



## **MARIAN TRIDUUM OF THE ANNUNCIATION OF THE LORD**



**IN PREPARATION FOR THE FAITHFUL  
OF THE ARCHDIOCESE OF TORONTO  
FOR THE ACT OF CONSECRATION TO OUR LADY  
ON THE SOLEMNITY OF THE ANNUNCIATION OF THE LORD**

## Day 1

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

Blessed are those who hear the word of God.

– And cherish it in their hearts.

### OPENING PRAYER

Father,  
in your plan for our salvation,  
your Word became man,  
announced by an angel and born of the Virgin Mary.  
May we who believe that she is the Mother of God  
receive the help of her prayers.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God for ever and ever. Amen.

### WORD OF GOD

Luke 1.26-32, 37-38

† A reading from the holy Gospel according to Luke.

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her and said, 'Greetings, favoured one! The Lord is with you.' But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, '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 call him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. For nothing will be impossible with God.' Then Mary said, 'Here I am, the servant of the Lord; let it be done with me according to your word.' Then the angel departed from her.

The Gospel of the Lord.

*R.* Praise to you, Lord Jesus Christ.

## SILENT REFLECTION

OR

## COMMENTARY

From the *General Audience* of Pope Benedict XVI on 19 December 2012.

In the greeting of the Angel Mary is called “full of grace”. In Greek, the term “grace”, *charis*, has the same linguistic root as the word “joy”. In this term too the source of Mary’s exultation is further clarified: her joy comes from grace, that is, from being in communion with God, from having such a vital connection with him, from being the dwelling place of the Holy Spirit, totally fashioned by God’s action. Mary is the creature who opened the door to her Creator in a special way, placing herself in his hands without reserve. She lived entirely *from* and *in* her relationship with the Lord; she was disposed to listen, alert to recognizing the signs of God in the journey of his people; she was integrated into a history of faith and hope in God’s promises with which the fabric of her life was woven. And she submitted freely to the word received, to the divine will in the obedience of faith.

The Evangelist Luke tells Mary’s story by aligning it closely to the history of Abraham. Just as the great Patriarch is the father of believers who responded to God’s call to leave the land in which he lived, to leave behind all that guaranteed his security in order to start out on the journey to an unknown land, assured only in the divine promise, so Mary trusts implicitly in the word that the messenger of God has announced to her, and becomes the model and Mother of all believers.

I would like to emphasize another important point: the opening of the soul to God and to his action in faith also includes an element of obscurity. The relationship of human beings with God does not delete the distance between Creator and creature, it does not eliminate what the Apostle Paul said before the depth of God’s wisdom: “How unsearchable are his judgements and how inscrutable his ways!” (Rom 11:33).

## LITANY OF THE IMMACULATE HEART OF MARY

Lord, have mercy,  
Christ, have mercy,  
Lord, have mercy,  
Christ, hear us,

*Lord, have mercy.*  
*Christ, have mercy.*  
*Lord, have mercy.*  
*Christ, graciously hear us.*

God the Father of Heaven,  
God the Son, redeemer of the world,  
God, the Holy Spirit,  
Holy Trinity, one God,

*have mercy on us.*  
*have mercy on us.*  
*have mercy on us.*  
*have mercy on us.*

Heart of Mary,  
Heart of Mary, after God's own Heart,  
Heart of Mary, in union with the Heart of Jesus,  
Heart of Mary, the vessel of the Holy Spirit,  
Heart of Mary, shrine of the Trinity,  
Heart of Mary, home of the Word,  
Heart of Mary, immaculate in your creation,  
Heart of Mary, flooded with grace,  
Heart of Mary, blessed of all hearts,  
Heart of Mary, Throne of glory,  
Heart of Mary, Abyss of humbleness,  
Heart of Mary, Victim of love,  
Heart of Mary, nailed to the cross,  
Heart of Mary, comfort of the sad,  
Heart of Mary, refuge of the sinner,  
Heart of Mary, hope of the dying,  
Heart of Mary, seat of mercy,

*pray for us.*  
*pray for us.*

Lamb of God, who takes away the sins of the world,  
Lamb of God, who takes away the sins of the world,  
Lamb of God, who takes away the sins of the world,

*spare us, O Lord.*  
*graciously hear us, O Lord.*  
*have mercy on us.*

Christ, hear us,  
Lord, have mercy.  
Lord, have mercy.

*Christ, graciously hear us.*  
*Christ, have mercy.*

Immaculate Mary, meek and humble of heart.

*Conform our hearts to the*  
*heart of Jesus.*

Let us pray:

Lord our God,  
you made the Immaculate Heart of the Blessed Virgin Mary  
the home of your eternal Word  
and the sanctuary of the Holy Spirit.  
Give us a heart that is free from sin  
and attentive to your will,  
that, faithful to your commandments,  
we may love you above all things  
and seek to help others in their need.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

## **HAIL MARY**

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

## **CLOSING PRAYER**

Father,  
you gave the human race eternal salvation  
through the motherhood of the Virgin Mary.  
May we experience the help of her prayers in our lives,  
for through her we have received the very source of life,  
your Son, our Lord Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God for ever and ever. Amen.

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

## Day 2

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

Eve shut out all her children out of Paradise  
– The Virgin Mary opened wide its gates.

### OPENING PRAYER

Lord,  
fill our hearts with your love,  
and as you revealed to us by an angel  
the coming of your Son as man,  
so lead us through his suffering and death  
to the glory of his resurrection,  
for he lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

### WORD OF GOD

John 19.25-27

† A reading from the holy Gospel according to John.

Standing near the Cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

The Gospel of the Lord.

*R.* Praise to you, Lord Jesus Christ.

## **SILENT REFLECTION**

OR

## **COMMENTARY**

From the *General Audience* of Pope Saint John Paul II on 7 May 1997.

Jesus not only urges John to care for Mary with special love, but he entrusts her to him so that he may recognize her as his own mother.

During the Last Supper, “the disciple whom Jesus loved” listened to the Master’s commandment: “Love one another as I have loved you” (Jn 15:12) and, leaning his head against the Lord’s breast, he received from him a unique sign of love. Such experiences prepared him better to perceive in Jesus’ words an invitation to accept her who had been given him as mother and to love her as Jesus did with filial affection.

May all discover in Jesus’ words: “Behold, your mother!”, the invitation to accept Mary as mother, responding to her motherly love as true children.

2. In the light of this entrustment to his beloved disciple, one can understand the authentic meaning of Marian devotion in the ecclesial community. In fact, it places Christians in Jesus’ filial relationship to his mother, putting them in a condition to grow in intimacy with both of them.

The Church’s devotion to the Virgin is not only the fruit of a spontaneous response to the exceptional value of her person and the importance of her role in the work of salvation, but is based on Christ’s will.

The words “Behold, your mother!”, express Jesus’ intention to inspire in his disciples an attitude of love for and trust in Mary, leading them to recognize her as their mother, the mother of every believer.

At the school of the Virgin, the disciples learn to know the Lord deeply, as John did, and to have an intimate and lasting relationship of love with him. They also discover the joy of entrusting themselves to the Mother’s maternal love, living like affectionate and docile children.

The history of Christian piety teaches that Mary is the way which leads to Christ and that filial devotion to her takes nothing from intimacy with Jesus; indeed, it increases it and leads to the highest levels of perfection.

The countless Marian shrines throughout the world testify to the marvels wrought by grace through the intercession of Mary, Mother of the Lord and our Mother.

Turning to her, drawn by her tenderness, the men and women of our time also meet Jesus, Saviour and Lord of their lives.

Above all, the poor, tried in heart, in their affections and in their material need, find refuge and peace in the Mother of God, and discover that for all people true riches consist in the grace of conversion and of following Christ.

3. According to the original Greek, the Gospel text continues: “From that hour the disciple took her among his possessions” (Jn 19:27), thus stressing John’s ready and generous adherence to Jesus’ words and informing us about his behaviour for the whole of his life as the faithful guardian and docile son of the Virgin.

The hour of acceptance is that of the fulfilment of the work of salvation. Mary’s spiritual motherhood and the first manifestation of the new link between her and the Lord’s disciples begins precisely in this context.

John took the Mother “among his possessions”. These rather general words seem to highlight his initiative, full of respect and love, not only in taking Mary to his house but also in living his spiritual life in communion with her.

In fact, a literal translation of the Greek expression “among his possessions” does not so much refer to material possessions since John — as St Augustine observes (In Ioan. Evang. tract. 119, 3) — “possessed nothing of his own”, but rather to the spiritual goods or gifts received from Christ: grace (Jn 1:16), the Word (Jn 12:48; 17:8), the spirit (Jn 7:39; 14:17), the Eucharist (Jn 6:32-58).... Among these gifts which come to him from the fact that he is loved by Jesus, the disciple accepts Mary as his mother, establishing a profound communion of life with her (cf. Redemptoris Mater, n. 45, note 130).

May every Christian, after the beloved disciple’s example, “take Mary into his house” and make room for her in his own daily life, recognizing her providential role in the journey of salvation.

## **LITANY OF THE IMMACULATE HEART OF MARY**

Lord, have mercy,  
Christ, have mercy,  
Lord, have mercy,  
Christ, hear us,

*Lord, have mercy.  
Christ, have mercy.  
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God the Father of Heaven,  
God the Son, redeemer of the world,  
God, the Holy Spirit,  
Holy Trinity, one God,

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Heart of Mary,  
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Heart of Mary, in union with the Heart of Jesus,  
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Heart of Mary, nailed to the cross,  
Heart of Mary, comfort of the sad,  
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Heart of Mary, hope of the dying,  
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*pray for us.*  
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Lamb of God, who takes away the sins of the world,  
Lamb of God, who takes away the sins of the world,  
Lamb of God, who takes away the sins of the world,

*spare us, O Lord.*  
*graciously hear us, O Lord.*  
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Immaculate Mary, meek and humble of heart.

*Conform our hearts to the*  
*heart of Jesus.*

Let us pray:

Lord our God,  
you made the Immaculate Heart of the Blessed Virgin Mary  
the home of your eternal Word  
and the sanctuary of the Holy Spirit.  
Give us a heart that is free from sin  
and attentive to your will,  
that, faithful to your commandments,  
we may love you above all things  
and seek to help others in their need.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

## **HAIL MARY**

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

## **CLOSING PRAYER**

Lord,  
may the prayers of the Virgin Mary  
bring us protection from danger  
and freedom from sin  
that we may come to the joy of your peace.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God for ever and ever. Amen.

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

## Day 3

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

You are the glory of Jerusalem, the joy of Israel.

– You are the fairest honour of our race.

### OPENING PRAYER

God our Father,  
you gave the Holy Spirit to your apostles  
as they joined in prayer with Mary, Mother of Jesus.  
By the help of her prayers  
keep us faithful in your service  
and let our words and actions be so inspired  
as to bring glory to your name.  
Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God for ever and ever. Amen.

### WORD OF GOD

Acts 1.13-15

† A reading from the Acts of the Apostles.

When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

The word of the Lord.

*R.* Thanks be to God.

## SILENT REFLECTION

OR

## COMMENTARY

From the *General Audience* of Pope Francis on 10 May 2017.

“We will find her again on the first day of the Church; she, *mother of hope*, in the midst of that community of such fragile disciples: one had denied, many had fled, all had been afraid (cf. Acts 1:14). She simply stood by, in the most natural of ways, as if it were something completely normal: in the first Church enveloped in the light of the Resurrection, but also in the trepidation of the first steps that had to be taken in the world.

For this reason we all love her as Mother. We are not orphans: we have a Mother in heaven who is the Holy Mother of God. Because she teaches us the virtue of waiting, even when everything seems to lack meaning: she is ever confident in the mystery of God, even when he seems to have eclipsed himself due to the evil of the world. In the most difficult moments, may Mary, the Mother that Jesus gave to all of us, always support our steps, may she always say to our hearts: “Arise! Look forward, look to the horizon”, because she is the Mother of Hope.”

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the home of your eternal Word  
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Give us a heart that is free from sin  
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that, faithful to your commandments,  
we may love you above all things  
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God, for ever and ever. Amen.

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Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.

## **CLOSING PRAYER**

God of Glory, Lord of Light,  
shine the radiance of your love upon your fallen people.  
May we ever have the prayers of the Blessed Virgin Mary  
to accompany us as we walk through danger and strife,  
and through her prayers bring us  
to the happiness of eternal life with you,  
who live and reign in unity with the Holy Spirit,  
God for ever and ever. Amen.

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

## Acknowledgements

Excerpts from the English translation of Antiphons, Responsories, Versicals from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); the English translation of Collects from *The Roman Missal* © 2010, ICEL. All rights reserved.

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