

## Novena to Our Lady Undo-er of Knots: DAY FIVE



1. We make the sign of the Cross +: In the Name of the Father, and the Son, and the Holy Spirit.

2. We prepare our thoughts to make the Act of Contrition, we ask pardon for our sins, and we make a firm promise to try, with God's help, not to commit them again.

***Oh my God I am heartily for having offended You. I detest all my sins because I know that they separate me from You, taking me to the hell of being away from that Communion with You which is Heaven.***

***I am truly sorry for having offended You, oh loving God, Who for Your goodness is deserving of all my love.***

***I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. This I ask through Jesus Christ my Friend and Redeemer.***

### 3. We pray The Angelus:

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit.

Hail Mary, etc...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your Word.

Hail Mary, etc...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary, etc...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord,  
Your Grace into our hearts;  
that as we have known the incarnation of Christ,  
your Son by the message of an angel,  
so by His passion and cross  
we may be brought to the glory of His Resurrection.  
Through the same Christ, our Lord.

4. Gospel Prayer: We ask Our Lady of Good Success [Our Lady of Aberdeen] to help us understand and come close to the Gospel Story.

***Peter spoke to Jesus. 'What about us?' he said. 'We have left everything and followed you. What are we to have, then?' Jesus said to him, 'I tell you solemnly, when all is made new and the Son of Man sits on his throne of glory, you will yourselves sit on twelve thrones to judge the twelve tribes of Israel. And everyone who has left houses, brothers, sisters, father, mother, children or land for the sake of my name will be repaid a hundred times over, and also inherit eternal life.'***  
**Matthew 19.27-29**

This is the Gospel for the Feast of St Benedict, a co-patron of Europe.

The self-less life of the evangelical witness to follow the Lord, in poverty, chastity and obedience is a personal vocation for some in religious orders. Yet, these same virtues are required of us all in our own particular vocations and stations in life. How they are worked out lies at the heart of our prayerful discernment.

The question of Peter may reflect a misunderstanding of the Discipleship to which he and the first followers were called. Did they think that the path of discipleship would lead to earthly power and glory? Possibly as is reflected in other passages where they do not understand the commitment of discipleship. Yet, for all their failures of commitment, denial and fearful flight they were recovered by Jesus.

Jesus summons us, with all our hopes, aspiration and our fears, to follow in His Way, into His Truth and so into Life.

5. We pray for the assistance of Our Lady Undo-er of Knots

Dearest

Holy Mother, Most Holy Mary, you undo the knots that suffocate your children.  
Extend your merciful hands to me. I entrust to You today the knots in my

life.....and in the lives of those for whom I pray..... Holy Mother help us to resolve the negative consequences of our 'knotted lives'.

Mary, Un-doer of Knots, pray for me, and for my intention.....

Virgin Mary, Mother of fair love,

Mother who never refuses to come to the aid of a child in need,

Mother you never cease to serve your beloved children, you are moved by the divine love and the immense mercy that exists in your heart, cast your compassionate eyes upon me, and those for whom I pray...You can see the snarl of knots that exist in our lives.

You know how desperate our pain is, and how we are bound by these knots.

Mary, Mother, to whom God entrusted the undoing of the knots in the lives of his children, I entrust into your hands the ribbon of my life.

In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today these knots that bind us..... [Mention your request here]

Holy Mary, Mother of God, you are my hope: you are a consolation given by God, you fortify my feeble strength, and, with your Son Jesus Christ, set us free from our selfish pre-occupations.

Hear my plea Oh Mary, Loving Mother: Keep me; Guide me; Protect me; be for me a safe Refuge in sorrow and in distress.

Mary, Undo-er of Knots, pray for me.

6.We pray one Decade of the Rosary recalling the Cenacolo Community uniting our prayers with theirs at the house of Cenacolo in Kendal – the only Cenacolo Community in the United Kingdom Dodding Green



## One Joyful Mystery: The Annunciation to Our Lady



### Our Father

Hail Mary...X10

Glory be to the Father...

**Hail, Holy Queen, Mother of Mercy,**  
our life, our sweetness and our hope.  
To you do we cry,  
poor banished children of Eve.  
To you do we send up our sighs,  
mourning and weeping in this valley of tears

Turn then, most gracious advocate,  
your eyes of mercy toward us,  
and after this exile  
show unto us the blessed fruit of thy womb,  
Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

**Holy Cross** I adore you Holy Cross, that you were adorned with the Most Sacred Body of my Lord, covered and coloured with His most Precious Blood. I adore you my God, placed on the Cross for me. I adore you, Holy Cross, for the love of the One, Jesus, who is my Lord.

**Angel of God** Angel of God, dear guardian angel, committed by God's love to be here at my side, be with me throughout this day, to light, to guard, to rule and to guide me.

St. Joseph, we thank you and we pray for assistance to provide for The Cenacolo Community throughout the world.

Lord, make me a docile and humble instrument in Your hands, to know and welcome your will for me today. Amen. Alleluia.



***May Jesus Christ be praised, now and forever.***

## 6. Prayer to Our Lady the Undo-er of Knots

Holy Mary replete with God's presence during the days of your life, you accepted with humility the Father's will, and the devil was never able to tie you up with his confusion.

You heard the word of God through the message of Gabriel, and your assent opened your life to all God's creative power. The Word of God took flesh and became one with us, God-with-us Emmanuel. Mary you pondered all these mysteries in your heart, and your life fully expressed the Divine will. Help us we pray to say 'yes' to God's creative Love in our lives, so that we may grow in strength and faith.

Holy Mother, Mother of God and our Mother, you untie, with a motherly heart, the knots of our life, we pray to you to receive into your caring hands those for

whom we pray, myself, and free also ...[him/her/them] of the knots and confusion which hold us captive.

Our Lady Mary, by your grace, your intercession, and by your example deliver us from all evil, and untie the knots that prevent us from being united with God, so that we, free from sin and error, may find Him in all things. Mary, assist us to have our hearts placed in Him, that we may serve Him always in our brothers and sisters. We make our Personal Offering, in the Prayer of St Ignatius Loyola:

**T**each us, Good Lord

**T**o serve you as you deserve.

**T**o give and not count the cost.

**T**o fight and not heed the wounds.

**T**o toil and not to seek for rest

**T**o labour and not to ask for any reward

**E**xcept that of knowing that we do Your Will.

**T**hrough Jesus Christ our Lord,

**Amen, Alleluia, Amen**

**Praise God Always !! Alleluia,**

