

Liturgical Living

May 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Feast of St. Joseph the Worker	2	3	4	5	6	7
8	9	10	11	12	13 Feast of Our Lady of Fatima	14
15	16	17	18	19	20	21 Feast of the Mexican Martyrs
22 St. Rita of Cascia	23	24	25	26	27	28
29	30 St. Joan of Arc	31 Feast of the Visitation of the Blessed Virgin Mary				

Liturgical living is a beautiful way for individuals and families to learn about the traditions, saints, and rituals of our faith. This leads to a deeper comprehension and connection to our faith. Pick a few things each month to try and start to see the connection of the Catholic Faith to life outside of mass on Sunday! Give it a try!

May Crowning: An at home May Crowning can be as simple as parents and children saying a Hail Mary and taping a paper crown on a printed picture of Mary. If you have a statue of Mary, make a flower crown to place upon her head. If you have a child whom made their first communion you can give them the honor of crowning Mary. Sing a Marian hymn together and celebrate with a fun treat!

May 1st- St. Joseph the Worker

Prayer: O God, Creator of all things, who laid down for the human race the law of work, graciously grant that by the example of Saint Joseph and under his patronage we may complete the works you set us to do and attain the rewards you promise. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.

Some ways to celebrate this feast is a hands-on project, pray for laborers, and to pray for the conversion of communist nations.

May 13th-Our Lady of Fatima

Activities: Watch or read about Fatima and Pray the Rosary as a family!

Prayer: O God, who chose the Mother of your Son to be our Mother also, grant us that, persevering in penance and prayer for the salvation of the world, we may further more effectively each day the reign of Christ. Who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.

Fatima Pardon Prayer- Delivered by the Angel of Peace during the first apparition to the angel to the three shepherd children of Fatima in spring 1916.

My God I believe, I adore, I trust, and I love you! I beg pardon for those who do not believe, do not adore, do not trust, and do not love you.

Fatima Rosary Decade Prayer: Delivered by Our Lady during the third apparition on July 13, 1917. Traditionally it is prayed after the Glory Be for each decade of the Rosary.

May 22- St. Rita of Cascia- Read her story!

Prayer: O holy protectress of those who are in greatest need, you who shine as a star of hope in the midst of darkness, blessed Saint Rita, bright mirror of God's grace, in patience and fortitude you are a model of all the states in life. I unite my will with the will of God through the merits of my Savior Jesus Christ, and in particular through his patient wearing of the crown of thorns, which with tender devotion you did daily contemplate. Through the merits of the holy Virgin Mary and your own graces

and virtues, I ask you to obtain my earnest petition, provided it be for the greater glory of God and my own sanctification. Guide and purify my intention, O holy protectress and advocate, so that I may obtain the pardon of all my sins and the grace to persevere daily, as you did in walking with courage, generosity, and fidelity down the path of life. *(Here mention your request)* Saint Rita, advocate of the impossible, pray for us. Saint Rita, advocate of the helpless, pray for us. Amen.

May 30: Saint Joan of Arc

Activity: Read about St. Joan of Arc and have some French cuisine!

Prayer: O God, by whose gifts strength is made perfect in weakness, grant to all who honor the glory of blessed Saint Joan of Arc that she, who drew from the strength to triumph, may likewise always obtain from you the grace of victory for us. Through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.

May 31: The Visitation of the Blessed Virgin Mary

Activity: Pray for all expectant mothers, pro-life organizations, and a greater respect for all life. Take time to prepare some freezer meals for new mothers you may know!

Read Luke 1:39-45, 56

Prayer: Almighty and ever-living God, who, while the Blessed Virgin Mary was carrying your Son in her womb, inspired her to visit Elizabeth, grant us, we pray, that, faithful to the promptings of the Spirit, we may magnify your greatness with the Virgin Mary at all times. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. ¹

¹ Tierney, Kendra. *The Catholic All Year Compendium: Liturgical Living For Real Life*. Ignatius Press, 2018.

² Tierney, K. (2021). *The Catholic All Year Prayer Companion: The Liturgical Year in Practice*. Ignatius Press.