

PSALM 121

*The Lord my Guardian
A song of ascents.*

I raise my eyes toward the mountains.
From where will my help come?
My help comes from the LORD,
the maker of heaven and earth.

God will not let your foot to slip;
your guardian does not sleep.
Truly, the guardian of Israel
never slumbers nor sleeps.

The LORD is your guardian;
the LORD is your shade
at your right hand.
By day, the sun cannot harm you,
nor the moon by night.
The LORD will guard you from all evil,
will always guard your life.
The LORD will guard your coming
and going
both now and forever.

JOIN US FOR OUR NEXT
PILGRIMAGE SATURDAY

July 18
3:00 - 4:00 PM
LOWER LEVEL

OUR LADY OF LAVANG/OUR MOTHER OF AFRICA
OUR LADY OF LOURDES/BYZANTINE-RUTHENIAN/OUR LADY OF BREZIE

**BASILICA OF THE NATIONAL SHRINE OF
THE IMMACULATE CONCEPTION**

**JUBILEE YEAR
PILGRIMAGE SATURDAY**

20 JUNE 2009

PSALM 122

*A Pilgrim's Prayer for Jerusalem
A song of ascents. Of David.*

I rejoiced when they said to me,
"Let us go to the house of the LORD."
And now our feet are standing
within your gates, Jerusalem.
Jerusalem, built as a city,
walled round about.
Here the tribes have come,
the tribes of the LORD,
As it was decreed for Israel,
to give thanks to the name of the
LORD.
Here are the thrones of justice,
the thrones of the house of David.

For the peace of Jerusalem pray:
"May those who love you prosper!
May peace be within your ramparts,
prosperity within your towers."
For the house of the LORD, our God,
I pray, "May blessings be yours."

SALVE REGINA

1. Hail, ho - ly Queen en - throned a - bove, O Ma -
 2. The cause of joy to all be - low, O Ma -
 3. O gen - tle, lov - ing, ho - ly one, O Ma -

ri - a. Hail, Queen of mer - cy and of love,
 ri - a. The spring through which all grac - es flow,
 ri - a. The God of light be - came your Son,

O Ma - ri - a. Tri - umph, all ye Cher - u - bin,
 O Ma - ri - a. An - gels, all your prais - es bring,
 O Ma - ri - a. Tri - umph, all ye Cher - u - bin,

Sing with us, ye Scr - a - phim, Heav'n and earth re - sound the
 Earth and heav - en, with us sing, All cre - a - tion ech - o -
 Sing with us, ye Scr - a - phim, Heav'n and earth re - sound the

hymn: Sal - ve, Re - gi - na.
 ing: Sal - ve, Re - gi - na.
 hymn: Sal - ve, Re - gi - na.

HEAL SALVE REGINA, 1898, c.1900, TE. GOSWELL, 1884, St. 2, 3, adapt. by M. OWEN LEE, CSR, 6, 1930
 THE SALVE REGINA COLLEGE, 3 & 4 771 4 St. Cherdon, London, 1898, Hymn by Healey Willson, 1890, 1908, © WILLSON MUSIC CO.

(By its very nature, the Pilgrim Church is missionary. In obedience to the mandate of Jesus, to “go out into the whole world,” the Church strives to proclaim the gospel to all nations and to manifest Christ to all peoples.)

IMMACULATE MARY (HAIL HOLY QUEEN)

Immaculate Mary, your praises we sing;
 You reign now in splendor with Jesus our King.
 AVE, AVE, AVE, Marial! AVE, AVE, Marial!
 In heaven, the blessed your glory proclaim;
 On earth we, your children, invoke your sweet name.
 AVE, AVE, AVE, Marial! AVE, AVE, Marial!
 We pray for the Church, our true Mother on earth,
 And beg you to watch o'er the land of our birth.
 AVE, AVE, AVE, Marial! AVE, AVE, Marial!



Mary, Help of Christians

(Salesians and Daughters of Mary Help of Christians)

A brief summary of the history of Our Lady Help of Christians

Most Holy and Immaculate Virgin,

Help of Christians, Mother of the Church,

We place ourselves under your motherly protection.

We promise to be faithful to our Christian vocation and

to work for the greater glory of God and the salvation of

our souls, and of those entrusted to us.

With faith in your intercession,

we pray for the Church, for our families and friends,

for the youth, and especially for those who are most in need.

You were the teacher of St. John Bosco.

Show us how to imitate his virtues, especially his union with God,

his chastity, humility, and poverty; his love for work and for

temperance; his goodness and total giving of self to others,

his loyalty to the Holy Father and to the Church.

Grant, O Mary, Help of Christians,

the graces of which we stand in need (mention intentions).

May we serve God with fidelity and generosity until death.

Help our dear ones and help us to attain the boundless joy

of being forever with our Father in heaven.

Amen.

Reading:

Sermon 20 - Saint Aelrod, abbot

Nativity of the Blessed Virgin Mary

Liturgy of the Hours

Reflection:

Sister Teresa Mary Kozlovski, RSM

Basilica of the National Shrine

of the Immaculate Conception

MARY, QUEEN OF ALL HEARTS

(De Montfort Fathers and Daughters of Wisdom)

Some thoughts on Mary, Queen of All Hearts

Father,

You have given us the Mother of your Son

to be our Queen and Mother.

With the support of her prayers,

may we come to share in the glory of your children

in the kingdom of heaven.

We ask you this through our Lord Jesus Christ,

your Son, who lives and reigns with you,

and the Holy Spirit, one God,

forever and ever.

Amen.

LITANY OF THE BLESSED MOTHER

(Recited as the community journeys to each pilgrimage site.)

Lord, have mercy.

(repeat invocation)

Christ, have mercy

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

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, **pray for us.**

Mother of the Church,

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 Savior,

OUR LADY OF PERPETUAL HELP

A brief description of the Our Lady of Perpetual Help

O Mother of Perpetual Help,
grant that I may ever invoke your most powerful
name, which is the safeguard of the living and the
salvation of the dying.
O Purest Mary, O Sweetest Mary, let your name
henceforth be ever on my lips.
Delay not, O Blessed Lady, to help me whenever I call
on you, for, in all my needs, in all my temptations, I
shall never cease to call on you, ever repeating your
sacred name, Mary, Mary.
O what consolation, what sweetness, what
confidence, what emotion fills my soul when I
pronounce your sacred name or even only think of
you.
I thank God for having given you, for my good, so
sweet, so powerful, so lovely a name.
I will not be content with merely pronouncing your
name.
Let my love for you prompt me ever to hail you,
Mother of Perpetual Help. Amen.

LITANY OF THE BLESSED MOTHER (Continued)

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|---------------------------------|------------------------------|
| Virgin most prudent, | Singular vessel of devotion, |
| pray for us. | Mystical rose, |
| Virgin most venerable, | Tower of David, |
| Virgin most renowned, | Tower of ivory, |
| Virgin most powerful, | House of gold, |
| Virgin most merciful, | Ark of the covenant, |
| Virgin most faithful, | Gate of heaven, |
| | Morning star, |
| Mirror of justice, pray for us. | Health of the sick, |
| Seat of wisdom, | Refuge of sinners, |
| Cause of our joy, | Comforter of the afflicted, |
| Spiritual vessel, | Help of Christians, |
| Vessel of honor, | |

OUR LADY OF MOUNT CARMEL

A brief description of the devotion to Our Lady of Mount Carmel

O Most beautiful flower of Mount Carmel,
fruitful vine, splendor of heaven, Blessed Mother of the Son of God,
Immaculate Virgin, assist me in this my necessity.
O Star of the Sea, help me
and show me herein you are my mother.
O Holy Mary, Mother of God, Queen of heaven and earth,
I humbly beseech you from the bottom of my heart,
to succor me in this necessity; there are none that can withstand
your power.
O show me herein you are my Mother.
O Mary, conceived without sin, pray for us
who have recourse to thee. (3x)
Sweet Mother,
I place this cause in your hands. (3x)

LITANY OF THE BLESSED MOTHER (Continued)

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|--|----------------------------------|
| Queen of angels, pray for us. | Lamb of God, you take away |
| Queen of patriarchs, | the sins of the world, |
| Queen of prophets, | have mercy on us. |
| Queen of apostles, | Lamb of God, you take away |
| Queen of martyrs, | the sins of the world, |
| Queen of confessors, | have mercy on us. |
| Queen of virgins, | Lamb of God, you take away |
| Queen of all saints, | the sins of the world, |
| Queen conceived without original sin, | have mercy on us. |
| Queen assumed into heaven, | Pray for us, holy Mother of |
| Queen of the most holy Rosary, | God, that we may become |
| Queen of families, | worthy of the promises of |
| Queen of peace. | Christ. |