

Upper Room

Host or designated reader/leader begins the Upper Room prayer hour by first reading this message from Fr. David:

Message for September 2017

Dear friends in Christ:

The "Hail Mary" is a revered Catholic Prayer. It reflects the reality of our devotion to her. Let's go deeper. First read from the Gospel of Luke for the origin of the "Ave".

Luke 1:26-45

Discuss these questions:

Both the Angel and cousin Elizabeth said that the "Lord was with Mary". This is significant to the Christian believer. Why?

Jesus takes His flesh from Mary. Can you name ways members of the Church do the same today? In other words, how do we "take flesh" from Mary?

Now read from the Catechism of the Catholic Church and answer group discussion prayers in *italics*.

CCC

2673 In prayer the Holy Spirit unites us to the person of the only Son, in his glorified humanity, through which and in which our filial prayer unites us in the Church with the Mother of Jesus.²⁷

Who knows the meaning of "filial"? How does understanding the meaning of this word change your understanding of prayer?

2674 Mary gave her consent in faith at the Annunciation and maintained it without hesitation at the foot of the Cross. Ever since, her motherhood has extended to the brothers and sisters of her Son "who still journey on earth surrounded by dangers and difficulties." Jesus, the only mediator, is the way of our prayer; Mary, his mother and ours, is wholly transparent to him: she "shows the way" (*hodigitria*), and is herself "the Sign" of the way, according to the traditional iconography of East and West.

What do you know about "Icons"? Please share or research (now) and share info from internet search on phone.

2675 Beginning with Mary's unique cooperation with the working of the Holy Spirit, the Churches developed their prayer to the holy Mother of God, centering it on the person of Christ manifested in his mysteries. In countless hymns and antiphons expressing this prayer, **two movements usually alternate with one another: the first "magnifies" the Lord for the "great things" he did for his lowly servant and through her for all human beings; the second entrusts the supplications and praises of the children of God to the Mother of Jesus, because she now knows the humanity which, in her, the Son of God espoused.**

Which Marian Hymn is your favorite? Why is it a good idea to have a Marian Hymn “pre-planned” for your funeral?

2676 This twofold movement of prayer to Mary has found a privileged expression in the *Ave Maria*:

Hail Mary [or Rejoice, Mary]: the greeting of the angel Gabriel opens this prayer. It is God himself who, through his angel as intermediary, greets Mary. Our prayer dares to take up this greeting to Mary with the regard God had for the lowliness of his humble servant and to exult in the joy he finds in her.

Full of grace, the Lord is with thee: These two phrases of the angel's greeting shed light on one another. Mary is full of grace because the Lord is with her. The grace with which she is filled is the presence of him who is the source of all grace. "Rejoice . . . O Daughter of Jerusalem . . . the Lord your God is in your midst." Mary, in whom the Lord himself has just made his dwelling, is the daughter of Zion in person, the ark of the covenant, the place where the glory of the Lord dwells. She is "the dwelling of God . . . with men."³² Full of grace, Mary is wholly given over to him who has come to dwell in her and whom she is about to give to the world.

Blessed art thou among women and blessed is the fruit of thy womb, Jesus. After the angel's greeting, we make Elizabeth's greeting our own. "Filled with the Holy Spirit," Elizabeth is the first in the long succession of generations who have called Mary "blessed." "Blessed is she who believed. . . ." Mary is "blessed among women" because she believed in the fulfillment of the Lord's word. Abraham, because of his faith, became a blessing for all the nations of the earth. Mary, because of her faith, became the mother of believers, through whom all nations of the earth receive him who is God's own blessing: Jesus, the "fruit of thy womb."

Do you have any examples of how it is easier to “catch a fly with honey rather than vinegar”? (In other words) to praise someone, or compliment them gets you on their good side and you can work with them or live with them more easily. Examples

2677 *Holy Mary, Mother of God:* With Elizabeth we marvel, "And why is this granted me, that the mother of my Lord should come to me?" Because she gives us Jesus, her son, Mary is Mother of God and our mother; we can entrust all our cares and petitions to her: she prays for us as she prayed for herself: "Let it be to me according to your word." By entrusting ourselves to her prayer, we abandon ourselves to the will of God together with her: "Thy will be done."

Pray for us sinners, now and at the hour of our death: By asking Mary to pray for us, we acknowledge ourselves to be poor sinners and we address ourselves to the "Mother of Mercy," the All-Holy One. We give ourselves over to her now, in the Today of our lives. And our trust broadens further, already at the present moment, to surrender "the hour of our death" wholly to her care. May she be there as she was at her son's death on the cross. May she welcome us as our mother at the hour of our passing³⁸ to lead us to her son, Jesus, in paradise.

Discuss a little about what the “Today” of our lives is or what it means to you.

2678 Medieval piety in the West developed the prayer of the rosary as a popular substitute for the Liturgy of the Hours. In the East, the litany called the *Akathistos* and the *Paraclesis* remained closer to the choral office in the Byzantine churches, while the Armenian, Coptic, and Syriac traditions

preferred popular hymns and songs to the Mother of God. But in the *Ave Maria*, the *theotokia*, the hymns of St. Ephrem or St. Gregory of Narek, the tradition of prayer is basically the same.

What is the Liturgy of the Hours? Who can pray the Liturgy of the Hours? Who must pray them?

2679 Mary is the perfect *Orans* (pray-er), a figure of the Church. When we pray to her, we are adhering with her to the plan of the Father, who sends his Son to save all men. Like the beloved disciple we welcome Jesus' mother into our homes, for she has become the mother of all the living. We can pray with and to her. The prayer of the Church is sustained by the prayer of Mary and united with it in hope.

Say more about how Mary is regarded as “the perfect PRAY-ER”. Referring directly to the examples in scripture we have from her life and perhaps from approved Marian Apparitions.

For prayer: Pray the Litany of Mary provided below.

October’s Upper Room will be on the Prayer “Glory Be”

Litany of the Blessed Virgin

Lord, have mercy on us (repeat)
Christ, have mercy on us (repeat)
Lord, have mercy on us (repeat)

Christ, hear us (repeat)
Christ, graciously hear us (repeat)

God the Father of heaven...have mercy on us
God the Son, Redeemer of the World...
God the Holy Spirit, ...
Holy Trinity, one God, ...

Holy Mary, pray for us
Holy Mother of God, ...
Holy Virgin of virgins, ...

Mother of Christ, ...
Mother of Divine Grace, ...
Mother most pure, ...
Mother most chaste, ...
Mother inviolate, ...
Mother undefiled, ...
Mother most amiable, ...
Mother most admirable, ...
Mother of good counsel, ...
Mother of our Creator, ...
Mother of our Saviour, ...

Virgin most prudent, ...
Virgin most venerable, ...
Virgin most renowned, ...
Virgin most powerful, ...
Virgin most merciful, ...
Virgin most faithful, ...

Mirror of justice, ...
Seat of wisdom, ...

Cause of our joy, ...
Spiritual vessel, ...
Vessel of honour, ...
Singular vessel of devotion, ...
Mystical rose, ...
Tower of David, ...
Tower of ivory, ...
House of gold, ...
Ark of the covenant, ...
Gate of heaven, ...
Morning star, ...
Health of the sick, ...
Refuge of sinners, ...
Comforter of the afflicted, ...
Help of Christians, ...

Queen of Angels, ...
Queen of Patriarchs, ...
Queen of Prophets, ...
Queen of Apostles, ...
Queen of Martyrs, ...
Queen of Confessors, ...
Queen of Virgins, ...
Queen of all Saints, ...
Queen conceived without original sin, ...
Queen assumed into heaven, ...
Queen of the most holy Rosary, ...
Queen of Peace, ...

Lamb of God, who takes away the sins of the world, ... spare us, O Lord,
Lamb of God, who takes away the sins of the world, ... graciously hear us, O Lord,
Lamb of God, who takes away the sins of the world, ... have mercy on us.

Grant we beseech Thee, O Lord God,
that we, Thy servants, may enjoy perpetual health
of mind and body: and, by the glorious
intercession of the blessed Mary, ever Virgin, be
delivered from present sorrow and enjoy eternal
gladness. Through Christ, our Lord. Amen.