

Novena in Honor of  
**Our Lady of Walsingham**



This Novena may be prayed at any time, but especially in preparation for and in celebration of the Feast of Our Lady of Walsingham on September 24, before a pilgrimage to Walsingham, and to prepare for the Feast of the Annunciation.

*Our Lady of Walsingham – pray for us!*

[www.nationalwalsinghamshrine.org](http://www.nationalwalsinghamshrine.org)



The National Shrine of Our Lady of Walsingham



Williamsburg, Virginia

## DAY 1: THE ANNUNCIATION

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day: For the grace to do the will of God**

**Reflection:** *Our Lady heard the Word of God and put it into practice. She listened with a disciple's ear and did the will of God. With Mary, and taught by her, we too pray, "Let it be done to me, according to your Word" (Lk 1:38).*

**Prayer:** Virgin Most Holy, Mother of the Word, intercede for us with your Son, that we may have the grace to seek nothing other than to do his will, and the courage to live our lives in the faith of him who became incarnate in your womb, Jesus Christ, our Lord.

**Intentions:** Let us offer with Mary every instant of our life and especially those important decisions, which we need to make. Let us during our time of Pilgrimage and Novena with Our Lady of Walsingham search out the silence so necessary to enter into deep prayer and relationship with Jesus to discern our way forward as individuals and as families. We pray for the Pope's intentions and for those of the Universal Church.



*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## DAY 2: OUR LADY'S VISITATION TO ELIZABETH

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day:** To carry and proclaim the Word of God



**Reflection:** *Bearing in her womb the Savior of mankind, the Word of God incarnate, Mary went as quickly as she could to greet Elizabeth, her cousin. John leaped in Elizabeth's womb and she was filled with the Holy Spirit. Mary's soul proclaimed the greatness of the Lord. With Elizabeth, and taught by her, we say, "Of all women you are the most blessed, and blessed is the fruit of your womb" (Lk 1:42).*

**Prayer:** Holy Mary, God-bearer, you went in haste to share the good news of salvation with your cousin, Elizabeth. May we who bear your Son in our hearts possess the same eagerness to share with others the joy that he has given us, so that being filled with the Holy Spirit, we may all rejoice in God, our Savior. Amen.

**Intention:** Let us pray for the grace to be joyful witnesses of the Gospel of Jesus Christ and that in joy and faith we may be prepared to travel to the ends of the earth to proclaim the "Good News of Salvation" to all whom we meet. We pray for the mission of the Church in the United States of America and for all our Dioceses.

*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## DAY 3: THE BIRTH OF OUR LORD

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day: For the protection and sanctity of life, and for families**

**Reflection:** *“The Word was made flesh and dwelt among us”* (Jn 1:14). For our sake and for our salvation he came down from Heaven, Emmanuel, God-with-us. His presence blessed and sanctified the life of an earthly home, and made of it his Heaven, so that the family becomes a place of security, love and peace. He humbled himself to share in our humanity that we might share in his divinity.

**Prayer:** Father in heaven, creator of all, in history’s moment when all was ready, you sent your Son to dwell among us, the Word made flesh, Emmanuel. Teach us to respect the dignity of marriage, and to uphold the sanctity of human life from the moment of conception to natural death, and that our homes may reflect the love of the Holy Family.

**Intention:** We pray for the protection of all life from the moment of conception to natural death and pray that a culture respecting the sanctity of life, marriage and family may once again prevail in our country and communities.

*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*



## DAY 4: THE MINISTRY OF OUR LORD

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day: For justice, peace, and all who are sick and in need**



**Reflection:** Our Lady, like the Old Testament prophets, spoke of God doing great things for her, routing the proud and exalting the humble, feeding the hungry and sending the rich away empty (Lk 1:46). Our Lord fulfilled the prophecies, proclaiming that he had come to bring Good News to the poor, liberty to captives, sight to the blind and to set the downtrodden free (Lk 4:18). Let us pray for justice and peace in the world, particularly for those most in need, as well as healing for those who are sick and in trouble.

**Prayer:** Father, may the peace that is the Kingdom of God, flow to us from the truth and life, the holiness and grace, the justice and love of your Son Jesus Christ. Queen of Peace, obtain for us and for the nations of the world the peace for which all people long. Amen.

**Intention:** We pray for our sick loved ones, for those in our families in greatest need, for the homeless, for refugees and migrants with no country to call home. We lift up all the young people that they may yearn to see the face of God.

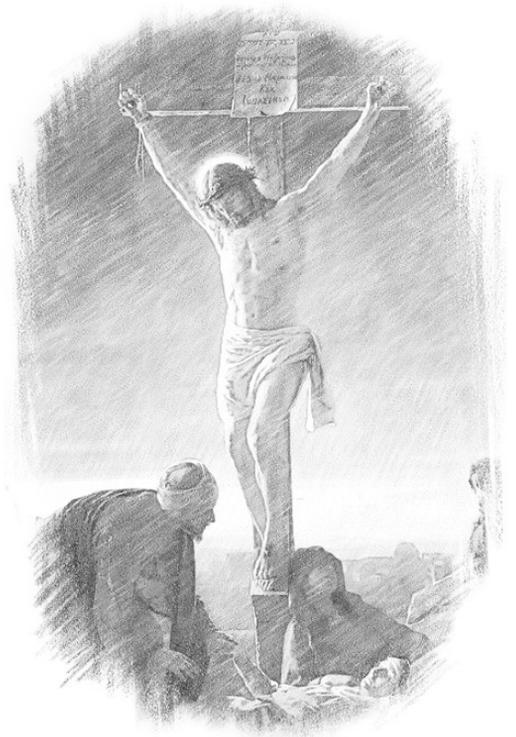
*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## DAY 5: THE CRUCIFIXION OF OUR LORD

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day:** In reparation for the destruction of Our Lady of Walsingham's Shrine during the Reformation, and for the sins of disunity in Christ's Church

**Reflection:** Jesus said, *"When I am lifted up from the earth, I shall draw everyone to myself"* (Jn 12:32). On the eve of his passion he prayed, *"Father may they be one in us"* (Jn 17:21). *"He made peace by his death on the cross"* (Col 1:20). St John Paul II as preparation for the Great Jubilee of year 2000, asked pardon of God for the sins of the sons and daughters of the Church, for a *"Purification of Memories"* of all that caused scandal, destruction and betrayal within the Church and without. We pray in Reparation for the destruction of the Church and Our Lady's Shrines throughout the lands, which sadly led to the divisions among Christians, which remain prevalent to this day.



**Prayer:** Father most merciful, grant us the grace of true sorrow for the many sins, which offend the Sacred Heart of your dear Son, and the Immaculate Heart of his Holy Mother. Grant pardon and rest to the souls of those who, for whatever motive, destroyed the holy Shrine of Walsingham, and brought about divisions, which have lasted to our day. Amen.

**Intention:** We pray for the grace of Christian Unity and for the healing of the wounds of sins and division. By the Holy Cross, Jesus has redeemed the World. We pray for all the faithful departed and for those near death at this time. May they rest in peace and rise in glory. Amen.

*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## DAY 6: THE RESURRECTION OF OUR LORD

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day:** In thanksgiving for Salvation



**Reflection:** *“The stone which the builders rejected has become the cornerstone” (Ps 118:22). “We believe that having died with Christ we shall be raised to life with him” (Rom 6:8). “All who call on the name of the Lord will be saved” (Acts 2:21). Just as individuals are forgiven and raised up by the mystery of Christ’s death and resurrection, we pray with Jesus that “all be given eternal life ... and that they will know the only true God, and Jesus Christ whom thou hast sent” (Jn 17).*

**Prayer:** Ever-living God, help us to celebrate with joy and thanksgiving the resurrection of your Son, that as he has been raised from the dead, so our mortal lives also may be crowned by the ultimate joy of rising from sin and death with him forever, who has made all things new. Amen.

**Intention:** We thank God for our Catholic heritage and for the heroic witness of faith of our Catholic Martyrs. May they inspire us in our times of difficulty and trial to remain firm in faith and prayer and to be faithful to Christ and the teaching of the Church. We pray for a spirit of renewal and an increase of evangelical zeal and missionary outreach for the Church in the United States of America. We pray for the conversion of Americans and of the whole world to Christ and his Church.

*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## DAY 7: THE COMING OF THE HOLY SPIRIT

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day: Come O Holy Spirit and renew the face of the Earth**

**Reflection:** The apostles all *“joined in continuous prayer, together with several women, including Mary, the Mother of Jesus”* (Acts 1:14). *“On the Day of Pentecost they were all together in one place”* (Acts 2:1). *“And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance”* (Acts 2:2).



**Prayer:** Lord Jesus, you gathered your apostles with your Mother, Mary, and you filled them with the Holy Spirit. Send forth your Spirit upon us and renew in us the graces of the Sacraments of Baptism and Confirmation. Ignite us, Lord, with an ever-greater passion and love for the Gospel, which will enliven our Christian witness and rebuild your Church in the United States of America. Amen.

**Intention:** We pray for the intentions of bishops, priests, religious men and women, consecrated men and women and hermits, that the power of the Holy Spirit will continually renew them and empower them for ever-greater works in the vineyard of the Lord.

*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## DAY 8: THE ASSUMPTION OF OUR LADY

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day:** For vocations to the priesthood, diaconate and the religious life



**Reflection:** *“A great sign appeared in Heaven: a woman adorned with the sun, standing on the moon, and with twelve stars on her head as a crown”* (Rev 12:1). The stars represent the twelve tribes of Israel, God’s chosen people, and the holy apostles. Our Lady is the Queen of priests and their Mother. We pray that the Pope, the bishops, priests, deacons, religious, and consecrated men and women of the Church may set themselves close to Our Lady as her crown, and that women, men and children everywhere may offer themselves totally to God.

**Prayer:** Father, you raised the Mother of your Son to the glory of Heaven. Grant through her intercession that the hearts and minds of all may be open to your call, so that loving you above all things we may be signs of your presence, and ardent but gentle servants of the Gospel. Amen.

**Intention:** We pray for the intentions of all our Dioceses in the United States of America and for our bishops. We pray for vocations to the priesthood and for a flourishing of seminary life. We pray for all seminarians and for those in the process of discernment. We pray in thanksgiving for our priests, religious orders, both active and contemplative, and for deacons.

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## DAY 9: THE CORONATION OF OUR LADY

**Opening prayer:** We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers O glorious and blessed Virgin. Amen.

**Intention of the day: For the conversion of the United States of America**

**Reflection:** *“I confer a kingdom on you, just as my Father conferred one on me: you will eat and drink at my table in my kingdom, and you will sit on thrones to judge the twelve tribes of Israel”* (Lk 22:30). Thy kingdom come, thy will be done on earth, as it is in heaven. Let us pray for the conversion of our country, that through the reconciling prayers of Our Lady of Walsingham.



**The Prayer of the Feast:** Lord God, in the mystery of the Incarnation, Mary conceived your Son in her heart before the Holy Spirit conceived him in her womb. As we, your pilgrim people, rejoice in her patronage, grant that we also may welcome him into our hearts, and so, like her, be made a holy house fit for his eternal dwelling.

We ask this through Our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen.

**Intention:** We pray for the intentions of the President and Vice President of the United States, and for those in both national and local government. We pray for a renewal of marriage and family life in the United States of America and for a return of our nation's peoples to Christ and our Christian roots.

*Our Father ... Hail Mary ... Glory be ... Our Lady of Walsingham, pray for us.*

## FEAST DAY: 24TH OF SEPTEMBER

The Angelus: a prayer of devotion and belief in the Incarnation, in memory of the very first of Our Lady's joys — "The Annunciation".

**V/.** The Angel of the Lord, declared unto Mary

**R/.** And she conceived of the Holy Spirit. Hail Mary...

**V/.** Behold the handmaid of the Lord

**R/.** Be it done unto me according to thy Word. Hail Mary...

**V/.** And the Word was made flesh (genuflect)

**R/.** And dwelt amongst us. Hail Mary...

**V/.** Pray for us O Holy Mother of God

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

Let us pray: Pour forth, we beseech thee O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.



## **A SELECTION OF OTHER DAILY PRAYERS FOR THE NOVENA**

### **Prayer to God the Father**

O God, our Father, through the Holy Spirit you prepared the body and soul of the glorious Virgin Mother, Mary, to be a fit dwelling place for your Son. As we recall with joy her appearing at Walsingham, grant that through her motherly intercession we may be preserved from evil and given health of soul and body. This we ask through Christ our Lord. Amen.

### **Anima Christi**

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. Good Jesus, hear me. In your wounds, hide me. Apart from you never let me be. From the enemy, defend me. At the hour of my death, call me. And close to you bid me, that with your saints I may always be praising you eternally. Amen.

### **Prayer to the Holy Spirit, Cardinal Mercier**

Holy Spirit, soul of my soul, I adore you; enlighten, guide, strengthen and console me; tell me what I ought to do and command me to do it. I promise to be submissive in everything that you ask of me and to accept all that you permit to happen to me, only show me what is your will.

### **Prayer to Mary, Mother of Mercy**

O Mary, Mother of mercy, and handmaid of the Lord, in your humility your spirit rejoices in God. The Almighty has done great things for you, showing his mercy from age to age. To you, Lord Jesus, anointed by the Holy Spirit, we commend those for whom your Mother has a special care and love; all who are hungry and poor, oppressed and in need, unwanted children, born and unborn. Raise up your arm in strength to help them, and through the prayers of Mary, your Mother, protect those who cry out in anguish and tears. Father, in your mercy, remember your promise of old, so that justice and peace may flourish, and your Kingdom may come, on earth as it is in Heaven. We make this prayer through Jesus Christ our Lord. Amen.

### **Prayer to Mary, Our Lady of Walsingham**

O Mary, recall the solemn moment when Jesus, your Divine Son, dying on the cross, confided us to your maternal care. You are our Mother, we desire ever to remain your devout children. Let us therefore feel the effects of your powerful intercession with Jesus Christ. Make your name glorious in this place. Pray, O holy Mother of God for the conversion of the United States of America, restoration of the sick, consolation for the afflicted, repentance of sinners, peace to the departed. O Blessed Mary, Mother of God, Our Lady of Walsingham, intercede for us. Amen.

### **15th Century Prayer to Our Lady of Walsingham, from the Pynson Ballad**

O gracious Lady, glory of Jerusalem, Cypress of Sion and Joy of Israel, Rose of Jericho and Star of Bethlehem, O gracious Lady, our asking do not repel, in mercy all women ever thou dost excel. Therefore, Blessed Lady, grant then thy great grace, to all that thee devoutly visit in this place. Amen.

## **Prayer for the Feast of the Annunciation**

Almighty Father of our Lord Jesus Christ, you have revealed the beauty of your power by exalting the lowly virgin of Nazareth and making her the Mother of our Savior. May the prayers of this woman bring Jesus to the waiting world and fill the void of incompleteness with the presence of her child who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## **Prayer to St Joseph**

Blessed St. Joseph, guardian of the Holy Family and great protector of the Universal Church, come to our aid and intercede on our behalf as we pray. St. Joseph, by your example of fatherly love and of faithful chastity, obtain for us the graces of faith, repentance, love and reconciliation in the Church, our marriages, families, and in all the nations of the world. Blessed St. Joseph, obtain for us the grace we need to lead a holy life modelled on your holy family in Nazareth. We ask this through Jesus Christ, our Lord. Amen.

## **An Act of Entrustment to Mary, Saint Pope John Paul II**

Mother of the Redeemer, with great joy we call you blessed. God the Father chose you before the creation of the world. You believed in His love and obeyed His word. God the Son desired you for His mother when He came to save the human race. You received Him with a ready obedience and an undivided heart. God the Holy Spirit loved you as His mystical spouse and He filled you with singular gifts. You allowed yourself to be led by His hidden and powerful action. To you we entrust the Church, which invokes you as Mother. On earth you preceded her in the pilgrimage of faith. Comfort her in her difficulties and trials. Make her always the sign and instrument of intimate union with God and of the unity of the whole human race. To you, Mother of the human family, and of the nations, we confidently entrust the whole of humanity with its hopes and fears. Let it not lack the light of true wisdom. Guide it to seek freedom and justice for all. Direct its steps in the ways of peace. Enable all to meet Christ, the Way, the Truth and the Life. Sustain us, O Virgin Mary, on our pilgrimage of faith and obtain for us the grace of eternal salvation. O Clement, O loving, O sweet Mother of God and our Mother, Mary!

## **7-Decade Rosary Mysteries**

1st Mystery:	The Annunciation
2nd Mystery:	The Visitation
3rd Mystery:	The Nativity
4th Mystery:	The Finding in the Temple
5th Mystery:	The Resurrection and Ascension
6th Mystery:	The Assumption
7th Mystery:	The Coronation of the Blessed Virgin

# INDULGENCES

## What is an Indulgence?

When a child does something really wrong and comes running to its mother or father with tears of sorrow in their eyes, they know that they will be immediately forgiven for what they have done because of the great love that exists between them. This great love does not mean, however, that the child won't be made to do the washing up for a week in order to make up for their wrongdoing!

It is exactly the same when we sin. When we come back to God and say sorry, we know that he immediately forgives us and embraces us in his indulgent love. Justice, however, still demands that we make up for what we have done and to put right the effects of our sin. We do this ordinarily through our usual acts of penance, such as the weekly Friday fast for example.

Jesus said to Peter, "whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven" (Mt 18:18). This authority, which continues to be exercised by the Successors of Saint Peter, the Popes, gives the Church the authority to forgive not only sin, but also the effects of sin. This authority to take away the temporal punishment due for sin is exercised through indulgences. There are two forms of indulgence, plenary and partial.

A **plenary indulgence** takes away all the temporal punishment due for sin.

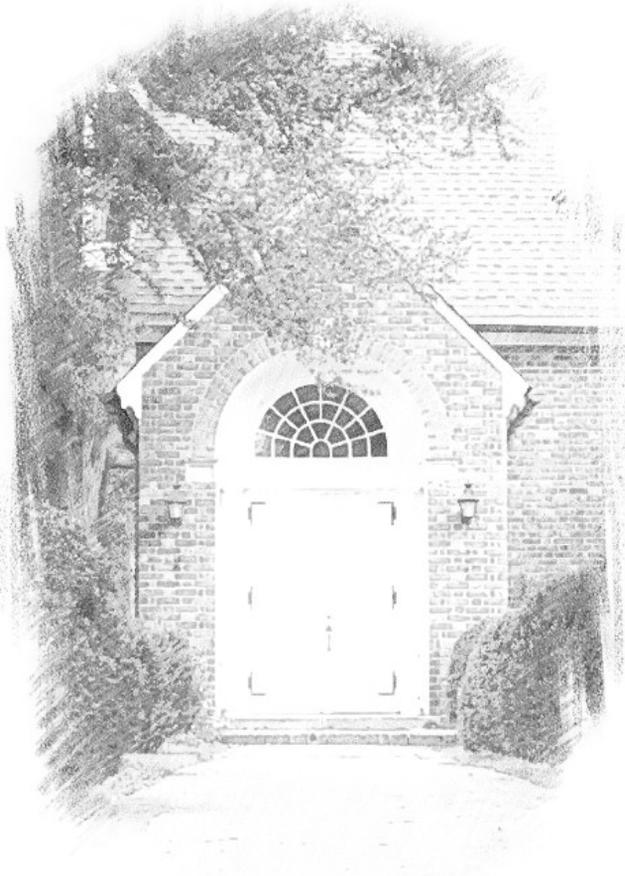
A **partial indulgence** takes away some of the temporal punishment.



## HOW TO RECEIVE AN INDULGENCE

A **plenary indulgence** is granted to the faithful who:

- Exclude all attachment to sin, even venial sin.
- Fulfill the conditions of sacramental confession, Eucharistic Communion, and prayer for the intention of the Sovereign Pontiff.
- Visit the Blessed Sacrament for adoration for at least a half hour.
- Visit a parish church:
  - On the solemnity of its titular feast (September 24 for Our Lady of Walsingham).
  - On March 25, the Solemnity of the Annunciation.
  - On August 2, the day of the “Portiuncula indulgence.”
  - On All Souls’ Day (indulgence is applied to the dead only).
  - One day per year, chose by faithful.
- Read the Sacred Scriptures for at least a half hour.
- Make the pious Way of the Cross
- Recite the Marian Rosary devoutly in a church, oratory, or as a family.
- Receive the Apostolic Blessing at the hour of death.



A **partial indulgence** is granted to the Christian faithful who:

- While carrying out their duties and enduring the hardships of life, raise their minds in humble trust to God and make, at least mentally, some pious invocation.
- Led by the spirit of faith, give compassionately of themselves or of their goods to serve their brothers and sisters in need.
- In a spirit of penance, voluntarily abstain from something that is licit for and pleasing to them.
- In the particular circumstances of daily life, voluntarily give explicit witness to their faith before others.

## THE LITANY OF OUR LADY OF WALSINGHAM

Our Lady of Walsingham,	pray to the Lord for us.
Mary conceived without sin,	pray to the Lord for us.
Mary the Virgin,	pray to the Lord for us.
Mary, the Mother of God,	pray to the Lord for us.
Mary taken up into heaven,	pray to the Lord for us.
Mary at Bethlehem,	pray for all mothers.
Mary at Nazareth,	pray for all families.
Mary at Cana,	pray for all married couples.
Mary who stood by the Cross,	pray for all who suffer.
Mary in the Upper Room,	pray for all who wait.
Mary model of womanhood,	pray for all women.
Woman of Faith,	keep us in mind.
Woman of Hope,	keep us in mind.
Woman of Charity,	keep us in mind.
Woman of Suffering,	keep us in mind.
Woman of Anxiety,	keep us in mind.
Woman of Humility,	keep us in mind.
Woman of Poverty,	keep us in mind.
Woman of Purity,	keep us in mind.
Woman of Obedience,	keep us in mind.
Woman who wondered,	remember us to God.
Woman who listened,	remember us to God.
Woman who followed Him,	remember us to God.
Woman who longed for Him,	remember us to God.
Woman who loves Him,	remember us to God.
Mother of God,	be our Mother always.
Mother of Men,	be our Mother always.
Mother of the Church,	be our Mother always.
Mother of the World,	be our Mother always.
Mother we need,	be our Mother always.
Mother who went on believing,	we thank God for you.
Mother who never lost hope,	we thank God for you.

All holy and ever-living God, in giving us Jesus Christ to be our Savior and Brother, you gave us Mary, his Mother, to be our Mother also; grant us, we pray you, that we may be worthy of so great a Brother and so dear a Mother. May we come at last to you the Father of us all through Jesus Christ Your Son, who lives and reigns with you and the Holy Spirit for ever and ever. Amen.





**The National Shrine of  
Our Lady of Walsingham**

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