

LITURGICAL LIVING

Series 36: April 28– May 04

St. Gianna Molla (April 28)

Gianna was a working mother and wife who loved her work as a pediatrician in Italy. Her Catholic faith was infused into every part of her life. She died after being given the choice to save her unborn's baby's life or her own and choosing her child. She chose life for her unborn daughter. She had a strong devotion to Our Lady. She is the patron saint of doctors, mothers, wives, families and the unborn. Her daughter, named Gianna, grew up to become a doctor as well.



“The stillness of prayer is the most essential condition for fruitful action” - St. Gianna Molla.

Write this on a sticky note and place it somewhere as a visual reminder to pray. Make it a priority to spend 15 minutes in prayer before starting the day.

Support mothers. Working both inside and outside the home is challenging. St. Gianna worked outside the home. Make an effort to support working mothers. Write a note, buy her some coffee, bring her flowers, drop off a meal, you get the idea. And most importantly pray for her and tell her that you are!

St. Catherine of Siena (April 29)

St. Catherine was the 22 of 25 children, born in Italy. She received no formal education and was a layperson her whole life. Yet, she became one of the most respected figures of the 14th century and advised religious leaders, emperors, and kings all over Europe. She even persuaded Pope Gregory XI to return to Rome from Avignon.

She is one of the 4 women Doctors of the Church (there are 36 total). A Doctor of the Church is a title given to saints recognized as having been of particular importance regarding their contribution to theology or doctrine.



Yesterday's saint was from Italy as well, so it'd be a good day to have some Italian food!

St. Joseph the Worker (May 1)

This feast was set by Pope Pius XII in 1955 to remind everyone that the dignity of work and the laborer is a very Christian tradition, with its roots in the Garden of Eden. This message was timed when communists were trying to tell everyone a very different message. This is a good day to pray for laborers and complete a hands-on project.



What's the deal with May Crowning?

While Mary the Mother of God is revered and celebrated all year long, May is a special month to celebrate the "Queen of Heaven." May has been Mary's month since the medieval period, when May was considered the end of winter and the start of a new season of growth. It's a time for new beginnings and the chance to begin with gratitude and devotion. There are many reasons she is considered the "Queen of Heaven." She was a perfect follower of Christ, and so is considered the crown of creation. She is also the Mother of the Son of God, Jesus, who is the King of Israel and the universe. And of course, she is the most important woman of our faith, and our spiritual mother. The May Crowning to display her queenship as the mother of Jesus. May crownings happen at schools, churches and in homes. Unlike most holidays, May Crowning doesn't have a set date and can be celebrated at any time during the month of May.



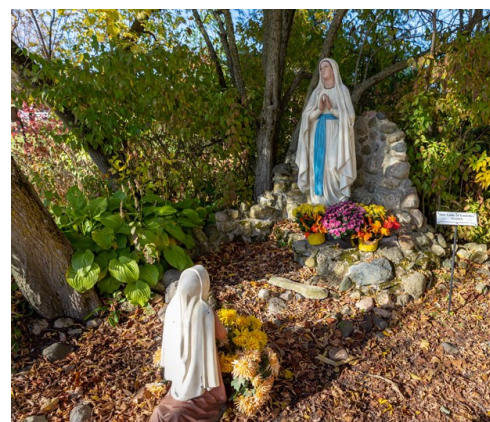
May Crowning

- If you're interested in doing a May Crowning at your home, here are a few resources you can check out for inspiration:
 - [Five Easy Steps For An At-Home May Crowning](#)
 - [How to Plan a May Crowning for Kids](#)



Other ways to honor Mary this Month

- May Crowning Flower Craft
 - Print out a drawing of Mary, color it and place it on a piece of cardboard.
 - Make a crown by poking holes in the image and fill the holes with flowers.
- Pray the [Rosary](#) or the [Angelus](#) Daily.
- Create a Marian garden this Spring. There are many flowers and herbs named for Mary! Intentionally plant these in a designated area with an outdoor Mary Statue. This can be as big or as little as you'd like.
- Make a Marian pilgrimage this May! This could be to an apparition site (one pictured is [Our Lady of Champion in Wisconsin!](#)), any church named in honor of Mary, a Marian shrine or grotto, or a statue or painting of Mary.



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