

*Abiding with Mary, Mother of Our Eucharistic Lord,
and Queen of Heaven and Earth*



**Devotions to Jesus and His Mother
October 2020**

“Today Mary dwells in the joy and the glory of the Resurrection. The tears [she] shed at the foot of the Cross have been transformed into a smile which nothing can wipe away, even as her maternal compassion towards us remains unchanged. The intervention of the Virgin Mary in offering succour throughout history testifies to this, and does not cease to call forth, in the people of God, an unshakable confidence in her.” Pope Benedict XVI, 15 September 2008

INTRODUCTION FROM BISHOP JOENSEN

Among her various titles—including the Immaculate Conception, Mother of the Church, Queen of Heaven and Earth, Tower of Ivory, and Help of Christians—Mary, the Mother of Jesus, continues to be a source of protection and intercession for all Christians, for the Church, our Des Moines Diocese, and our country.

In these demanding and often disturbing times, we turn to Jesus her Son, present most powerfully in the Sacrament of the Eucharist, for comfort, courage, healing, and hope. Where Jesus is, Mary is always close by, sharing not only his yoke, but ours as well. Mary knows our situation and enfolds us in the mantle of her maternal love.

During the month of October, I encourage all parishes and people of the Diocese of Des Moines to come together in prayerful adoration of the Blessed Sacrament, and to invoke the graces that are perennially available to us through the praying of the Rosary. Please join me in praying for our Nation’s solidarity of spirit, that we may be healed of the wounds that afflict us and together flourish as a people whom God’s Providence elects to be a shining light for all nations.

MARIAN HOLY HOUR WITH ROSARY

The Blessed Sacrament is Exposed in the Usual Way.

Opening Prayer

Let Us Pray:

God, the Father of mercies, you sent your Son into the world as Redeemer of the human race;

Grant that we who honor his Mother may faithfully protect and seek to spread to all peoples the true liberty of your children, which Christ the Lord merited by his sacrifice.

Who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever,

R:/ AMEN

THE FIRST GLORIOUS MYSTERY: THE RESURRECTION

Reflection: God gave the family an identity card, so that families could be places in our world where his truth, love and beauty could continue to take root and grow. . . . Certainly, in the family there are difficulties. In families we argue. In families sometimes we throw dishes. In families children cause headaches. I'm not going to say anything about mothers-in-law! Families always, always, have crosses. Always. Because the love of God, the Son of God, also asked us to follow him along this way. But in families also, the cross is followed by resurrection, because there too the Son of God leads us. So the family is – if you excuse the word – a workshop of hope, of the hope of life and resurrection, since God was the one who opened this path. . . . In families, there are difficulties, but those difficulties are resolved by love. Hatred doesn't resolve any difficulty. Divided hearts do not resolve difficulties. Only love is capable of resolving difficulty. Love is a celebration, love is joy, love is perseverance.

--Pope Francis, Vigil for Festival of Families, 26 September 2015

*Together We Join in the Recitation of the First Decade,
The Resurrection of our Lord Jesus From the Dead*

Collect to Conclude the Decade (After Oh My Jesus...)

Let Us Pray:

**O God, who have been pleased to gladden the world by the Resurrection
of your Son our Lord Jesus Christ,**

Grant, we pray,

**That through his Mother, the Virgin Mary, we may receive the joys of
everlasting life.**

**Through our Lord Jesus Christ, your Son, who lives and reigns with you
in the unity of the Holy Spirit, one God, forever and ever.**

R:/ AMEN

THE SECOND GLORIOUS MYSTERY: THE ASCENSION

Reflection: A Christian cannot think of his or her mission on earth without seeing it as a path of holiness, for “this is the will of God, your sanctification” (1 Thess 4:3). Each saint is a mission, planned by the Father to reflect and embody, at a specific moment in history, a certain aspect of the Gospel.

That mission has its fullest meaning in Christ, and can only be understood through him. At its core, holiness is experiencing, in union with Christ, the mysteries of his life. It consists in uniting ourselves to the Lord’s death and resurrection in a unique and personal way, constantly dying and rising anew with him. But it can also entail reproducing in our own lives various aspects of Jesus’ earthly life: his hidden life, his life in community, his closeness to the outcast, his poverty and other ways in which he showed his self-sacrificing love. The contemplation of these mysteries, as Saint Ignatius of Loyola pointed out, leads us to incarnate them in our choices and attitudes. Because “everything in Jesus’ life was a sign of his mystery,” “Christ’s whole life is a revelation of the Father,” “Christ’s whole life is a mystery of redemption” “Christ enables us to live in him all that he himself lived, and he lives it in us.”

The Father’s plan is Christ, and ourselves in him. In the end, it is Christ who loves in us, for “holiness is nothing other than charity lived to the full.” As a result, “the measure of our holiness stems from the stature that Christ achieves in us, to the extent that, by the power of the Holy Spirit, we model our whole life on his.” Every saint is a message which the Holy Spirit takes from the riches of Jesus Christ and gives to his people.

--Pope Francis, *Gaudete et Exultate*/Rejoice and Be Glad, nn. 19-21

Together We Join in the Recitation of the Second Decade, The Ascension

Collect to Conclude the Decade (After Oh My Jesus...)

Let Us Pray:

Confirm in our minds the mysteries of the true faith, we pray, O Lord, so that, confessing that he who was conceived of the Virgin Mary is true God and true man, we may through the saving power of his Ascension merit to attain eternal joy.

Through Christ our Lord.

R:/ AMEN

THE THIRD GLORIOUS MYSTERY: THE DESCENT OF THE HOLY SPIRIT AT PENTECOST

Reflection: So we might ask ourselves, today, here: How are we trying to live in our homes, in our societies? What kind of world do we want to leave to our children (cf. *Laudato Si'*, 160)? We cannot answer these questions alone, by ourselves. It is the Spirit who challenges us to respond as part of the great human family. Our common house can no longer tolerate sterile divisions. The urgent challenge of protecting our home includes the effort to bring the entire human family together in the pursuit of a sustainable and integral development, for we know that things can change. May our children find in us models and incentives to communion, not division! May our children find in us men and women capable of joining others in bringing to full flower all the good seeds which the Father has sown!

Pointedly, yet affectionately, Jesus tells us: "If you, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" (*Lk* 11:13). How much wisdom there is in these few words! It is true that, as far as goodness and purity of heart are concerned, we human beings don't have much to show! But Jesus knows that, where children are concerned, we are capable of boundless generosity. So he reassures us: if only we have faith, the Father will give us his Spirit.

--Pope Francis, Closing Mass Homily for Eighth World Meeting of Families, Philadelphia, 27 September 2015

*Together We Join in the Recitation of the Third Decade,
The Descent of the Holy Spirit at Pentecost*

Collect to Conclude the Decade (After Oh My Jesus...)

Lord our God,

As the Blessed Virgin was at prayer with the Apostles you poured out on her in abundance the gifts of the Holy spirit;

Grant through her intercession that we too, being filled with the same Spirit, may persevere with one mind in prayer and bring to the world around us the Good News of salvation.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever.

R:/ AMEN

THE FOURTH GLORIOUS MYSTERY: THE ASSUMPTION

Reflection: In this land, the various religious denominations have greatly contributed to building and strengthening society. It is important that today, as in the past, the voice of faith continue to be heard, for it is a voice of fraternity and love, which tries to bring out the best in each person and in each society. Such cooperation is a powerful resource in the battle to eliminate new global forms of slavery, born of grave injustices which can be overcome only through new policies and new forms of social consensus.

Here I think of the political history of the United States, where democracy is deeply rooted in the mind of the American people. All political activity must serve and promote the good of the human person and be based on respect for his or her dignity. "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness" (*Declaration of Independence*, 4 July 1776). If politics must truly be at the service of the human person, it follows that it cannot be a slave to the economy and finance. Politics is, instead, an expression of our compelling need to live as one, in order to build as one the greatest common good: that of a community which sacrifices particular interests in order to share, in justice and peace, its goods, its interests, its social life. I do not underestimate the difficulty that this involves, but I encourage you in this effort.

--Pope Francis, Address to Joint Session of U.S. Congress, 24 September 2015

Together We Join in the Recitation of the Fourth Decade, The Assumption

Collect to Conclude the Decade (After Oh My Jesus...)

**Almighty ever-living God,
Who assumed the Immaculate Virgin Mary,
The Mother of your son,
Body and soul into heavenly glory, grant through her prayers that,
saved by the mystery of your redemption, we may merit to be exalted
by you on high. Through our Lord Jesus Christ, your Son, who lives
and reigns with you in the unity of the Holy Spirit, one God, forever
and ever.**

R:/ AMEN

THE FIFTH GLORIOUS MYSTERY: THE CORONATION OF OUR LADY

Reflection: May the [future year] be for all of you a privileged moment for strengthening communion, perfecting unity, reconciling differences, forgiving one another and healing every rift, that your light may shine forth like *“a city built on a hill”* (Mt 5:14).

This service to unity is particularly important for this nation, whose vast material and spiritual, cultural and political, historical and human, scientific and technological resources impose significant moral responsibilities in a world which is seeking, confusedly and laboriously, new balances of peace, prosperity and integration. It is an essential part of your mission to offer to the United States of America the humble yet powerful leaven of communion. May all mankind know that the presence in its midst of the *“sacrament of unity”* (*Lumen Gentium*, 1) is a guarantee that its fate is not decay and dispersion.

The innocent victim of abortion, children who die of hunger or from bombings, immigrants who drown in the search for a better tomorrow, the elderly or the sick who are considered a burden, the victims of terrorism, wars, violence and drug trafficking, the environment devastated by man’s predatory relationship with nature – at stake in all of this is the gift of God, of which we are noble stewards but not masters. It is wrong, then, to look the other way or to remain silent.

These essential aspects of the Church’s mission belong to the core of what we have received from the Lord. It is our duty to preserve and communicate them, even when the tenor of the times becomes resistant and even hostile to that message (*Evangelii Gaudium*, 34-39). I urge you to offer this witness, with the means and creativity born of love, and with the humility of truth. It needs to be preached and proclaimed to those without, but also to find room in people’s hearts and in the conscience of society.

--Pope Francis, Meeting with U.S. Bishops in Washington, D.C., 23 September 2015

Together We Join in the Recitation of the Fifth Decade, The Coronation

Collect to Conclude the Decade (After Hail Holy Queen)

O God,

**who made the Mother of your Son to be our Mother and our queen,
Graciously grant that, sustained by her intercession, we may attain in the
heavenly Kingdom the glory promised to your children.**

**Through our Lord Jesus Christ, your Son, who lives and reigns with you
in the unity of the Holy Spirit, one God, forever and ever.**

R:/ AMEN



TIME FOR SILENT PRIVATE PRAYER

LITANY OF LORETTO

V. Lord, have mercy.

R. *Christ have mercy.*

V. Lord have mercy. Christ hear us.

R. *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 Spirit, *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, [*etc.*]

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 families,
Queen of peace,

V. Lamb of God, Who takest away the sins of the world,
R. *Spare us, O Lord.*

V. Lamb of God, Who takest away the sins of the world,
R. *Graciously hear us, O Lord.*

V. 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, that we thy servants may enjoy perpetual health of mind and body, and by the glorious intercession of blessed Mary, ever Virgin, may we be freed from present sorrow, and rejoice in eternal happiness. Through Christ our Lord. R. Amen.

THE BLESSED SACRAMENT IS NOW INCENSED AND
BENEDICTION FOLLOWS IN THE USUAL MANNER

Lord our God, in this great sacrament
we come into the presence of Jesus Christ,
your Son born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith in this fountain of love
and mercy drink from it the water of everlasting life.
We ask this through Christ our Lord.

The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints. Amen.

*May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and
loved with grateful affection, at every moment, in all the tabernacles of the world,
even to the end of time. Amen.*

Dear Father united to Jesus in the Eucharist
by the bond of the Holy Spirit,
unite us in one mind and one heart as members of Christ's Body through
the powerful intercession of Mary with all the angels and saints
and souls in purgatory.

We seek your saving grace for our country, the United States of America.
Please help us.

We draw the power of Jesus' blood on the leaders and people of the United
States and ask you to cast the devil into hell.

Bless our country and the Diocese of Des Moines.

We pray for our families, priests and deacons, for our president, for our
elected and appointed leaders.

We pray that we are united as one nation under God to work together in
love, glorifying you, Almighty God, now and forever. Amen.

