



*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  
Phone: USA (808) 943-7088  
GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



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



**JESUS  
I TRUST  
IN YOU!**

SCAN ME



**May 24<sup>th</sup>**

## MARY HELP OF CHRISTIANS



<https://saintmichaelusa.org/help-of-christians/>



[www.facebook.com/  
StMichaelCenter](https://www.facebook.com/StMichaelCenter)

### Prayer to Mary, Help of Christians



Most Holy and Immaculate Virgin, Help of Christians, we place ourselves under your motherly protection. Throughout the Church's history you have helped Christians in times of trial, temptation and danger. Time and time again, you have proven to be the Refuge of sinners, the Hope of the hopeless, the Consoler of the afflicted, and the Comforter of the dying. We promise to be faithful disciples of Jesus Christ, your Son, to proclaim His Good News of God's love for all people, and to work for peace and justice in our world. With faith in your intercession, we pray for the Church, for our family and friends, for the poor and abandoned, and all the dying. Grant, O Mary, Help of Christians, the graces of which we stand in need. (Mention your intentions.) May we serve Jesus with fidelity and love until death. Help us and our loved ones to attain the boundless joy of being forever with our Father in heaven. Amen. Mary, Help of Christians, pray for us!

### Prayer To Our Lady, Help Of Christians By St. John Bosco

Most Holy Virgin Mary, Help of Christian, how sweet it is to come to your feet imploring your perpetual help. If earthly mothers cease not to remember their children, how can you, the most loving of all mothers forget me? Grant then to me, I implore you, your perpetual help in all my necessities, in every sorrow, and especially in all my temptations.

I ask for your unceasing help for all who are now suffering. Help the weak, cure the sick, convert sinners. Grant through your intercessions many vocations to the religious life. Obtain for us, O Mary, Help of Christians, that having invoked you on earth we may love and eternally thank you in heaven.

### Act of Entrustment of the Home to Mary Help of Christians

Most Holy Virgin Mary, appointed by God to be the Help of Christians, we choose you as the Mother and protectress of our home.

We ask you to favor us with your powerful protection. Preserve our home from every danger: from fire, flood, lightning, storm, earthquake, thieves, vandals, and from every other danger.

Bless us. Protect us. Defend us. Keep as your own all the people who dwell in this home. Protect them from all accidents and misfortunes, but above all obtain for them the most important grace of avoiding sin.

Mary Help of Christians, pray for all those who live in this home, which is entrusted to you for all time. Amen.

### Mary Help of Christians Novena Prayers

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence I fly unto thee; O Virgin of virgins, my Mother! To thee do I come, before thee I stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Mary, Help of Christians, you helped defend the Christian faith over the course of history. Free me from infidelity or faithlessness and give me perseverance and strength to live an authentically Christian life in the world today. Mary, pray for me and ask God to grant the intentions I hold within my heart. (State your intentions here...)

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. Help me to come to you during times of need and especially at the time of my death, that I may be victorious over the evil one as you are. Amen. Mary Help of Christians, Pray for us! Amen.

### Prayer to Mary Help of Christians composed by St. John Bosco

O Mary, most powerful Virgin, great and illustrious defender of the Church, wonderful Help of Christians, formidable as an army in battle array, you who have overcome every heresy in the world, in our anguish, in our combats, in our difficulties, defend us from the Enemy, and at the hour of our death receive our souls into Paradise. Amen.

### 29<sup>th</sup> May 2024 - 7<sup>th</sup> Sunday of Easter Ascension of the Lord

#### The Ascension of the Lord

Regarding the Ascension of the Lord, the ecclesiastical provinces of Boston, Hartford, New York, Newark, Omaha, and Philadelphia have retained its celebration on the proper Thursday, while all other provinces have transferred this Solemnity to the Seventh Sunday of Easter, May 29. If transferred, Thursday, May 26, is observed as an Easter Weekday.

"The Ascension of Jesus into heaven," Pope Francis said, "acquaints us with this deeply consoling reality on our journey: in Christ, true God and true man, our humanity was taken to God. Christ opened the path to us. If we entrust our life to him, if we let ourselves be guided by him, we are certain to be in safe hands, in the hands of our Savior." This is why, as Pope Benedict XVI wrote, it would be a mistake to interpret the Ascension as "the temporary absence of Christ from the world." Rather, "we go to heaven to the extent that we go to Jesus Christ and enter into him." Heaven is a person: "Jesus himself is what we call 'heaven.'"





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  
Phone: USA (808) 943-7088  
GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



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



**Prayer** Dear Lord Jesus Christ, Right before your Ascension into heaven you told your apostles to be His witnesses to the ends of the earth upon receiving the Holy Spirit. May I be similarly inspired to spread your Gospel message in word and deed, according to your will for me. And may I do so prudently and joyfully, with your help, your guidance, and your grace! And remembering this glorious event, help me to seek what is above, Heaven, where you are seated at the right hand of God the Father!

## Prayer Meditation for The Ascension

O Lord Jesus, I adore you, Son of Mary, my Saviour and my Brother, for You are God. I follow You in my thoughts, O first-fruits of our race, as I hope one day by Your grace to follow You in my person into heavenly glory. Until then, do not let me neglect the earthly task which You have given me. Let me labour diligently all my life with a greater appreciation for the present. Let me realize that only by accomplishing true human fulfillment can I attain Divine fulfillment and ascend to You at the completion of my work. Amen.

## Prayer on the Feast of the Ascension

Lord Jesus, you became man and came to live among us. For love of us, you suffered and died for us. Because you are God, you conquered death and rose on the third day. Today you return to your Father and our Father, But you promised to remain with us till the end of time, And to send us the Holy Spirit. We rejoice and thank you, Lord Jesus. Come Holy Spirit, purify and transform us, Kindle within us the fire of your love. Amen

## 7 Powerful Prayers for Ascension Sunday



**John 7:33** Heavenly Father, I thank You for sending Your Son who was with us only for a short time. Thank You for being the living water that quenches the thirst of all those who long for You. I give You praise for being Your resurrection power, it is because of You that we too can have everlasting life with You in heaven. I pray that we do not take for granted this special day, Amen.

**Acts 1:6-11** Righteous God, I thank You for this ascension Sunday and for Your divine authority. Your Word says that You alone set the dates and times for things to happen and it is through You that we receive power. I thank You for the ascension of Your son Jesus, because of Him we are given divine authority and guidance here on earth through Your Holy Spirit. I give you thanks because I know that someday You will return from heaven in the same way You ascended from earth, Amen.

**Luke 24:50-51** Oh Lord, thank You for Your benevolent nature. Whilst Your Son was taken up into heaven, He blessed us here on earth. I pray that I do not take for granted the blessings that You have given me, instead I receive them with my whole heart. So on this ascension Sunday, Father I give You the glory, honor and praise because of who You are and because of all that You have done, in Jesus' Name, Amen.



[www.facebook.com/StMichaelCenter](https://www.facebook.com/StMichaelCenter)

**John 14:2** Righteous God, I thank You for the many rooms that You have prepared for us. Lord, I thank You for ensuring that I can spend eternity with You after death through the resurrection power of Your Son Jesus. Your Word says that if You had not prepared a place for me, You would not have told me so. Therefore, on this ascension Sunday, I thank You for sending Your Son so that I may be saved, Amen.

**1 Timothy 3:16** Eternal God, I give You the honor and praise because You are great! You sent Your Son to appear in the flesh, to then be vindicated by the Spirit. Your Son was seen by angels, preached among the nations, believed on in the world and taken up in glory. Hallelujah for the hidden truth of godliness! So on this ascension Sunday, we thank You for allowing us to comprehend just a segment of You awesome and divine power, Amen.

**John 14:12** Oh Lord, we commemorate this special day – the day of ascension – along with the many things You did here on earth. Your scripture declares that whoever believes in the works that You did on earth, will do even greater things, because Your Son returned to You in heaven. I thank You for giving us divine authority to be more like Jesus, I walk in Your power, in Jesus' Name, Amen.

**John 16:28 & Hebrews 6:20** Dear God, thank You for sending Your Son into the world so that I may be saved. Thank You for the fulfillment of Your Word by the resurrection of Jesus and His ascension into heaven. I glorify Your Name because You are faithful to Your Word and Your people. You sent Your son to be a forerunner so that I could also be with You in heaven. So on this day of ascension, Blessed be Your Name, Amen!

## 10 Things about Mary Help of Christians

SCAN ME

**YouTube** <https://www.youtube.com/watch?v=sbUjRZfV6U8>



SCAN ME



## Mary Help of Christians and Saint John Bosco

**YouTube** [https://www.youtube.com/watch?v=DN9N\\_wNHmoc](https://www.youtube.com/watch?v=DN9N_wNHmoc)

## Ascension of Jesus

SCAN ME

**YouTube** <https://www.youtube.com/watch?v=jCVpZmsddrE>



SCAN ME



## ASCENSION OF JESUS CHRIST

**YouTube** <https://www.youtube.com/watch?v=RD0LNtc1UE4>

## Mary, Help of Christians

SCAN ME

**YouTube** <https://www.youtube.com/watch?v=8Jp4ut1KEaw>



<https://stmichaelcenter.flocknote.com/>  
StMichaelCenter

Sign Up



PRAYER REQUEST

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



GOD BLESS YOU

DONATION SUPPORT YOUTH  
<https://saintmichaelusa.org/make-a-donation/>