

OLV Rel. Ed. Newsletter: May 2026
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May 2026 Reflection

May is the month of Mary, which is a superb reason to be merry! The more we become like Mary, the more merry we may be. When we receive the Holy Eucharist in a state of grace, or ask Jesus to come into our hearts through spiritual communion, we may be filled with many more graces. We may then become more like Our Lady, who is filled with every grace. As we become closer to the holy angels, we may ask them to help us to venerate Our Lady as they do, that we may become closer friends to Our Lady as well. When St. Gabriel appeared to Our Lady to bring her God's message that she was chosen to become the Mother of His only Son, Jesus, it was the first time that a holy angel showed reverence to a human being. Before, it was always the other way around, wherein humans would venerate the holy angels. However, Our Lady is greater than all of the angels, and is deserving of our reverence, too. Saint Gabriel greeted Our Lady with great respect, acknowledging that she had been favored in a marvelous way by God. In her holiness, Our Lady made it apparent that the Lord was with her. We pray that the holy angels would help us to do God's will, so that His Presence within and among us would be evident, inspiring others to follow Him.

In images of the Annunciation, when the angel St. Gabriel appeared to Our Lady to announce God's special plan for her, we often see St. Gabriel extending a white lily to Our Lady, a symbol of the Resurrection, that represents the special gift that Our Lady is being given, in becoming the Mother of God. In receiving Christ's pure Body and Soul into her womb, then giving birth to Him, Our Lady would bring the Redeemer into the world, that He would give His life for us, dying and rising to help us to die and rise to new life, too. Like Our Lady, we are called to accept the lily that God extends to us through His holy angels, to embrace friendship with the holy angels, in order to enter into deeper friendship with Mother Mary, St. Joseph, and the Three Persons of God in the Blessed Trinity; may we receive the Holy Eucharist like a pure lily, and humbly welcome God's love into our hearts, that we may become like Our Lady, full of grace.

Salve Regina,
Katie Sadakierski, Director of Religious Education

May 2026 Prayer

A Prayer to Our Lady, Queen of Angels, for Protection (*excerpt*)

All ye holy angels and archangels, help and defend us. Amen.

O good and tender Mother! Thou shalt ever be our Love and our Hope.

Holy Angels and Archangels, keep and defend us. Amen

Special Devotions for May 2026

Marian Chant of the Season: Regina Caeli

Suggested Prayer: Litany of Our Lady of the Angels