



WUOLWO

DAY

13th May 2019

INTRODUCTION

With Mary, Mother and companion, here we are around the Lord with all the women of the world, especially those of WUCWO. Together, we want to affirm the call to holiness as God's gift for a mission that the 2018 General Assembly in Dakar defined as:

“WUCWO Women called to Holiness to sanctify the World for a Holistic Development.”

Choose a song related to holiness or mission:

In his apostolic exhortation, *Gaudete et Exsultate*, in paragraph 1, Pope Francis reminds us that: “The Lord asks everything of us, and in return he offers us true life, the happiness for which we were created. He wants us to be saints and not to settle for a bland and mediocre existence.”

Pope Francis gives us ten suggestions for living in holiness:

1. DON'T AVOID THE CALL

“We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves. Are you called to the consecrated life? Be holy by living out your commitment with joy. Are you married? Be holy by loving and caring for your husband or wife, as Christ does for the Church” § 14.

2. LET YOURSELF BE GUIDED BY THE BEATITUDES

“The Beatitudes are in no way trite or undemanding, quite the opposite. We can only practise them if the Holy Spirit fills us with his power and frees us from our weakness, our selfishness, our complacency and our pride” § 65.

3. GIVE GLORY TO GOD

“Those who really wish to give glory to God by their lives, who truly long to grow in holiness, are called to be single-minded and tenacious in their practice of the works of mercy” § 107.

4. CULTIVATE HUMILITY

“Humility can only take root in the heart through humiliations. Without them, there is no humility or holiness. If you are unable to suffer and offer up a few humiliations, you are not humble and you are not on the path to holiness. The holiness that God bestows on his Church comes through the humiliation of his Son. He is the way” § 118.

5. LIVE WITH JOY AND A SENSE OF HUMOR

“The saints are joyful and full of good humour. Though completely realistic, they radiate a positive and hopeful spirit. The Christian life is “joy in the Holy Spirit” (Rom 14:17), for “the necessary result of the love of charity is joy” § 122.

6. DARE AND EVANGELISE

“Holiness is also parrhesía: it is boldness, an impulse to evangelize and to leave a mark in this world. To allow us to do this, Jesus himself comes and tells us once more, serenely yet firmly: “Do not be afraid” (Mk 6:50)” § 129.

“God is eternal newness. He impels us constantly to set out anew, to pass beyond what is familiar, to the fringes and beyond. He takes us to where humanity is most wounded, where men and women, beneath the appearance of a shallow conformity, continue to seek an answer to the question of life's meaning” § 135.

7. LET THE LORD COME AND ROUSE US UP

“By force of habit we no longer stand up to evil. We “let things be”, or as others have decided they ought to be. Yet let us allow the Lord to rouse us from our torpor, to free us from our inertia. Let us rethink our usual way of doing things; let us open our eyes and ears, and above all our hearts” § 137.

“Let us ask the Lord for the grace not to hesitate when the Spirit calls us to take a step forward. Let us ask for the apostolic courage to share the Gospel with others and to stop trying to make our Christian life a museum of memories” § 139.

8. PRAY OFTEN AND KNOW HOW TO START OVER

“The saints are distinguished by a spirit of prayer and a need for communion with God. They find an exclusive concern with this world to be narrow and stifling, and, amid their own concerns and commitments, they long for God, losing themselves in praise and contemplation of the Lord. I do not believe in holiness without prayer, even though that prayer need not be lengthy or involve intense emotions” § 147.

9. PREPARE FOR THE BATTLE

“The Christian life is a constant battle. We need strength and courage to withstand the temptations of the devil and to proclaim the Gospel. This battle is sweet, for it allows us to rejoice each time the Lord triumphs in our lives” § 158.

10. LEARNING TO DISCERN

“How can we know if something comes from the Holy Spirit or if it stems from the spirit of the world or the spirit of the devil? The only way is through discernment, which calls for something more than intelligence or common sense. It is a gift which we must implore” § 166.

A time of silence to meditate and prepare to listen to the Word of God.

The Gospel according to Saint Luke, 1:39-56

“Mary set out at that time and went as quickly as she could into the hill country to a town in Judah. She went into Zechariah’s house and greeted Elizabeth. Now it happened that as soon as Elizabeth heard Mary’s greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, ‘Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? Look, the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.’ And Mary said: My soul proclaims the greatness of the Lord and my spirit rejoices in God my Saviour; because he has looked upon the humiliation of his servant. Yes, from now onwards all generations will call me blessed, for the Almighty has done great things for me. Holy is his name, and his faithful love extends age after age to those who fear him. He has used the power of his arm, he has routed the arrogant of heart. He has pulled down princes from their thrones and raised high the lowly. He has filled the starving with good things, sent the rich away empty. He has come to the help of Israel his servant, mindful of his faithful love - according to the promise he made to our ancestors - of his mercy to Abraham and to his descendants for ever. Mary stayed with her some three months and then went home.”

PROPOSAL:

After reading the Gospel, we proceed to a time of exchange and meditation on what makes these two women saints.

UNIVERSAL PRAYER:

- For the Church to continue to work for the sanctification of the world, let us pray to the Lord;
- Lord, protect the Holy Father, and may the Holy Spirit always dwell in him and thus guide the faithful in the light of the Gospel. Let us pray to the Lord;
- For the women of WUCWO, Lord, make them witnesses of your love and heralds of the good news; let us pray to the Lord;
- All over the world there is increasing violence in all its forms, especially against women. God, full of love and mercy, has compassion on all who suffer together. Let us pray to the Lord.

Pray the Our Father and a mystery of the Rosary.

Prayer to Mary, Queen of Peace, Patroness of WUCWO

O Loving God, your Son, Jesus Christ, came into the world to do your Will and leave us His Peace. Through the intercession and example of our Blessed Mother Mary, Queen of Peace, grant us the wisdom and humility to reflect that peace to the world. Inspire our thoughts, words and deeds to bear witness to your presence in our hearts. May your Holy Spirit fill us with every grace and blessing so that we may pursue what leads to peace for all humanity.

AMEN

Final song to the Virgin Mary.