

May 2026

Do not let your hearts be troubled. You have faith in God; have faith also in me.

In my Father's house there are many dwelling places. (John 14: 1-12)

If you love me you will keep my commandments.

And I will ask the Father and He will give you another Advocate. (John 14: 15-21)

All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations

In the name of the Father and of the Son and of the Holy Spirit. (Matthew 28: 16-20)

Father, the hour has come. Give glory to your son,

so that your son may glorify you, just as you gave him authority over all people. (John 17: 1-11)

Let anyone who thirsts come to me and drink. (John 7: 37-39).

Peace be with you. Receive the Holy Spirit.

*Whose sins you forgive are forgiven them,
and whose sins you retain are retained. (John 20: 19-23)*

God so loved the world that He gave His Only Son,

so that everyone who believes in him might not perish but might have eternal life. (John 3: 16-18)

*Oh Jesus, give me your strength when my weak nature rebels
against the distress and suffering of this life of exile,
and enable me to accept everything with serenity and peace.
With my whole strength I cling to your merits, your sufferings,
your expiation, and your tears, so that I may be able
to cooperate with you in the work of salvation.*

*Give me strength to fly from sin, the only cause of your agony,
Your sweat of blood, and your death.*

*Destroy in me all that displeases you and fill my heart
with the fire of your holy love and all your sufferings
And now I ask only for a place of rest in your Heart.*

Amen

(Prayer of Padre Pio)

1

Open your heart more and more to divine hope, have more trust in the divine mercy.

2

Jesus needs those who groan with him as human sinfulness, and for this reason, he is leading you along paths filled with suffering

3

May his charity always be blessed, that charity which knows how to mix the sweet with the bitter and convert the transitory sufferings of life to eternal reward.

4

I recommend that you never fear, but on the contrary, I exhort you to confide more in divine mercy.

5

He who has helped you up to now will continue his work of salvation.

6

Without divine grace would you have been able to overcome so many crises and wars to which your soul was subjected.

7

Above all, be extremely modest in everything, as this is the virtue which, more than any other, reveals the affections of the heart.

8

Nothing represents an object more faithfully than a mirror

9

Nothing more widely represents the good or bad qualities of a soul than the greater or lesser regulation of the exterior, as when one appears more or less modest.

10

You must be modest in speech, modest in laughter, modest in your bearing, modest in walking.

11

I know that you would like to love God as He deserves. But you know, also, that all this is not possible for us creatures.

12

God commands us to love him, not as much as he deserves, because he knows our limitations and therefore he does not ask us to do what we cannot, but rather he commands us to love him in accordance with our strength, with all our soul, all our mind, and all our heart.

13

God knows very well the reason why many good desires are not realized except after having worked a great deal, and some are never realized at all.

14

Be patient in bearing your imperfections, if you hold your being perfected dear. Remember this is a very important matter for the building of a spiritual structure.

15

Always keep Jesus present in your mind. He did not come to rest or in order to have comfort, either spiritual or temporal, but to fight, humble himself, and die.

16

Who placed this yearning to love the Lord in your heart? Don't holy desires come from above? Are we perhaps capable of arousing in ourselves one single desire of that kind without the grace of God which sweetly works within us?

17

If there is nothing but the desire to love God in a soul, everything is present already; God himself is there, because God is not, nor can he be, anywhere except where there is a desire for his love.

18

Don't let difficulties you encounter stop you from doing good. Jesus is with you, and you have nothing to fear.

19

Blessed be the fear you have of yourself. As long as you have this fear in the depths of your heart, you need not worry. However, moderate this fear with the greatest and most unlimited trust in Jesus.

20

After the abandonment and surrender of your entire self to Jesus, always remember that you are no longer yours but that you belong to him. He will take care of sustaining and helping you.

21

Knowledge of your interior unworthiness and sinfulness is an extremely pure divine light by which your very being and your ability to commit any sin, without the help of grace, is placed before your consideration.

22

That light (above quote) is due to the great mercy of God and was granted to the greatest saints because it positioned their souls in a place sheltered from the feelings of vanity or pride, thus consolidating humility, which is the foundation of true virtue and Christian perfection.

23

Be cheerful and tranquilly rest in the arms of Jesus and mitigate your fears with the greatest confidence in Jesus, as it is from him alone that you should expect many blessings.

24

It is now time to confess: We are miserable creatures. We are only capable of doing a little good. But God, in his goodness, has pity on us, is content with very little, and accepts the preparation of our hearts.

25

God is infinitely greater than our heart, and this overcomes the whole world when, leaving aside its entire self, in meditation it prepares the service it must render to God: that is, when it establishes the project to serve God, to love his neighbor, to observe the mortification of the senses along with other good propositions.

26

Don't let little imperfections discourage you. Try to be always watchful to avoid sin, but when you see that you fail in some way, don't become lost in useless complaining, but bend your knees before God.

27

Be embarrassed at your scarce fidelity; humble yourself greatly; ask our Lord's pardon; propose to be more watchful in the future; and then get up immediately and carry one.

28

Convince yourself that failings and little flights of the passions are inevitable as long as we are in this life. Self love never dies before we do, but it will accompany us to the tomb.

29

I exhort you to approach God with filial trust and selfless love. He loves you, and you return this love as best you can. He desires nothing else, and you must confide in him.

30

It is true that sometimes the spirit is ready to do the will of God whereas the flesh is weak, but console yourself because Jesus wants the spirit and not the flesh.

31

The intrusion of worry to a greater or lesser degree diminishes charity of heart and trust in God. This must not be considered a small matter, because it prevents the Holy Spirit from acting freely in people's hearts. Prayers to our Mother Mary for May

Consecration to Our Lady:

O Mary, Virgin most powerful and Mother of mercy, Queen of heaven and Refuge of sinners, we consecrate ourselves to your Immaculate Heart. We consecrate to you our very being and our whole life; all that we have, all that we love, all that we are. To you we give our bodies, our hearts and our souls; to you we give our homes, our families, our country. We desire that all that is in us and around us may belong to you, and may share in the benefits of your motherly benediction.

And that this act of consecration may be truly efficacious and lasting, we renew this day at your feet the promises of our Baptism and our first Holy Communion. We pledge ourselves to profess courageously and at all times the truths, of our Holy Faith, and to live as Catholics who are duly submissive to all the directions of the Pope and the Bishops in communion with him. We pledge ourselves to keep the commandments of God and His Church, in particular to keep holy the Lord's day. We likewise pledge ourselves to make the consoling practices of the Christian religion, and above all, Holy Communion, an integral part of our lives, in so far as we shall be able to do so.

Finally, we promise you, O glorious Mother of God and loving Mother of all, to devote ourselves wholeheartedly to your service, in order to hasten and assure, through the sovereignty of your Immaculate Heart, the coming of the kingdom of the Sacred Heart of your adorable Son, in our own hearts and in the hearts of all, in our country and in all the world, as in heaven, so on earth. Amen.

Prayer of St. Francis of Assisi honoring Mary, Mother of God:

*Hail, Holy Lady, most Holy Queen, Holy Mary, Mother of God,
Who are the Virgin made Church and the one chosen by the Most Holy Father of Heaven,
Whom He consecrated with His Most Holy Beloved Son and with the Holy Spirit, the Paraclete;*

*On you descended and in whom there was and is all fullness of grace and every good.
Hail His Palace; Hail His Tabernacle; Hail His Home. Hail His Robe; Hail His Handmaid; Hail His Mother
and
Hail all you holy virtues, which by the grace and illumination of the Holy Spirit are poured into the hearts of
the faithful, so that from being unbelievers, you make them faithful to God.*

Prayer of St. Francis of Assisi: Mary and the Blessed Trinity

*Holy Virgin Mary, there is no one like you among the women in the world:
- You are the Daughter and the Handmaid of the most high supreme King and Father of Heaven:
- You are the Mother of our most Holy Lord Jesus Christ:
- You are the Spouse of the Holy Spirit.*

*Pray for us with Saint Michael the Archangel and all the powers of the heavens
and all the saints to your most beloved Son, Lord and Master.*

Dante Alighieri in the Divine Comedy, Paradise

*Virgin mother, daughter of your Son, humbled, and exalted,
more than any other creature, fixed goal of the Eternal Wisdom;
you are She who made human nature so noble, that its own Maker did not scorn to become of its making.
The Love, beneath whose warmth this flower has grown, in eternal peace, flamed again in your womb.
Here you are the noonday torch of Love to us, and down there, among mortal beings, you are a living spring
of hope.
Lady you are so great, and of such value, that if any who wishes for grace fails to resort to you,
his longing tries to fly without wings.
Your kindness not only helps those who ask it, it often freely anticipates the request.
In you is tenderness: in you is pity: in you is generosity:
in you whatever excellences exist in the creature, combine together.*