

# MARY HELP OF CHRISTIANS

## Day One

As we prepare to celebrate the Solemnity of Mary Help of Christians we reflect on Mary as loving Mother and bearer of Christ.



*Painting by Bridget Donovan*

*Mary be with me as I pray.*

### **Scripture**

*Ephesians 3:14-19 (Jerusalem Bible)*

This, then, is what I pray, kneeling before the Father, from whom every family, whether spiritual or natural, takes its name:

Out of God's infinite glory, may you be given the power through the Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then, planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth; until knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

## **Reflection**

Mary pondered the word of God in her heart. Let us join with Mary as we reflect on God's word.

*Take time to reflect*

## **Response**

May we, like Mary, birth love and goodness in our world.

May we be bearers of Christ to our world.

May Christ dwell in the hearts of all people.

Who/what else should we draw into our circle of prayer?

## **Prayer**

*Mary, Mother of Jesus  
lead us to the awareness  
of God ever-present with us.*

*May we, knowing the love of Christ  
be filled with the utter fullness of God.*

*And may we, as you did,  
birth love and goodness in our world.*

*Amen*



# MARY HELP OF CHRISTIANS

## Day Two

As we prepare to celebrate the Solemnity of Mary Help of Christians we reflect on Mary as peacemaker.



*Painting by Dorothy Thayne*

*Mary be with me as I pray.*

### **Scripture**

*James 3:17, 18 (Jerusalem Bible)*

Wherever you find jealousy and ambition, you find disharmony, and wicked things of every kind being done; whereas the wisdom that comes down from above is essentially something pure; it also makes for peace, and is kindly and considerate; it is full of compassion and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it. Peacemakers, when they work for peace, sow the seeds which will bear fruit in holiness.

## Reflection

Mary pondered the word of God in her heart. Let us join with Mary as we reflect on God's word.

*Take time to reflect*

## Response

That people of all cultures will live in harmony with each other.

May our living together be marked by kindness and compassion.

May we have the wisdom to work cooperatively with others to build common goals for our world community.

Who/what else should we draw into our circle of prayer?

## Prayer

*Mary, Mother of Jesus  
lead us to the awareness  
of God ever-present with us.*

*May we, knowing the love of Christ  
be filled with the utter fullness of God.*

*And may we, as you did,  
birth peace, harmony and justice  
wherever we find ourselves.*

*Amen*



# MARY HELP OF CHRISTIANS

## Day Three

As we prepare to celebrate the Solemnity of Mary Help of Christians we reflect on Mary as keeper of our lands.



Painting by Alan Pomeroy. Used with permission. [www.alanpomeroyart.com](http://www.alanpomeroyart.com)

*Mary be with me as I pray.*

### Scripture

*Psalms 89:11 (Jerusalem Bible)*

The heavens are yours and the earth is yours. You founded the world and all it holds.

*Psalms 91: 10-11 (Jerusalem Bible)*

No disaster can overtake you  
No plague come near your tent;  
He will put you in his angel's charge  
To guard you wherever you go.

*Psalms 91: 14-16 (Jerusalem Bible)*

I rescue all who cling to me I protect whoever knows my name.

I answer everyone who invokes me.  
I am with them when they are in trouble  
I bring them safety and honour.  
I give them life, long and full  
And show them how I can save.

### **Reflection**

Mary pondered the word of God in her heart. Let us join with Mary as we reflect on God's word.

*Take time to reflect*

### **Response**

May our gratitude and wonder for our land show  
in our care for it.

May our leaders be wise and just.

May our citizens be kind and considerate.

May we all be people of integrity.

Who/what else should we draw into our circle of  
prayer?

### **Prayer**

*Mary, Mother of Jesus  
lead us to the awareness  
of God ever-present with us.*

*May we, knowing the love of Christ  
be filled with the utter fullness of God.*

*May we live under your protection  
and rejoice in your presence with us.  
Amen*



## MARY HELP OF CHRISTIANS



### **Invitation to pray with the image**

Take a few moments to open your heart and mind to God and become conscious of your breathing.

When you are ready, slowly look and notice the image,

Let feelings and thoughts come to you as you take in the various elements of the image.

Take time to become aware of what you find yourself drawn to?

Notice what feelings are being evoked in you?

When you are ready, return to the image with an open heart and mind.



Allow new thoughts, meanings, and feelings to arise.

Reflect more fully on these meanings and feelings as they come to you and ponder them prayerfully.

What might the image be revealing to you as you attend to it in the quietness of your heart?

What desires and longings from your life experience are evoked in your prayer?

Take the time to respond to God in gratitude, supplication, wonder, lament, praise.....

Jot down insights you want to remember, wisdom you hope to embody, feelings or thoughts you wish to express.

Bring your prayer to a close by resting in God's grace and love and praying:

*Mary, Mother of Jesus  
lead us to the awareness  
of God ever-present with us.*

*Amen.*



# MARY HELP OF CHRISTIANS



## **Blessing**

*May the colour and shape of our land claim us*

*The fertility and harvest mould us.*

*The cold and steepness challenge us.*

*The heat and dryness expand us.*

*The rain and mists soften us.*

*The unpredictability and uncertainty open us.*

*The difference in people unite us.*

*The creator of all draw us into mystery.*

*Amen.*