

*Easter  
Meditations  
for the  
Consecrated Virgin  
Living in the World*



For more information and “Ponderings”

<https://diolc.org/consecratedlife/consecrated-virgins/>

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**DIOCESE of LA CROSSE**

## Easter 2023

Dear Consecrated Virgin,

We are blessed to have been given as our service to the Church the charge to pray the Liturgy of the Hours. "Receive the Liturgy of the Hours the prayer of the Church....."

It is our 'holy duty' to enrich our lives with the praying of this Divine Office as it is lovingly called.

Taking the third paragraph from the Rite of Consecration, the Homily, holy Mother Church reminds us of the Lord's instruction.

"Our Lord himself taught us  
the high calling of such a life,  
consecrated to God and chosen  
for the sake of the Kingdom of Heaven.

*By his whole life,  
and especially by his labors, his preaching,  
and above all,  
by his Paschal Mystery,  
he brought his Church into being.*

He desired it to be

a virgin;

a bride,

and a mother:

a virgin, to keep the faith whole and entire;

a bride, to be one with him forever,

and a mother, to raise up  
the family of the Church."

I invite you to ponder anew the daily praying of the Liturgy of the Hours. Ask the Holy Spirit to open your heart in praying the basic prayers used throughout the Church Year. They take on a rich meaning in each of these Seasons.

Keep the Paschal Mystery in mind and heart as you pray each of the "Hours";  
the Sign of the Cross,  
the Glory Be,  
the Morning Canticle of Zechariah  
the Evening Canticle of Mary,  
the Our Father.

In the Paschal Mystery, the Resurrection of our Blessed Lord and Beloved see the mysteries of our faith unfold. Use the rich treasure of Liturgy of the Hours: the Psalms, Canticles, New and Old Testament, Writings of the Fathers in the Office of Readings as well as the daily reading for Holy Mass as the source of your inspiration.

This booklet is designed for your ponderings, with space to write your meditations, thoughts, reflections.

Easter Blessings!

*Barb*



## The Sign of the Cross

God, come to my  
assistance.

Lord, make haste,  
to help me.





Glory to the Father, to the  
Son and to the Holy Spirit:  
as it was in the beginning is  
now and will be forever.  
Amen. Alleluia

Blessed be the Lord, the God of Israel. He has come to his people and set them free. He has raised up for us a mighty Savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our Father and to remember his holy covenant. This was the oath he swore to our father Abraham; to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our lives. You, my child, shall be called a prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.









My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.



## Our Father

Who art in heaven  
hallowed be thy name.  
thy kingdom come thy will  
be done on earth as it is  
in heaven. Give us this  
day our daily bread and  
forgive us our trespasses  
as we forgive those who  
trespass against us. And  
lead us not into  
temptation but deliver us  
from evil. Amen.



