



**“MARY,
PILGRIM WOMAN
OF HOPE”**

Novena 2025



Mary, Pilgrim Woman of Hope in the midst of the world

November 29

Today we begin our journey of prayer, contemplating Mary, a woman who is a pilgrim in our world, bringing hope and faith. She walks with us in the mission of building a more fraternal world, where we are all called to listen, dialogue and walk in community.

Song

Psalm: Pilgrims with Hope

Ant: You Lord is in our midst!

1. As we continue our journey, we look up and ask: From where will our true help come? And the voice within us answers with certainty: It comes from the one who created heaven and earth, from the one who holds the universe together and takes care of us!
2. We know that no matter how dark the path may be, You, Lord, will not allow us to stumble or fall into temptation. Your gaze is fixed on every step we take! You are the Keeper of our lives, You neither sleep nor rest, You are in our midst, attentive to every step we take!
3. God is the strength that connects us, our refuge in the midst of the burning sun and the silent night. He will not leave us alone in difficult moments, nor will evil be able to overtake us on this journey; because he takes care of us, in every step we take, in every hope we carry.
4. Today, tomorrow and always, we are certain that we do not walk alone, that hope and strength accompany us. We trust in You who are the strength that sustains us, for our help comes from the Lord. You, Lord, go in the midst of our journey. We are Your pilgrim children, bringing hope to the world.

Listening to Your Word Luke 1:26-33

In an attitude of silence, let us listen to the text, let us observe Mary greeted by the Angel, listen to her words..., allow ourselves to be touched by her feelings of amazement, of fear... Let her dialogue with God and her response touch our hearts.

In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end."

To internalize:

- God chooses Mary, a young virgin from Nazareth, to be the mother of his Son. This way of acting of God invites us to cultivate in a profound way faith, availability and openness to His will. Mary, as a Pilgrim Woman of Hope, teaches us to trust in God's

plans and to be willing to walk the path that God points out to us, even without having everything clear.

- The Angel greets Mary by saying "Rejoice, full of grace!", showing that she knows how to remain in the presence of God, who strengthens her in trust and gives her the confidence to accept His plan of salvation.
- The annunciation fills us with hope and joy: Jesus will be great, called the Son of the Most High, and his reign will have no end, and he invites us to dream of a Kingdom that transcends the human, as a place where justice, peace and eternity can be built here and now, when we experience ourselves as brothers and sisters and walk together.

Our Founders: Paris and Claret

Our Founders are missionaries of hope, they trust fully in God's promises and pray with great devotion to our Mother Mary.

[...] Your Mother was armed with this total trust in God, who had promised her as she did to another Patriarch Jacob: I will be your guardian wherever you go, and this trust she communicated to the captain and sailors when he went to warn them of the inevitable danger in which they were, and she also certified to them that because God had discovered the danger to them was a sure sign that she wanted to save them all. for there being no human remedy they had to wait for it from heaven. Your Mothers, warned from heaven, equip themselves with the shield of prayer, which is the only key that penetrates the heavens, and begin in turn to pray the entire Rosary to Mary Most Holy at each hour, ending it with the acts of the Christian of Faith, Hope and Charity¹.

"When I was a little boy I was given a pair of rosary beads, and I was more pleased with them than with the greatest treasure. I used them after school when my classmates and I marched in double file to the nearby church where our teacher led us in reciting a part of the rosary."²

Silence: We meditate on the word of our Founders...

Guidelines for internalizing

1. In what ways does Mary inspire us to be pilgrims of hope in our community and mission?

We will have a moment of silence to internalize. We share in a the reflection we have made in a spirit of fraternity.

Song: Magnificat

Final prayer: Lord, may Mary, our pilgrim mother of hope, accompany us on our missionary journey. May we learn to listen and dialogue, building a synodal Church, transformed by the love and hope that you give us. Amen.

¹ Positio, CAP XVI testimonies on his reputation for holiness. Sermon preached by Palladius Currius to the nuns of Reus. On the occasion of the 19th anniversary of the foundation of the institute. 5.i, p. 274

² Aut Padre Claret n.44

Journey of Faith: Mary's Pilgrimage as a Model of Hope

November 30

On this second day we contemplate Mary and Joseph who make a pilgrimage to Bethlehem with an attitude of hope, faith and strength in the face of difficulties, inviting us to make these same attitudes grow in our own lives. Let us make present in this prayer, in a special way, so many men, women, young people, children migrating with the hope and trust placed in God so that the dream of something even better in the midst of uncertainty may become possible... Let us also dedicate a space to welcome one another as pilgrims with tenderness, warmth, forgiveness...

Song

Psalm: Psalm of Hope on Pilgrimage

Ant: We go forward, with renewed faith, transforming pain into a song of joy.

1. On uncertain paths, Joseph and Mary move forward, seeking a refuge where love can be born. With open hearts, they carry in their being the promise of light that the world needs to see.
2. Pilgrims of hope, we cross borders, weaving strong bonds between men and women. In every encounter, we find unity, for we all yearn for peace and dignity.
3. May our hands join the rhythm of the journey, let us open the doors, let us offer home, because in every gesture, in every sincere embrace, the divine spark shines inviting us to love.
4. Thus we move forward, with renewed faith, transforming pain into a song of joy, and in every step we take, we build the path towards a world where everyone can be born and shine.

Listening to the Word:

To contemplate the scene that the Gospel presents to us today, let us sharpen our sight and our ears to see and hear what the Lord wants to reveal to us with his Word, let us allow ourselves to be touched by the silence of the night chosen by God to make himself present to humanity, and let us listen to the narrative of Luke 2:1-7.

In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. This was the first census that took place while Quirinius was governor of Syria. And everyone went to their own town to register. So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.

To internalize:

In a time of uncertainty and displacement, Joseph and Mary set out on their journey to Bethlehem, guided by a census that reminded them of both their origin and the reality of the world they inhabited. Their journey symbolizes the universal longing for belonging and dignity, in a context where many, like them, are displaced by circumstances beyond their control.

The arrival of Joseph and Mary in Bethlehem, at the precise moment when they gave birth, evokes the hope that springs up even in the most difficult moments. In a manger, where the humble meets the divine. It also invites us to recognize the beauty in simplicity and to value each life, especially those that arise in adverse conditions.

Today we feel called to create inclusive spaces, where no one is left behind, to open our doors and hearts to those who seek a home, remembering that the true essence of love is manifested in welcoming and caring for others.

Our Founders: Paris and Claret

Antonia's birth occurs in the midst of fear and flight, in an environment that is not conducive to receiving a new life. However, the solidarity of those who give refuge to his mother turns that difficult beginning into a sign of hope. On the other hand, since he was a child, Father Claret visited the sanctuary of Fusimaña with deep devotion, a practice that he maintained throughout his life. Let us listen carefully to the faith experience of our Founders...

And so Antonia was born, skinny and bruised that "looked like she was grilled". The circumstances surrounding this birth could not be less pleasant. Surrounded by terror, excesses and after the haste of an escape. This did not seem to be a very pleasant sign to welcome a life that comes into the world³. But seen from the angle of simple people who open their homes to a pregnant woman who has fled, we are shown a very human sign of welcome and hope. Perhaps that is why later Antonia never wanted to have her own house, nor income, nor material stability, so that weakness and poverty would be a more evident sign of the efficacy of the evangelical word and would better move its reception⁴.

Let us listen to Father Claret who tells us about his experience of prayer as a child. *"As a small child I and my sister Rose, who was very devout, made frequent visits to the shrine of the Virgin called Fussimanya, a league away from my home. I cannot describe the devotion I felt at this shrine. Even before I got there, as soon as I could see the outline of the chapel, I felt so emotional that tears of tenderness welled up in my eyes. We started saying the rosary and kept praying all the way to the chapel. I have visited the shrine at Fussimanya whenever I could, not only as a child but as student, priest, and even as archbishop before I left for my diocese."*⁵

Guidelines for internalizing:

- 1- How does my relationship with Mary influence my decisions, my faith, and my way of life?
- 2- Like Mary, how do we learn to discover Jesus present in the small, fragile and daily life of our mission?

Prayer of petition: we turn our reflection into prayers of petition. After every three participants, a Hail Mary is prayed.

Closing prayer: God, through the intercession of Mary, a woman on mission, strengthens our hope and our commitment to bring your love to all. May we be instruments of dialogue and transformation in the Church and in the world. Amen.



³ Aut. 18, in *Escritos de María Antonia París*, pp. 65-66

⁴ Positio, CAP I Introduction, place of birth. p. 2

⁵ Aut. Padre Claret n.49

From Nazareth to the Heart of the World: Mary's Pilgrimage and its Message of Hope

December 1

On the third day of the novena we can understand that Mary's journey, which begins in the humility of Nazareth, becomes a spiritual journey that reaches all humanity. His life is a constant pilgrimage guided by faith, where each step reveals his willingness to bring Christ to the world. From daily silence to moments of pain and mission, Mary presents herself as a sign of hope for those who seek comfort and meaning. Her maternal presence continues to accompany us today and inspire us to live with attitudes that contribute to transforming reality with love and dedication.

Song

Psalm: (Adapted from Psalm 39)

Ant: You brought us out of the abyss and gave us a new song.

1. In you, Lord, I have placed my trust, my hope; You have bent down tenderly over me, and have heard my cry and welcomed my life. I thank you from the bottom of my heart; I am happy with you. I feel happy and I sing you a new song; I praise you and rejoice before you, Lord.
2. Your presence fills me with respect and before you I am amazed; and decided to follow you, renouncing the lie. I thank you from the bottom of my heart; I am happy with you. How many wonders you have done in my life, my Lord; like you there is no one capable of so much love for this human being! I want to testify to your goodness and tenderness towards me and sing, I thank you with all my heart; I am happy with you.
3. How many wonders you have done in my life, my Lord; like you there is no one capable of loving me so much! I want to bear witness to your goodness and tenderness towards me and sing, Lord Jesus, what you have done with my story. I thank you from the bottom of my heart; I am happy with you.
4. You do not want, Lord, things that die, words without certainties; you do not want good feelings that a new circumstance sweeps away; what you want, Lord Jesus, is an open and noble heart, capable of saying "YES" to the Father's will; say, "Here I am"
5. I thank you from the bottom of my heart; I am happy with you. I want to proclaim your justice between men and women, to make history; I want to bring your willingness to share before the peoples; I want to proclaim your loyalty to the persecuted and marginalized, I want your love and your truth to reach the poorest heart.
6. I thank you from the bottom of my heart; I am happy with you. I want to live making the way with the works of good; I want to leave trails of peace and mercy in my wake. Do not let me set foot in the deep pit of evil, and never allow me to be ashamed of you. I thank you from the bottom of my heart; I am happy with you.

Monition to reading:

Let us become aware of this moment, let us prepare our hearts and ears to listen to Mary's song, let us allow ourselves to be touched by her song, her feelings, her words. Let us listen to Luke 1:46-55 in this narrative carefully:

And Mary said: "My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me — holy is his name. His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors."

For internalization:

- The Magnificat is the song of a woman who knows she is small, but infinitely loved by God. In Mary, God bursts into history from humility, lifting up the poor and overthrowing every power that oppresses. Their singing is not just thanksgiving, but a prophetic proclamation that announces a new world.
- Mary sings because she believes, and her faith makes her a pilgrim of hope: she walks carrying Christ, supporting those who feel weak and remembering that God never abandons his people.
- As we pray the Magnificat, we are invited to walk with her, trusting in the promise of a God who transforms life from the small and every day.
- As a pilgrim, Mary invites us to be agents of change, promoting encounters that transform hearts and communities, in the mission of building a more just and hopeful world.

Our Founders: Paris and Claret

Maria Antonia's life is a journey sustained by trust in God, an interior pilgrimage where every trial becomes an opportunity to abandon oneself more fully to his love. Likewise, Father Claret shares the spirit of the Magnificat because, like Mary, he recognizes that everything comes from God and not from his merits, and directs his supplications to the greatest divine glory.

Maria Antonia, by expressing in her various experiences of abandonment, trust in God allows us to observe the growth of the virtue of hope in her. On the habitual strength of her hope she tells us on one occasion:

"I did not dare to tell Our Lord that this was impossible for me, because I have always had the certainty of God's power in his creatures, by the grace of God."

At other times it was the considerable difficulties he had to overcome that caused an increase in his confidence. This was the case in that eventful and dangerous navigation to Cuba, when the ship through the cleft almost sank. "The memory of the dangers from which God had delivered me, enlarged my heart more and more, in the hope of my God.

This hope that God has placed in my heart from my earliest years has delivered me so many dangers [...] The deeper we went into that immense sea, the deeper my spirit went into the immense sea of God."

On this journey, her hope is strengthened by the maternal presence of Mary, whom the Servant of God feels close in danger. Her filial piety is expressed in terms of Marian trust and invocation: "I invoked Mary Most

Holy... and she said to me: "Be of good cheer, my daughter, so I am going to the stern of the ship to free you..."

In her journey of hope there are moments when, in order to purify her, God made her feel the weight of her weakness, erasing from her memory the strength of the promises he had made to her.

This virtue takes on especially important nuances in painful and uncertain moments for her. But she is always abandoned herself to the Lord, expecting everything from Him⁶.

In this prayer, Father Claret reveals to us his way of conversing with the Virgin, let us enter carefully into his experience, and let us listen to him. "O Mary, my Mother and my hope, consolation of my soul and object of my love, consider all the graces for which I have asked you in the past, all of which you have granted me. Shall I find that this ever-flowing stream has only now gone dry? No, no, it has never yet been heard, nor shall it ever be, that anyone who turns devotedly to you has ever yet been turned away. My Lady, you can see that all these things I ask you are for the greater glory of God and you, and for the good of souls. Hence I hope to obtain them and I know I shall obtain them. That you may grant this all the sooner, I do not offer you my merits, for I have none to offer. Rather I shall say that, since you are the Daughter of the Eternal Father, Mother of the Son of God, and Spouse of the Holy Spirit, it is most becoming that you be filled with zeal for the honor of the Blessed Trinity, whose loving image man's soul is--an image, furthermore, that has been washed in the blood of God made man."⁷

To internalize

- 1- When Mary proclaims the Magnificat, she not only gives thanks for what God has done in her, but also recognizes that her story is the work of God and not her own merit. To bring this question to life within us, it is not enough to ask ourselves 'what are we grateful for,' but rather, how has God transformed our smallness, our fears, and our struggles into grace and mission?

Echoes: After the internalization, we invite you to share a short sentence and to write a new Magnificat on a flip chart.

"My soul sings of the greatness of the Lord because..."

Final prayer: Lord, may Mary, in her pilgrimage of hope, inspire in us a heart open to transformation. May we be agents of change, dialogue and mission in building of a more just and hopeful world. Amen.



⁶ Cf. Positio, CAP XX. Summary of the virtues of the Servant of God. III Theological virtues. Growth in Hope, p. 397

⁷ Aut. Padre Claret n.162

Mary on the journey: Bringing Comfort and Hope to Elizabeth

December 2

On the fourth day of the novena, Mary sets out quickly, carrying in her womb the God of life and hope in her heart. Her visit to Elizabeth is not only a family gesture, but a grace-filled encounter where faith is recognized and joy overflows. In contemplating Mary, a pilgrim of comfort and hope, may we also learn to go out to meet others, bearing the presence of Christ with humility and service.

Song

Psalm: Isaiah 12:2-3. 4bcd. 5-6

Ant.: How great is the Holy One of Israel in your midst.

- 1- The Lord is my God and Savior: I will trust and not fear, for my strength and my power is the Lord, he was my salvation. And you will draw water with joy from the fountains of salvation.
- 2- Give thanks to the Lord, call on his name, tell the people of his deeds, proclaim that his name is exalted.

3- Ring for the Lord, who has done mighty deeds,
proclaim them to all the earth; shout joyfully,
Inhabitants of Zion: "How great is the Holy One of Israel in your midst."

Encouragement to reading

You are invited in this space of silence to imagine Mary's journey to Ain Karem, you are willing to accompany her, listen to her, try to feel feelings, emotions, motions. Or seeing and hearing her meeting with her cousin, greetings, emotions. And God growing in it. Open your heart and your senses to let yourself be permeated by this word that Lk 1:39-45 offers us.

At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that the Lord would fulfill his promises to her!"

Silence

- The Visitation reveals Mary to us as a woman on a journey, moved by the Spirit and not by human urgency. Her journey to Elizabeth's house is born of faith: she carries Jesus in her womb and silently offers him with her presence.
- There, in a simple and familiar encounter, grace becomes recognition, joy and prophecy. Mary does not only visit: she accompanies, consoles, confirms the faith of the other and awakens hope.
- In it we learn that true mission begins when we go out of ourselves to bring Christ where he is most needed; that every encounter can become a place of salvation if we go with humility, promptness and love.

Our Founders: Paris and Claret

Just as Mary went out to meet Elizabeth, bringing comfort and hope, Mother Antonia also set out on her journey, trusting only in God. Her journey from the Canary Islands, marked by detachment and faith, reminds us that mission is born when we leave the security of what we know and move forward sustained by hope. Likewise, Claret understands his mission as an act of love that seeks to make others happy, heal, liberate and lead each person to God. In both, the mission is not born of duty, but of a charity that becomes a journey, encounter and service. Let us see:

From the Canary Islands, Antonia writes to Fr. Claret reassuring him of her unexpected delay. He acknowledges receipt of two letters, one of them from the Canary Islands and the other announcing her arrival on the island. The departure from Lanzarote was one of sadness for those who remained. They would have liked the Sisters to stay and live there. The rest of the trip had no major setbacks. Antonia's experience at this time takes on features of deep hope in God and of entering the deep sea of the Divine Will. "The memory of the dangers from which God had delivered me, enlarged more and more hope in my God. This hope that God has placed in my heart since my earliest years has delivered me from so many dangers, and the hope in God filled me with such joy that when I lost sight of the Canary Islands, my heart rejoiced, because once the land was out of sight, all that remained was hope in God."⁸

Father Claret tells us: "Another force that drives me to preach and hear confessions is my desire to make my neighbor happy. If there is so much joy in healing the sick, freeing the prisoner, consoling the afflicted, and cheering the sad, then there is far greater joy in bringing one's neighbor to the glory of heaven. It means saving him from every evil and bringing him to the enjoyment of every good--and for all eternity. Mortals cannot understand this just now, but when they are in glory they will know the great good that was offered them and that they will have, happily, attained. Then they will sing the everlasting mercies of the Lord and bless those who have been merciful to them."⁹

Guidelines for internalizing

- 1- What does Mary's visit transform in our lives and what mission does it awaken in us?
- 2- In what ways do our community actions become a sign of hope for others?

Sharing

We leave a space of prolonged silence that makes it easier for us to listen for 10 or 15 minutes.

Share feelings, motions that arose during the time of silence, with a word or phrase.

Final Song

⁸ Positio, CAP III Introduction, trip to Cuba. pp. 35-36

⁹ Aut. Padre Claret n.213

Prayer

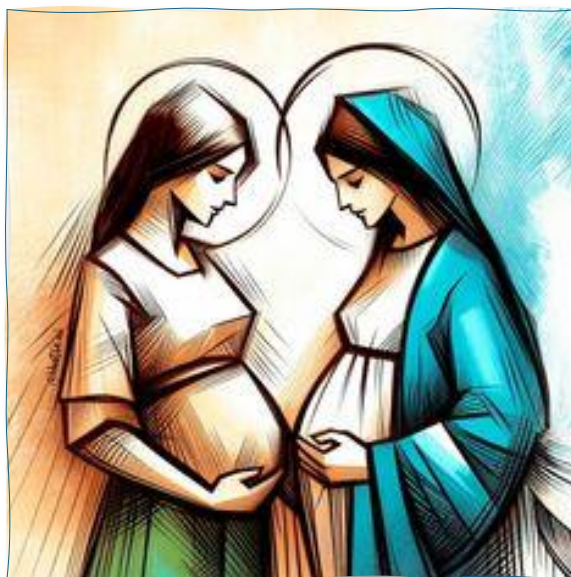
Mary, caring mother at the Visitation,
teach us to listen to the Word,
a listening that makes us shudder and, in all haste,
makes us turn to all situations of poverty
where the presence of your Son is needed.

Teach us to bring Jesus
in silence and humility, as you did.
May our fraternities (families) be present
among those who do not know him
in order to spread his Gospel,
bearing witness to it, not with words, but with their lives;
not by announcing it, but by living it.

Teach us to travel with simplicity as you did,
with our gaze always fixed on Jesus
present in your womb:
contemplating him, adoring him and imitating him.

Mary, woman of the Magnificent,
teach us to be faithful to our mission:
to bring Jesus to the people.

O beloved Mother, this is your own mission,
the first that Jesus entrusted to you,
and that you have deigned to share with us.
Help us and intercede for us so that we can do
what you did in Zechariah's house,
glorifying God and sanctifying people in Jesus,
by Him and for Him! Amen! (Blessed Charles de Foucauld)



Mary, woman of hope, seeks and finds Jesus in the temple

December 3

Mary lives the loss of Jesus with pain, but not from empty anguish, but from a hope that impels her to seek him with perseverance. In the temple, she not only encounters him, but learns to understand him from the mystery of the Father.

On this fifth day of the novena to our mother, we contemplate Mary as a woman of hope, who teaches us that, when it seems that Jesus is hidden, we must not resign ourselves, but go out to meet him with trust. May his attitude help us to seek the Lord in the ways of life, even in those we do not understand, knowing that he always allows himself to be found.

Song

Listening to the Word:

In this passage, Mary and Joseph search for Jesus in anguish and find Him in the temple, where He reveals Himself by fulfilling the Father's will. Listening to this Word, let us open our hearts to recognize Christ on the paths where he sometimes seems lost, and let us be ready to follow his will with Mary's obedient and believing attitude. Let us listen to the Gospel of Lk 2:41-52

Every year Jesus' parents went to Jerusalem for the Festival of the Passover. When he was twelve years old, they went up to the festival, according to the custom. After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. When they did not find him, they went back to Jerusalem to look for him.

After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers. When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you." "Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?" But they did not understand what he was saying to them. Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. And Jesus grew in wisdom and stature, and in favor with God and man.

Silence to reflect:

- The experience of the loss of twelve-year-old Jesus during the annual pilgrimage to Jerusalem frightens Mary to the point that she becomes Joseph's spokesman by rebuking her son: "Son, why have you done this to us? Your father and I were anxious and sought you" (Lk 2:48).
- Mary and Joseph felt the pain of parents who lose a child: they both believed that Jesus was in the caravan of relatives, but not seeing him for a whole day, they begin the search that will lead them to make the journey backwards.
- On returning to the Temple, they discover that the One who until recently was a child to them to protect, has suddenly grown up, now able to engage in discussions about the Scriptures, holding up the comparison with the teachers of the Law.
- Faced with his mother's reproach, Jesus responds with disarming simplicity: "Why did they seek me? Did you not know that I must take care of my Father's business?" (Lk 2:49).

- Parents want to protect their child under the wings of their love; Jesus, on the other hand, wants to live his vocation as the Son of the Father who is at his service and lives immersed in his Word.

Our Founders: Paris and Claret

The life of Mother Maria Antonia Paris, lived in fidelity to God's will, was not only a vocation of personal dedication, but also a mission oriented to the care of the Church and of the people whom God placed in her path. Chosen as an apostolic instrument, her obedience and humility were concrete ways of safeguarding the faith, accompanying processes and working for ecclesial renewal.

Father Claret tells us how he felt the protection of the Virgin in a situation of drowning in the sea. Let's listen carefully to our Founders...

These words of the Apostle, valid for all Christians, have special application and reality in the person of the Servant of God Mother Maria Antonia Paris, chosen to be an instrument of apostolate in the hands of God. She felt chosen, called to a vocation of generous self-giving, and she responded with fidelity to God's Will and with extraordinary perseverance, following the example of the saints, whose love for Jesus Christ leads them to that loving obedience and that sincere humility which assures them to advance from grace to grace, to rise from purification to purification. to the highest degrees of union with God. Thus it was given to Mother Antonia to understand what was the hope to which she had been called, and what spiritual riches were reserved for her for the renewal of the Church and the great task of missionary radiance.¹⁰

And Father Claret shares with us his experience of being protected by the Virgin, and tells us: *"That last summer, the Blessed Virgin saved me from drowning in the sea. Because I had been working so hard, I didn't feel very well during the summer. I began to lose all appetite, and the only relief I could find was to go down to the sea, wade in it, and drink a few drops of the salt water. One day as I was walking along the beach on my way to the "old sea" on the other side of La Barceloneta, a huge wave suddenly engulfed me and carried me out to sea. I saw in a moment that I was far from shore, and I was amazed to see that I was floating on the surface, although I didn't know how to swim. I called out to the Blessed Virgin and found myself on shore without having swallowed even a drop of water. While I was in the water, I had felt exceedingly calm, but afterwards, on shore, I was horrified at the thought of the danger I had escaped through the help of the Blessed Virgin."*¹¹

Guidelines for internalizing

- 1- How do we accompany and concretely care for those who share the mission with us, so that their service may be lived with joy, dignity and fraternity?
- 2- What does it mean for us to discern and act according to the Father's will in every service we perform?

To share:

Invite the participants to share what they have thought about and then spontaneously pray a Hail Mary.

Song: Hail Mary

¹⁰ Positio, CAP XVIII. introduction to the cause of beatification.4 Homily of Monsignor Torrella y Cascante, Archbishop of Tarragona p. 330

¹¹ Aut. Father Claret n.71

*True belonging to the family of Jesus
is in doing God's will*

December 4

Jesus has formed a new family, which goes beyond natural bonds; this community which is the Church, is now our family. We are the family of Jesus where we find his mother and his brothers; in the midst of it we recognize him and call God our Father; in it we learn to relate to each other as brothers and sisters and to love each other without distinguishing race, origin, or social condition... we are silent asking for the grace to be able to recognize each other as brothers and sisters... we bring to our memory those I do not recognize or generate resistance within me. I ask for the grace to accept them, to recognize God in them and I present them in today's prayer.

Song

Psalm: We walk in faith and hope

Ant: We are ready to do your will, Lord.

1. O Lord, our way and our destiny is You! You call us, and we move forward with joy, following your will, which is our horizon. No matter the distance, or the doubts, because in you we find strength and hope.
2. You tell us, at every step, "I am your brother, your sister, your mother, who does my will, that is my home." And we, brave pilgrims, trust in your love, because your plan is greater than our fears.
3. In our daily reality we look for your face, in the little things and in the big moments. Your Spirit impels us, encourages us, strengthens us, and every day, we give you our lives.
4. We do not see hope, at times, in the human, but the presence of your Spirit renews us every day. You, who make transformation possible, turn our walk into a path of light.
5. We walk with faith and hope, because we know that in You all things are possible. You are our refuge, our joy, our peace, and in your will we find freedom.
6. Blessed are you, Lord, for calling us to follow you! May we always keep our eyes fixed on You, and that at every step, in every difficulty, we may say to You: "Here we are, Lord, ready to do Your will."

Listening to the Word:

Imagine that you are in a quiet and open place, where the soft sounds of nature or the community are perceived. Feel the presence of Jesus who, in the midst of the crowd, shares a significant teaching. Take a deep breath and be prepared to listen carefully to the message that He wants to share with you at this moment, from the Gospel of Mt 12:46-50.

While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him. Someone told him, "Your mother and brothers are standing outside, wanting to speak to you." He replied to him, "Who is my mother, and who are my brothers?" Pointing to his disciples, he said, "Here are my mother and my brothers. For whoever does the will of my Father in heaven is my brother and sister and mother."

Silence: To internalize

- *Identity in God's will:* Mary, as a woman of hope, finds her identity and strength in doing the Father's will, exemplifying how our true family and belonging is defined in fidelity to God.
- *Universal Motherhood:* Jesus redefines who his true relatives are, emphasizing that those who fulfill the Father's will form a deeper and more universal family, like Mary, who always sought to do God's will.
- *Active hope in mission:* Mary, a woman of hope, lives in the certainty that fulfilling the Father's will is the way to fulfill her mission and to be part of the family of Jesus, inviting us to trust and live with hope in God's will.

Our Founders: Paris and Claret

In the lives of our founders we also found that the pursuit of God's will was a central experience for them, once they understood it they make it a reality in their daily lives. Let us listen carefully.

We believe that M. M. Antonia Paris was a woman who allowed herself to be led by the Spirit, always attentive to the Will of God and to the service of her brothers and sisters from her ecclesial vocation, faithful to that same Will in the small things of every day and in the great moments of her life; we consider that in her life the theological virtues stand out, Faith, Hope and Charity, and as a consequence of living these three virtues, attitudes of obedience, humility, poverty, fortitude, fidelity, freedom of spirit, audacity and apostolic zeal are given in her¹².

Blessed are you, who have gained in fathers and brothers, while I have remained like a tree in winter, without fruit and without leaves; but I have not lost my confidence in God, and so I will say with the holy Job: "God had given them to me, God has taken them away from me; for so he has willed, may his name be blessed."¹³

Guidelines for Deepening and Sharing:

- a. Jesus redefines the family as those who do the Father's will. How do you feel that this new way of Jesus presenting to us our identity and belonging as children of the same God challenges the way we understand and live out fraternal and community relationships?

Echoes of personal reflection:

After a time of silence, we share our reflection.

Final song: we sing the Hail Mary together.

¹² Cf. Positio, CAP XIX. 19.C Trial on Holiness, Miracles, and Writings. p. 376

¹³ Aut. PC. Purposes, year 1860. p. 689

Mary companion of faith and hope in the midst of the hesitant community.

December 5

Today, as we begin this prayer, let us ask Mary to accompany us and strengthen us on our journey. May her presence inspire us to live with fervor and courage, as our Founders did. Let us become aware of the place we inhabit, of the brothers and sisters who surround us and let us prepare our hearts and senses to listen to the voice of the spirit through each one of them.

Song

Psalm: Committed to Be Bearers of Hope

Ant: May our hands be your hands, and may our hearts, full of compassion, bear your mercy.

1. Lord, in this world of war and violence, we raise our voices in faith, for we feel your call to act, to be light and hope where there is pain.
2. In the midst of war, where fear reigns, we will commit ourselves to be bearers of peace, to embrace those who suffer and cry, and to sow seeds of love in their journey.
3. For the disasters that devastate and destroy, we will be hands that rebuild and heal, with open hearts and willing arms, we will be a refuge for the homeless.
4. For migrants seeking life, we will be a voice that defends their right, we will welcome them with warmth and respect, and together we will build a future without fear.
5. For abandoned and forgotten children, we will be parents in their loneliness, we will give them a home full of laughter, and the love that their childhood deserves to find.
6. For the elderly who face silence, we will be companions in their gray days, we will give them time, listening and affection, and thus, their life will be a song of hope.
7. Lord, infuse us, your love and your strength, may our hands be your hands, and may our hearts, full of compassion, carry your light to every corner of this creation.

Listening to the Word:

Let us prepare our hearts and our senses to imagine and let ourselves be touched by the Experience that the disciples live, and the meaning of Mary's presence in their lives and ours today. Let us listen carefully to Acts 1:14. (suggestion to read the text twice)

They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.

Silence to internalize:

The importance of unity in prayer invites us to reflect on the power of community. Shared prayer strengthens universal Fraternity and disposes us as disciples and Missionaries to be bearers of the joy of the Gospel.

Our Founders: Paris and Claret

We place the Mother Foundress in the historical context of the last century and in the geographical space of our beloved Catalan land, where the abundant grace of the Lord was present in the person and work of Mother Paris. It is a sign of hope for the Church today to see that in moments of crisis the presence of the Lord and of his spirit are active and active in the Church at the service of the Gospel.

It is significant that more than a century after the death of Mother Paris, a death that was birth, birth for God, it is an occasion for us that today too we are invited again to renew our trust and our hope in the Lord, in his action and in the transforming power of his Spirit. In a world in which the illusion of human existence itself is missing, and the hope to live with enthusiasm temporal tasks and ecclesial tasks as Mother Antonia lived. A certain enthusiasm is missing, in the very life of the Church. His firm and constant example of love for the Church, his perseverance in serving the poor, his teaching service, his action and his missionary sense must also be for all of us today an invitation to live with greater hope and confidence in the Lord's plans.

Hope is for moments of crisis, hope is not for quiet moments. Hope is a dynamic virtue that, anchored in faith, makes us open our eyes to the future, because we are sure, we are certain that the total victory will be the victory of Jesus Christ, as experienced by Mother Paris¹⁴.

Father Claret reveals to us in his prayer the deep trust in the Virgin Mary, let us make his way of conversing with the Virgin our own. And let us enter into fellowship with him. "O Mother mine, how much I love and esteem you, and firmly trust that you will grant me perseverance in your holy service and grace until death!"¹⁵

Guidelines for internalizing:

- What is God saying to me right now through prayer and reflection on Mary and the Founders?
- What concrete actions can I take to serve people in need in my community?
- Each one collects their personal reflection or commitment in a short sentence and then together they create a Magnificat:

Echoes in the form of a Magnificat: (after every 3 or 4 interventions a refrain of a Magnificat typical of the place can be sung).

I praise you, Lord, for your living presence in the community...

I praise you and bless you for...

.....

.....

Final prayer: Lord, through Mary's intercession, may we learn to walk in communion, in dialogue and in shared mission. May fraternity be our path to a more hopeful and transformative Church. Amen.

¹⁴ cf. Positio, CAP XVIII. introduction to the cause of beatification.4 Homily of Monsignor Torrella y Cascante, Archbishop of Tarragona p. 331

¹⁵ Aut PC, n.154

Witness of Hope living the Cross

December 6

Let us place ourselves in God's presence and ask Mary to accompany us on our journey, to inspire us to be witnesses of hope, to live our own crosses with faith and love, and to support each other in the community as believers and missionary disciples. Let us begin this moment of prayer with an open heart, ready to receive the grace that transforms us and unites us in hope. Let us present in this prayer the various situations that so many crucified people are experiencing today, so many Marys at the foot of the cross... silence... We can name people or groups for whom we want to pray:

Song

Psalm: Hope flourishes on the cross

Ant: We thank you, Lord, because in the cross we find life, and in pain, the strength to love.

1. To you, Lord, we raise our voice, in the midst of pain and tribulation, like Mary at the foot of the cross, we remain firm in prayer.
2. We are pilgrims in this world, carrying our burdens in faith, guided by your light in the darkness, seeking in you our dawn.
3. We thank you, O Lord, for every step in our journey, because in the cross we find life, and in pain, the strength to love.
4. May our tears be the seed of a future full of promise, that in every trial and in every struggle, the joy of your certainty may be reborn.
5. United in faith, men and women, we walk together towards the light, with Mary as our guide, in pain, we find your cross.
6. We will forever sing of your glory, Lord of life and hope, for on every cross carried with love, the hope of a new opportunity blossoms.

Listening to the Word:

Listening to the reading, imagine the scene: Jesus on the cross and joins the Virgin Mary to the cross, I let myself be impregnated with her feelings, there are few words, there is silence, then a gesture of love and dedication. Let us listen to the evangelist John 19:25-27 who tells us about this moment.

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

To internalize:

Mary's presence at the cross, in one of the hardest moments of her life. Her closeness to it symbolizes the presence of the community of faith in times of tribulation.

The relationship between Jesus and his disciple teaches us that the true family is not defined by blood alone, but by faith and love and invites us to care for and welcome others as brothers and sisters in the community.

Jesus entrusts his mother and disciple with mutual care and shows us that on the cross, in the midst of pain, there is also room for love and self-giving.

Our Founders: Paris and Claret

You are invited to open your heart to the deep interconnection that we find between our Founders and to trust that in the midst of difficulties and frailties, God works in silence, preparing you for a future full of hope and the beauty of a holiness that is only achieved when we are configured to Christ. Let us be inspired by the experiences of our Founders.

For the Servant of God, the death of the Father Founder meant a deep pain. Claret was for her not only the Founder of the Institute but the man wanted by God to carry out that renewal of the Church that the Lord urged her so insistently, at least he was the architect of it, according to the inspirations of Maria Antonia. And certainly in her eyes this death seemed to contradict all the hopes she had placed in Claret, out of profound fidelity to God's inspirations. In her Diary she writes this fact with words of anguish, but with a beautiful experience of hope that the Lord himself makes her glimpse, precisely in the midst of the cross: "Be confident, daughter, wait a little and you will see what I do..." God makes him experience here – in the midst of pain – that his word "is not abbreviated", that is, it does not fit within the reduced limits of the human word. And in fact these words produced in Antonia's mind a "very great consolation". Even without understanding what that would be like, I knew that the Lord would keep His word¹⁶.

Let us listen to Father Claret who shares his inner experience with us and tells us: My goal is to make the determination to imitate the interior of Christ, especially in the face of pain and humiliation. He speaks of the perfect imitation of Christ as the foundation of holiness. There will be as much holiness as the configuration to Christ is, and He offered Himself to suffer and suffer heroically. To move to the full imitation of Jesus, he speaks of the example of the Virgin and the saints. He excites in himself the feelings of gratitude and hope and notes, with fine psychology, that this moves man more than gratitude¹⁷.

Silence and internalization

In Mary's presence at the cross, as a symbol of hope in suffering, we find a lifestyle that strengthens her to know how to be present in the midst of pain with confidence and hope, recognizing that God works in the midst of trials and generates new life from the resurrection.

Resembling Christ and trusting in God's work in the midst of pain in the lives of the Founders teach us that accepting pain with faith and hope brings us closer to holiness, trusting that God fulfills his promises in the midst of difficulties.

Active hope and configuration to Christ as a path to holiness in the Virgin Mary as a pilgrim of hope, inspires us to keep our gaze fixed on God's promise and on the beauty of holiness that arises from being configured to Christ.



¹⁶ *Positio*, CAP VII Introduction, *Holy Death of the Father Founder* p. 135.

¹⁷ *Cf. Aut. PC, Autobiographical Doc.*, p. 542.

Questions for reflection:

- The trust that Jesus places in his mother and in the disciple on the cross shows that even in pain there is room for love and self-giving. How can you transform your frailties and vulnerabilities into opportunities to grow in faith and hope?

Echoes: sharing the reflection made in the form of a litany prayer.

Holy Spirit-God:

- I recognize you as a person, as God-in-me;
- You are the one who sustains and animates the Church.
- You are the one who harmonizes the multiplicity of members of the Body of Christ.
- You resurrect us and transform us at every moment to new life.
- You make all of them Mary's children and brothers and sisters among us.
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Song: Ave Maria or Magnificat



The Woman of Heaven: Mary, a sign of hope in our life as Missionary disciples

December 7

We place ourselves in the presence of God and Mary as the great sign of hope in our lives as disciples and missionaries. Let us keep a moment of silence... Reviewing the previous days and I ask myself: From these days of prayer in community, what call resonates in me? What feeling accompanies me?... with two words or a brief phrase I echo the feeling or the call that challenges me... we place our calls and sentiments in the hands of Mary, our great sign to enlighten and strengthen us in the implementation of these calls in our daily lives.

Song

Listening to the Word:

Let us breathe deeply, prepare our hearts and senses to listen and understand the message that the Apocalypse 12:1 offers us about Mary. Let us listen.

A great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet and a crown of twelve stars on her head.

To internalize:

Mary, as a sign of hope, shows us that good and life are always stronger than evil. She, clothed with the sun and bearer of life, encourages us not to give up in the face of difficulties, trusting that light will overcome darkness. Even though the world is full of threats and violence, the harmony and hope Mary represents are stronger than any form of evil. And just like Mary, we are called to be witnesses of hope, light, and redemption, even amidst the challenges we face in our daily journey.

Our founders: Paris and Claret

In the following texts, we find the attitude of living in hope demonstrated by our founders, who, despite difficulties, knew how to cultivate this virtue in their hearts. Through their experiences, we can understand how this virtue not only sustains them in difficult moments but also brings them closer to God and His infinite love.

María Antonia expresses, in her various experiences of abandonment, trust in God, which allows us to observe the growth of the virtue of hope in her. Regarding the habitual strength of her hope, she once said:

"I did not dare to tell Our Lord that this was impossible for me, because the certainty of God's power in His creatures I have always held very firmly, by the grace of God."

Other times, it was the considerable difficulties she had to overcome that increased her trust. This happened during that turbulent and dangerous voyage to Cuba, when the ship almost sank due to a crack.

"The memory of the dangers from which God had delivered me expanded my heart more and more, in the hope of my God.

This hope that God has placed in my heart from my earliest years has delivered me from so many dangers [...] The deeper we went into that immense sea, the deeper my spirit went into the immense sea of God."

During that journey, her hope was strengthened by the maternal presence of Mary, whom the Servant of God felt close in danger. Her filial piety is expressed in terms of trust and Marian invocation: "I invoked the

Most Holy Mary... and she said to me: Cheer up, my daughter, I am walking at the stern of the ship to deliver you..."

In her journey of hope, there were moments when, to purify her, God made her feel the weight of her weakness, erasing from her memory the strength of the promises He had made.

This virtue takes on especially important nuances in painful and uncertain moments for her. But she is always abandoned to the Lord, expecting everything from Him.¹⁸

In Father Claret, we can discover that in his tested life he was remarkable in the exercise of all virtues: his faith was always vivid; his hope so great that when speaking to God he seemed to converse with a friend; his zeal for the glory of God and the love of the salvation of souls knew no bounds...¹⁹ Blessed is the man who is faithful... who does not pride himself, but places all his trust in God, attributes nothing to himself and everything to God; who does not speak of himself to praise or despise himself, but remains silent; who believes that what he does, he does from God, through God, and for God²⁰.

For Reflection and Contemplation <15 minutes>

- The Woman clothed with the sun is also a maternal figure who accompanies and protects the children of God in their struggle against evil in any of its forms.
 - Mary is the woman who, in her hope, invites us to trust in the Resurrection and commit ourselves to bringing this attitude of hope to all peoples.
 - Hope sustained by faith and trust in God is essential for disciples and missionaries sent to be active witnesses, bringing light and hope, promoting life, justice, and love in our world full of violence and injustice.
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- How can I turn my hope into concrete actions that bring light and life to those around me?
 - At what times in my life have I felt that hope has sustained me in difficult times? I recall an experience that strengthened my faith. What were the signs of life and hope in that experience?

Psalm of Praise and Thanksgiving:

Create together, spontaneously, a psalm as a fruit of silence and contemplation

Song: Magnificat

Final Prayer: Immaculate Mary, Woman of hope and light, you who carry within you the strength of the sun that illuminates our path, inspire us to fight against all evil, in any form and at all times. Like our founders who trusted completely in God, help us to live with active faith and renewed trust. May this experience lived during these days fill us with courage and joy, so that we may return to daily life with hearts ready to live hope and be a sign of it on our path. Through Christ Our Lord. Love

¹⁸ Cf. Positio, CAP XX. Summary of the virtues of the Servant of God. III Theological virtues. Growth in Hope, p. 397.

¹⁹ Aut. P. Claret. Appendix p. 934.

²⁰ Aut P. Claret. Notes on the Vatican Council I p. 579.