



33 Days  
to  
Morning  
Glory

Retreat  
Companion

Carol R. Younger, Ed. D.

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WEEK THREE  
Blessed Mother Teresa



## Prayer for Week Three — *Memorare*

While the *Memorare* is often attributed to St. Bernard of Clairvaux (1090-1153), Confessor, Abbot, and Doctor of the Church, it was popularized by another Bernard: Fr. Claude Bernard of France (1588-1641). Father Claude, known as the “Poor Priest,” employed the *Memorare* extensively in his evangelization efforts. Many a condemned criminal was reconciled to God before death through his help and this prayer. He had hundreds of thousands of leaflets of the *Memorare* printed in various languages to distribute (long before modern printing technology!). Saint Francis de Sales, some twenty-one years older than Fr. Claude, also loved and frequently prayed the *Memorare*, as did many saints that came after him.

Blessed Mother Teresa prayed this prayer with great confidence in Mary’s powerful intercession, and she was never let down: “Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.” Of course, Mary doesn’t always help us exactly in the way we expect, but she always comes to our aid when we call upon her. This week, as we pray the *Memorare* prayer, let’s bring to Mary all of our needs and trust in her powerful intercession just like so many saints did.

### *Memorare*

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by 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.



Day 15

Lover of the Heart of Jesus

[Each day this week, you will (1) read the appropriate day from *33 Days to Morning Glory*, (2) pray the *Memorare*, and (3) prayerfully answer the four corresponding questions in this *Retreat Companion*.]

- 1. What details of Mother Teresa’s spiritual growth and development stand out to you and intrigue you? Why? Her First Holy Communion at five years old? Her burning thirst for souls revealed to her at such an early age by Christ? Wanting to be a missionary? Her acceptance of “terrible darkness” out of love for Jesus?

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- 2. Mother Teresa’s generosity eventually prompted her to promise Jesus that she would refuse him nothing. In a sense, the Marian consecration that you’re preparing for is similar to Mother Teresa’s promise. Everything of yours will belong to Mary who loves you and brings you closer to the pierced Heart of Christ. Will you refuse her nothing? Recall that Mary is not outdone in generosity. What does the Lord or his Mother say to you in prayer about this?

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3. Mother Teresa experienced “terrible darkness” and loneliness after saying “yes” to Jesus. She eventually discerned it to be a sharing in Jesus’ suffering and thirst on the Cross. Participating in the suffering of Jesus’ Passion and Death is a common theme among many saints’ writings. What about this is attractive to you? What about it is difficult or even frightening for you?<sup>9</sup>

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4. Mother Teresa says, “[S]uffering has to come that came in the life of Our Lady, that came in the life of Jesus — it has to come in our life also. ... Suffering is a gift from God. It is between you and Jesus alone inside.” Try to explain your understanding of this as a Catholic Christian.

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Closing Prayer:

*Come, Holy Spirit, living in Mary.  
 Help me to find the love of the Heart of Jesus hidden in the darkness.*

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Day 16

'The Gift God Gave September 10<sup>th</sup>'

- 1. Mother Teresa says that we can't last even one day without hearing Jesus speak to us of his love for us. Otherwise, she says, prayer is dead and meditation "only thinking." What kind of prayer is your prayer? Do you set aside time for prayer or do you pray throughout the day? Do you include some time to listen or to just sit quietly with Jesus? Is quiet helpful for you or do you just get fidgety? (See also *CCC*, Part Four, "Section One: Prayer in The Christian Life," nn. 2558-2758.)

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- 2. Be careful of things that block contact with Jesus, Mother Teresa warns. What are the things that block you? Make a list of the interior things (worries, life's past hurts, past mistakes, or even forgiven sins) and the exterior things (grocery lists, errands, appointments, daily responsibilities — phone conversations!) that interfere with daily one-to-one contact with the One who loves and longs for you eternally.

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3. What is it about you personally that Jesus thirsts for? Mother Teresa insists that this is crucial to know Jesus’ will for you and what he wants to be for you. After you muse on this for a few moments, record some thoughts:

Horizontal lines for writing.

4. “Whenever we come close to Him — we become partners of Our Lady, St. John, Magdalen. Hear Him. Hear your own name,” Mother Teresa tells us. What does your name sound like when someone you love says it? What did Magdalen’s name sound like when Jesus said it in the garden by the empty tomb? What does your name sound like when Jesus says it?

Horizontal lines for writing.

Closing Prayer:

*Come, Holy Spirit, living in Mary.  
Help me to listen to Jesus’ thirst.*

Day 17

The Visions of 1947

- 1. Reread Mother Teresa’s three visions (pages 73-74 in *33 Days to Morning Glory*). Pay attention to Mary’s appearance and actions in the visions. With Mary’s help, what does Teresa see? What does she hear? How does Mary comfort her? How does she support her? Is there significance to Mary holding Teresa’s right arm?

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- 2. Why does Mary say, “Fear not” to Mother Teresa? Would this simple two-word sentence be comforting to you, coming from Mary? Why or why not? What could she say to you to allay your fears?

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3. Mary says the crowd that Mother Teresa sees belongs to her, “They are mine. Bring them to Jesus.” What does this tell us about Mary’s view of us? What does it tell us about how Mary sees what “belongs” to her? Does this change how you look at what belongs to you or what you do with your belongings?

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4. John and Magdalen follow Jesus to Calvary out of personal love for the Savior. However, also motivating them is their love for his Mother, who is suffering as well, though much more than they. It is Mary who is by far the strongest of the three. What are her strengths, interiorly and exteriorly, mentally and spiritually?

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Closing Prayer:

*Come, Holy Spirit, living in Mary.*

*Bring me face to face with the love in the Heart of Jesus crucified.*

Day 18

The Immaculate Heart of Mary

- 1. Exchanging hearts with Mary, even for a few moments, would have huge consequences in our lives. Were we to see and feel with Mary’s own depth of love of God, we would not forget it. What gifts from such an exchange would you desire? Compassion for others as she experiences it? Love of the Divine Savior as wholehearted as hers? Depth of prayer and mercy as she lives it? Something else? What are the reasons for your choices, as you understand them?

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- 2. When we ask for Mary to lend us her Heart, we’re asking to share in her own inner life. The human heart represents the spiritual reality of inner life and the dwelling place of the Holy Spirit’s grace and love. This preparation for consecration includes a focus on your inner life and relationship of love with the Holy Spirit. What is your relationship with the Holy Spirit like now, and how will Mary’s Heart confirm and strengthen this relationship?

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3. Jesus chooses to come through Mary into history and to all humanity; he chooses to come to you through Mary. Mary was with the Apostles in the Upper Room when the Holy Spirit descended on the first Pentecost. The Holy Spirit also comes to us through Mary.<sup>10</sup> His graces set us afire for his mission in the world. What does it mean to have our hearts “afire”? How do you feel about having your heart aflame with the love of God, with the love of the Blessed Virgin? How will it change your conversations with others and your actions?

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4. Praying to Mary with Mother Teresa’s words, “Keep me in your most pure heart,” focuses you on being set apart for love through Mary. Your mission becomes loving with Mary’s Heart, being set apart for her, for pleasing Jesus through her. What obstacles do you perceive in your inner life that would prevent you from earnestly praying for this? How do you think Mary will overcome these obstacles for you?

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Closing Prayer:

*Come, Holy Spirit, living in Mary.  
Keep me in her most pure and Immaculate Heart.*

Day 19

Heart-Pondering Prayer

1. Are you practicing the daily examen (found in endnote n. 73 on pages 187-189 of *33 Days to Morning Glory*)? Are you dwelling on daily blessings instead of daily annoyances, daily opportunities instead of daily difficulties? What do you perceive as interferences with the regular practice of the daily examen in your life? How can you incorporate it into your bedtime regimen?

Horizontal lines for writing answers to question 1.

2. An examen is basically a list. We make lists all the time: grocery, errands, Christmas and birthday gift lists, books to read, appointments to keep. Make a new list right now: life blessings you live with each day, prayers answered recently, family and friends praying for you, and other instances that have brought God’s grace and direction to you.

Horizontal lines for writing answers to question 2.

3. The retreat asks you to develop both a spiritual sensitivity and an attitude of gratitude. In doing so, you will begin to imitate Mary and her pondering Heart. God is in all things, in all your life’s happenings, all your prayers, all your relationships. List a few events, relationships, and situations where you may not have been sensitive to or grateful for God’s presence. Practice the pondering of Mary and find God there now.

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4. What’s the difference between a “laundry list of sins” and the examen? Do you think Mary made lists? You might think of the Rosary as a list: Mary’s memories and sacred moments she wants us to look at as if in a photo album. What pictures of you, your spouse or children, or your friends might you want to put in a spiritual album to remember and pray over? (For example: the First Holy Communion of a first child.)

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Closing Prayer:

*Come, Holy Spirit, living in Mary.*

*Help me to recognize and ponder in my heart all the good you do for me.*



Day 20

A Consecration Covenant

1. The seriousness of the consecration is compared, indeed almost equated with, the idea of covenant. Giving your word is giving yourself, in Mother Teresa’s explanation. Covenant, in biblical terms, makes you a member of the person’s family relationships. Imagine yourself living with Mary in Nazareth. What would you talk about? How would you relate to Jesus, her Son? What would change in your behavior, your demeanor? How would your thoughts change?

Horizontal lines for writing response to question 1.

2. Looking at the chart on page 114 in *33 Days to Morning Glory*, choose two of Mary’s duties to you that you consider most important, ones that you believe will make you secure in her care and bring you to high holiness. Explain what these two duties mean to you and what they entail in so far as your daily life is concerned. What are you expecting Mary to do, exactly?

Horizontal lines for writing response to question 2.

3. Choose two of your duties to Mary; ones that are significant to you or that you believe will really challenge you (or help you) to remain focused on the glory of her Son alone. What is the challenge (or help) that is embedded in those duties?

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4. The Missionaries of Charity Consecration Covenant prayer (on page 80 of *33 Days to Morning Glory*) speaks of the ardent desire to live in close union with Mary, with the goal of union with Jesus. How does reading this prayer intensify the coming moment of consecration for you? Does it bring to you a deepening sense of the generosity involved in consecration? What does it mean to you?

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Closing Prayer:

*Come, Holy Spirit, living in Mary.*

*Help me to ardently make a Covenant of Consecration with Mary.*

Day 21

'Be the One' (with Mary)

- 1. Mother Teresa urges you to “be the one” to console Jesus who thirsts for the love of the souls he so desires to save. Mary is the one who best understands this thirst and the need to comfort Jesus. Ask Mary, Mother Teresa says, to help you understand. What might Mary say to you to help you better understand Jesus’ thirst?

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- 2. Mary is the best consoler of Jesus because she is the spouse of the Holy Spirit, who is also called “the Consoler” and “the Comforter” (Jn 14:16, 26; 15:26; 16:7). What do these titles of the Holy Spirit tell us about God’s relationship with us? What do they tell us about Mary’s relationship to Jesus and to each of us — about her relationship to you?

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3. Jesus speaks in the Gospel of his longing to gather Jerusalem (Israel) as a hen gathers her chicks under her wings — for comfort, but they wouldn’t accept it (see Luke 13:34). What is so important about consolation that God the Holy Spirit names himself the Consoler or Comforter? Whom do you console in your personal relationships? How do you do it? Do any of those you seek to console refuse you; if so, how does it make you feel?

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4. Mother Teresa describes the greatest evil as “lack of love and charity.” She and the Missionaries of Charity put love of Jesus and of others first. Ask yourself: (a) Among your personal acquaintances, who needs your love to avoid loneliness? (b) Who are those nearest to you who need your love expressed to them? (c) How often do you express your love of Jesus directly to him?

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Closing Prayer:

*Come, Holy Spirit, living in Mary.  
 Help me to “be the one” to console Jesus with Mary.*

## WEEK THREE: Summary

Mother Teresa’s three trademark virtues are “total surrender to God, loving trust, and perfect cheerfulness.” Not just surrender but total surrender, not just trust but loving trust, not just cheerfulness but perfect cheerfulness. We are told this is simple: Just be like a child. What do each of these virtues mean to you personally?

1. total surrender

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2. loving trust

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3. perfect cheerfulness

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## SMALL-GROUP SESSION OUTLINE

### ~ Blessed Mother Teresa ~

#### A. Prayer

##### 1. + *Memorare*

2. *Come, Holy Spirit, and be with us. We wish to contemplate the mysteries of Jesus and Mary in our lives as we prepare for consecration to Jesus through Mary. Amen. +*

#### B. Personal Response

[Selections from the Pondering, Prayerful Response of Week 3. The following questions are only suggestions. Do not feel as though you have to answer every question during the small group discussion time.]

1. Mother Teresa experienced “terrible darkness” and loneliness after saying “yes” to Jesus. She eventually discerned it to be a sharing in Jesus’ suffering and thirst on the Cross. Participating in the suffering of Jesus’ Passion and Death is a common theme among many saints’ writings. What about this is attractive to you? What about it is difficult or even frightening for you?
2. Be careful of things that block contact with Jesus, Mother Teresa warns. What are the things that block you? Make a list of the interior things (worries, life’s past hurts, past mistakes, or even forgiven sins) and the exterior things (grocery lists, errands, appointments, daily responsibilities — phone conversations!) that interfere with daily one-to-one contact with the One who loves and longs for you eternally.
3. Reread Mother Teresa’s three visions (pages 73-74 in *33 Days to Morning Glory*). Pay attention to Mary’s appearance and actions in the visions. With Mary’s help, what does Teresa see? What does she hear? How does Mary comfort her? How does she support her? Is there significance to Mary holding Teresa’s right arm?
4. Praying to Mary with Mother Teresa’s words, “Keep me in your most pure heart,” focuses you on being set apart for love through Mary. Your mission becomes loving with Mary’s Heart, being set apart for her, for pleasing Jesus through her. What obstacles do you perceive in your inner life that would prevent you from earnestly praying for this? How do you think Mary will overcome these obstacles for you?
5. Are you practicing the daily examen (found in endnote n. 73 on pages 187-189 of *33 Days to Morning Glory*)? Are you dwelling on daily blessings instead of daily annoyances, daily opportunities instead of daily difficulties? What do you perceive as interferences with the regular practice of the daily examen in your life? How can you incorporate it into your bedtime regimen?
6. The seriousness of the consecration is compared, indeed almost equated with, the idea of covenant. Giving your word is giving yourself, in Mother Teresa’s explanation. Covenant,

in biblical terms, makes you a member of the person's family relationships. Imagine yourself living with Mary in Nazareth. What would you talk about? How would you relate to Jesus, her Son? What would change in your behavior, your demeanor? How would your thoughts change?

7. Mary is the best consoler of Jesus because she is the spouse of the Holy Spirit, who is also called "the Consoler" and "the Comforter" (Jn 14:16, 26; 15:26; 16:7). What do these titles of the Holy Spirit tell us about God's relationship with us? What do they tell us about Mary's relationship to Jesus and to each of us — about her relationship to you?

Generous Additional Response (if there's time):

Which of the seven days or pondering, prayerful responses most interested you, most inspired your prayer, or moved you to meditation?

### C. Petition

[Leader] + Come, Holy Spirit, living in Mary...

[Group response] Help me to find the love of the Heart of Jesus hidden in the darkness.

Come, Holy Spirit, living in Mary...

Help me to listen to Jesus' thirst.

Come, Holy Spirit, living in Mary...

Bring me face to face with the love in the Heart of Jesus crucified.

Blessed Mother Mary, lend me your Heart;

And keep me in your Immaculate Heart.

Come, Holy Spirit, living in Mary...

Help me to recognize and ponder in my heart all the good you do for me.

Come, Holy Spirit, living in Mary...

Help me to ardently make a Covenant with Consecration to Mary.

Come, Holy Spirit, living in Mary...

Help me to "be the one" to console Jesus with Mary.

Individual petitions...

Response: Come, Holy Spirit, and help me. +

SESSION 4 — DVD NOTES

**Blessed Mother Teresa**

**A. “I Thirst” Letter**

1. Key to Prayer

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2. Face to Face with the Love of Jesus Crucified

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3. Divine Mercy

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**B. Intimacy with Mary**

Listen to Jesus’ Thirst and Respond

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## Notes

