



You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.

Mk 12:30

# BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary

P.O. Box 8461, Honolulu, HI 96830-8461  
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<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



JESUS I TRUST IN YOU!

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<https://saintmichaelusa.org/1217-St-Hildegard-of-Binger>

DECEMBER 17<sup>th</sup>

## SAINT HILDEGARD OF BINGEN



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### Saint Hildegard of Bingen



She was an abbess, healer, writer, musician, visionary, counsellor, preacher, linguist, naturalist, poet and an adviser to kings, bishops and princes. She wrote more than 70 liturgical songs, the first sung play, and books on theology, medicine, diet and natural history. she had been seeing extraordinary mystical visions from the time

she was three. At the age of 49, Hildegard founded her first abbey at Bingen, taking 18 nuns with her over the objections of the monks at Disibodenberg. Hildegard seemed to grow more creative and productive with each passing year. She wrote books on medicine and natural history and corresponded with monks and nuns on spiritual matters and with royalty about political concerns. At the age of 60, Hildegard went on the first of four preaching tours. she died at the age of 81

### God hugs you – St Hildegard Von Bingen

Good people, Most royal greening verdancy. Rooted in the sun, You shine with radiant light. In this circle of earthly existence You shine so finely, It surpasses understanding. God hugs you, You are encircled by the arms Of the mystery of God.

### Prayer

O God, by whose grace your servant Hildegard, kindled with the Fire of your love, became a burning and shining light in your Church: Grant that we also may be aflame with the spirit of love and discipline, and walk before you as children of light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever.

Amen.

### Special Prayers by St. Hildegard von Bingen



Filled us with [those things] we need; Now it may please you Father for it befits you To consider us with your help, So that we might not fail and lest your name Might be blackened in us And through your name, deign to help us. O Eternal Lord O eternal Lord, it is pleasing to you to burn in that same fire of love, like that from which our

bodies are born, and from which you begot your Son in the first dawn before all of Creation. So consider this need which falls upon us, and relieve us of it for the sake of your Son, and lead us in joyous prosperity.

### St. Hildegard von Bingen Prayers



#### O Great Father

O Great Father we are in great need; Now therefore we implore, we implore you Through your Word, by which you have Filled us with [those things] we need; Now it may please you Father for it befits you To consider us with your help, So that we might not fail and lest your name Might be blackened in us And through your name, deign to help us.

#### O Eternal Lord

O eternal Lord, it is pleasing to you to burn in that same fire of love, like that from which our bodies are born, and from which you begot your Son in the first dawn before all of Creation. So consider this need which falls upon us, and relieve us of it for the sake of your Son, and lead us in joyous prosperity.

#### O Shepherd of Souls

O Shepherd of souls and o first voice through whom all creation was summoned, now to you, to you may it give pleasure and dignity to liberate us from our miseries and languishing.

#### O Ruby Blood

O ruby blood which flowed from on high where divinity touched. You are a flower that the winter of the serpent's breath can never injure.

#### O Leafy Branch

O leafy branch, standing in your nobility as the dawn breaks forth: now rejoice and be glad and deign to set us frail ones free from evil habits and stretch forth your hand and lift us up.

### Prayers for St. Hildegard's Intercession

Father, Source of Life, you have bestowed on St Hildegard of Bingen many excellent graces. Help us to follow her example of meditating on your ineffable Majesty and to follow you so that we, amidst the darkness of this world, recognize the Light of your clarity to cling to you without fail. 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.





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## Prayer to St. Hildegard

O Lord, you were generous with your gifts of grace to the virgin Hildegard. By following closely her example and teaching, may we pass from the darkness of this life into your marvelous light. Through Jesus Christ our Lord, Amen.

## St. Hildegard's Prayer to the Holy Spirit



Fire of the Spirit, life of the lives of creatures, spiral of sanctity, bond of all natures, glow of charity, lights of clarity, taste of sweetness to sinners, be with us and hear us. Composer of all things, light of all the risen, key of salvation, release from the dark prison, hope of all unions, scope of chastities, joy in the glory, strong honour, be with us and hear us.

Amen.

## Novena to St. Hildegard of Bingen

God is the foundation for everything This God undertakes, God gives. Such that nothing that is necessary for life is lacking. Now humankind needs a body that at all times honors and praises God. This body is supported in every way through the earth. Thus the earth glorifies the power of God. O God, by whose grace your servant Hildegard, kindled with the Fire of your love, became a burning and shining light in your Church: Grant that we also may be aflame with the spirit of love and discipline, and walk before you as children of light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

St. Hildegard von Bingen, pray for us

### DAILY PRAYERS



O glorious St. Hildegard, abbess of the order of St. Benedict and doctor of the universal Church, we now join in the prayer you taught us... God is the foundation for everything; This God undertakes, God gives. Such that nothing that is necessary for life is lacking. Now humankind needs a



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body that at all times honors and praises God. This body is supported in every way through the earth. Thus, the earth glorifies the power of God. O God, by whose grace your servant Hildegard, kindled with the Fire of your love, became a burning and shining light in your Church: Grant that we also may be aflame with the spirit of love and discipline, and walk before you as children of light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

St. Hildegard von Bingen, pray for us

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## We Were Warned: The Prophecies of St. Hildegard of Bingen

**You Tube** <https://youtu.be/MBIRupa9CHc>

What can St. Hildegard of Bingen teach us? A look at the life of this future Doctor of the Church

**You Tube** <https://youtu.be/SOveUzIMO10>

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## Saint Hildegard Way, A Pilgrimage in the Land of Hildegard, Germany

**You Tube** <https://youtu.be/rvksPEsbzUg>

**SPEND MORE TIME IN DAILY PRAYER.  
INVITE FAMILY MEMBERS & FRIENDS  
TO GO TO SUNDAY MASS.**

## SEND A PRAYER REQUEST WE PRAY FOR YOU

<https://saintmichaelusa.org/prayer-request/>

Text Your Prayer Request with your name and email

**(808)203-7467**



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