

PCCW Monthly Journal Reflection

We hope this journal will be a continual invitation to you this year to more readily pause and take time to be with Jesus, even when there seem to be a thousand other things that so often demand our time. Jesus desires to be close to you, and the Parish Council of Catholic Women desires for you to grow deeper in relationship with Him and know His immense love for you.

To help launch use of this journal, we will provide a monthly reflection series for you to take to prayer. The focus of this year's series will be on growing our ability to imitate a life of virtue, one that is committed to following Christ and radiating His love in our daily lives. We are incredibly lucky as Catholic women to have the ultimate model of virtuous womanhood to turn to in our dear mother Mary.

There are 10 virtues of Mary as recognized by St. Louis de Montfort, a 17th century French priest, who was fiercely devoted to sharing that the more we love Mary and strive to imitate her, the more she will lead us to a greater love for Jesus. These virtues are:

1. Angelic Sweetness
2. Ardent Charity
3. Blind Obedience
4. Constant Mental Prayer
5. Divine Purity
6. Divine Wisdom
7. Heroic Patience
8. Lively Faith
9. Profound Humility
10. Universal Mortification



For August, our focus will be on the virtue of **Angelic Sweetness**.

In scripture, an encounter with an angel was paired with awe, enlightenment, inspiration, and guidance. So too, Mary moves us to these feelings when we lift our hearts to her. She radiates joy and peace to all that come to her.

Have you ever imagined Mary in her daily life with Jesus and Joseph? How she interacted with them, what her mannerisms were, etc.? Take a moment and envision it. There was undoubtedly a sweetness, warmth, sincerity, and innocence she exuded that was incredibly compelling to all she encountered.

Ask yourself, when people come into contact with me, what is their takeaway? Do they feel rejected, bitterness, or unease? Or do I make them feel welcomed, loved, and cared for?

How can I be more present and aware of the needs of others? Is there someone I specifically struggle with practicing this virtue with? How can I better imitate Mary's spirit of warmth, gentleness, and cheer?

Immaculate Heart of Mary, Pray for Us!