

# LITURGICAL LIVING

Series 33: March 07-13

## Divine Mercy Sunday (7)

The second Sunday after Easter was designated Divine Mercy Sunday in 2000 by St. John Paul II on the day he canonized St. Faustina Kowalska, a Polish religious mystic famous for her vision of Jesus. In this vision, Jesus revealed the sacred Divine Mercy image, where red and white rays shine from Jesus' heart. On this day, we recall our great need for the divine mercy of God and gratefulness for the mercy already shown to us. St. Faustina's feast day is on October 8th and she is the patron saint of mercy.



### Pray: Divine Mercy Chaplet.

Some people may have joined the Divine Mercy Novena which ends today. If you didn't, today is a great day to join in this powerful prayer. In her diary, St. Faustina describes a vision where Jesus told her, "I desire to grant unimaginable graces to those souls who trust in My mercy," and he encouraged souls to say the Chaplet of Divine Mercy, often using rosary beads. How to pray the whole version can be found [here](#) or there have been copies available in the St. Peter narthex. There is also a shortened version to consider:

***Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son, our Lord, Jesus Christ, in atonement for our sins and those of the whole world. For the sake of his sorrowful Passion, have mercy on us and on the whole world (10x).***

***Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (3x)  
Jesus, I trust in you. (3x)***

### Celebrate

#### Dress in Divine Mercy Colors

Wear red, blue and/or white to represent the rays in the Divine Mercy image. St. Faustina wrote, "The two rays denote Blood and Water. The pale (blue) ray stands for the Water which makes souls righteous. The red ray stands for Blood which is the life of souls."

#### Meditate on the Divine Mercy Image

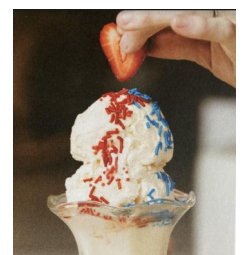
As you look at the Image of Divine Mercy, think about Jesus' promise that those who venerate it will receive great mercy at the hour of their death: "I promise that the soul that will venerate this image will not perish. I also promise victory over (its) enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory."

#### Pray, specifically at 3pm

St. Faustina writes that Jesus told her, "At 3 o'clock, implore My mercy, especially for sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony... I will refuse nothing to the soul that makes a request of Me in virtue of My Passion. Set an alarm for this day at 3pm and even every day after!

#### Divine Mercy Sundaes

Scoop some vanilla ice cream and add the red and blue toppings (sprinkles, strawberries, blueberries) to match the Divine Mercy image. Whipped cream is a plus also. Ice cream is a favorite treat in our house so this is a fun one! :)



### Eucharistic Procession



After the 10am Mass in St. Peter there will be a Eucharistic procession. All 35 of the Handmaids of the Sacred Heart of Jesus will be joining and leading the music. The seminarians will be as well! This is how Father Craig described the procession, “ We take the monstrance (used when we do adoration), we process outside and will go around the parking lot. We will put 3 ‘altars’, one facing each direction: East- to bless our community and business, South- to bless our education institutions, West- to bless our farms and land, then back in Church to bless our parishes and John Ireland School. As we process, we will pray the Divine Mercy Chaplet and sing. It is a way of declaring our love for Jesus in the Eucharist in a public manner and asking Him to bless us.” Please join us!

### Solemnity of the Annunciation of the Lord (8)

*“In the garden of her womb, Mary would bring Redemption.” -Venerable Fulton J. Sheen.*

Typically on March 25th but moved this year because it was during Holy Week. We celebrate when the angel Gabriel visited Mary to announce that she would bear the Son of God and Mary’s yes to that call. This day is also known as Lady Day.

#### Celebrate

Read the Annunciation: Luke 1:26-38 and Pray a Rosary.

Pray the Angelus. This is a prayer that repeats the conversation between Mary and the angel Gabriel. This prayer dates back into the 13th century and is a beautiful tradition. It is often prayed at 6am, noon and 6pm. The church bells used to go off to remind the faithful to stop and pray! It is something that we have done, but we often forget without a phone reminder.

*VI. The Angel of the Lord declared unto Mary,  
RI. And she conceived of the Holy Spirit.  
Hail Mary, full of grace, the Lord is with you;  
blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners  
now and at the hour of our death.  
Amen.*

*VI. Behold the handmaid of the Lord,  
RI. Be it done unto me according to your Word.  
Hail Mary...*

*VI. And the Word was made flesh,  
RI. And dwelt among us.  
Hail Mary...*

*VI. Pray for us, O holy Mother of God,  
RI. That we may be made worthy of the promises of Christ.*

*Let us pray. Pour forth, we beseech you, O Lord, your grace into our hearts: that we, to whom the Incarnation of Christ your Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.*



Fiat. The yes that Mary gave is called her fiat. Reflect on where you are being called to say yes to God in this season.

Eat waffles. This seems odd but the word for waffle is close to the term Virgin Mary in Swedish so a tradition of eating waffles on this day arose. My kids are always up for breakfast for dinner, and let’s be honest, so am I.

See AFC Website for

Digital Version

