

Praying with Mary

Our Lady, Our Mother



Catholics have a long tradition of approaching Mary through a variety of devotions. Perhaps the most popular is the Rosary, the recitation of the Hail Mary 50 times while meditating on the mysteries of the life of Christ. Other prayers seeking the intercession of the Mother of God include the [Litany of the Blessed Virgin Mary](#) and the [Memorare](#). An ancient prayer to Mary is the [Angelus](#), which was recited three times a day to recall the Annunciation and the Incarnation of the Son of God in Mary's womb. Many devotions have developed over the centuries in honor of Mary under different titles, often associated with a place or event (Our Lady of Lourdes, Our Lady of Guadalupe) or an aspect of Mary's role in redemption (Our Lady of Perpetual Help, Our Lady of Sorrows). Devotion to Mary is heightened in the months of May and October, and there are many days in the liturgical year that foster devotion to Mary.

To know more about what Catholics believe about Mary, watch [Mary in 2 Minutes](#). A frequently asked question is "Do Catholics worship Mary?" The answer is NO. We only worship God. We do honor Mary in a special way though since Jesus gave us Mary as our mother as he was dying on the cross ([John 19:26-27](#)).

Resources for Families

- [10 ways to honor Mary](#)
- [How to Pray the Rosary](#)
- [The Story of Mary](#) - Printable Book
- [Ten May Activities](#) for Catholic Families
- Create a [Mary Garden](#), more [ideas](#)
- [Make a Giant Rosary](#) (out of pool noodles)

Resources for Small Children

- [Stories of Mary](#) - Video
- [M is for Mary](#) - activities
- How to Make a [Mary Altar for May](#)
- [Special Food Ideas](#) to Honor Mary
- [Preschoolers and the Rosary](#)

Resources for Elementary Kids

- [Printable Marian Prayer Book](#) for Children
- [Mary, Mother of God](#) Downloadable Kit
- [May Crowning](#) at Home
- [Celebrating May Crowning](#) at Home
- [Tea Party with Mary](#)
- [Why Do We Pray the Rosary](#) - Video

Resources for Teens

- [Mother Mary...Who is She?](#)
- [Do Catholics Worship Mary?](#)
- [3 Ways to Start](#) Praying with Mary
- [5 Benefits of Praying the Rosary](#)
- [A Mother's Love](#) - Video Reflection
- [Teaching Teens to Pray the Rosary](#)
- Summit Sunday Readings [Reflection](#) & [Video](#)

Resources for Adults

- [The Ten Virtues of Mary](#)
- [7 Lessons from the Visitation](#)
- [3 Minute Retreat](#) - Mary's Yes
- [Reflection questions](#) - Sun. Readings 5/10
- Sunday & Weekday [Readings](#)
- [Recommendations](#) from Formed.org
- [Finding God In and Through Storytelling](#)

Resources: Special Needs

- [Hail Mary](#) (Echo Song)
- [ASL Signed Prayers](#) - including Hail Mary

SFA streamed live on Facebook:

Mass: 9:30 am Sun. [Worship Aid](#)

ASL Interpretation provided for Sunday Mass

Mass: 8:45 am Wed. (School Mass)

Daily:

Adoration - 6 am **Rosary** - 7 am

* Streamed masses will be recorded and posted on our [website](#) and [Vimeo page](#).

