

*Ponderings ...*

*The Liturgy of the Hours*

*The Intercessions*

*and the*

*The Consecrated Virgin*



## *Ponderings...*

From the sphere of the Diocese with its traditions, its Saints, its values, its limits and its problems, you broaden your horizons to the universal Church, sharing above all in her liturgical prayer, which is also entrusted to you so that *"the praise of our heavenly Father be always on your lips; pray without ceasing"*, (RCV, n. 28). In this way your prayerful "I" will gradually be enlarged, until there is no longer anything except a great "we" in the prayer. This is ecclesial prayer and the true liturgy.

*"That your whole life may be a faithful witness of God's love and a convincing sign of the Kingdom of heaven"*, (RCV n. 17). Take care always to radiate the dignity of being a bride of Christ, expressing the newness of Christian existence and the serene expectation of future life. Thus, with your own upright life you will be stars to guide the world on its journey.

The choice of virginal life, in fact, is a reference to the transient nature of earthly things and an anticipation of future rewards. Be witnesses of attentive and lively expectation, of joy and of the peace that characterizes those who abandon themselves to God's love. May you be present in the world, yet pilgrims bound for the Kingdom.

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Month of the Immaculate Heart of Mary

Compiled and written by Barbara Swieczak  
Consecrated Virgin  
Diocese of La Crosse

Intercessions

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## *Introduction*

This series of *Ponderings* comes from the example of Our Blessed Lady...

The exhortation we received in the Homily from the Mass of Consecration

“Imitate the Mother of God.

Desire to be called and be handmaids of the Lord.”

Included here for your pondering is the text from the Roman Pontifical.

Remember also the exhortation of the Holy Father from the Year of Consecrated Life, remember the past, return to our roots and appreciate the original charism of those who have gone before us.

In our vocation, Holy Mother Church herself has given us our purpose and direction.

Embrace with joy the words given to us for the salvation of souls.

We too ponder and treasure these words in our Hearts.

Year of St Joseph  
Month of the Immaculate Heart of Mary

Dear Reader,

This little book of "*Ponderings*" will be an opportunity to look at the intercessions Holy Mother Church presents to us as well as the intentions we as consecrated virgins are asked to pray.

All time is holy and our use of it is a grace for us and the whole Church, the whole world when we live mindfully.

May this reflection help enrich your time.  
God's choicest Blessings,  
barb



## **PRESENTATION OF THE LITURGY OF THE HOURS**

28 Then, if it seems appropriate, the Bishop gives the newly consecrated the book containing the prayer of the Church, saying these or similar words:

Receive the book of the Liturgy of the Hours,  
the prayer of the Church;  
may the praise of our heavenly Father  
be always on your lips;  
pray without ceasing  
for the salvation of the whole world.

All reply together:

Amen.

The newly consecrated come before the Bishop, who gives each a copy of the liturgy of the hours. After receiving it, they return to their places and remain standing.

29 Then, if appropriate, this or some other suitable antiphon is sung.

I am espoused to him whom the angels serve;  
sun and moon stand in wonder at his glory.

# From the Roman Pontifical Introduction

## II. PRINCIPAL DUTIES OF THOSE CONSECRATED

2 Those who consecrate their chastity under the inspiration of the Holy Spirit do so for the sake of more fervent love of Christ and of greater freedom in the service of their brothers and sisters.

They are to spend their time in works of penance and of mercy, in apostolic activity, and in prayer, according to their state in life and spiritual gifts.

To fulfill their duty of prayer, they are strongly advised to celebrate the Liturgy of Hours each day, especially Lauds or Vespers. In this way, by joining their voices to those of Christ the High Priest and of his Church, they will offer unending praise to the heavenly Father and pray for the salvation of the whole world.

## V. FORM OF THE RITE

7 For the consecration of women living in the world the rite described in Chapter I of this Ritual is to be used.

The rite consists of these parts: ....

g) the presentation of the insignia of consecration to symbolize a spiritual dedication.



Intercessions repeated in Ordinary Time on a four-week cycle are timeless.

They enter into the mind and heart of Holy Mother Church.

They provide the groundwork for grace to take shape in a particular day in a particular circumstance.

Although we repeat them each week throughout the year they are always new.

In each of the 4 volumes you will find Appendix II in the back that provides for each day shorter Intercessions for Evening Prayer.

Plus there is also the Saint, special feast or solemnity that have either proper intercessions or use the intercessions found in the various "Commons." What a treasure trove!

Here I have added some passages from Pope Paul VI's decree on the Liturgy of the Hours. Ponder these words with the 'Intercessions' in mind.

*... "celebrating the Office mind and voice may be more easily in harmony and that the Liturgy of the Hours may become in reality "a source of devotion and nourishment for personal prayer,..."*

*8. Intercessions (preces) have been added to Lauds to express the consecration of the day and to offer prayer for the day's work about to begin.*

*There is also a short act of supplication at Vespers, drawn up in the form of general intercessions.*

*The Lord's Prayer has been restored to its position at the end of these prayers.*

*...in keeping with its very ancient tradition and in the light of the needs of our day, it is to be hoped above all that the Liturgy of the Hours may pervade and penetrate the whole of Christian prayer, giving it life, direction, and expression and effectively nourishing the spiritual life of the people of God.*

*Each individual has his part in this prayer, which is common to the one Body as it offers prayers that give expression to the voice of Christ's beloved Bride, to the hopes and desires of the whole Christian people, to supplications and petitions for the necessities common to all mankind.*

*This prayer takes its unity from the heart of Christ Himself, for our Redeemer desired "that the life He had entered upon in His mortal body with supplications and with His sacrifice should*

*continue without interruption through the ages in His Mystical Body, which is the Church.”[5]*

*Because of this, the prayer of the Church is at the same time “the very prayer that Christ Himself, together with His Body, addresses to the Father.” [6] As we celebrate the Office, therefore, we must recognize our own voices echoing in Christ, and His voice echoing in us.[7]*

*If the prayer of the Divine Office becomes genuine personal prayer, the relation between the liturgy and the whole Christian life also becomes clearer.*

*The whole life of the faithful, hour by hour during day and night, is a kind of leitourgia or public service, in which the faithful give themselves over to the ministry of love toward God and neighbor, identifying themselves with the action of Christ, who by His life and self-offering sanctified the life of all mankind. The Liturgy of the Hours clearly expresses and effectively strengthens this sublime truth, embodied in the Christian life.”*

The richness of this document comes with the pondering.

♪ “For all your Church O Lord we intercede,…”  
even our hymns have intercessions woven into them.

Intercessions

Our spiritual motherhood should expand our hearts. Let us look at the intercessions with which we have been entrusted.

From the Homily of the Rite of Consecration lists many concerns and works of mercy.

“Make it your concern to pray fervently for the spread of the Christian faith and the unity of all Christians.

Pray earnestly to God for the welfare of the married.

Remember those who have forgotten their Father’s goodness and have abandoned his love, so that God’s mercy may forgive where his justice must condemn.” Homily, Rite of Consecration.

Remember the Intercessions from the Mass of Consecration found in the Litany of Supplication? Go back to your copy of the Rite. See in this Litany the intercession of Our Blessed Mother and all the Saints. They are ready to give you what you need from the example of their lives so that we may give to others from the gifts God has given to us. So much to ponder.

Throughout the writings of the Sacred Scriptures, we have been encouraged, exhorted to pray and make intercession for others and ourselves and not lose heart. Ponder your favorite Scripture passages on intercessions.

“Holy Mother of God, pray for us”

*The responsibility of prayer for the  
consecrated virgin is one given to her  
on the day of her consecration...*

*the Liturgy of the Hours,  
the Divine Office, especially  
Morning and Evening Prayer.*

*The "hinges" of her day  
have within them, in the words of*

*Pope Benedict XVI,*

*"The Lord's Prayer,*

*the school of hope."*

*May we learn from Jesus with the  
grace of our Consecration.*

