

Sunday

Monday

Tuesday

Wednesday

*A Celebration  
of Marian Feasts  
Throughout  
the Year*



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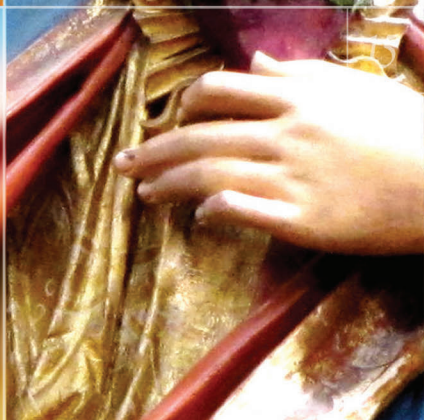


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*Mondays  
with Mary*



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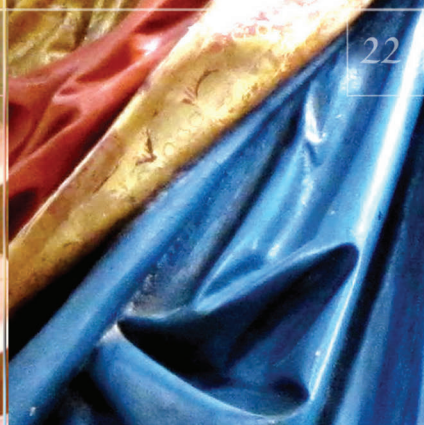
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*Meredith  
Henning*

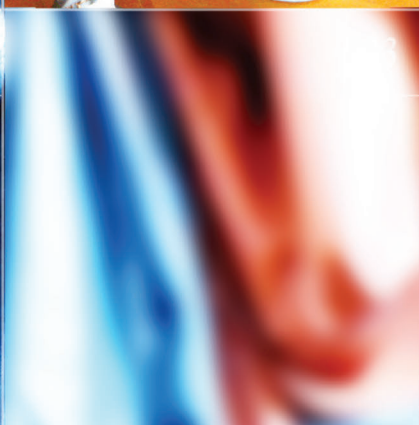
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31

# **Mondays with Mary**

*A Celebration of Marian Feasts Throughout the Year*

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*A Celebration of Marian Feasts Throughout the Year*

**Meredith Henning**

Second Edition



Mondays with Mary:  
A Celebration of Marian Feast Throughout the Year  
Second Edition

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**Special note for the second edition:** The illustrations as well as the recipe cards in Appendix F may be photocopied for your personal use only. We encourage you to use the illustrations at the beginning of each section as well as the images of flowers throughout the book as coloring pages for your teatime activity. We sized them small for use by small hands. They can be glued to cardstock and used in your projects.

## *Litany of Loreto*

*Lord, have mercy on us.  
Christ 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, . . .  
Holy Virgin of virgins, . . .  
Mother of Christ, . . .  
Mother of divine grace, . . .  
Mother most pure, . . .  
Mother most chaste, . . .  
Mother inviolate, . . .  
Mother undefiled, . . .  
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 justice, . . .  
Seat of wisdom, . . .  
Cause of our joy, . . .  
Spiritual vessel, . . .  
Vessel of honor, . . .  
Singular vessel of devotion, . . .  
Mystical Rose, . . .  
Tower of David, . . .  
Tower of ivory, . . .  
House of gold, . . .  
Ark of the covenant, . . .  
Gate of heaven, . . .  
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, . . .  
Queen of Virgins, . . .  
Queen of all Saints, . . .  
Queen conceived without original sin, . . .  
Queen assumed into heaven, . . .  
Queen of the most holy Rosary, . . .  
Queen of Peace, pray for us.*

*Lamb of God, who takest away the sins of the world, spare us, O Lord.  
Lamb of God, who takest away the sins of the world, graciously hear us O Lord.  
Lamb of God, who takest 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.*

*Let us pray.  
Grant, we beseech Thee, O Lord God, unto us Thy servants, that we may rejoice in continual health of mind and body; and, by the glorious intercession of Blessed Mary ever Virgin, may be delivered from present sadness, and enter into the joy of Thine eternal gladness. Through Christ our Lord.  
Amen.*

## ***To the Blessed Mother in all her glorious titles . . .***

“I know there seems to be neither order nor sense in what I write, but because I long so dearly to possess You, I am looking for You everywhere, like Solomon, wandering in all directions (Wisdom 8:18). If I am striving to make You known in this world, it is because You Yourself have promised that all who explain You and make You known will have eternal life (cf. Sirach 8:18). Accept, then, my loving Lord, these humble words of mine as though they were a masterly discourse. Look upon the strokes of my pen as so many steps to find You and from Your throne above bestow Your blessings and Your enlightenment on what I mean to say about You, so that those who read it may be filled with a fresh desire to love You and possess You, on earth as well as in heaven.”

—Saint Louis de Montfort (*The Love of Eternal Wisdom*, Montfort Missionaries, 1987)



Church in village of Montfort-sur-Meu (photo courtesy Julia Fogassy)

# Acknowledgments

This book would not have been possible without the loving support of my family. I especially want to thank my dear sweet husband without whom I could never have dreamed up this reality and for all his love and guidance in the wee dark hours of writing!

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I also wish to acknowledge:

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Kathleen Lawson, my incredible friend and confidante. I thank her for her encouragement and constant friendship, even after all these years.

***May we always go to Jesus  
through Mary!***

# Table of Contents

**PLEASE NOTE:** Devotional activities are presented in the book in the order of the *Litany of Loreto* (see page 5). For a list of the activities keyed to the calendar, please see Appendix E.

Preface ♥ .....	xii
Introduction ♥ .....	xiii

<b>Part 1: Mary, Our Mother.....</b>	<b>1</b>
Holy Mary (Holy Name of Mary, September 12) .....	3
Holy Mother of God (Mary, the Mother of God, January 1) .....	7
Holy Virgin of Virgins (Betrothal of Mary and Joseph, January 23) .....	11
Mother of Christ (The Nativity of Jesus, December 25), .....	15
Mother of Our Creator (Nativity) Mother of Our Savior (Nativity)	
Mother of Divine Grace (Our Lady, Virgin of Grace, June 9) .....	21
Mother Most Pure (The Purification of Mary, Presentation, February 2), ....	25
Mother Most Chaste (Purification), Mother Inviolable (Purification),	
Mother Undeiled (Purification)	
Mother Most Amiable (Immaculate Heart of Mary,.....	29
Saturday following 2nd Sunday after Pentecost),	
Mother Most Admirable (Immaculate Heart)	
 <b>Part 2: Mary, Ever Virgin .....</b>	 <b>33</b>
Mother of Good Counsel (Our Lady of Good Counsel, April 26) .....	35
Virgin Most Prudent (Mother of Good Counsel)	
Virgin Most Venerable (Presentation of the Blessed Virgin Mary, .....	39
November 21)	
Virgin Most Renowned (The Annunciation, March 25) .....	43
Virgin Most Powerful (Our Lady of the Miraculous Medal, November 27) ...	47
Virgin Most Merciful (Our Lady of Mercy, September 24) .....	51
Virgin Most Faithful (Visitation of the Blessed Virgin Mother.....	55
to Elizabeth, May 31)	



<b>Part 3: Marian Symbols .....</b>	<b>59</b>
Mirror of Justice (Queen of the Apostles, Saturday after Ascension) .....	61
Seat of Wisdom (Mother of Divine Providence, ..... Saturday before the 3 <sup>rd</sup> Sunday in November)	65
Cause of Our Joy (Birth of Blessed Virgin Mary, September 8) .....	69
Spiritual Vessel (Our Lady of Mount Carmel, July 16), .....	73
Vessel of Honor (Mt. Carmel), Singular Vessel of Devotion (Mt. Carmel)	
Mystical Rose (Our Lady of the Most Holy Rosary, October 7) .....	79
Queen of the Most Holy Rosary (see: Mystical Rose, October 7)	
Tower of David (Our Lady of Knock, August 21) .....	83
Tower of Ivory (Our Lady of the Snows, August 5) .....	87
House of Gold (Our Lady of Guadalupe, December 12) .....	91
Ark of the Covenant (Our Lady of the Blessed Sacrament, May 13) .....	95
Gate of Heaven (Our Lady of Lourdes, February 11) .....	101
Morning Star (Our Lady, Star of the Sea) .....	107
Health of the Sick (Our Lady of Perpetual Help, June 27) .....	113
Refuge of Sinners (Our Lady, Refuge of Sinners, August 13) .....	117
Comforter of the Afflicted (Our Lady of Sorrows, September 15) .....	121
Help of Christians (Our Lady, Help of Christians, May 24).....	127
 <b>Part 4: Mary, Our Queen .....</b>	 <b>131</b>
Queen of Angels (The Coronation of Mary, August 22) .....	133
Queen of Patriarchs (Coronation), Queen of Prophets (Coronation), Queen of Apostles (Mirror of Justice)	
Queen of Martyrs (Coronation), Queen of Confessors (Coronation), Queen of Virgins (Coronation)	
Queen of All Saints (Coronation, All Saints' Day, November 1)	
Queen Conceived Without Original Sin (Immaculate Conception, ..... December 8)	137
Queen Assumed into Heaven (Assumption of Mary, August 15) .....	141
Queen of Peace (Our Lady of Fatima, May 13) .....	145
 <b>Appendix A Recommended Reading .....</b>	 <b>151</b>
<b>Appendix B The "Merry" Month of May .....</b>	<b>153</b>
<b>Appendix C Recommended Resources .....</b>	<b>157</b>
<b>Appendix D Hymns .....</b>	<b>159</b>
<b>Appendix E Chronological order of celebrations .....</b>	<b>163</b>
<b>Appendix F Recipes.....</b>	<b>165</b>

# Introduction

## The Invitation

When we first began Mondays with Mary, I was elated to discover such a joyous, engaged response from my children about our new “Mary” time. While this was not their first exposure to Marian devotions, my previous approach (during school time) was not only met with boredom, but led to discouragement on my part. Mary, I realized, is not someone to “learn” about, she is someone to yearn for. She is not a project to be finished and then put away, she is a cherished gift from God; a refuge for us to return to again and again. She is Our Heavenly Mother.

We had always prayed the family rosary in the evening; we had prayed litanies, novenas, and carried out many May coronations. We marveled at the birth of Our Lord and at the *fiat* of his Mother, but we needed more. *I needed more.* What better way for a Catholic mother of four to instill our rich faith and most especially a faithful devotion to Our Blessed Mother than with a special focused devotion time? What better way to reach Jesus than through His ever-Virgin and faithful Mother? This was it! And so *Mondays with Mary* was born.

*Mondays with Mary* represents a glimpse into the life and heart of the Blessed Virgin Mary for our children. We as their parents are the windows to her world; we just need to open it for them. Let us go to Jesus through Mary!

## The Inspiration

The inspiration for this book came one day as I pondered the *Litany of Loreto*. I was struck by the symbolism and joy of this litany and how it represents every aspect of Our Lady’s life as a free, loving gift to the world. Dating back to the fourteenth century, the *Litany of Loreto* includes almost every reality of Mary we celebrate.

At the time, I had been receiving some beautiful novena notifications via email from one of my dearest friends, Alice Gunther, author of *Haystack Full of Needles: A Catholic Home Educator’s Guide to Socialization* (Pennsylvania, Hillside Education, 2008). I received each message with joy, knowing I would be able to pray for a person in our online community and that Mary was taking all our prayers and devotions straight to Our Heavenly Father. This was so very meaningful and real for me that I wanted to share this practice with my dear children. Our Catholic faith is so rich in tradition

and symbolism that I wanted the *Litany of Loreto* to be a tradition-building tool that would create memories of our times together with Mother Mary.

For the past few years I have shared the content and activities of our *Mondays with Mary* through posts on my home education blog—*Sweetness and Light*. Because of the heartfelt joy and positive response from my readership, I felt called to put it into a book format so others could benefit from this Marian devotion and the many graces that flowed into our family as a result.

It is my deep desire that this book will enrich your life and bestow upon your family the grace of Our Lady and her Son, Jesus Christ. This is what *Mondays with Mary* is all about!

## **The Implementation**

How then might we more fully appreciate all of Our Blessed Mother's feasts and apparitions? I have found that the *Litany of Loreto* provides a framework for celebrating Marian feasts throughout the liturgical year. I hope you will discover how using the *Litany* for hands-on devotion provides a powerfully effective focus for teaching your dear children about their heavenly Mother and making her seem more real to them — and you.

Each title found in the *Litany of Loreto* helps us to explore an aspect of Mary's life that the Church reverences and I have provided practical suggestions for celebrating at home. These suggestions include devotional activities, teatime recipe ideas, and other ways to remember Our Lady and her worthiness for feasting and celebrating! There are also some appendices at the back for you to peruse.

The format for this book is simple, straightforward, and can be expanded to include your own family customs and traditions. Because each feast is self-contained and none is a prerequisite for another, you can celebrate them all within each liturgical year cycle, or select the ones that are most convenient and special to your group or family and plan accordingly. The book is designed to be used each year, so it is just fine to pick and choose what suits your family.

Here are some suggestions to help you prepare. I offer the following as a blueprint for planning ahead for your Mondays with Mary, and to generate wonder and anticipation in your children. Although this book was developed mainly for home use, it would also work well for any small gathering within or outside your parish. If you travel this route, feel free to delegate some of the preparation. Perhaps one family could bring teatime

treats; another could bring beverages or craft supplies. Make it work for you in a simple and relaxed manner. Your focus, after all, is celebrating a feast in honor of Mary!

On your very first *Mondays with Mary*, prepare your environment with these essential elements:

**1. Make a Marian space reflecting the theme of the feast**

Whether it is in a separate nook in your home, on a special shelf, or the center of your kitchen table, this space will help your children focus on the feast you celebrate. For example, collect and display holy cards or pictures illustrating different aspects of Our Lady. Candles and flowers whether real or artificial are a nice touch. Perhaps a lovely seashell or a handmade rosary would make your space especially Marian. Let each feast day spark your imagination. Encourage your children to make their own contributions.

**2. Prepare a Teatime Recipe**

Within each feast you will find a suggested recipe for your teatime. These are simple to prepare. Some of the suggested recipes are feast specific or symbolic of the Marian celebration, but many are interchangeable and can be served on any of the feasts. Choose some and repeat them as you discover your favorites throughout the year if you wish. Just be sure to gather the ingredients you will need in advance. Also, you do not have to limit yourself to tea. There are certainly fruit juices, milk or water that could be used for any of these feast days. I encourage you to be creative whenever connections become clear. Please also be assured that any of your own family favorites may be more meaningful for a particular feast, so please feel free to select what you prefer, especially if your family has specific dietary needs.

**3. Choose a Devotional Activity**

I offer a variety of hands-on activities for you to consider. You need not create a craft for each feast but I can vouch for the fact that doing so will greatly increase the level of fun, devotion to Mary, and creativity when celebrating. Plus, who doesn't like to make special things?

For each craft activity, I provide directions and a list of materials. Again, I recommend gathering everything in advance so you can avoid scrambling at the last moment.

#### **4. Learn More**

To enhance your celebration with a picture book or read-aloud book, or DVD viewing suggestion, please review the selections offered in Appendix A.

As a final thought, you may wish to create some sort of keepsake as a record of your *Mondays with Mary*. Taking photographs of your celebrations and then saving them in a Marian Notebook or Scrapbook might greatly enhance your memories and time together. This is certainly not required, but some just may find this immensely enjoyable! Scrapbooks and notebooks can be easily obtained at the craft store or online, you can even make your own, so please see the resources listed in Appendix C.

With these elements in place, you will be ready to begin *Mondays with Mary*. Please feel free to adapt this format to best suit your family or group situation. It is my hope and prayer that all who gather with you come to know Mary in a loving and special way.

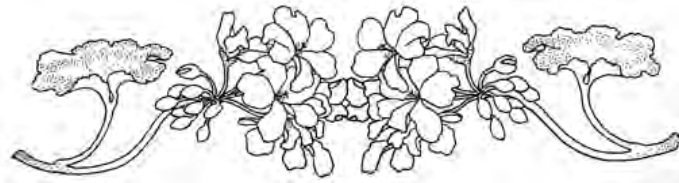
*For where two or three are gathered together in my name, there am I in the midst of them. —Matthew 18:20*



# Part 1

## Mary, Our Mother





## ***Holy Mary, pray for us.***

### **Holy Name of Mary**

**September 12**

*"O name of Mary! Joy in the heart, honey in the mouth, melody to the ear of her devout clients!" —St. Anthony of Padua*

The Holy Name of Mary is the first title of Mary in the *Litany of Loreto*. Today's celebration is all about revering Our Lady's name. "Mary" in Latin is *Maria*, in Hebrew it is *Maryam*, and in Aramaic it is *Miryam*. From this, the name "Mary" has been derived and it is so precious to us who call on her. Eight days after the birth of the Blessed Virgin Mary, in accordance with Jewish law, her parents, Saints Joachim and Anne, were inspired by their visions of angels to name her thus.

We do not really know much about Mary's parents, just how they yearned deeply for a child and implored God with fervent prayers, prayers God answered with the sweetest most delightful gift they—and we—could ever receive. It's important to note, too, that Saints Anne and Joachim are the grandparents of Our Lord. This is big!

*"On this day dedicated to the Holy Name of Mary let us repeat that wonderful prayer of Saint Bernard: "Look to the star of the sea, call upon Mary ... in danger, in distress, in doubt, think of Mary, call upon Mary. May her name never be far from your lips, or far from your heart ... If you follow her, you will not stray; if you pray to her, you will not despair; if you turn your thoughts to her, you will not err. If she holds you, you will not fall; if she protects you, you need not fear; if she is your guide, you will not tire; if she is gracious to you, you will surely reach your destination." —Pope Benedict XVI (Address at Heiligenkreuz Abbey, September 9, 2007)*

## Teatime Chat

Do you know how you got your name? Did you know that God not only knew your name before you were born (Jeremiah 1:5) but knew how many hairs you would have on your head? (Luke 12:7) Have fun chatting today about how family members received their names. What does each name mean? Why is it special?

You might encourage the children to select or create a symbol for their names that they can use to decorate their notebooks or Marian scrapbooks as children of Mary and Jesus.

Thanking God for this feast of the *Holy Name of Mary* and for your family's special name days, ceremoniously mark each person's name day on the family calendar and chat about how these special days might be celebrated.

## Devotional Activities (choose one or more)

### ♥ *Letters of Her Holy Name*

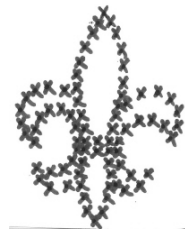
*Supplies:* 3- to 5- inch wood letters of your choice (one set or letter for each participant), acrylic craft paint in blue and white star, heart and flower stickers, Modge Podge™ or clear acrylic spray (optional).

*Directions:* Paint the large wooden letters blue or white to spell out M-A-R-Y, M-A-R-I-A, or A-V-E M-A-R-I-A and let dry. Decorate with the flower, star and heart stickers, seal with Modge Podge™ or clear acrylic spray if desired. Display on your Marian altar or at the dinner table.

### ♥ *Cross-Stitch or Embroider Marian Symbols*

*Supplies:* Assorted embroidery or cross stitch needles, assorted embroidery threads in blue, white, yellow or gold, fabric in white or blue, embroidery hoop, scissors.

*Directions:* Choose a Marian symbol to embroider or cross stitch and create a beautiful image for Our Lady. Try this simple "fleur de lis!"



♥ **Pray: Litany of the Holy Name of Mary** (For private devotion only)

Lord, have mercy.  
Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
Son of Mary, hear us.  
Son of Mary, graciously hear us.  
Heavenly Father, of whom Mary  
    is the Daughter, have mercy on us.  
Eternal Word, of Whom Mary is the  
Mother, Have Mercy on us  
    Holy Spirit, of Whom Mary is the spouse,  
        Have mercy on us  
    Divine Trinity, of Whom Mary is the  
        Handmaid, have mercy on us  
Mary, Mother of the Living God, pray for us  
    Mary, daughter of the Light Eternal,  
        Mary, our light,  
        Mary, our sister,  
        Mary, flower of Jesse,  
        Mary, issue of kings,  
        Mary, chief work of God  
        Mary, the beloved of God  
        Mary, Immaculate Virgin  
        Mary, all fair  
        Mary, light in darkness  
        Mary, our sure rest  
        Mary, house of God  
        Mary, sanctuary of the Lord  
        Mary, altar of the Divinity  
        Mary, Virgin Mother  
        Mary, embracing your Infant God  
Mary, reposing with Eternal Wisdom  
    Mary, ocean of bitterness.  
    Mary, Star of the Sea  
Mary, suffering with your only Son  
Mary, pierced with a sword of sorrow  
    Mary, torn with a cruel wound  
    Mary, sorrowful even unto death  
    Mary, bereft of all consolation  
    Mary, submissive to the law of God  
    Mary, standing by the Cross of Jesus  
        Mary, Our Lady  
        Mary, Our Queen  
        Mary, Queen of glory  
Mary glory of the Church Triumphant

Mary, Blessed Queen  
Mary, advocate of the Church Militant  
Mary, Queen of Mercy  
Mary, consoler of the Church Suffering  
Mary, exalted above the angels  
Mary, crowned with twelve stars  
Mary, fair as the moon  
Mary, bright as the sun  
Mary, distinguished above all  
Mary, seated at the right hand of Jesus  
Mary, our hope  
Mary, our sweetness  
Mary, glory of Jerusalem  
Mary, joy of Israel  
Mary, honor of our people  
Mary, Our Lady of the Immaculate  
    Conception  
Mary, Our Lady of the Assumption  
Mary, Our Lady of Loreto  
Mary, Our Lady of Lourdes  
Mary, Our Lady of Fatima  
Mary, Our Lady of Czestochowa  
Mary, Our Lady of the Miraculous Medal  
Mary, Our Lady of Mount Carmel  
Mary, Our Lady of the Angels  
Mary, Our Lady of Dolors  
Mary, Our Lady of Mercy  
Mary, Our Lady of the Rosary  
Mary, Our Lady of Victory  
Mary, Our Lady of La Trappe  
Mary, Our Lady of Divine Providence  
  
Lamb of God, Who takes away the sins of  
the world, spare us, O Lord Jesus. Lamb of  
God, Who takes away the sins of the world,  
graciously hear us, O Lord Jesus. Lamb of  
God, Who takes away the sins of the world,  
have mercy on us, O Lord Jesus. Son of  
Mary, hear us. Son of Mary, graciously hear  
us.  
I will declare your name unto my brethren.  
I will praise you in the assembly of the  
faithful.