

A Pilgrimage Of The Heart

with

Our Lady and St Padre Pio

In a Pilgrimage Of The Heart we join in spirit with Our Lady as we journey and share with her in some special moments in her life with Jesus.

Our guide and mentor is St “Padre” Pio who is with us at each stage of our pilgrimage and points the way to conversion through the Holy Mass, Reconciliation, The Rosary, and Prayer.

We begin by reflecting on various stages of our lives and how our spiritual needs develop at each stage.

May all who share in this pilgrimage receive an abundance of graces and blessings.

Alison Riggott and Patrick Lynch

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Do not lose your inward peace for anything whatsoever,
even if your whole world seems upset.

Commend all to God, and then lie still and be at rest in
his bosom.

Whatever happens, abide steadfast in a
determination to cling simply to God –
trusting to his eternal Love For You –

St Francis de Sales



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Introduction

Sacredness Of Time

There are seasons for everything and sometimes we are restricted to our home by illness or injury or old age. This can at first appear to be an inconvenience, but if we see it as a grace, it can be a time for spiritual growth, a gift from God, an invitation to grow closer to Him and to Mary, our mother. When Jesus walked this earth, He sought out the isolated, those who felt they had no worth in society, those who needed healing in body, mind and soul. He looked at them with such pure love and said
“Come to Me”.

If you are confined to your home because of disability, illness or old age, take this opportunity to let Jesus love you and then you will hear His call to you, His purpose for your restriction. He will transform it into a Season of Grace and be able to use you in His kingdom here on earth. You may feel that you have nothing to offer society, that now you are on the receiving end of care when you would rather be giving. You may feel forgotten, or lonely or helpless. Or you may be confined to the home because you are a carer.

Jesus calls you to use this time well. When you were more active you probably had less time for God.

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Sacredness Of Time

Now you may be physically weak but you can be spiritually strong. He needs you to pray, to be one of His prayer warriors. To pray for lost souls, for others who are physically strong but spiritually weak, to pray for your family and friends, and for people you have never met. You have a divine purpose in your physical weakness to be a mighty spiritual strength. Most of all He wants you to experience His unconditional love for you.



The Autumn Of Life.

As we grow older, much consideration is given to our physical need, but rather less to our spiritual needs.

A Pilgrimage Of The Heart is an attempt to redress the balance and to see this time as an opportunity to complete our spiritual quest.

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The Four Ages Of Life

In the first age of our life we are dependent on others. The continuation of our life is only possible because others cared for us. In childhood and youth our characters are formed and our patterns of behaviour and our relationships with others are developed. We develop not only physically, mentally and emotionally, but also spiritually. We learn the difference between right and wrong, we become secure if we feel those caring for us truly love us, we come to appreciate aesthetic qualities like beauty and the heritage into which we have entered. We begin to consider the meaning of life and the importance of caring and sharing. Many of these can be regarded as spiritual matters. Depending on our formation, we may already be aware of God as Creator and guide of our life.

In the second age we become much more independent and become aware that others will come to depend on us. We develop significant relationships outside the family, probably resulting in a lasting partnership. In this second age we have many demands on our time; career development, employment, qualifications, the provision of a home and the responsibility of bringing up a family, and personal and family interests. It is a busy time and often spiritual values are neglected but our decisions will be influenced by the priorities in our life.

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The Four Ages Of Life

Does our belief system affect our choice of employment, which schools we send our children to?

Do we see it as our responsibility to reach out to others in the community, to ‘love our neighbour as ourselves?’

In the third age the claims which others made upon us are usually less pressing. In most cases, we will have secured our home and we will have retired from our employment. We will have more time to spend on leisure activities and with our friends. It is a time to be positive, to continue to learn and to visit new places. It is also the stage in life when we have more time to give to others; many voluntary organisations depend on the help generously given by those in the third age.

In this age however, we may start to feel less in control of our lives and increasingly unsure about the future. We may retire from our career, illness and bereavement may challenge us. At such times of vulnerability we are perhaps more open to God. We are searching for answers to the all-important question: does our life have meaning beyond this world of space and time? Can we draw together the various strands which make up our life and discover a sense of ‘wholeness?’ Carl Jung talked of this part of our lives as a spiritual quest.

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The Four Ages Of Life

In the fourth age of our life we often once again become more dependent on others. Very few people like being dependent on others, we resist it and resent it, but most have to learn to accept it to some degree. Christians can find a deeper significance in it if they identify with the suffering Christ as a prelude to resurrection victory. We may have certain physical weaknesses but it is a time when compassion and tolerance can flourish. We are also more aware of our own mortality, and need to muster our inner resources to cope with difficulties. Old age is not without it's own benefits. As St Jerome observes, with the quieting of the passions, it "increases wisdom, and brings more mature counsels"

This is the season when we can contemplate the meaning of our existence, be still before our God, reflect on the mystery of life and prepare for the greatest journey ever – to our eternal Homeland.

This Pilgrimage Of The Heart is offered as an opportunity for spiritual reflection that we may gain Wisdom of heart, an increase in Hope and Courage to face the future and grow stronger in Faith and Holiness through continued Prayer and Sacrifice.

We begin by joining Our Lady and St Padre Pio reflecting on the great Sacrifice and Prayer offered by Jesus Himself - The Holy Sacrifice of The Mass

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Reflections on the Mass Our Lady

I wish that the Holy Mass would be the day's gift to you.

Attend it, wish it to begin.

Jesus gives Himself to you in the Mass.

Therefore look forward to that moment, for then you are cleansed.

Renew your faith by attending Holy Mass

Reflections on the Mass St Padre Pio

Keep your mind focused on the Mystery unfolding before your eyes.

In your mind's eye transport yourself to Calvary and meditate on the Victim who offers Himself to Divine Justice, paying the price of your redemption. The earth could exist more easily without the sun than without the Mass.

The Mass is the greatest prayer to God.

That is why you must be perfect and humble at Mass and should prepare yourself beforehand.

Follow the Mass well.

If we only knew how God regards this Sacrifice, we would risk our lives to be present at a single Mass.

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Reflections on The Rosary Our Lady

After the Holy Sacrifice of the Mass, there is nothing in the Church that I love as much as the Rosary.

I beseech all families to pray the Rosary.

Let the Rosary in your hand make you think of Jesus.

Put on the armour of battle. With the Rosary in your hand defeat the evil one.

I promise my special protection and the greatest graces to all those who shall recite the Rosary.

The soul which recommends itself to me by recitation of the Rosary shall not perish.

Reflections on The Rosary St Padre Pio

...love the Blessed Mother and always make Her loved – always say the Rosary.

Hold on tightly to the Rosary.

Be very grateful to the Madonna because it was she who gave us Jesus.

Love Our Lady and make Her loved always. Recite the Rosary and recite it as often as possible.

Pray, pray to the Lord with me, because the whole world needs prayer. And every day, when your heart especially feels the loneliness of life, pray.

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The Fatima Prayer

Our Lady of Fatima



In May 2003 I (Alison) was climbing Podboro hill in Medjugorje with a group and we were praying the rosary. At the annunciation plaque I sat down on a rock and said to Our Lady that I had never liked the middle part of the Fatima prayer and could she explain it to me so I would understand it.

Immediately I was given to understand

Save us from the fires of hell

“is not about when you die but to protect you from the flames of hell licking around your ankles every day”

The ‘flames of hell’ licking around our ankles are the daily temptations and distractions which assail us every day.

Pope John Paul has said
Medjugorje is the fulfilment of Fatima.

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Annunciation – The Invitation

*“The angel of the Lord declared unto Mary
and she conceived by the Holy Spirit”*



Imagine the young girl Mary praying for the coming of the Messiah and finding her room filled with a bright light as the angel Gabriel stood before her. She was told she was the favoured one – out of all time Mary was chosen to be the mother of the Christ – and she said

“YES”

Her “Yes” enabled The Word to become Flesh and live amongst us.

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Annunciation – The Invitation

Mary's "Yes" was also a statement of willing submission to God's promise and will for her, she willingly accepted God's promise and will for her life including all the inconveniences and risks attached to it.

These inconveniences included the possibility that Joseph would divorce her, that her reputation would be destroyed, that even if Joseph believed her, their wedding plans, and dreams etc., would have to be put on hold.

Given all this potential personal loss, Mary willingly submits in faith to God's Word and Plan.

May we also be graced to say in our lives, as Mary did in hers "Let it be done according to your Word..."

Mary's YES changed life for the whole human race for evermore

"And the Word was made flesh and lives among us"

We now ask Mary to be with us and guide us and remind us to praise and thank God every morning for the gift of life and light, to offer our day to Him and listen to the Exhortation of the Dawn.

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Listen To The Exhortation Of The Dawn



Look to this Day!
For it is Life, the very Life of Life.
In its brief course lie all the
Verities and Realities of your Existence.
The Bliss of Growth,
The Glory of Action,
The Splendour of Beauty;
For Yesterday is but a Dream,
And To-morrow is only a Vision;
But To-day well lived makes
Every Yesterday a Dream of Happiness,
And every Tomorrow a Vision of Hope.
Look well therefore to this Day!
Such is the Salutation of the dawn

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Our Lady



Our Lady

I am your Mother and I want to help you.

Consecrate yourself to me and to my heart.
Love, Fast, Pray.

I am always with you and God watches over us.

I ask you to be a light for all - live my messages - the messages of peace, conversion, prayer, penance and faith.

I give you strength.

I will always give it to you.

Our Lady



St Padre Pio

Some people are so foolish that they think they can go through life without the help of the Blessed Mother.

May She obtain for us the desire to go to Her immediately.

Let us always stay close to such a mother.

Give yourself up into the arms of your Heavenly Mother.

She will take good care of your soul.

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Visitation The Journey



“Mary got ready and hurried to a town in the hill country in Judea,...

When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit” (Luke 1:39)

We expect the evil one to try to distract us while praying and meditating during our Hours of Grace

Likewise, it would be easy to avoid giving Heart Time to God, to give in to distractions at home.

We pray the “Fatima Prayer” to help us overcome these temptations and distractions and ask Mary to help us as we journey with Her.

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Visitation The Journey

So let us set some time aside and see this as a time of Grace when we ask Mary to sit with us as she once sat with her mother's cousin Elizabeth.

We are honoured that Mary comes to visit us in our own home. Ask her to be with you now and hear God's Word of love.

As we spend time in the presence of Mary the Holy Spirit will fill us too as He filled Elizabeth.

We will notice the fruits of the Holy Spirit growing within us – fruits of

Love, Joy, Peace,

Patience, Kindness, Goodness,

Faithfulness, Gentleness and Self-control.

(Galatians 5:22-23)

As your heart fills with love, sing with Mary;

“My soul glorifies the Lord,

and my spirit rejoices in God my saviour”

(Luke 1: 46-47)

Mary, Teach us to Pray

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Reflections on Prayer Our Lady

Pray without ceasing.
That way I can give you
the joy the Lord has
given me.

Do not just pray with
your lips, but pray with
the heart.

May your prayer be a
joyful encounter with the
Lord.

Prayer is then best
weapon we possess. It is
the key that opens the
heart to God.

Find solace in prayer. I,
your Mother, will take
care of the rest.

By means of prayer you
will find joy and peace.

Reflections on Prayer St Padre Pio

Pray, pray to the Lord
with me.

And every day, when
your heart especially
feels the loneliness of
life, pray.

Let us glance at the
Divine Master who
prayed in the Garden and
we will discover the true
ladder which unites the
earth to heaven.

We will discover that
humility, contrition and
prayer make the distance
between man and God
disappear, and act in
such a way that God
descends to man, and
man ascends to God, so
that they end up
understanding, loving
and possessing each
other

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Prayer

There is a little door in my heart.



I open it and invite God in.
I close the door and we talk.
(9 year old boy)

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The Flight into Egypt – Facing our Fears

“An angel of the Lord appeared to Joseph in a dream. ‘Get up’, he said, ‘take the child and his mother and escape to Egypt’ (Matthew 2:13)



When Mary was first told she was to bear a child, she chose to visit her mother’s cousin, Elizabeth, who was also expecting a child. When we are faced with a fear or anxiety it is natural to want to share the news with another, to ease the burden. Sometimes we have no-one to turn to, or we may not want to burden family with our fears.

When Mary fled into Egypt with Joseph and her son, she could not turn to her mother or Elizabeth, but she was filled with Fortitude, a gift of the Holy Spirit. Only the strength of the Holy Spirit can help us persevere in times of difficulty.

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The Flight into Egypt – Facing our Fears

We can confide in Mary, our mother, with our fears and anxieties knowing she will understand. She has promised to pray with us to her Son. We ask Mary to look deep into our hearts and see what it is we fear most, and to take it to her Son Our Lady tells us through a visionary that if something instils us with fear it is not from God;

“love drives out fear”

When we are afraid we turn to Jesus and hear Him say
“Do not be afraid”
and feel our spirit refill in a flood of love and peace.

St Paul tells us not to fret or worry about anything ... but to pray about everything.

A simple prayer from the heart is better than a long litany
of empty words.

No matter how alone we may feel, we always have our Guardian Angel in whom we can confide our thoughts and sorrows.

Our invisible companion is always there to listen and console,

Praying for us constantly in the presence of God.

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Queen of the Angels Our Lady

The angel Gabriel appeared to Zachariah the father of John the Baptist, and predicted to him the future birth of the Forerunner. .

Gabriel announced to Mary the future birth of the Messiah.

When Jesus was born in Bethlehem, the angel of the Lord appeared to the shepherds in the night, and declared to them that the Saviour of the world was born at Bethlehem.

St. Joseph was warned by an angel to retire into Egypt, with the mother and the infant Jesus, for fear that Jesus should fall into the hands of Herod.

Reflections on Angels St Padre Pio

Send me your Guardian Angel, you will receive my help.

Know that this good Angel prays for you: offers to God all the good works you accomplish your holy and pure desires.

Invoke often your Guardian Angel.

Remember that God is within us when we are in a state of grace and outside of us when we are in a state of sin;

but His angel never abandons us...

He is our most sincere and faithful friend even when we sadden him with our bad behaviour.

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Guardian Angel



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

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Nazareth – Taking us by the Hand



“And the child grew and became strong; he was filled with wisdom, and the grace of God was upon him”
(Luke 2:40)

Scripture tells us very little about Jesus’ formative years but we know that He lived with His mother for about 30 years and He learnt carpentry skills from Joseph.

Imagine Mary teaching Jesus how to walk, holding both his hands with her back bent over him.

We can ask Her to do the same for us, to take us by the hand and teach us how to live the life God wants us to live.

And so we step out on this Pilgrimage of the Heart as a little child learning to walk.

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Nazareth – Taking us by the Hand

Jesus said we must be as little children to enter the kingdom of Heaven. And so in humility we start each new pilgrimage with the spirit of a child.

I remember a time when we were praying for a priest who humbly said “I feel as if all I have done under my own steam in the past has been worth nothing. I feel like a little child learning to walk!”

On the wall behind us was a statue of Mary and the child Jesus.

We prayed that he would surrender to the arms of Mary teaching him to walk the spiritual path prepared for him.

And yet every step is planned, the time before we learn to walk is also crucial, a time of preparation, of weaning, of building up our immunity, a time when we are being ‘seven times refined’.

Jesus tells us:

*“Be perfect as your heavenly Father is perfect” and
“let the little children come to Me, to such as these
belong the Kingdom of Heaven.”*

And so we listen to Our Lady and Padre Pio as they guide us on the path of Christian Perfection.

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Reflections on Christian Perfection Our Lady

I am calling you to the way of holiness, to your individual conversion:

Prayer with the heart
Rosary
Eucharist
Holy Bible
Fasting
Monthly confession

Decide completely for God, surrender yourselves totally, and then you will be able to live everything I have been telling you.

Love your enemies.
Banish from your heart all hatred, bitterness
Instead pray for your enemies and call a divine blessing on them.

Reflections on Christian Perfection St Padre Pio

Charity, Joy and Peace perfect the soul with what it possesses.

Patience perfects with endurance.

Kindliness.

Forebearance leads one to persevere

Meekness stifles our anger.

Modesty gives restraint over all the senses

Chastity detaches the soul from forbidden pleasures.

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Christian Perfection



Be perfect as your Heavenly Father is Perfect

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Cana in Galilee

There was a wedding feast in Cana of Galilee and Mary the Mother of Jesus was there (John 2:1)

Imagine the servants' dismay when they realise they are running out of wine.... Mary knows her son can help and tells Him

"They have no more wine".

Despite Jesus' protest she tells the servants to

"Do whatever He tells you"

Jesus made all water sacred when He, the Anointed One, was baptised in the river and now He tells the servants to fill the six stone jars with water

The water turned into wine and He thus revealed His
glory

Water becomes Wine. This Wine the fruit of the grape
Becomes the Blood of Jesus.

At His last meal with His disciples Jesus took the wine and blessed it and said

"This is My blood poured out for you"

Jesus, the Fruit of Mary's womb consecrates the grape, the Fruit of the vine, and it becomes the Blood of Jesus poured into the earth at Calvary for the forgiveness of sins.

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Cana in Galilee



Hear Jesus say:

“My first miracle happened because of Mary.

The very first one.

It is a symbol that Mary is the key to miracles.

I never refuse My Mother anything and because of Her prayer I bring forward also the time of Grace...

Besides I wanted to make Her power known to the world, together with mine, since She was destined to be joined to Me in the flesh it was fair she should be joined to Me in the power that is shown to the world.

Because we were one flesh, I in Her, She around Me, She was united to me in sorrow and we were both on the Cross, I with My body, She with Her soul.

I say to you what I said to the guests, Thank Mary, it is through Her that you had with you the Master of the miracle and you have My graces, particularly those of forgiveness”

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Mary Meets Her Suffering Son



When we meditate on the passion of Jesus it is most powerful if we walk behind Him with His mother, Mary.

How helpless she feels as she watches Him being scourged, crowned with thorns, and falling under the weight of a heavy cross, knowing that He suffers for sinners and saints alike.

And Jesus does not want His mother to see Him in His agony, yet He needs her so much.

When Mary meets her Son, they look at each other and understand that this has to be done.

They give each other strength with a look of love.

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Memorare



Remember,
O most gracious Virgin Mary
that never was it known
that anyone who fled to your protection,
implored your help
or sought thy intercession,
was left unaided.

Inspired with this confidence,
I fly unto thee,
O Virgin of virgins, my mother;
to you I come
before you I stand,
sinful and sorrowful,

O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy
hear and answer me.
Amen

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Reflections On the Cross Our Lady

Entrust your problems to me.

No one will understand you as I do

Health of the sick.

Comforter of the afflicted.

My Son carried the Cross.

My Son suffered on the Cross.

My son died on the Cross.

He died to save the world.

When sufferings come, offer them as a sacrifice.

Reflections On the Cross St Padre Pio

We must never separate the Cross from Jesus; otherwise it would become a weight which in our weakness we could not carry.

Our Lord sends the crosses; we do not have to invent them.

Endure tribulations, illness and pain, for the love of God and for the conversion of sinners.

One day when we are able to see the full mid-day light, we will know what value and what treasures our earthly sufferings have been that have made us gain our everlasting Homeland.

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WHY?



“This Is My Body Broken For You”

A Pilgrimage Of The Heart

In the Upper Room

After witnessing the death of Her Son, Mary held Him in Her arms before He was placed in the tomb.

Then we imagine she was supported back to the place she was staying with the other women in Jerusalem.

Probably back to the upper room where Jesus had presided at the Passover meal the previous night.

Even though she is the mother of God the depth of her anguish and pain was still as great as it would have been for any other mother.

How did she get through that first night? The disciples, with the exception of John, had fled.

Did Mary understand Jesus' words that 'on the third day He would rise again?' Her heart was truly pierced as Simeon had promised long ago.

Yet she was the Mother to welcome the disciples as they returned to the upper room, to forgive their cowardice.

She was the Mother to forgive those responsible for Her son's crucifixion, remembering His words

"Father forgive them, they do not know what they do".

Imagine her absolute Joy when He rose again.

Pope John Paul II suggests that Jesus first appeared to Mary, and then to them all.

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In the Upper Room

Then, as He ascended to His Father she knew her role on earth was accomplished. Her “YES” over 30 years ago, had enabled God’s will to be done through her. After the Ascension she would remind them of His words “to stay in the upper room until the Father sent the Holy Spirit”, for she knew the power of the Holy Spirit because she had experienced it when Angel Gabriel visited her to tell her she was to bear the Messiah.

Look at the Pieta and place yourself in the arms of Mary, your Mother.
Now place all those you need to forgive in Her arms too, and be reconciled.



And with Mary and the disciples we remember words of the prayer Jesus taught

“Forgive us our trespasses as we forgive those who trespass against us”

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Reflections on Confession Our Lady

Do not go to confession through habit, to remain the same after that. No, it is not good.

Confession should give an impulse to your faith.

It should stimulate you and bring you closer to Jesus.

Make your peace with God and among yourselves.

For that, it is necessary to believe, to pray, to fast, and to go to confession

Pray, pray!

Repent, Repent, Repent.
(Our Lady of Lourdes)

Reflections on Confession St Padre Pio

In our thoughts and in confession, we must not dwell on sins that were previously confessed.

When disturbed by passions and misfortunes, may the sweet hope of His inexhaustible mercy sustain us.

Let us have no doubts about the solemn pardon pronounced over our errors.

Let us place a tombstone over them, just as the Lord has done.

Remember that our soul is the temple of God.

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Return of the Prodigal Son



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Homecoming

Mary's home in Ephesus



Mary travelled with John as the disciples obeyed Jesus' instruction to go out to the whole world and proclaim the Good News. We don't know where they journeyed but legend tells us that Mary lived for a while in Ephesus. *"Dear woman, here is your son"....and to the disciple "here is your mother"* (John 19: 26-27)

These are the words that Jesus spoke to Mary and John as they stood at the foot of the Cross. We are invited to share in this love, and to accept Mary into the home of our heart as our Mother.

Imagine Mary in Her home in Ephesus, welcoming all who come to visit Her, giving counsel and advice, retelling the visit of Angel Gabriel, sharing Her memories of Jesus as a boy growing up, reminding everyone of His teaching –how She felt when She had to watch Him dying on the cross, how she felt when the disciples doubted Her and Her Son, how grateful She felt for the friendship and support shown by the women at the foot of the cross in Her hour of greatest need.

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Homecoming

She would tell of the expectant wait in the upper room and the descent of the Holy Spirit upon the disciples and the women gathered there.

Just as she would have encouraged them from her own understanding and experience of the infilling of the Holy Spirit, she encourages you now and prays for you. As we get older we look back over our life, remembering the good, and reflecting on the challenges.

As Mary and her Son forgave all who needed forgiveness, we, through their intercession, forgive ourselves and all who we feel need our forgiveness.

We can now join the circle surrounding Jesus and hear Him say as He looks at us:

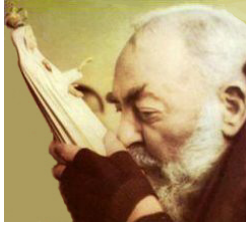
“Here are my mother and my brothers! Whoever does God’s will is my brother and sister and mother”

(Mark 3:34)

To do God’s will is simply to accept His love and to live it in your heart and in your home as Mary and Joseph did in Nazareth.

A Pilgrimage Of The Heart

Litany of the Blessed Virgin Mary



Lord have mercy on us. Lord have mercy on us.
Christ have mercy on us. Christ have mercy on us.
Lord have mercy on us. Lord have mercy on us.
Christ, hear us. Christ, graciously hear us.
God the Father of Heaven, have mercy on us.
God the Son, Redeemer of the world, have mercy on us.
God the Holy Ghost, have mercy on us.
Holy Trinity, one God, have mercy on us.
Holy Mary, pray for us
Holy Mother of God, pray for us
Holy Virgin of virgins, pray for us
Mother of Christ, pray for us
Mother of divine grace, pray for us
Mother most pure, pray for us
Mother most chaste, pray for us
Mother inviolate, pray for us
Mother undefiled, pray for us
Mother most amiable, pray for us
Mother most admirable, pray for us
Mother of good counsel, pray for us

A Pilgrimage Of The Heart

Litany of the Blessed Virgin Mary

Mother of our Creator, pray for us
Mother of our Redeemer, pray for us
Virgin most prudent, pray for us
Virgin most venerable, pray for us
Virgin most renowned, pray for us
Virgin most powerful, pray for us
Virgin most merciful, pray for us
Virgin most faithful, pray for us
Mirror of justice, pray for us
Seat of wisdom, pray for us
Cause of our joy, pray for us
Spiritual vessel, pray for us
Vessel of honor, pray for us
Singular vessel of devotion, pray for us
Mystical rose, pray for us
Tower of David, pray for us
Tower of ivory, pray for us
House of gold, pray for us
Ark of the covenant, pray for us
Gate of Heaven, pray for us
Morning Star, pray for us
Health of the sick, pray for us
Refuge of sinners, pray for us
Comforter of the afflicted, pray for us
Help of Christians, pray for us
Queen of Angels, pray for us
Queen of Patriarchs, pray for us

A Pilgrimage Of The Heart

Litany of the Blessed Virgin Mary

Queen of Prophets, pray for us
Queen of Apostles, pray for us
Queen of Martyrs, pray for us
Queen of Confessors, pray for us
Queen of Virgins, pray for us
Queen of all Saints, pray for us
Queen conceived without original sin, pray for us
Queen assumed into Heaven, pray for us
Queen of the most holy Rosary, pray for us
Queen of peace, pray for us

Lamb of God, Who takes away the sins of the world:
Spare us, O Lord.

Lamb of God, Who takes away the sins of the world:
Graciously hear us, O Lord.

Lamb of God, Who takes away the sins of the world:
Have mercy on us.

Pray for us, most holy Mother of God,
That we may be made worthy of the promises of Christ.

Let us pray.

Almighty and everlasting God, Who has prepared the body and soul of the blessed Mary, Virgin and Mother, to be a fitting receptacle for Your Son, grant that we who rejoice in her commemoration may, by her loving intercession, be delivered from present evils and everlasting death. Through Christ our Lord. Amen.

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Closing Prayer

Lord support us all the day long
'til shadows lengthen and evening falls
and the busy day is hushed
and the fever of life is over
and our work is done.

Then in Your mercy
may You give us a safe lodging,
holy rest and peace at last. Amen
Blessed John Henry (Cardinal) Newman



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