

- V Let us entrust our fidelity to Mary. Don Bosco wanted us to entrust our day, our life, and the life of the Church and the world to her daily protection. Certain of her love for us, and her motherly care, we turn to her with our lives and our needs.

- R Mary, Most Holy,
you who were the Inspirer of our Institute,
continue to be its Teacher and Mother.

Mother of God and of the Church,
we feel your active presence in our lives
and in the history of the Institute.

Teach us to make
your attitude of faith our own,
so we can be "helpers",
above all, among youth.

Mary, docile to the action of the Spirit,
lead us in prayer,
so that we may
intensify our union with God
and open ourselves to Christ,
present in our Sisters,
in the young we serve,
and in all reality.

Mother, who welcomes and understands,
Helper, who infuses confidence,
Mother and Educator
of each Salesian vocation,
open the hearts of youth
to the call of the Lord.

Virgin, Immaculate Help of Christians,
teach us to make our province
the house of the love of God.
Help us to make our community a home,
where youth feel welcome
and where daily life,
lived in charity and joy,
continues your Magnificat. Amen.

Mary, Woman of Don Bosco's Dreams

V O Mary of Don Bosco's dreams

R Your presence in the life
of a nine year old boy
led him to fulfill
your Son's plans for him.

Make your presence known
to each of us today
so that evermore authentically,
we may respond with joy
to the Lord who calls.

V O Mary of Don Bosco's dreams

R Your guidance in John Bosco's life
helped him overcome
difficulties and obstacles
to follow his vocation.
Guide us to recognize
and discern with others
the presence of a Salesian vocation.
Grant those so called,
the strength to respond in love.

V O Mary of Don Bosco's dreams

R You walked with Don Bosco
the path of his life.
Walk with us on our personal
and community journey.
Call down upon us
the presence of the Spirit
as your presence did at Pentecost.
Enable us to be effective helpers
to each other and to the young,
ready to help as you helped at Cana.
Strengthen us to remain faithful to our call,
even to the cross.
Make of us new women, rooted in Christ,
capable of living the grace of unity,
which makes us companions to the young
and with each other. Amen.

ABBREVIATIONS AND INITIALS

- IEC *Italian Episcopal Conference*
- C *Constitutions of the FMA*, 1982
- Cron *Cronistoria of the Institute of the FMA*
(5 volumes)
- EM *Eucharisticum Mysterium*. Instruction of the Sacred
Congregation of Rites on Eucharistic worship, 1967
- ES *Eucharistiae Sacramentum*. Rite of communion
outside Mass, and Eucharistic worship, 1979
- GILH *General Instruction for the Liturgy of the Hours*, 1970
- GI *General Instruction for the Roman Missal*, 1970
- LH *Liturgy of the Hours*
- BM *Biographical Memoirs of Saint John Bosco* (19 volumes)
- MC *Marialis Cultus*. Apostolic Exhortation of Paul VI, 1974
- MML Mother Mazzarello, *Letters*
- RM *Roman Missal* of Paul VI, 1983
- RVM *Rosarium Virginis Mariae* of John Paul II, 2002
- GNC *General Norms of the Roman Liturgical Calendar*, 1969
- NDL *New Dictionary of the Liturgy*, Pauline Press, Rome, 1983
- OICA *Ordo initiationis christianae adultorum*
= Rite of Christian Initiation for Adults, 1978
- OP *Ordo Paenitentiae*
= Rite of Penance, 1974
- OPR *Ordo professionis religiosae*
= Rite of Religious Profession, 1975
- R *Regulations FMA*, 1982

FOOTNOTES

- 1 cf. GILH 93-94
- 2 cf. GILH 34
- 3 IGLH 38
- 4 MR Eucharistic Prayer IV
- 5 IGLH 20
- 6 C 42
- 7 R 24
- 8 RM Collect, Mass for Pope
- 9 Id.
- 10 LH Hymn of Vespers, Easter Season, after Ascension
- 11 RM Sequence of Pentecost
- 12 cf. Cron I,
- 13 RM Collect. Sunday IV of Advent
- 14 RM Collect. Common of BVM
- 15 BM BM VI, (pgs 440-441 in Ital. edition)
- 16 cf. C 40
- 17 GI 8
- 18 Missal of the Christian Assembly. Festive. Leumann, LDC (1984) 36
- 19 cf. EM 50
- 20 C 40
- 21 LH Compline, Marian Antiphonal
- 22 RM Collect. Proper Mass
- 23 RM Collect. Proper Mass
- 24 LH Compline, Marian Antiphonal
- 25 cf. PAUL VI to the FMA, July 15, 1972
- 26 RM Good Friday Liturgy
- 27 LH Compline, Marian Antiphonal
- 28 C 39
- 29 cf. R 25
- 30 RM Collect, Votive Mass of the Holy Spirit
- 31 MC 54
- 32 MC 48
- 33 cf. MC 47
- 34 RM Collect, Common of BVM: cf. Cron. IV, 117
- 35 For the text of the Litany, cf. Rite of Coronation of Statues of the BVM, Libr. Vatican ed., Rome, 1982, 49-50
- 36 For the prayers that follow, cf. RM, 1: Collect, IV Sun Advent A; 2: Collect, Solemnity of the Mother of God; 3: L'Ora della Madre, Rome, Center of Marian Culture "Mater Ecclesiae", 1981, 7; 4 and 6: Collect, Common of BVM
- 37 cf. GILH 39
- 38 GILH 19
- 39 This and the following prayers are taken from OP 45
- 40 LH. Prayer of Lauds, Saturday Week II
- 41 LH Hymn of Compline
- 42 LH Prayer of Compline
- 43 AA.VV.: Prayer for a table of brotherhood, Leumann, LDC, 1983, 135
- 44 Id.
- 45 cf. LH. Lauds, Monday Week I

- 46** LH Mid-Day Prayer, Monday Week I
- 47** cf. FMA Prayer book (1889), 96
- 48** RM Collect, Mass of Thanksgiving
- 49** AA.VV. Liturgy of the Hours Leumann, LDC, (1972) 437
- 50** RM Collect, Mass for spiritual and pastoral gatherings
- 51** cf. Prayer Book, FMA (1920), 139 (Ital. ed.)
- 52** RM Collect, Feast of the Angels
- 53** IEC Eucharist, Communion and Community, Rome, 183, 75..
- 54** C 43
- 55** R 29
- 56** IEC Eucharistica 80
- 57** R 26
- 58** LG 55
- 59** MC 4-5
- 60** cf. MC 3, 4
- 61** R 30
- 62** MML 24, 7
- 63** cf. RVM 33
- 64** RVM 24
- 65** GNC 32
- 66** C 39
- 67** GNC 42
- 68** cf. SC 109
- 69** cf. OICA 25
- 70** ND 1159
- 71** cf. SC 109-110
- 72** C 41
- 73** For the celebration, cf. OP 48-49
- 74** cf. OP, Appendix II
- 75** For other prayers, examinations of conscience, penitential act, cf. OP, Appendices II, III
- 76** C 46
- 77** R 32
- 78** From the Via Crucis of John Paul II, Good Friday, 1984
- 79** RM, Sequence, Mass of the Sorrowful Mother
- 80** RM, Collect, Feast of the Exaltation of the Cross
- 81** cf. SC 104
- 82** cf. C of 1885, XVII, 9
- 83** LH (Ambrosian rite) Lauds, Solemnity of St. Joseph.
- 84** GNC 18
- 85** GNC 19
- 86** cf. C 43
- 87** ND 1536
- 88** ND 1536-1537
- 89** C 46
- 90** ND 1537
- 91** cf. RM Easter Proclamation
- 92** cf. RM Easter Vigil, Prayer of the 7th Reading
- 93** GNC 22
- 94** C 2
- 95** R 31
- 96** C 4
- 97** LG 61
- 98** cf. LG 58
- 99** cf. LG 58
- 100** cf. LG 62
- 101** LG 68
- 102** LG 62

- 103** BM XVII 309 (Ital. ed.)
- 104** RM, Collect, Solemnity of MHC
- 105** cf. BM XIII 489, 956 (Ital. ed.)
- 106** R 30
- 107** GNC 26
- 108** MC 11
- 109** GNC 43
- 110** R 31
- 111** AA.VV. The Salesian Community at Prayer, Leumann, LOC, 1973, 522-523
- 112** JOHN PAUL II to the FMA, 12-12-81
- 113** cf. C 3
- 114** R 27
- 115** PAUL VI, Teachings I, Rome, Tip. Poliglotta Vaticana, 1965, 325-326
- 116** MC 20
- 117** cf. R 27
- 118** cf. C 4
- 119** MC 6
- 120** cf. R 30
- 121** C 45
- 122** cf. C 60
- 123** R 38
- 124** cf. C 46
- 125** cf. BM XI, 170; XII, 273 (Ital. ed.)
- 126** cf. R 34
- 127** cf. EM 3
- 128** EM 60
- 129** EM 66
- 130** cf. ES 94
- 131** ES 113
- 132** cf. ES 110
- 133** cf. ES 117
- 134** cf. C 46
- 135** cf. R 33
- 136** BM IX, 343 (Ital. ed.)
- 137** (For Italy): cf. IEC, Lord to Whom Shall We Go? Catechism for Adults, Rome, Ed. IEC, 1981, 485-488
- 138** cf. RM, Collect, Solemnity of St. Joseph
- 139** cf. RM, Prayer after Communion, Mass for Persecuted Christians
- 140** cf. RM, Collect, Solemnity of the Sacred Heart of Jesus,
- 141** cf. Prayer Book, FMA (1889) The current formula was rewritten in 1970
- 142** LG 58
- 143** RM, Collect, Solemnity of St. Joseph
- 144** PAUL VI, Teachings, III Rome, Tip. Poliglotta Vaticana, 1965, 241
- 145** PAUL VI, Teachings, VI, Rome, Tip. Poliglotta Vaticana, 1969, 7
- 146** MB XII, 578

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