



# Family Faith FORMATION

## May

Dear Families,

May is a month that awakens nature: flowers bloom, fields turn green, and the sun shines brighter. But for Catholics, May is not just a time of natural renewal—it is also a spiritual season, for the Church has consecrated it in a special way to the Most Holy Virgin Mary. This beautiful connection between spring and Marian devotion is no coincidence. Just as the earth blossoms, our souls are also called to flourish in grace, and no one better than Mary—the “Mystical Rose,” the “Lily of Purity”—can guide us on this path.

The association of May with the Virgin Mary has deep roots dating back to antiquity. In ancient Greece and Rome, May was dedicated to goddesses of fertility and spring. The Church, in its wisdom, Christianized these customs, transforming them into pure devotion to the Mother of God.

In the Middle Ages, the “Flowers of May” tradition emerged, where the faithful offered flowers and songs to the Virgin. But it was in the 18th century that this devotion became firmly established, thanks especially to the Jesuits, who promoted pious practices such as the daily Rosary, flower crowns, and Marian hymns. Pope Paul VI, in his encyclical *Mense Maio* (1965), wrote: “The month of May encourages us to think and speak in a special way about her. For this is her month. Thus, the time of year when the rhythms of nature inspire renewed hope and joy becomes an echo of the supernatural life that divine grace pours into us.”

To honor Our Blessed Mother, you could create your own Mary garden at home. Many garden venues sell statues. We found a beautiful and well priced one at Walmart. Then together with your children plant some seeds or flowers. You can also become more intentional about praying the Rosary as a family or reading books about Our Lady. (see the book list below) Lastly, sign your child up for Mary Camp.

In Christ,

Pam

# MARY GARDEN

How to use your green thumb to honor Our Lady



Flowers such as the rose, lily, and violet have long been symbolic flowers for Mary. However, since the Middle Ages many flowers and plants have been named for Jesus' mother.

Below are some of these plants and their religious names.

**Lily**



The Angel Gabriel held a lily in his hands when he came to tell Mary that she was chosen to be the mother of the Savior. Lilies are often depicted in art as a symbol of purity and grace.

**Rose**



The rose symbolizes Mary as the Queen of Heaven.




**Violet**

The violet is a symbol of modesty and simplicity. Mary shows this humble acceptance in her words to the angel Gabriel at the Annunciation: "Let it be done unto me according to Your will."

 **Daisy** Mary's flower

 **Daffodil** Mary's star

 **Marigold** Mary's Gold

 **Parsley** Our Lady's Lace

 **Strawberry** Fruitful Virgin



Our Lady's Tears  
**Lily of the Valley**

**Tulip** Mary's Prayer



Symbolizes  
Mary's spiritual  
openness



**CATHOLIC  
EXTENSION**

Symbolizes Mary's joy  
in the Holy Trinity



**Pansy**

Our Lady's  
Delight



May 1: St. Joseph the Worker \* May 2: St. Athanasius \* May 3: Sts. Philip and James, Apostles \* May 10: St. Damien of Molokai and St. John of Avila \* May 13: Our Lady of Fatima \* May 14: St. Matthias, Apostle \* May 15: St. Isidore the Farmer \* May 20: St. Bernardine of Siena \* May 22: St. Rita of Cascia \* May 25: Mary, Mother of the Church \* May 25: St. Bede the Venerable, St. Gregory VII, and St. Mary Magdalene de Pazzi \* May 26: St. Philip Neri \* May 30: St. Joan of Arc \* May 31: The Visitation of the Blessed Virgin Mary

### Mary Book List:

Our Lady's Wardrobe By: Anthony DeStefano

Our Lady's Picture Book By: Anthony DeStefano

Our Lady of Guadalupe and Her Dear Juanito by Marlyn Evangelina Monge

Mary, Mother of Jesus by Tomie DePoala

**MARY CAMP**

PRAYER - STORIES - GAMES - CRAFTS

**\$ 25** PERSON  
**\$ 75** PER FAMILY OF 3 OR MORE

**July 6th - 10th**  
**9AM-12PM**

GRADES PRE K - 4 - GRADE 5TH

Assumption Hall  
St. Patrick Parish, Newport, NH

Registration: Opens March 2nd  
St. Patrick Parish Website  
[www.saintpatrickparish.net/religious-education](http://www.saintpatrickparish.net/religious-education)