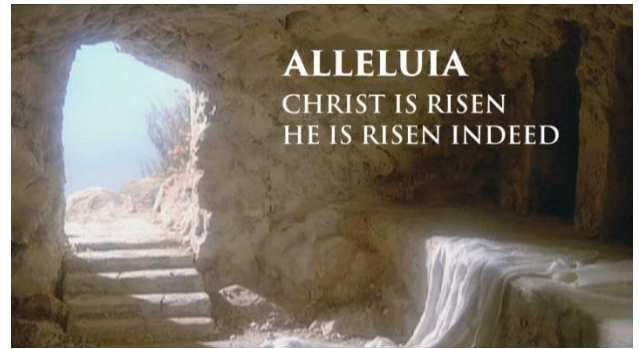


Grace Notes in Miniature

For Wednesday, May 13, 2020



Dear friends:

Today, on this Feast Day of Our Lady of Fatima, as I absorb the sunshine I want to sing, "This is the day the Lord has made, Alleluia!" It is such a gift to have a warm, sunny day after the run of grey, cold days we've been having; it is very healing! When we start to see trees in blossom, we may be remembering May Crownings we have celebrated – or that our older relatives describe. I can remember a whole range of experiences from the solemn placement of a wreath of roses on the statue of Our Lady in the school foyer to a Living Rosary in CNE Stadium, with the students of Notre Dame High School, dressed in blue capes representing the beads. As the prayers were offered, the girl in the appropriate spot would turn her cape inside out to reveal the white lining. Thousands of people used to attend this celebration and the stadium was brilliant with flowers! Thanks to the TCDSB for putting up the resource I've attached.

The McGrath Institute at the University of Notre Dame is offering this free downloadable resource to help you hold a crowning of Mary in your domestic Church. <https://churchlife-info.nd.edu/celebrating-mary-in-the-month-of-may?>

If you don't have a statue to crown, children may make a silhouette on a large sheet of paper. There is a template at the end of this GNIM which may help. There are many songs which can be sung at this time. Here is a music video with one of the older favourites: <https://www.youtube.com/watch?v=RERoQ1bilDE>

There are a number of links given within the resource to Marian hymns; however, I thought you may enjoy this version of Salve Regina, Hail Holy Queen: <https://www.youtube.com/watch?v=s3RPYivtJzQ>

And children can join in with this one <https://www.youtube.com/watch?v=4b-El-90TUg>

Yesterday I started contemplating the healing role of prayer in our faith. It is easy to forget that Reconciliation is a Sacrament of Healing and that, paired with the Sacrament of the Sick, is often underestimated or misunderstood.

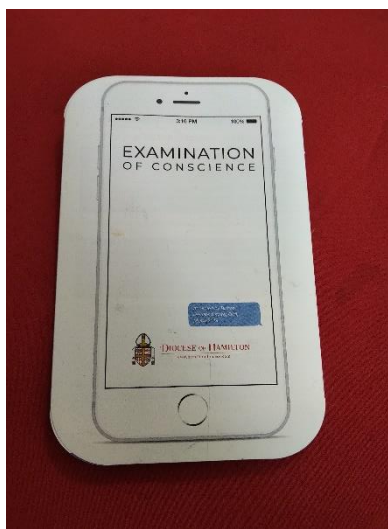
About thirty years ago, my husband was admitted to hospital after having an episode of muscle spasms in a movie theatre. Our parish priest came to visit him the next day and brought the Oil of the Sick. Paul, being a fairly old-fashioned Catholic, immediately started to panic thinking that Fr Zimmer must have been told he was going to die; I, being a more recent convert, understood it as a sacrament to help return him to health. I've since received this anointing a few times prior to having surgery and find that it brings me a comfort and peace which helps deal with pre-anaesthetic anxiety far better than temazepam. I'm happy to say that my husband recovered from that scare and hasn't had symptoms since.

Reconciliation, too, is a Sacrament which is really only appreciated when one takes advantage of it. Many people have the same feeling about it as they do towards a trip to the dentist; however, from my perspective, the feeling of relief and peace which follows the Sacrament of Reconciliation goes a lot deeper than clean teeth! <https://www.youtube.com/watch?v=xri9mFDbmXY>

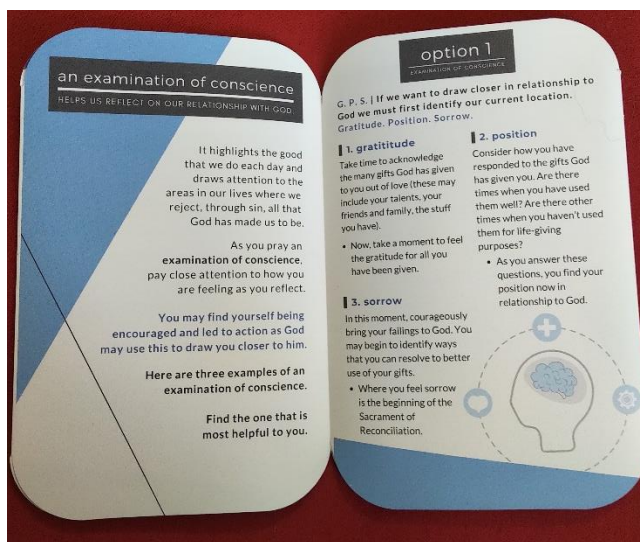
A really good confessor is a special gift. You may need to visit a few different priests to find one who helps you to find what you are seeking in the experience of confession; then you can say with real conviction:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You Whom I should love above all things, I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

I really enjoy the resource put out by our (Hamilton) Diocese which was introduced into our schools last year. It is far more invitational than the traditional “laundry list” approach and, although it was developed for young people, it has a great appeal to many adults also.



By using the cell ‘phone motif, it is far less intimidating and creates an understanding that an examination of conscience – like the Examen discussed in yesterday’s Grace Notes, is an opportunity for a conversation with God.



Copies of these will be available once we are able to get back into our buildings. There is also a teacher’s guide to accompany the cell ‘phone-sized multifold pamphlets.

To read more about the Sacrament, visit: <https://www.catholicscomehome.org/your-questions/what-is-the-sacrament-of-confession/> For some music to accompany your reflection, you may enjoy https://www.youtube.com/watch?v=FBOTWvag_Ic and <https://www.youtube.com/watch?v=vq8JNLwX5sM> We may be unable to have the Rite at the moment but we can do some examination of conscience on our own and hold that conversation with God.

May you be able to say, “It is well with my soul” <https://www.youtube.com/watch?v=tyPEohF6gg8>

With every blessing,

Gillian

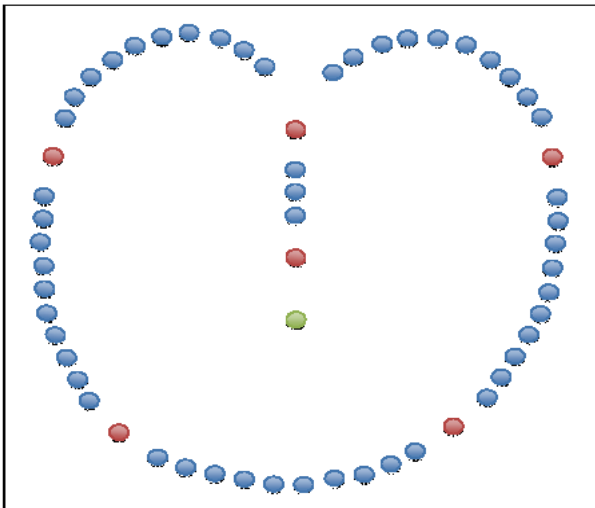
Praying the *Living Rosary*

What is a living rosary?

A living rosary is when people are used to represent each bead of the rosary. Each person leads one prayer of the rosary.

How do we pray the living rosary?

1. Select 60 students:
 - a. 50 students (10 per decade) to represent the Hail Mary beads
 - b. 3 students (for the tail of the rosary) to represent the Hail Mary beads
 - c. 1 student to represent the cross (the Apostle's Creed)
 - d. 6 students (2 for the tail of the rosary and 4 between each decade) to represent the Our Father Beads
2. Set the students up in a circle, similar to the way a life size rosary would look:



Red = Pater beads (Our Father)
Blue = Hail Mary
Green = Sign of the Cross & Apostles Creed

(The school community can be placed seated in the middle of the living rosary.)

How do we pray the living rosary? (Continued)

3. Begin praying the rosary with the first student (green) reciting the Apostle's Creed. The next three students (blue) recite the Hail Mary, followed by the next student who announces the Mystery and leads the Our Father etc. (Refer to "How to Pray the Rosary").

Ideas for Making the Living Rosary alive and interactive in your own community

1. Invite student leaders to lead the 6 Our Father beads and one student leader to lead the Apostle's Creed.
2. Rosary bead representatives lead in another language.
3. Have students perform each mystery when they are announced. (Skit, tableau or silhouette).
4. Include music between each decade.
5. Ask student leaders to provide a reflection on each mystery.
6. As each prayer is completed students may:
 - a) Light a battery-operated candle
 - b) Pass a rose
 - c) A ribbon may be passed around to "connect" all the beads.

Living Rosary Association - History

The Living Rosary Association was founded on December 8th, 1826 by Venerable Pauline-Marie Jaricot in Lyon, France. The association was formally approved by the Catholic Church through a canonical letter in February 1827. The aims of the Living Rosary were two; to bring the people of France to a prayerful way of life and distribute Catholic literature and devotional articles Source:

http://en.wikipedia.org/wiki/Association_of_the_Living_Rosary



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