**Diocese of San Bernardino**

**MARIAN DEVOTIONS, ACTIVITIES & RESOURCES to celebrate the Virgin Mary at home with the family**

1. ***Morning Minute with Mary* by the Office of Catechetical Ministry**

Let us daily have a *Morning Minute with Mary* and unite in praying a Hail Mary at 9:00 a.m. throughout the month of May (traditionally celebrated in the Catholic Church as the month of Mary).  Please join us and invite others to pray with us by tuning live to our Facebook page Office of Catechetical Ministry every day at 9:00 a.m.

**Venerate Mary.**

At your home alters, find a way in which you can venerate Mary by including her. Some way to do this include:

1. Adding any images/symbols that allow for you & your family to gather and reflect upon our Holy Mother.
2. Show reverence for Mary by decorating the altar. This can include but is not limited to, adding candles & roses. To include the whole family in this process, have each member add a rose as an offering to Mary.
3. Add a prayer/intentions box/jar (which the family can decorate together) next to your veneration of Mary, & then distribute inside of this your individual and family prayers.
4. **FREE Printable Mary, Mother of God Activities, Devotions to Mother Mary, ...**

But during the month of May, Mary is specially honored by devotions around the world. ... Marian devotions are an integral and important part of our Catholic tradition.

<https://www.sadlier.com/religion/blog/the-month-of-mary-catholic-free-printable-mary-mother-of-god-activities-devotions-to-mother-mary-may-crowning-of-mary>

1. **Loyola Press Marian Resources**

[**https://www.loyolapress.com/catholic-resources/saints/saints-activities/resource-collections/marian-resources/**](https://www.loyolapress.com/catholic-resources/saints/saints-activities/resource-collections/marian-resources/)

1. **rereallifeathome.com (activities and crafts,** [do this sweet free Mary crowning printable](https://www.reallifeathome.com/mary-queen-of-heaven-printable-activity/).)
2. **catholicicing.com**

How to honor Mary by starting a Mary garden at home, crowning of Mary, setting up an altar for Mary, Mary crafts and printables, Marian food ideas.)

1. **holyheroes.com**

(“*Marian Consecration Family Adventure*”, families simply sign-up free by e-mail and they will receive daily emails with everything they need to keep them on track with their Marian consecration.)

1. **Family Rosary Making**: Praying the rosary is a beautiful and powerful prayer that Mary taught us to recite to invoke her powerful and loving intercession. Here are some links to provide you with an opportunity to create your own rosary and then use it to pray the holy rosary of our Blessed Virgin Mary. To engage the whole family, make your own rosaries. There are knot rosaries that can be made, here is a guide on how to do it. <https://www.youtube.com/watch?v=sUoSFVULn64#action=share>

If the material isn’t available to you right now, you can engage the family in drawing your own rosary. https://www.catholicicing.com/how-to-draw-rosary/

1. Religious Focused Coloring: Coloring these biblical events, as a family, can allow for everyone to contemplate the deeper meaning of the events. <http://www.supercoloring.com/coloring-pages/tags/mary-mother-of-jesus>
2. **ruahwoodspress.com**

“*On a Mission to Love: Rosary Meditations for Children and Families*” by Debbie Staresinic.

The premise of this book is to present the rosary in a way that is engaging for the typical family. The book encourages praying one decade a day, and a one-sentence meditation before each Hail Mary, designed to keep active minds engaged. (cost of book $12.00)

1. **Rosary meditations for Catholic Couples (**(taken from notsoformulaic.com)

#### **Joyful Mysteries**

* The Annunciation – Humility: Lord, show us how to pray as a couple. Let us be beggars in Christ.
* The Visitation – Love of Neighbor: Lord, we are one in you. May our union be a symbol of Your love for Your Church.
* The Nativity – Detachment: Guide us, Lord, as we cling to you. Let us find comfort in the fruits of your Spirit, not in material goods.
* The Presentation – Obedience: Mold our hearts to yours, oh Lord. Through our submission to one another, may we be submissive to You.
* The Finding of the Child Jesus in the Temple – Piety: Lord, we dedicate our marriage to You. We commend our union to Your grace and Your Church.

#### **Luminous Mysteries**

* The Baptism of the Lord – Openness to the Holy Spirit: Lord, the health of our marriage depends on You. Open our hearts to the wisdom of your Spirit.
* The Wedding at Cana – To Jesus Through Mary: You instructed the guests at Cana to do whatever she told them. Instill in us a desire to do your will, through your blessed Mother.
* The Proclamation of the Kingdom – Repentance, Trust in God: Lord, turn the heart of our marriage away from sin. Lead us to trust in you alone.
* The Transfiguration – Desire for Holiness: Bless our marriage with the desire for holiness. Let us long to be united with you through our union with one another.
* The Institution of the Eucharist – Love of our Eucharistic Lord: Let the foundation of our marriage be the Eucharist, O Lord. May we endeavor to find you in the Mass and frequent reception of the Sacraments.

#### **Sorrowful Mysteries**

* The Agony in the Garden – Contrition, Conformity to God’s Will: Forgive us, O Lord, when we have strayed from your guidance. Let our hearts always long for what you want.
* The Scourging at the Pillar – Mortification: Sometimes we annoy or irritate one another. Let us offer these irritations to you, O Lord, rather than build up resentment or anger.
* The Crowning of Thorns – Moral Courage: Lord, we live in trying times. Grant us the courage to live our faith out loud, to preserve the sanctity of marriage and the family.
* The Carrying of the Cross – Patience: Lord, we are not always patient. May we develop the grace to wait for you, to desire all things in your time.
* The Crucifixion – Self-Denial: Our union bears the fruit of total self-gift. Help us to offer even the smallest tasks as a gift to one another, and you.

#### **Glorious Mysteries**

* The Resurrection – Faith: We do not often know what direction we should take, Lord. Strengthen our faith and our trust in you.
* The Ascension – Desire for Heaven: Lord, we desire union with you in heaven. May we lead one another to your Sacred Heart.
* The Descent of the Holy Spirit – Wisdom: We are faced with many challenging decisions, Lord. Grant us wisdom, fortitude, and right judgment.
* The Assumption – Devotion to Mary: Strengthen our devotion to Mary, your mother. Let us long to seek to model her perfect love.
* The Coronation – Eternal Happiness: Lord, we long to live with you in Paradise. Grant that our union to one another will bring us to union in you.