

Amen & Annunciation

MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

A baby spends nine months growing in the womb of its mother, from the moment it is conceived until its first birthday.

(During this week/Today), on the 25th March, we are exactly nine months away from Christmas when we celebrate the birth of Jesus.

So the Church chooses this date in the year to celebrate the Solemn Feast of the 'Annunciation', when the Angel Gabriel announced to Mary that *'the Holy Spirit will come upon her and the power of the Most High would overshadow her'*, and she replied *'Behold I am the handmaid of the Lord, let it be to me according to your word.'*

And so, with her solemn consent, with her 'Amen', the Holy Spirit overshadowed her, and the Son of God was conceived in her womb.

PRAYERS

Let us pray for those whom we will be helping by our charitable work this Lent. May our efforts bring them hope in their times of trial and hardship.

Lord, hear us...

Let us ask Our Lady to pray for us, that we have the courage to commit ourselves more fully to her son Jesus.

Hail Mary....

In the name....

Amen & Annunciation

Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

We say '*Amen*' all the time, but rarely give any thought to what it means.

Amen is the Hebrew word for Yes.

In the Hebrew language, there is more than one word for 'Yes', but the word '*Amen*' is reserved for more solemn, formal meaningful occasions.

'When I say Yes, trust me, I really mean it'.

On the 25th March, the Feast of the Annunciation, the Church celebrates the greatest occasion when a human being ever said the word '*Amen*' to Almighty God. .

So when do you say '*Amen*'?

You say '*Amen*' is to the priest when he says 'This is the Body of Christ'. And you add your own '*Amen*' to a prayer of the Church.

Remember that the *Amen* you say is a really important word. It is the word husbands and wives say when they get married, and priests say at their ordination.

So mean it when you say it.

PRAYERS

Let us pray.

Let us ask Our Lady to pray for us, that we have the courage to commit ourselves more fully to her son Jesus.

Hail Mary....

In the name....

Amen & Annunciation

Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

Your mother may not say 'Yes' to you very often, or at least as often as you'd like her to, but the only reason you're alive at all is because she opened herself to life, just as Mary did for Jesus. In that sense, you are the fruit of your own mother's '*Amen*'. But assuming that she was married in Church, the biggest '*Amen*' your mother have ever said were the threefold Amens that she said when she made her marriage vows to your father. That was the solemn moment of her commitment to him for life, and him to her.

At the time of the year near to Mothering Sunday, remember to say a prayer of thanksgiving to her for all that she has done for you, and give her a small token of your love, maybe by doing something extra for her.

PRAYERS

Let us ask Mary, Mother of God to pray for our mothers, as we give thanks for all that they do for us, and asking for them to be filled with God's grace.

Hail Mary....

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Amen & Annunciation

Thursday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

ROSARY REFLECTION

Let us offer the Rosary this week for our mothers.

FIRST JOYFUL MYSTERY: THE ANNUNCIATION

The angel said to Mary, 'Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus.'

1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day....

10x Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary...

1x Glory be to the Father, and to the Son, and to the Holy Spirit. As it was...In the name...

Friday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

FRIDAY PRAYER

Remember that you can go to the Chapel for Confession this lunchtime.

Let us say together:

**Bless us Lord, as you call us
to walk with you on this Lenten Journey.**

**Bless us Lord, as you remind us
that our purpose is to please you,
rather than pleasing ourselves.**

**Bless us Lord, as we seek the good of others
in our prayers, fasting and alms-giving.**