

# MARY

*Helps of Christians*

NOVENA 2019

MAY 15 - 23

FEAST: MAY 24



**SALESIANS**  
Canada and Eastern USA

# Daily reading Prayer

## DAY 1 (MAY 15)

Reading:

(From the Spiritual Testament of St. John Bosco)

“The God of mercy and his holy Mother came to our help in our needs. This was especially true whenever it was a case of providing for our poor and abandoned boys, and even more so when their souls were in danger. The Blessed Virgin will certainly continue to protect our Congregation and our Salesian works if we maintain our trust in her and promote devotion to her.”

Prayer:

### 3 Hail Mary's

Mary, Help of Christians

Pray for us

*The reading for Days 2 to 9 are from the section entitled “Mary, the young woman of Nazareth” in Christus Vivit, Pope Francis’ Apostolic Exhortation to young people and the entire people of God.*

## DAY 2 (MAY 16)

In the heart of the Church, Mary shines forth. She is the supreme model for a youthful Church that seeks to follow Christ with enthusiasm and docility. While still very young, she accepted the message of the angel, yet she was not afraid to ask questions (Luke 1:34). With open heart and soul, she replied, “Behold, I am the handmaid of the Lord” (Luke 1:38). (Paragraph # 43)

## DAY 3 (MAY 17)

“We are always struck by the strength of the young Mary’s ‘yes’, the strength in those words, ‘be it done’, that she spoke to the angel. This was no merely passive or resigned acceptance, or a faint ‘yes’, as if to say, ‘Well, let’s give it a try and see what happens’. Mary did not know the words, ‘Let’s see what happens’. She was determined; she knew what was at stake and she said ‘yes’ without thinking twice. Hers was the ‘yes’ of someone prepared to be committed, someone willing to take a risk, ready to stake everything she had, with no more security than the certainty of knowing that she was the bearer of a promise. (44)

## DAY 4 (MAY 18)

So I ask each one of you: do you see yourselves as the bearers of a promise? What promise is present in my heart that I can take up? Mary’s mission would undoubtedly be difficult, but the challenges that lay ahead were no reason to say ‘no’. Things would get complicated, of course, but not in the same way as happens when cowardice paralyzes us because things are not clear or sure in advance. Mary did not take out an insurance policy! She took the risk, and for this reason she is strong, she is an ‘influencer’, the ‘influencer’ of God. Her ‘yes and her desire to serve were stronger than any doubts or difficulties.’” (44)

## DAY 5 (MAY 19)

Without yielding to evasions or illusions, “Mary accompanied the suffering of her Son; she supported him by her gaze and protected him with her heart. She shared his suffering, yet was not overwhelmed by it. She was the woman of strength who uttered her ‘yes’, who supports and accompanies, protects and embraces. She is the great guardian of hope... From her, we learn how to say ‘yes’ to the stubborn endurance and creativity of those who, undaunted, are ever ready to start over again.” (45)

## DAY 6 MAY 20)

Mary was a young woman whose heart overflowed with joy (Luke 1:47), whose eyes, reflecting the light of the Holy Spirit, looked at life with faith and treasured all things in her youthful heart (Luke 2:19.51). She was energetic, ready to set out immediately once she knew that her cousin needed her. She did not think about her own plans, but went “with haste” to the hill country (Luke 1:39). (46)

## DAY 7 (MAY 21)

When her young son needed protection, Mary set out with Joseph to a distant land (Matthew 2:13-14). She also joined the disciples in awaiting the outpouring of the Holy Spirit (Acts 1:14). In her presence, a young Church was born, as the apostles went forth to give birth to a new world (Acts 2:4-11). (47)

## DAY 8 (MAY 22)

Today, Mary is the Mother who watches over us, her children, on our journey through life, often weary and in need, anxious that the light of hope not fail.

For that is our desire: that the light of hope never fail. (48)

## DAY 9 (MAY 23)

Mary our Mother looks to this pilgrim people: a youthful people whom she loves, and who seek her in the silence of their hearts amid all the noise, the chatter and the distractions of the journey. Under the gaze of our Mother, there is room only for the silence of hope. Thus Mary illumines anew our youth. (48)

*“Mary has continued from heaven,  
and even more efficaciously,  
the mission of Mother of the Church and Help of Christians,  
which she had begun on earth.”*

*Don Bosco*



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