

HOLY HEARTS & HOMES

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Liturgical Living Newsletter

MAY 2026

“Now the company of those who believed were of one heart and soul, and no one said that the things which he possessed was his own, but they had everything in common.” Acts 4:32

MAY: Month of *The Blessed Virgin*

Pope’s Intention: That everyone might have food.

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.



Prayer Corner

A Prayer for Mothers

Good and Gentle God, we pray in gratitude for our mothers and for all the women who have joined with you in the wonder of bringing forth new life. You who became human through a woman, grant to all mothers the courage they need to face the uncertain future that life with children always brings. Give them the strength to live and to be loved in return, not perfectly, but humanly. Give them the faithful support of husband, family and friends as they care for the physical and spiritual growth of their children. Give them joy and delight in their children to sustain them through the trials of motherhood. Most of all, give them the wisdom to turn to you for help when they need it most. Amen.

With Mary in May: A Mother’s Path of Joy, Sorrow, and Trust

May, crowned with the blossoms of spring, has long been cherished in the Catholic tradition as the Month of Mary—a time set apart to honor the Blessed Virgin as Mother of God and our Mother as well. In this season of renewal and life, the Church invites the faithful to draw closer to her who so perfectly received and reflected the life of Christ. For mothers in particular, May offers a profound opportunity to encounter Mary not only as a heavenly intercessor, but as one who intimately understands the joys, sacrifices, fears, and deep love woven into motherhood.

Mary’s motherhood was unlike any other, yet in so many ways was deeply human. From the moment of the Annunciation, she was invited into a mystery that would change the course of history, and her own life, forever. Her “yes” was given without full understanding of what lay ahead. In that, every mother can find a reflection of her own experience. Motherhood often begins with hope and trust, but also uncertainty. There are questions without answers, sacrifices not yet counted, and a future entrusted to God’s providence. Mary lived this trust in its purest form.

Consider the early days of her motherhood: giving birth not in comfort, but in poverty; fleeing into Egypt to protect her child; living as a refugee in a foreign land. These were not serene or easy moments. They were marked by anxiety, urgency, and the fierce love of a mother determined to safeguard her son. Mothers today, facing their own fears—whether for their children’s health, faith, or future—can find solace in knowing that Mary has also walked a path of deep maternal



concern and courage.

Yet Mary's life was not only marked by suffering. It was also filled with profound joy. She held the Savior of the world in her arms, watched Him grow, listened to His voice, and treasured countless quiet, hidden moments in her heart. The Gospels tell us that she "pondered these things," a reminder to mothers of the beauty found in the ordinary rhythms of family life. The small, daily acts of love—tending, teaching, guiding—are not insignificant. They are sacred.

At the wedding feast of Cana, we see another dimension of Mary's motherhood: her attentiveness and her intercession. She notices the needs of others, even before they are spoken, and brings them to her Son. This is a model for all mothers. In their constant awareness of their children's needs—both physical and spiritual—they are invited to bring these needs to Christ with confidence. Mary teaches that no concern is too small, no worry unworthy of being entrusted to Him.

Perhaps the most powerful moment of Mary's motherhood comes at the foot of the Cross. There, she endures the deepest sorrow a mother can know—the suffering and death of her child. Yet even in that anguish, she remains steadfast. It is in this moment that Christ gives her to us as our Mother, saying, "Behold your mother." Her motherhood expands beyond Jesus to embrace each one of us. For mothers who carry heavy crosses—whether grief, loss, or the silent burdens of daily sacrifice—Mary stands as a companion who understands suffering and remains faithful through it.

How, then, can we honor Mary during her month? The Church offers many beautiful traditions: praying the Rosary, crowning her image with flowers, consecrating our families to her care. But beyond these devotions, we are called to imitate her. For mothers this means cultivating her virtues: humility, patience, trust in God, and a love that is both tender and strong.

Spending time in quiet prayer, perhaps even just a few moments each day, allows mothers to place themselves beside Mary—to speak to her as one mother to another. Entrusting their children to her care, asking for her guidance, and seeking her example can transform the challenges of motherhood into a path of sanctification. Reading and reflecting on the mysteries of the Rosary can also help mothers see their own lives mirrored in the life of Mary and Jesus.

May is not only a time to honor Mary from afar, but to draw near to her heart. She is not distant or unapproachable. She is a mother who is gentle, attentive, and full of compassion. She knows the sleepless nights, the hidden worries, the fierce joys, and the quiet sacrifices. She understands.

In honoring Mary, mothers are reminded that they are not alone. Their vocation is seen, valued, and shared by the one who lived it perfectly and who will draw them ever closer to her Son, who is the source of all strength, love, and grace.

Our Common Home and Our Sacred Duty

Catholic teaching affirms that caring for the earth is a sacred responsibility entrusted to humanity by God. In *Laudato Si': On Care for Our Common Home*, Pope Francis describes the earth as "our common home," a gift that sustains life and reflects God's goodness. He teaches that creation is not merely a resource to be used, but a reality to be respected and protected. When humans misuse natural resources, the earth "cries out" from the harm caused by irresponsible consumption and neglect. Central to this teaching is the idea of "integral ecology," which recognizes that all creation is interconnected—human life, society, and the environment. Environmental harm often impacts the poor most severely, making stewardship an ecological issue as well as a moral and social one. Pope Francis calls for a conversion of heart, encouraging people to adopt simpler, more mindful ways of living.

How can we live out this call? We can reduce and avoid unnecessary consumption, reuse materials instead of throwing things away, recycle (esp. aluminum, paper, and glass), conserve water and energy, and choose products that are ethically and sustainably produced. Supporting local farmers and reducing food waste are also meaningful ways to care for creation. Prayer and gratitude for the gifts of the earth further deepen this commitment, reminding us that all we have comes from God.



An important part of this stewardship is recognizing the vital role of farmers. Though U.S. farmers make up less than 2% of the U.S. population, they are a major contributor to global food production. Their work depends directly on the health of the land, water, and climate. Pope Francis emphasizes the dignity of their labor and calls for greater respect and support for those who work the land, noting that their vocation cooperates closely with God's act of creation.

Ultimately, being a good steward of the earth is an act of faith. By caring for creation, supporting those who work the land, and using resources wisely, Catholics live out their call to love God, neighbor, and the world entrusted to their care, now and for future generations.

Featured Saints of May



The Mexican Martyrs

Feast Day: May 21st

Patrons of: persecuted Christians, the Cristero movement, and victims of government repression

The Mexican Martyrs were priests, religious, and lay faithful who courageously gave their lives for Christ during the intense persecution of the Catholic Church in Mexico in the 1920s, especially during the Cristero War. At a time when the government sought to suppress the faith—closing churches, outlawing the sacraments, and persecuting clergy—these men and women remained steadfast, continuing to celebrate Mass, teach the faith, and publicly witness to Christ despite the threat of imprisonment or death, often proclaiming their motto “¡Viva Cristo Rey!” (“Long live Christ the King”). Their witness reminds us that Christ’s kingship extends over every aspect of life, even in the face of suffering and sacrifice.

Among them are saints such as St. José Sánchez del Río, a young boy who was tortured and killed for refusing to deny his faith, and St. Miguel Pro, a priest who ministered in secret and forgave his executioners. United by deep love for the Eucharist and loyalty to the Church, their heroic sacrifice is remembered as a powerful witness to religious freedom, courage, and total trust in God, continuing to inspire Catholics around the world today.

Ways to celebrate: make colorful papel picado decorated with crosses or the phrase “¡Viva Cristo Rey!”; prepare a traditional Mexican meal like tacos or tamales, with pan dulce or Mexican hot chocolate for dessert; pray together and reflect on their faith and bravery.



The Feast of the Visitation

Feast Day: May 31st

Patrons of: persecuted Christians, the Cristero movement, and victims of government repression

The Feast of the Visitation recalls the joyful meeting between the Blessed Virgin Mary and her cousin Elizabeth, as described in the Gospel of Luke. Both women were miraculously pregnant—Mary with Jesus and Elizabeth with John the Baptist—and when Mary arrived, the child in Elizabeth’s womb leapt for joy, filled with the Holy Spirit. Elizabeth proclaimed Mary “blessed among women,” and Mary responded with her hymn of praise, the Magnificat, rejoicing in God’s mercy and faithfulness.

This beautiful moment also highlights Mary’s charity and courage, as she set out to visit and assist Elizabeth during her own pregnancy. Traveling from Nazareth to the hill country of Judea, Mary likely journeyed 70–100 miles over rough, hilly terrain, a trip that may have taken around four to seven days on foot. Despite the difficulty and uncertainty of such a journey, she went “in haste,” putting the needs of another before her own and bringing Christ to Elizabeth and her household.

The Visitation reminds us of our call to carry Christ to others through acts of love, service, and joyful witness. It can be celebrated by praying the Magnificat, reaching out to help someone in need—especially expectant mothers—or sharing time together in gratitude for God’s blessings, reflecting on Mary’s humility, generosity, and trust in His plan.

To help celebrate these and other saints throughout the year with your children, CatholicAllYear.com offers many free articles and downloads, as well as amazing subscription packs to help Liturgical Living.

MARIAN FLOWER BOUQUET



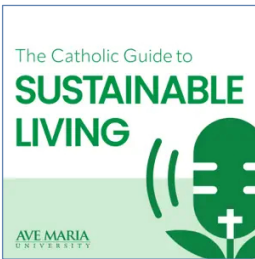
A simple Marian paper flower bouquet for May can be made by creating a mix of paper flowers and offering them to Mary as a daily devotion. Use tissue paper to make flowers by stacking and twisting layers around a pipe cleaner, then fluffing out the tissue paper layers (tissue paper flower tutorials available on YouTube). Or, download the printable Marian flower bouquet craft from Catholic Inspired (scan the QR code).

This set can be colored and constructed, with short prayers or praises written on

the backs of the petals. Once finished, gather all the stems together in a bouquet and place them in a jar or vase in front of an image or statue of Mary, adding a blue ribbon.



SUGGESTED RESOURCES



The Catholic Guide to Sustainable Living by Ave Maria University

A podcast that explores how the Catholic faith and environmental stewardship come together in everyday life. Through conversations with Catholics living out *Laudato Si'* (the 2015 encyclical letter from Pope

Francis in which he called for care for the environment and emphasized that caring for creation is a moral and spiritual responsibility for all people), it offers practical, virtue-focused ways to care for creation while deepening one's spiritual life.



David (2025) by Angel Studios

Experience this epic biblical story of courage, faith, and destiny. This stunning retelling follows the young shepherd David as he rises from humble beginnings to become a king chosen by God, set against a sweeping, powerful musical score that heightens every moment. Filled with action, heart, and unforgettable music, it's an inspiring story for the whole family.



For Greater Glory (2012) (Rated R for war violence and some disturbing images.)

This film is a powerful historical drama that brings to life the true events of the Cristero War in Mexico, where Catholic believers risked everything to defend their right to worship. The film follows a group of men and women who are drawn into a struggle for religious freedom as oppression

intensifies across the country. With intense battle sequences and deeply personal stories, it highlights the cost of conviction and the courage it takes to stand for faith under persecution.



Catholic All Year & Prayer Companion by Kendra Tierney

Catholic All Year by Kendra Tierney offers simple, practical ways for families to live the liturgical year through everyday traditions, meals, and feast day celebrations.

Paired with The Catholic All Year Prayer Companion, it adds a collection of prayers, blessings, and devotions organized by seasons and feast days. Together, they help families easily bring the rhythms of the Church year into their daily home life.

Have a Liturgical Living idea? Contact: holyheartsandhomes@gmail.com

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