

IHM Associate

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Introduction

➤ September

Together We Go Forward Into the Heart of
God

➤ October

Mary, the First Disciple

Prayer to Our Lady of Perpetual Help



Mother of Perpetual Help, you have been blessed and favored by God.

You became not only the Mother of the Redeemer, but the Mother of the redeemed as well. We come to you today as you are loving children. Watch over us and take care of us.

As you held the child Jesus in your loving arms, so take us in your arms.

Be a mother ready at every moment to help us. Our greatest fear is that in time of temptation, we may fail to call out to you, and become lost children. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you.

Mother of Perpetual Help. Pray for us!

Amen.

**My soul proclaims the greatness of the Lord
And my spirit exalts in God my savior
For He has looked with mercy on my lowliness
And my name will be forever exalted
For the mighty God has done great things for me
And His mercy will reach from age to age
And holy, holy, holy is His name
He has mercy in every generation
He has revealed His power and His glory
He has cast down the mighty in their arrogance
And has lifted up the meek and the lonely
He has come to help His servant Israel
He remembered His promise to our fathers
And holy, holy, holy is His name
Holy, holy, holy is His name**

https://www.youtube.com/watch?v=oTEL_7TS5FE

NOTHING IS MORE PRACTICAL THAN
FINDING GOD, THAT IS, THAN
FALLING IN LOVE

IN A QUITE ABSOLUTE, FINAL WAY.
WHAT YOU ARE IN LOVE WITH,
WHAT SEIZES YOUR IMAGINATION,
WILL AFFECT EVERYTHING.

IT WILL DECIDE
WHAT WILL GET YOU OUT OF BED
IN THE MORNING,
WHAT YOU DO WITH YOUR EVENINGS,
HOW YOU SPEND YOUR WEEKENDS,
WHAT YOU READ, WHO YOU KNOW,
WHAT BREAKS YOUR HEART,
AND WHAT AMAZES YOU WITH
JOY AND GRATITUDE.

FALL IN LOVE, STAY IN LOVE,
AND IT WILL DECIDE EVERYTHING.



JOSEPH P.
WHELAN,
SJ

JOSEPH P. WHELAN, SJ

Mary the First Disciple: Seven Tools To Guide Our Journey

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1. Discernment
 2. Commitment
 3. Acceptance
 4. Pondering

- ❖ *Which of these steps do you find the easiest or most comforting?*
- ❖ *Which step presents the greatest challenge?*
- ❖ *Which one enlarges your understanding of Mary most?*

Mary the First Disciple: Seven Tools To Guide Our Journey

5. Participation
6. Transformation
7. Communion

- ❖ *Which steps of this process speak most to you?*
- ❖ *How might you lead others to a similar understanding of Mary in all her fullness?*
- ❖ *Which of these steps do you find most consoling; most challenging?*

Blessing the House of the Heart

If you could see
the way this blessing
has inscribed itself
on every wall
of your heart,
writing its shining line
across every doorway,
tracing the edge
of every window
and table
and hall—
if you could see this,
you would never question
where home is
or whether it has
a welcome for you.





By Jan Richardson from *The Cure for Sorrow*

This blessing wishes
to give you
a glimpse.
It will not tell you
it has been waiting.
It will not tell you
it has been keeping watch.
It would not
want you to know
just how long
it has been holding
this quiet vigil
for you.
It simply wants you
to see what it sees,
wants you to know
what it knows—
how this blessing
already blazes in you,
illuminating every corner
of your broken
and beautiful heart.