

20 decades

Day _____

Time _____

ROSARY FOR LIFE

One Hour To God



THE TREE OF LIFE

The picture of the Tree of Life on the front cover is a copy of the work of a modern French painter, Michel Morkers. The original is mounted behind the main altar in St. Thomas Aquinas Church, Flatbush, Brooklyn, New York. I am deeply grateful to Monsignor Brian F. Callahan, Pastor of St. Thomas Aquinas Church, for his permission to use the Tree Of Life picture.

TREE OF LIFE

The Tree of Life is a traditional theme, depicting the descent of Christ, the Life of the World, down to us. At the very top of the picture there is a stark tree and two small dark figures, Adam and Eve. Immediately below the flaming red is Abraham, the Father of the First Covenant. He is seated with arms high over his head as if in prayer. Look closely. In his right hand he clutches a knife. He is about to sacrifice his child, Isaac, who is stretched out across his lap. On the other side of Abraham there is Jacob, Isaac's son, about to be sold as a slave by his brothers. Beneath is Moses with the Ten Commandments, and then a youthful David. Moses is flanked by Booz and Ruth, the grandparents of David, and the priest, Samuel, who anointed David. In turn, David is surrounded by great prophets, Isaiah, Jeremiah (with the accusing finger), Elias (with the ravens who fed him), Ezechiel (the bones) and Daniel (the lion). Then there is John the Baptist, standing over the culmination of the Tree, the Madonna and Child. They are framed by strong, stern angels holding flames of light, which most fittingly encompass as well as the Tabernacle, the present source of life.

“With Ecclesiastical Approval”
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ONE HOUR TO GOD

INTRODUCTION

In our troubled, sinful society, our innocent unborn are being slaughtered in the one place where they should feel secure – their mother’s womb. We must turn to Our Heavenly Father, through the intercession of Our Mother, Mary, and pray for an end to ABORTION.

Our Divine Lord, the Author of all life, tells us in the Scriptures that if we had the faith of a mustard seed, we could move mountains. He also tells us “Ask and you shall receive, seek and you shall find, knock and it shall be opened to you”. Many of us have first hand knowledge of the power of prayer in our lives. Just imagine what an impact our whole parish/ diocese/ nation would have against ABORTION, if we armed ourselves with that powerful weapon – the ROSARY.

After our present Holy Father became Pope, he wanted to visit his native country and was denied entry into Poland by the Polish Government. A group of people, in Poland, started to give one hour a week to God (and in some cases, one hour a day) praying the ROSARY around the clock. On the 7th day of praying the ROSARY, the government relented, without explanation, and our Holy Father was allowed to visit his homeland. The ROSARY worked in Poland – it will work to change the hearts and minds of governments and people and bring an end to ABORTION.

Are you willing to sacrifice 60 minutes a week and pray the ROSARY as the people of Poland did? If you are, sign up and give one hour a week to God by joining your brothers and sisters in Christ and praying the ROSARY for an end to ABORTION.

The recommended format is included. If you can spend the hour in Church, praying before the Blessed Sacrament, you are encouraged to do so. However, many churches are not open around the clock, therefore, not all of us can pray in church. The prayers may be said at home, in the park, on the bus or train, as you commute to work or school. They can be said in the hospital or nursing home – anywhere. The over-all requirement is that you take a specific hour as your very own each week (hopefully each day) and pray in union with the rest of the parish / diocese / nation for an end to ABORTION.

Anyone, anywhere may become a member of a given parish or Catholic Organization. It is hoped that this devotion will develop and grow, and that each parish will form its own group of around the clock prayers of the ROSARY. It is suggested that each group have a group leader / coordinator and operate within the outlined parish guidelines for One Hour To God.

One Hour To God consists of praying the twenty decades of the ROSARY (while meditating on the twenty Mysteries in the Life of Christ) together with the suggested prayers. In meditating on the twenty mysteries, the five Joyful; the five Luminous; the five Sorrowful and the five Glorious, you can just about cover the New Testament.

PRAYERS FOR ONE HOUR TO GOD

1. The Sign of the Cross.
2. Prayer to the Holy Spirit.

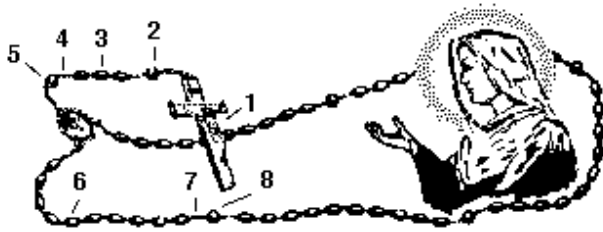
O Holy Spirit, Paraclete,
Perfect in us the work
begun by Jesus; enabled us to continue
to pray fervently in the name of the whole world.

Hasten in every one of us
the growth of a deep interior life;
Give vigor to our apostolate
so that it may reach all peoples,
all redeemed by the Blood of Christ
and all belonging to Him. . .

Let no earthly bond prevent us from honoring our vocation,
no cowardly considerations disturb the claims of justice,
No meanness confines the immensity of charity
within the narrow bounds of petty selfishness.

Let everything in us be on a grand scale;
The search for truth, and the devotion to it,
and readiness for self-sacrifice, even to the cross and death;
and May everything finally be according to your Will,

O Holy Spirit of Love, whom the Father and the Son desired
to be poured out over the Church and its institutions,
over each and every human soul and over nations.



Begin with 1) the Apostle's Creed on the Crucifix, 2) Our Father, 3) three Hail Marys, 4) Glory be. Decades: 5) Our Father, 6) ten Hail Marys, 7) Glory Be, Fatima Prayer. At the end of each Decade, say:

Intercession Prayer

O!, Mary, Mother of Jesus and our Mother, together with St. Michael, the Archangel and the heavenly army of Angels, protect the unborn. Ask our Heavenly Father to forgive and convert those who advocate or practice Abortion, and instill in them respect and reverence for all human life.

Give this world that peace and justice that can only come from following your Son, Our Lord and Savior, Jesus Christ. Amen.



The Joyful Mysteries

(Monday & Saturday)

1. **Annunciation**
2. **Visitation**
3. **Birth of Our Lord**
4. **Presentation**
5. **Finding the Child Jesus in the Temple**

The Sorrowful Mysteries

(Tuesday & Friday)

1. **Agony in the Garden**
2. **Scourging at the Pillar**
3. **Crowning of Thorns**
4. **Carrying of the Cross**
5. **Crucifixion and Death of Our Lord**



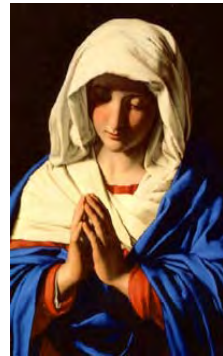
The Glorious Mysteries (Wednesday & Sunday)

- 1. Resurrection**
- 2. Ascension of Our Lord into Heaven**
- 3. Descent of the Holy Spirit upon the Apostles**
- 4. Assumption of our Blessed Mother into Heaven**
- 5. Crowning of our Blessed Mother as Queen of Heaven.**



The Luminous Mysteries (Thursday)

- 1. Baptism of Christ**
- 2. Wedding Feast at Cana**
- 3. Proclamation of the Coming of the Kingdom of God**
- 4. Transfiguration**
- 5. Institution of the Eucharist**



Prayer for Renewal

LORD, we are your people, the sheep of your flock,
Heal the sheep who are wounded, touch the sheep who are in pain,
clean the sheep who are soiled, warm the lambs who are cold.
Help us to know the Father's love
through Jesus the Shepherd and through the Spirit.
Help us to lift up that love, and show it all over this land.
Help us to build love on justice and justice on love.
Help us to believe mightily, hope joyfully, love divinely.
Renew us that we may help renew the face of the earth.
Amen.

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ROSARY PRAYERS

THE SIGN OF THE CROSS

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

THE APOSTLE'S CREED

I believe in God, the Father Almighty, Creator of Heaven and Earth; and in Jesus Christ, His Only Son, Our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He arose again from the dead; He ascended into Heaven, sitteth at the right Hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

OUR FATHER

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 our daily bread; and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

THE HAIL MARY

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, Mother of God, pray for us sinners now and at the hour of our death. Amen.

GLORIA

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy; hail our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most Gracious Advocate, thine eyes of mercy towards, and after this our exile, show unto us the Blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

St. Joseph, foster father of Jesus Christ, pray for us.

LET US PRAY

O God, whose only begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal salvation, grant, we beseech Thee, that meditating upon these mysteries in the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, obtain what they promise; through the same Christ our Lord. Amen.

MEMORARE

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled
to your protection, implored your help
or sought your intercession, was left unaided.
Inspired by this confidence, we fly to you,
O Virgin of virgins, our Mother,
to you we come, before you we stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not our petitions,
but in your mercy, hear and answer us.
Amen.

SAINT MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; may God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly Host; by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

ONE HOUR TO GOD FOR END OF ABORTION

PARISH GUIDELINES

1. The group leader or coordinator will record the names, addresses and telephone number of group members.
2. Every effort will be made to cover the entire 168 hours within each week. However, if this cannot be done, operate with those hours that are covered.
3. Whenever possible, a Holy Hour followed by Benediction of the Blessed Sacrament should be held once a month, preferably on the first Friday of the month, and all members should be encouraged to attend. If a priest is not available to conduct the Holy Hour, someone should be assigned to do so. (It is important that once a month, especially in the beginning, that contact be made with the group members to ensure that the hours are being covered.) The Holy Hour should be kept simple and not too busy. Silence and time for personal prayer should occupy at least half of this hour.
4. Each parish should be encouraged to start its own group when it is obvious that parishioners in that parish are interested. Assistance should be made available from the “stem” (organized) parish to the “branch” (new) parish.
5. Once a year, a day of prayer should be organized. Mass must be a part of the annual prayer rally and a guest speaker(s) should be invited. (Oct. 7 Feast of the Holy Rosary or December 12th, Feast of Our Lady of Guadalupe is suggested.)
6. The Holy Hour can be shared / rotated by a cluster of parishes, thus, not placing a burden on the Priests of a given parish.
7. The annual Prayer Rally should be on a diocesan level. If this is not possible, it may be held on a parish or parish cluster level.
8. While members of other parish prayer groups are welcome and encouraged to join the One Hour To God group. The One Hour To God

group will be an independent prayer group and will not become part of another prayer group. This is not to say that a member of the One Hour To God group cannot be part of other prayer groups within or outside the parish.

9. One Hour To God group will have the Pastor / Parish Priest as its head and he will appoint / approve the Group Leader / Coordinator. This individual must be in good standing within the Church and should be a spiritual person. As the group grows within a parish / organization, the Group Leader / Coordinator may need some assistance. As this happens, others may be assigned by the Pastor to assist. Discretion must be used and the number of those involved should be kept to a minimum while at the same time, not placing an undue burden on the Pastor / Group Leader / Coordinator.
10. Those who cannot commit themselves to a specific hour are encouraged and urged to pray for an end to ABORTION.
11. The Group Leader / Coordinator will ensure that anyone not knowing how to pray the ROSARY will receive instructions as to how to do so. Rosary beads will be made available for those who do not have them, together with instructions on how to pray the ROSARY.
12. Members are urged to foster their own spiritual growth through the reception of the Eucharist at daily Mass and avail themselves of the Sacrament of Penance at least once a month.
13. In Dioceses where the Bishop is active in leading ROSARY RALLIES OUTSIDE ABORTION CLINICS, the faithful of the Diocese should be made aware of these Rallies through their Parish bulletin. They should be encouraged to attend the Rosary Rallies. When attending is not possible, they can join the Bishop in spirit by going to Church to pray the ROSARY or they can pray the ROSARY at home during the time of the BISHOP'S ROSARY RALLY OUTSIDE THE ABORTION CLINIC.
14. The primary prayers are the twenty decades of the ROSARY. These prayers will fulfill the obligation for the One Hour To God commitment if it is not possible to pray all the recommended prayers.

SOME WAYS TO SPREAD DEVOTION

Seniors; Schools; Religious Education Programs (CCD); Other Prayer Groups/Ministries; Homebound; Other parishes/Dioceses; Friends / neighbors / families; Catholic Organizations such as the Knights of Columbus, Catholic Daughters of America, Legion of Mary; Religious Communities especially the aged / retired Sisters / Brothers / Priests; Retreat Houses; Nursing Homes / Hospitals; Chaplains in: Hospitals; Schools; Armed Forces; Fire Houses; Police Department; Transit Department; Sanitation Department; Prisons, etc.

1. How about encouraging the children preparing for Confirmation, if not to follow the entire program, to learn the twenty decades / mysteries and how to pray the ROSARY?
2. Some schools may want to teach the children how to make ROSARY beads in school colors, thus making the ROSARY beads more personal.
3. Knowing that the family who prays together stays together, revive the age-old custom of praying the FAMILY ROSARY in the home before going to bed.

“To the Holy Spirit” from Lord Hear Our Prayer compiled by Thomas McNally and William G. Storey. Copyright 1978 by Ave Maria Press, Notre Dame, IN 46556. Used with permission of the publisher.

THE FIFTEEN PROMISES OF OUR BLESSED MOTHER
(Given to St. Dominic)
TO THOSE WHO PRAY THE ROSARY

1. Whoever shall faithfully serve me by the recitation of the ROSARY, shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the ROSARY.
3. The ROSARY shall be a powerful armor against hell; it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that soul would sanctify them by this means.
5. The soul which recommends itself to me by the recitation of the ROSARY shall not perish.
6. Whosoever shall recite the ROSARY devoutly, applying himself to the consideration of its sacred mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of eternal life.
7. Whoever shall have a true devotion for the ROSARY shall not die without the sacraments of the Church.
8. Those who are faithful to recite the ROSARY shall have during their life and at their death the light of God and the plentitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.
9. I shall deliver from purgatory those who have been devoted to the ROSARY.
10. The faithful children of the ROSARY shall merit a high degree of glory in Heaven.
11. You shall obtain all you ask of me by the recitation of the ROSARY.
12. All those who propagate the Holy ROSARY shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all advocates of the ROSARY shall have for intercessors the entire celestial court during their life and at the hour of death.
14. All who recite the ROSARY are my sons, and the brothers of my only son, Jesus Christ.
15. Devotion of my ROSARY is a great sign of predestination.

WEEK OF PRAYER FOR THE FAMILY AND NATION (Monday to Friday)

TOWARDS A JUST AND HUMANE SOCIETY

EACH DAY'S SUGGESTED CONTENTS

- | | |
|---|---|
| 1. Holy Mass to be followed by a short talk | 12:00 – 12:50 p.m. |
| 2. Rosary | 7:45 – 8:00 a.m. and/or
5:00 – 5:15 pm |

SUGGESTED SCHEDULE OF TALKS

- Day 1 “Praying for the Family and the Nation”
Prayer: Prayer for the Nation
- Day 2 “Mother Mary’s Role in the Transformation of Philippine Society”
Prayer: Proclamation of Our Lady of Guadalupe as
Patroness of Our Families
- Day 3 “Being Maka-Diyos” (short reflection on the basic values of the Filipino people:
Faith in Almighty God, respect for life, work, concern for the family and future
generations, order, plus concern for the environment)
Prayer for all Filipinos to uphold the “maka-Diyos” values
- Day 4 “Being maka-Tao” (short reflection on the basic values of the Filipino people:
Peace, truth, justice, love, freedom)
Prayer for all Filipinos to uphold the “maka-Tao” values
- Day 5 “Being maka-Bayan” (short reflection on the basic values of the Filipino
people: Unity, patriotism, respect for law and Government, Equality,
promotion of the common good)
Prayer for all Filipinos to uphold the “maka-Bayan” values

PRAYERS OF THE FAITHFUL AT MASS, to include:

We pray for President Gloria Macapagal-Arroyo and all in Government that all our decision-making be guided by the Holy Spirit and all our actions work to the good of the Filipino people, particularly those who live in poverty.

WEEK OF PRAYER FOR THE FAMILY AND FOR THE NATION

(Day 1)

ROSARY FOR LIFE:

TOWARDS A JUST AND HUMANE SOCIETY

Brothers and sisters in Christ:

This week, we come together here in (name of office: _____) to pray together for our families: our own respective families, one another's families, and for the larger family which is the FILIPINO FAMILY. For five days, we will celebrate the Holy Eucharist and pray the Rosary together for our FAMILY and for our NATION.

The Rosary has had an important role in the history of our country. Every year, we recall the Miraculous Battles of La Naval, which took place in 1646 when our country was miraculously saved from Dutch invaders whose naval fleet far outnumbered ours. More than three-and-a-half centuries later, many Filipinos - some of us here, perhaps - make pilgrimages to Sto. Domingo, our National Shrine of the Most Holy Rosary. The Rosary has been the source of many blessings for us Filipinos. Many Filipino families have experienced their own personal and family miracles through the praying of the Rosary. Our Holy Father Pope John Paul II has said that "the Rosary beats the rhythm of human life". Through the Mysteries of the Rosary – the Joyful, Sorrowful, and Glorious Mysteries, and now the new Mysteries of Light or Luminous Mysteries, we are able to come to know Jesus better and love him more. We are able to bring to him the joys, sorrows, lights, and glories of our own life. We are able to bring all our concerns to Jesus, through and with Mary, his Mother, our Mother and Mother of all.

Pope John Pall II in his Apostolic Letter entitled "Rosarium Virginis Mariae" which he wrote in October 2002, commend to the praying of the Rosary two important concerns of humanity at this time: the FAMILY and PEACE.

1. We pray for the FAMILY. We all know that the family is the basic cell of society. The Philippine Constitution honors the family with a full Article, Article XV, one in just 18 Articles of the whole Constitution. The Constitution recognizes the family as "the foundation of the nation". What happens in Filipino families determines what our nation is and becomes.
2. We pray for PEACE – in our hearts, in our homes, in our country, and throughout the whole world. Peace, which is not just the absence of war, but peace which is "the tranquility of order". That ORDER means that every person wants, and does his best, to fulfill the will of God - to keep the commandments, to LOVE as Jesus tells us we must LOVE.

We are to love God, with our whole mind, with our whole soul, with our whole heart, and with our whole strength. And us, who are parents, must teach our children to do the same. We are to love one another as Jesus has loved us. We are to remember that whatever we do to the least of our brethren, we do to Jesus.

Ultimately, the future of our nation rests on this: the extent to which LOVE is the basis for all our relationships, for all our decision-making. LOVE, which is a sincere and active concern for and commitment to, one another's well-being.

We take pride as a people that we Filipinos are naturally loving, caring, persons. We take pride that among all the nations of the world, our Constitution is the first - and still probably the only one - to specifically mention the word LOVE.

This week as we pray for our families and for our nation, we pray that each one of us here, and each member of our family, each colleague in our workplace, all our brother- and sister-Filipinos everywhere be able to truly LOVE at all times. We pray that we be truly "MAKA-DIYOS", "MAKA-TAO", and "MAKA-BAYAN".

Brothers and sisters:

Let us now reflect quietly for a few moments on the special concerns we want to pray together. United in spirit, let us lift up our petitions to God the Father in the name of Our Lord and Savior Jesus Christ. Let us bring to God Our Father in prayer all the people we love, the work we do, our hopes and our fears, our pains and our joys. Let us ask him to bless this special week as a time for each one of us, and all we pray for, to grow in PEACE, in JOY, and in LOVE. Let us pray specially for _____ (special intention most urgent this week, e.g. (for our legislators towards the country's growth and model [leadership, integrity, trust & intra/entrepreneurial mindset])). We ask our Mother Mary, Our Lady of Guadalupe, to pray with, for, and on behalf, of each one of us.

Let us pause for a moment (*30 seconds of silent prayer*).

We pray for President Gloria Macapagal-Arroyo and all in Government. We pray for the leaders of the various other sectors of Philippine society. We pray that the Holy Spirit come and enliven, enlighten, and empower us. We ask Our Almighty God and Father for peace, unity, progress, and prosperity for our nation. We ask him for the grace that each one of us here be able to happily and conscientiously and consistently, make our own unique contribution to the building of our nation, from day to day.

Tomorrow until Friday will be a special time of prayer for everyone here in _____. Tomorrow, we will share with you the message of Our Lady of Guadalupe and we will ask her to be the Patroness of our families. On Wednesday, in our brief time together, we will reflect on the basic values of the Filipino people which we are call to uphold as citizens of our country who are “Maka-Diyos”; on Thursday, we will reflect on the values which underlie our being “Maka-Tao”; and on Friday, those which make us “Maka-Bayan”.

President Gloria Macapagal-Arroyo has sounded the call for a renewed program of values formation in the bureaucracy, this week we will strengthen our commitment and capability to respond to this call. We will do so by recalling in our brief time together the basic values of the Filipino people. We will PRAY that we and all of us, brother- and sister- Filipinos at home and abroad, be truly able to “live and share” these basic values.

Let us pray and do our best to make this week the start of a new stage in our lives as members of our families and as good citizens of our beloved country - building our nation together, shaping and preserving a JUST AND HUMANE SOCIETY.

Together, let us pray OUR PRAYER FOR THE NATION:

Almighty God and Father, we implore you bless our land,
Grant us healing, grant us wholeness, let things be as you have planned.

See your children, praying, striving, for peace only you can give,
By your love, wisdom and power, Father, teach us how to live.

We are your children, let your love reign in each heart,
Make our nation all you want us to be, Father, we will do our part.

Show us how to use our freedom, how to build from day to day,
Mold our hearts so they may beat as one, Father, please show us the way.

Let your truth shine brightly, on this land we call our home,
By your grace, good will triumph,
Please be with us, we can't do it alone.

Amen.

Thank you and good day.

**WEEK OF PRAYER FOR THE FAMILY
AND FOR THE NATION**

(Day 2)

**OUR MOTHER MARY'S ROLE
TOWARDS OUR VISION OF A JUST AND HUMANE SOCIETY**

Today, on the second day of this Week of Prayer for the Family and the Nation here in _____, we will learn about the miraculous image of Our Lady of Guadalupe, a replica of which is visiting here this week. The original of this image is enshrined in the Basilica in honor of Lady of Guadalupe in Mexico.

On December 9, 10, and 12, 1561, Mother Mary appeared to Juan Diego, a Mexican native, who was recently canonized a saint by Pope John Paul II. Our Mother Mary came down from heaven moved by her motherly love and concern for her children – the Aztecs and Spaniards in Mexico at that time, and for us all throughout the world since then and to this time and in the future. In her apparitions, she gave a message of a mother's love – her love for her Son Jesus, her love for us all.

She asked him to go to the Bishop of Mexico and to ask him to build for her what she referred to as a "little house". She said that in that "little house", she would show and give God to the people; she would exalt him and make him manifest. She introduced herself to Juan Diego as the Ever-Virgin Holy Mary, Mother of God. She said that she is the mother of all the people – those who live in Mexico, and of all peoples of different ancestries who would love her, seek her, and trust in her. As a merciful mother, she promised that she would hear the weeping of her children. She would hear our complaints and heal all our hardships and sufferings. She assures us that when we have trials and difficulties, she is with us and that she is our mother.

Mother Mary's request for the Bishop to build her a chapel came from her love for Son Jesus, true God and true man, and for us, his brothers and sisters, truly also her children. She wanted then, and wants now, to make Jesus known to the people of Mexico and throughout the world. She wanted her children then, and now, to go to him as our Lord and God, our Savior and our friend.

When Juan Diego went to the Bishop and gave him Mother Mary's request, he did not immediately believe Juan. Bishop Juan Zumarraga of the Diocese of Mexico told Juan to ask the Lady for a sign that it was really the "Lady from heaven" who was making the request. When Juan Diego told Mother Mary of the Bishop's request for a sign, she assured him that yes, she would give him a sign to take back to the Bishop.

She told Juan Diego to climb the hill where she had first appeared to him and that he would find different kinds of flowers there for him to gather and take to the Bishop. Obediently, Juan went up the hill to gather flowers as Our Mother had instructed him, although he knew fully well that at that time of year, the cold frost would not allow any flowers to grow there. True enough, he found beautiful flowers of many different varieties abloom. He cut and gathered them and placed them in the fold of his tilma. The tilma is a piece of cloth made of maguey fibers, woven into a coarse fabric used as an apron. (*demonstrate, please*)

Juan brought the flowers back to Our Lady and she arranged the flowers inside his tilma and told him to take the flowers to the Bishop as the sign that he had requested for. She told Juan to tell the Bishop all that Juan had seen so that the Bishop would be convinced. When Juan arrived at the Bishop's residence, he opened his tilma to present the flowers to the Bishop. Lo and behold, as he did so, a beautiful image of Mother Mary as she had appeared to him was seen imprinted on the tilma. This image here is an exact replica, in miniature, of that miraculous image that had appeared on Juan's tilma. When the Bishop saw the image of Our Lady on the tilma, he knelt in awe. Soon after, he began construction of the little house - the chapel - requested by Mother Mary.

It is now more than 470 years - more than four centuries and seven decades - since Mother Mary gave her children her message to Juan Diego and to us of a mother's love and the image of herself on Juan Diego's tilma. To this day, her words to Juan Diego are words of comfort to us all, as she said to him and says to each one of us when we are undergoing any difficulty: *"Listen, put it into your heart ... the thing that disturbs you, the thing that afflicts you is nothing. Do not let your countenance, your heart be disturbed... Am I not here, I who am your Mother? Are you not under my shadow and protection? Am I not the source of your joy? Are you not in the hollow of my mantle, in the crossing of my arms?"*

To this very day, that same tilma with the beautiful miraculous image of Mother Mary is still intact. Scientific studies on the tilma have shown that indeed the image is miraculous. The colorings used on the image are not of animal, vegetable, or mineral origin. The image is not made of human hands. It has been preserved for close to half a millennium. For over a century after the apparitions, it was not even covered with glass. In the 20th century when someone tried to blow it up with a bomb, it survived without any damage whatsoever even as the iron grills nearby were mangled by the explosion. Recently, computer studies have discovered in the eyes of Our Lady reflections of the Bishop, Juan Diego, a family, and others present at the time of the miracle. Many miracles have been attributed to Our Lady of Guadalupe and her sacred image. The first was the miraculous cure of Juan Diego's sick uncle. The second was the restoration to life of a native who had been hit by an arrow. A replica of the image was placed in one of the ships which fought in the miraculous Battle of Lepanto which led to the proclamation of October 7 as the Feast of Our Lady of the Rosary. After a plague had taken the lives of close to 800,000 Mexicans in seven months, Mexico City

proclaimed her Patroness and immediately the plague stopped! The greatest miracles have been in the conversion to the Catholic faith of over eight million natives within five years from the apparitions and the end of human sacrifice to pagan deities.

This week, as we pray here, for the family and the Filipino nation, let us put ourselves under the patronage of Our Lady of Guadalupe. We are praying for the transformation of Philippine society. We are praying for peace and unity in our country. Our Lady of Guadalupe's apparitions in Mexico brought peace and unity to that country. Her apparitions transformed Mexican culture into the ways of Christianity.

As we pray for the building of a strong and stable Filipino nation, where there is progress and prosperity, let us turn to Our Lady of Guadalupe – invoking her love for us, her Filipino children – and ask for her guidance and protection. Let us proclaim her patroness of our respective families and put ourselves and everyone we love under her protection and care. Let us put this office here, _____ under her patronage. She will lead us all to Jesus. She will teach us how to love. Let us ask her, as our mother, to form us in the ways of her Son Jesus. She will help us to be truly “maka-Diyos”, “maka-tao”, and “maka-bayan”. She will help us make our own unique contribution to nation-building.

May we now pray together this prayer proclaiming Our Lady of Guadalupe as patroness of our families? Let us pray on behalf of each of our families; let us pray on behalf of the Filipino family. Let us put our nation under the mantle of her maternal protection. She will be a true mother to our family and to the Filipino people.

Let us pray:

**PROCLAMATION OF
OUR LADY OF GUADALUPE
AS PATRONESS OF OUR FAMILY**

Ever Virgin Mary, Holy Mother of God, Our Lady of Guadalupe, we come to you with sincere hearts. We proclaim you this day and for all time as the Patroness of our family. Mother of Our Lord and Savior Jesus Christ, Mother of our family and of each one of us, your Son wants us to love as he loves. He wants us to love you as he loves you. He wants us to know you, to be like you.

Through you and with you, we declare our absolute faith and trust in Our Father in heaven. We know that through, with, and in Jesus, we are his beloved children. May Our Father's will be done! Strengthen and guide us so that we may do our part. Just as he entrusted his very own Son Jesus to you, and just as Jesus entrusted us to you, we entrust and consecrate ourselves and our family to you now and forever, with all that we are, all that we have, all that we say and do.

We offer our hearts to be your sanctuary in the midst of the world. We beseech you, dearest Mother, dwell among us. Let us be your messengers, messengers of your Son, and of God's love. We come to you full of confidence. May our family and all humanity experience each day your tender motherly love, your powerful intercession, your unceasing protection, your help in all our needs. Ask the Holy Spirit to enlighten and sanctify us. Be with us each step of the way in our journey through life. Please see us safely through to our eternal home someday.

Our Father in heaven sent Jesus into the world through you. We accept, graciously and gratefully, all of his graces through your Immaculate Heart and through your loving hands. Amen.

Let us now also pray together our daily PRAYER FOR THE NATION:

Almighty God and Father,
We implore you bless our land,
Grant us healing, grant us wholeness,
Let things be as you have planned.

See your children, praying, striving,
For peace only you can give,
By your love, wisdom and power,
Father, teach us how to live.

We are your children,
Let your love reign in each heart,
Make our nation all you want us to be,
Father, we will do our part.

Show us how to use our freedom,
How to build from day to day,
Mold our hearts so they may beat as one,
Father, please show us the way.

Let your truth shine brightly
On this land we call our home,
By your grace, good will triumph,
Please be with us, we can't do it alone.
Amen.

WEEK OF PRAYER FOR THE NATION
Day 3

**WE PRAY FOR THE GRACE TO LIVE THE “MAKA-DIYOS” VALUES
OF GOOD CITIZENSHIP**

Introduction

This week, as we pray for our families and the nation, we pray to be good members of our families and good citizens of our country. In these last days of our week of prayer for our families and the nation, we will reflect on what it means when we say that we are “maka-Diyos”, “maka-Tao”, and “maka-Bayan”. These are traits that we, as Filipinos, would like to be characterized by, whether we are at home, at work, or at play.

My brothers and sisters, most if not all of you here have completed or attended at least one values formation course or seminar. In our time for reflection today, may I propose that we begin by just having three concepts in mind:

1. First, we define values as principles of good. Our values indicate what are personally important to us as a human being;
2. Second, our values define how we decide, how we act;
3. Third, the basic values of the Filipino people - therefore also, the basic values we are called to have as citizens of our country – are embodied, enshrined, in the Philippine Constitution. There are 16 of these.

You already know what these basic values are. They are listed in the little prayer leaflet that we distributed at the start of this week. As we reflect on these values, we will also relate them to President Gloria Macapagal-Arroyo’s Inaugural Address, her statement of her administration’s priorities over the next 6 years. She said and I quote: “Our unity as a people will be defined by a strong vision of the nation built on common values of hard work, shared sacrifice, and love of country.” (unquote). In her Address, she gave us glimpses of what it means to live each of the 16 basic values.

Let us proceed.

The “maka-Diyos values”

The Filipino is “maka-Diyos”. We know this to be true. In our own daily lives, we see how natural it is for us and our brother- and sister Filipinos to turn to God in prayer, for some

perhaps “informal prayer”, but still very much a “conversation with God” as his children. I am sure we have all seen at one time or another, someone – say a basketball player – make the Sign of the Cross before an important or crucial act. We Filipinos are naturally a prayerful people.

1. Faith in Almighty God is part of our nature. This is a value which has been passed on from our forefathers down through the generations, and which we also seek to pass on to our children.

The Preamble of the Philippine Constitution begins with the words: “We, the sovereign Filipino people, imploring the aid of Almighty God ...”.

“Kami, ang makapangyarihang sambayanang Pilipino, na humihingi ng tulong sa Makapangyarihang Diyos. . .”

We see here right away how we Filipinos recognize our dependence on God. We know that without God we can do nothing. We need his blessings upon us for us to succeed. We know that our work needs to be accompanied by prayer. This is precisely why we are having this Week of Prayer for our Families and the Nation: we know that as we seek to do our work, we need to pray for ourselves and for one another. Recognizing our total dependence on God, who created us in his own image and likeness and sustains us from moment to moment, we are called to thank God for all his blessings – big and small. We are called to have “a grateful heart”, a “gratitude attitude”. We know that God has given us life and everything that comes with it – our talents, our resources. He has given us our family. He has given us our work here. Let us remember to thank and praise God for all these.

Since God is the source of every blessing, everything we are, everything we have, everything we can do, it would follow that we want to please him, we want to do what he wants us to, and we want to do his will. Yes, we pray this everyday in the Our Father: “Your will be done on earth as it is in heaven”. And where do we learn God’s will? – First and foremost, in the Ten Commandments. We learned these as children and they continue to be relevant for us today, and will remain so, for all men and women through all time. This is the first value of the Filipino who is maka-Diyos, the first basic value of each of us here: faith in Almighty God. Our relationship with God, who is LOVE, is the basis for our relationship with every one else. It is from loving God that we love our neighbor.

2. The Filipino who is maka-Diyos has a great “respect for life”. This is the second value that we will reflect on today. To have the value of respect for life means we thank God for our life and the lives of others. We cherish, nurture, and protect life. In simple everyday terms what this means is that we must eat, sleep, drink (water),

exercise properly. We must take care of our health and the health of those whose care God has entrusted to us. We must not do anything to jeopardize it: for example, we all know that smoking is bad for the health. Some crimes that are specifically anti-life are: murder, homicide, parricide, physical injuries of any kind to any person. Drug abuse and drug pushing, too. Abortion is the killing of the child in the womb and is both a grave crime and a grave sin.

Being maka-Diyos also means that we uphold these three other basic values: concern for the family and future generations, work, and order.

3. No one here among us needs to be reminded to love our families, right? This comes to us naturally. Yet there are now many strains, many threats, to the stability and solidity of the family: marriages break up so much easily now than in the time of our parents and grandparents; extra-marital affairs are no longer frowned upon as much as in past decades; parental authority over children is increasingly being reduced and even questioned. Whatever happens in Filipino families is what determines the moral fiber of Philippine society. As we know, the family is the basic cell of society. Or us Catholics, the family is the ‘domestic church’. In our Constitution, the family is recognized as “the foundation of the nation”. The value of concern for the family and future generations reminds us that we are called to cherish our families and to exert every effort to help make our families truly a community of love, peace, and joy. This value is closely related to the value of respect for life, for it is through the family that new life comes into the world. Like life, our family, is a gift from God.
4. One who is “maka-Diyos” also recognizes that “to work” is a mandate from God. Laziness, idleness, is not pleasing to God. We are called to use our talents and make our world – the little world around us – a better, happier place for ourselves and for others. When at work, give focus. Give attention on work, not having your mind to wander elsewhere. Divided attention cause work to become poor and inefficient which leads to errors, losses and wastes. Man is the steward of all Creation.
5. One who is maka-Diyos has “order” in his/her life. We have heard the saying that God is a God of order. We need to have order in our daily lives. We need to have order in our time, in our use of funds. One of the popular book, “The Seven Habits of Highly Effective People”, advocates “FIRST THINGS FIRST”. Order may be done in our homes, in our workplaces and in everything we may get our mind, our hands, or hearts into. We need to have order in our relationships. Sabi nga: “A place for everything and everything in its place.” Also: “Where there is order, there is peace.” These are simple statements, yet they carry a lot of meaning.

Reflection

Let us pause briefly, to think of just one specific situation here in our work place and how any of these five maka-Diyos value applies. To recall them: faith in Almighty God, respect for life, concern for the family and future generations, work, and order. Let me start you off with some questions: “Do I offer everything I do to God?” Do I thank God for my life? Is there any one in my family whom I am called to be more loving to? Do I do my work well? Do I maintain order, neatness, in my work space? These are just sample questions, just try to focus on one point, one value most relevant to you in your situation now. Together, let us lift them up silently to God with thanks and praise. If there is a situation you want to improve, let us ask for his help.

(pause for 30 seconds, leader to pray silently for the intentions of everyone in the group, as they reflect)

Conclusion

We are reflecting on some very basic, very valuable, concepts in our little time together. I hope that after this, each one of us will on our own, in the silence of our hearts, reflect further on the 16 basic values of the Filipino people, of good citizenship, and on how in our own particular and unique ways, we can make these values the guiding principles of our decision-making.

The basic values we are talking of here are all ingrained in the heart of the Filipino. These are not new. These are already our values. These were the values of our forefathers. This is precisely why these values form the foundation of our Constitution. We only need to be reminded about them. We need to be affirmed in them. We need to be encouraged in them. We need to pray that we and others will truly and consistently uphold them.

Together, let us pray:

Almighty God and Father, we implore you bless our land,
Grant us healing, grant us wholeness, let things be as you have planned.

See your children, praying, striving, for peace only you can give,
By your love, wisdom and power, Father, teach us how to live.

We are your children, let your love reign in each heart,
Make our nation all you want us to be, Father, we will do our part.

Show us how to use our freedom, how to build from day to day,
Mold our hearts so they may beat as one, Father, please show us the way.

Let your truth shine brightly, on this land we call our home,

Good day to one and all!

WEEK OF PRAYER FOR THE NATION
Day 4

**WE PRAY FOR THE GRACE TO LIVE THE “MAKA-TAO” VALUES
OF GOOD CITIZENSHIP**

Introduction

Yesterday, we reflected on five basic values of good citizenship – those most closely related to being “maka-Diyos”. Today, we will reflect on the five “maka-Tao” values.

The “maka-Tao values”

1. To be “maka-Tao” means first and foremost, to love. Jesus came to the world to be one of us because of love. When drafting of the 1987 Philippine Constitution was completed, one of its features that its framers called attention to with pride was that ours is the only Constitution in the world which has the word “love”. This goes well with the fact that ours is the only predominantly Christian nation in this part of the world.

Love is the foundation and essence of the Christian faith. As St. John tell us in Chapter 3 verse 16 of his Gospel, which is referred to as the summary of the whole Gospel: “God so loved the world that he sent his only begotten Son so that those who believe in him may not perish but have eternal life.”

For us here who have just attended Mass, for all Catholics and Christians, we know that it is Jesus who teaches us how to love. Jesus – the Way, the Truth, and the Life – brings us the love of the Father and teaches us how to love, in turn. Everything Jesus did, he did because of love. He gave us these simple reminders:

- You shall love the Lord your God with your whole heart, soul, mind, and strength. And you shall love your neighbor as yourself.
- Love one another as I have loved you.
- Do unto others what you would like others to do unto you.
- Whatever you do to the last of my brothers, you do to me.

Paul in Corinthians 1 Chapter 13 speaks to us of love, saying that “love is patient, love is kind ... love keeps no record of wrongs ... and so forth.

If we have the basic value of love, that means that we want and we work for what is good for those we love. As defined by the Catechism of the Catholic Church: (quote)

“To love is to will the good of another”. Sadly, we see the word “love” misused and abused in so many ways. For example, the term “love child” is popularly used in the movie world to refer to children born out of wedlock, out of an illicit relationship, as though a child born to parents married to each other is not a “love child”, is not born out of love.

Love is to will the good of another. Love means helping people to be the best they can be in the eyes of God. Yes, in temporal terms – food, shelter, clothing, and so forth – but most especially in spiritual terms – in our concern for our loved ones’ spiritual well-being.

2. Freedom. The ability to love comes with the gift of freedom. God gave us life. He gave us free will. Love is freely given. If it is not freely given, it is not love. God gave us the freedom to make the right choices. Freedom does not mean that a person can do anything he or she wants to do. Having the basic “value of freedom” means that we use our ability to choose. To make the right choices: choices based on truth, choices which nurture life, which promote peace, which work to good. As the Catechism reminds us: “The exercise of freedom does not imply the right to say or do everything”. Freedom does not mean that it is alright to violate other people’s rights.
3. Peace. One who is maka-Tao is a person of peace. Over and over again we hear of peace talks, of peace efforts. We long for peace – in our hearts, in our homes, in our country, and in the world. While we yearn for peace, we know that in many places there are wars. In many homes and relationships, there are conflicts and disharmony. There is an absence of peace. How is peace to be achieved? The catechism tells us that peace is not only the absence of war. It is (quote) “the tranquility of order.” As we said earlier, where there is order, there is peace. When our things are in order, and we know exactly where our keys are, our ballpens, etc. we have peace. This is peace in little things. The same is true in the big things. When the relationships of countries are based on the order God has established, then there will be peace. Pope John XXIII said many years ago that peace has four pillars: love, freedom, truth, and justice. We will have peace in our hearts, in our homes, in our country, and in the world to the extent that we love, that we freely make the right choices, we uphold truth, and we do what is right and just. There is no short cut to peace. We also know that peace is a gift from God. So we pray for peace. We do our best to have peace. But by our own efforts, we will not succeed. In Galatians Chapter 5, verse 22, we see peace as a fruit of the Holy Spirit. In our Prayer for the Nation which we have been praying since Monday, we ask Our Almighty God and Father for this gift of peace.
4. Truth. One who lives the basic value of truth is honest in all his ways and at all times. At least, he tries his very best to be. Every act of graft and corruption is a violation of

the basic value of truth. Every form of deceit is contrary to truth. In her Inaugural Address, the President calls on each one of us to live up to the highest standards of honest ... *itaguyod ang katotohanan*”.

5. Justice. In her Inaugural Address, the President said that ours will be a modern country founded on social justice. She calls for “*katarungan para sa lahat*.” The Catechism tells us that justice “consists in the free and constant will to give God and neighbor their due.” Every person is intended by God to have access to what he/she needs to live. Yet we find that in our midst, we have brothers and sisters who do not meet their basic minimum needs of food, shelter, clothing and health care. We are called, in the practice of justice, to help every one of our brothers and sisters to be able to have access to these. This is why we are reminded that we are to have “a preferential option for the poor”, that ours is a “Church of the Poor”. As good Filipino citizens, and as good Christians, we need to help the *pinakadukha* and *maralita* among us. Further on justice, the Catechism goes on to say that we are to follow the principle that (quote) “everyone should look upon his neighbor (without any exception) as ‘another self’, above all bearing in mind his life and the means necessary for living it with dignity.”

Conclusion

My brothers and sisters, in this week of prayer, we have been participating in a special way in the task of nation-building: by doing well the work that is ours to do, you here in _____, by committing ourselves to uphold the basic values of our people, by praying for the grace for us and others to do so, and by consciously seeking to live these values as we make our decisions from day to day. This is what values formation is about: helping individuals to choose the basic principles of good that they will have as the basis for their decision-making.

We, who know these values and are already *maka-Diyos*, *maka-Tao*, and *maka-bayan*, are called upon to help others know and live these values. As we live them, let us also speak about them, gently reminding our families and friends about them. We will be “evangelists” in our little ways. As we do, we will be planting and nurturing seeds of hope. Together, we can look forward to a strong nation – a nation which is first and foremost *maka-Diyos*, and therefore also *maka-Tao* and *maka-Bayan*. Tomorrow, we will speak of the “*maka-Bayan values*”. As Bishop Soc Villegas said, during his installation as Bishop of Balanga, he said: “We are called to HOLINESS and to HEROISM. This will come about not only through our actions, but very much because of our prayers”.

Together, let us pray:

Almighty God and Father,
We implore you bless our land,
Grant us healing, grant us wholeness,
Let things be as you have planned.

See your children, praying, striving,
For peace only you can give,
By your love, wisdom and power,
Father, teach us how to live.

We are your children,
Let your love reign in each heart,
Make our nation all you want us to be,
Father, we will do our part.

Show us how to use our freedom,
How to build from day to day,
Mold our hearts so they may beat as one,
Father, please show us the way.

Let your truth shine brightly
On this land we call our home,

God bless us all.

WEEK OF PRAYER FOR THE NATION
Day 5

WE PRAY FOR THE GRACE TO LIVE THE “MAKA-BAYAN at MAKA-KALIKASAN” VALUES OF GOOD CITIZENSHIP

Introduction

Yesterday, we reflected on five basic values of good citizenship – those most closely related to being “maka-Tao”. Today, we will reflect on five “maka-Bayan” values.

On last Wednesday reflection, it mentioned of the 16 Pilipino Values as stipulated in the Philippine Constitution. In our time for reflection today, please be reminded to begin by just having three concepts in mind:

1. First, we define values as principles of good. Our values indicate what are personally important to us as a human being, what we make of ourselves and this collectively would reflect us as the community and of being Filipino;
2. Second, our values define how we decide, how we act;
3. Third, the basic values of the Filipino people - therefore also, the basic values we are called to have as citizens of our country – are embodied, enshrined, in the Philippine Constitution. There are 16 of these.

Let’s recall last Wednesday’s talk. You already know what these basic values are. They are listed in the little prayer leaflet that we distributed at the start of this week. As we reflect on these values, we will also relate them to President Gloria Macapagal-Arroyo’s Inaugural Address, her statement of her administration’s priorities over the next 6 years. She said and I quote: “Our unity as a people will be defined by a strong vision of the nation built on common values of hard work, shared sacrifice, and love of country.” (unquote). In her Address, she gave us glimpses of what it means to live each of the 16 basic values.

Let us proceed.

The “maka-Bayan values”

1. To be “maka-Bayan” means first and foremost, to have UNITY. To be called ‘a Filipino’ is to have one image, one thought, one action. Just as we come to participate in the Holy Sacrifice of the Mass as the ultimate prayer, we join around the table, participate in one prayer and receive the one and only Holy Eucharist.

So shall it be for us all to be one in our thoughts, one in purpose and action, to be, to act and seen as a Filipino we want our neighbors to see, to be and to live with.

“If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy” (1 Cor 12:26). “It bears all things, believes all things, hopes all things,

endures all things” (1 Cor 13:7). We project love to self towards love of family, neighbor, community and country. *Tayo’y magka-kaisa sa isip at damdamin. Tayo’y sama-samang magsusumikap nang matamo natin ang ating mithiin* – towards a strong, progressive nation; a just and humane society.

2. It is then from being self-less that brings forth EQUALITY. “Everything is lawful, but not everything is beneficial. Everything is lawful, but not everything builds up. No one should seek his own advantage, but that of his neighbor.” (1Cor 10:23-24)

We want that each one of us have the opportunity to be fully human, and that no one be the victim of prejudices or biases of any kind, and that the interests of one not be sacrificed against his will for the good of another.

We will act recognizing that tayo ay pantay- pantay, magkakapatid; tayo ay iisang pamilya.

3. PATRIOTISM. - *mamahalin natin ang ating bayan, sa isip, sa salita, at sa gawa*.
We want the best for our country. We want our country respected and honored by its citizenry and the whole world.
4. PROMOTION OF THE COMMON GOOD. We will realize and act upon the fact that *di tayo unlad kung tayo’y maka-sarili*. We will be ready to help those who have less than we do, *iaangat natin sila nang walang pasubali*.
We want for others what we want for ourselves. We want all Filipinos to meet their basic minimum needs and to have opportunities to develop and use our God-given potentials.
5. RESPECT FOR LAW AND GOVERNMENT. *susundin natin ang batas at ang pamahalaan*. *We will seek to know the laws of our land, and we will observe them at all times*.
We want that the rule of law to be upheld by all and at all times, that Government be accorded respect and all laws be complied with.

Conclusion

My brothers and sisters, in our week of reflection and prayer, we would have been participating in our daily work some amount of action towards nation-building: by doing well the work that is ours to do, by committing ourselves to uphold the basic values of our people, our basic values, by praying for the grace for us and others to do so, and by consciously seeking to live these values as we make our decisions from day to day. This is what values formation is about: helping individuals to choose the basic principles of good that they will have as the basis for their decision-making.

We now know these 16 values. These will guide us towards being maka-Diyos, maka-Tao, and maka-bayan. We are now called upon to exercise these, help others know and live these values. As we live them, let us also speak about them, gently reminding our office mates, our families and friends about them. We will be “evangelists” in our little ways. As we do, we will be planting and nurturing seeds of hope. Together, we can look forward to a strong nation – a nation we dream it to be.

We know that the term “values” refers to our “guiding principles of good.” They are our core beliefs, they represent what are most important to us. Our values determine our decisions; our decisions determine our actions; our actions determine our habitual behavior. *Good citizenship values lead to good citizenship actions. Good citizenship values work towards the attainment of our national vision of a just and humane society.* What we are called to do is to be exemplars of good citizenship, conscientiously and consistently showing to one and all that we make our decisions based on principles of good; that we have, that we live by, that we uphold the good citizenship values.

We cannot see “values”. They are principles. But we can see the actions which result from having these principles and these values serving as basis for our decision. *Values are seen in actions. Actions are based on values.*

“If everyone lights up just one little candle...” And if we each take an action, start with one, one at a time, guided by the values we learned and reflected on this week and consistently do so, coupled with our prayers, it would make that difference.

Together, let us pray:

Almighty God and Father, we implore you bless our land,
Grant us healing, grant us wholeness, let things be as you have planned.

See your children, praying, striving, for peace only you can give,
By your love, wisdom and power, Father, teach us how to live.

We are your children, let your love reign in each heart,
Make our nation all you want us to be, Father, we will do our part.

Show us how to use our freedom, how to build from day to day,
Mold our hearts so they may beat as one, Father, please show us the way.

Let your truth shine brightly, on this land we call our home. Amen.

HOME VISITS
OF
OUR LADY OF GUADALUPE'S IMAGE
AND HER PROCLAMATION BY THE FAMILY AS PATRONESS

IMPLEMENTING GUIDELINES
(PARISH-BASED)

From the cross, Jesus gave his Mother to us to be Our Mother. In her apparitions to St. Juan Diego in 1531, Our Lady of Guadalupe asked that a chapel be built for her from which she would show, manifest, exalt, and give her Son. She spoke of herself as a mother. Speaking of the Americas, Our Holy Father Pope John Paul II has expressed his desire that the Pilgrim Image of Our Lady of Guadalupe visit every diocese, parish, and home. The apparitions of Our Lady in Mexico have a special significance to us, Filipinos: at that time, the Philippines were part of the Diocese of Mexico. Bishop Zumarraga, to whom Our Lady sent Juan Diego, was our very own bishop!

The home visits of the image of Our Lady of Guadalupe will help parish families to become the “domestic churches” they are called to be, and to strengthen the bonds among families within BECs.

PROPOSED MECHANICS OF THE VISITS OF THE IMAGE TO FAMILY HOMES

1. As a project of the Bishop, Parish Priests will implement this project. Lead implementing organization at the Parish level will be the Family and Life Ministry, working together with the group in charge of forming and nurturing BECs.
2. The Parish will have an Image precisely for his purpose. This Image will go from one family to the next, following procedures which will be drawn up by the Parish Family Ministry. (Please see Attachment A for a set of sample procedures).

3. A launching event will be held at the Parish level, at which time, the Image will be turned over by the Parish Priest to the family where the Image will begin its journey of visitation to parish homes.
4. The target will be for every parish home to be visited by the Image, over whatever length of time this would take.
5. The family visited will pray the Rosary and go through the Proclamation Ceremony in the booklet entitled “PROCLAMATION OF OUR LADY OF GUADALLUPE AS PATRONESS OF THE FAMILY” and so proclaim her as Patroness. Hopefully, this can be the start/continuation of the recitation of the daily Family Rosary;
6. The Image will stay with a family for a period of 9 days, so the family can be encouraged to pray a full Novena during the Visit of the Image;
7. Talks may periodically be given at the parish-level on the meaning and significance to families today of Our Lady’s words to Juan Diego, or at the BEC level with the host family inviting members of the BEC and other parishioners to their home at the time.
8. Special events will be planned at the parish level: a Novena starting on December 3 in celebration of the Feast on December 12; and possibly also, a special event on the 12th of each month to promote devotion among parishioners.

**PROPOSED IMPLEMENTING PROCEDURES FOR THE HOME
VISITATION
OF THE IMAGE OF OUR LADY OF GUADALUPE**

1. A Coordinating Ministry, which will be designated by the Parish Priest for the Project, will plan and supervise implementation of the Home Visits.
2. The designated Coordinating Ministry (i.e., the Family and Life Ministry or whichever Ministry may be designated by the Parish Priest) will draw up the schedule for the visits of Our Lady's image.
3. At the launching of the Project, an announcement will be made by the Parish Priest about the forthcoming visits of the image of Our Lady of Guadalupe to parish homes, inviting parishioners to contact the Coordinating Ministry to schedule a visit of the Image to their home (Please see Form A. - Schedule of Home Visits of the Image of Our Lady of Guadalupe) attached. This Form will be made available at the parish Office.
4. Interested parishioners will then sign the aforementioned Schedule, where the dates of the visit to their home will be indicated, as well as the names of the next 9 families to be visited.
5. The Image will be turned over by the Priest to the first family to be visited. It is suggested that that family be the family of the President of the Parish Coordinating Council (or some other family of parish lay leaders which the Parish Priest may designate).
6. The husband and wife of the first home to be visited (if possible, together with their children) will receive the Image from their Parish Priest and bring this home. The Image will have with it: (a) the booklet entitled

“Proclamation of Our Lady of Guadalupe as Patroness of the Family” and (b) a copy of the Arrival and Departure Prayers; (c) a cd of “A Mother’s Gift”, a prayer-song in honor of Our lady of Guadalupe; (d) the schedule of home visits, indicating the name and address of the family to whom the Image will be turned over.

7. On the first day, the family will follow the Proclamation Ceremony in the booklet which will be provided together with the Image. The prayer entitled “Proclamation of Our Lady of Guadalupe as Patroness of Our Family” is the highlight of this ceremony, whereby the family proclaims Our Lady as its Patroness. Special intentions of the family will be lifted up during this simple ceremony.
8. On each of the 9 days of the visit of the Image to the Family, the family will pray the Rosary. If not all members of the family may be able to join the Family Rosary, one or more may pray the Rosary on behalf of the rest.
9. On the ninth day of the visit, after praying the Departure Prayer, the family will bring the Image to the next family in the list, turning over the Image, plus the materials accompanying it.
10. The second family then goes through steps 6 – 8 above.