



## From the Liturgy Office...

### Why is May the Month of Mary?

Catholics have devoted the month of May to the Blessed Virgin Mary since the 13th century, when the Church gave the pagan festival of **May Day** a Christian meaning by associating it with the Blessed Virgin. On this day (1 May), the Marian devotion, the “**May Crowning**” was held. This feast, along with other special Marian feasts in the month of May, honour Mary as the “**Queen of May**”.

### What are ways we can honour Mary during the month of May?

During the month May, there are many ways we can bring special focus to Mary. Here are just a few....

#### **Honour MARY with FLOWERS**

Perhaps the most well-known of the May Marian devotions is the crowning of a statue of Mary with flowers known as the **May Crowning**. Why not join the universal Church in this practice by decorating with flowers, a statue or picture of the Virgin Mary in your own home?

#### **Honour MARY at MASS**

There are several Marian feast days in May, including Our Lady of Fatima (13 May), Our Lady of the Most Blessed Sacrament (13 May) and Visitation of the Blessed Virgin Mary (31 May). Not to mention, Mary, Help of Christians (24 May) which is our nation’s patron feast day. This month, make a special effort to either attend Mass (online) on these Marian feast days. Alternately, during your family meal, take some time to read through the Gospel of the feast day and together, discuss the reading.

#### **Honour MARY with PRAYER**

Over the years, the Church has encouraged all Catholics to venerate Mary during the month of May by incorporating into our daily prayers, the praying of several Marian prayers to the Blessed Virgin. Some of these prayers include: The Most Holy Rosary of the Blessed Virgin Mary, Hail Mary, Hail Holy Queen (Salve Regina), Regina Coeli (Queen of Heaven), Prayer of Saint Augustine to the Blessed Virgin and the Litany of the Blessed Virgin Mary (Litany of Loretto). To help encourage and support your prayer life, a selection of these and other Marian prayers have been included on our website.

#### **Honour MARY with SONG**

Many beautiful hymns have been written to honour Mary. Take some time each week to listen and reflect on the lyrics of these Marian hymns.

God bless, Rita Cordina