

Women of Faith Resources: September 2018



(<http://www.glennagirl.com/>)

September Quotes

“Only those who will risk going too far can possibly find out how far one can go.” ~ T.S. Elliot

“Take the first step in faith. You don’t have to see the whole staircase.” ~ Martin Luther King

“Prayer is the key of the morning and the bolt of the evening.” ~ Mahatma Gandhi

Featured Day: September 8 ~ Mary’s Birthday

The Church has celebrated Mary’s birth since at least the seventh century. Many Catholics probably do not realize that this Feast Day is on the liturgical calendar. Christians in the second century recorded Mary’s birth in the Gospel of James. This document does not have the authority of the familiar four Gospels, yet it provides us with what we know about the life of Mary prior to the Annunciation. We learn here about the names of Mary’s parents, Saints Anne and Joachim. The Gospel of James is a fine example of how Tradition complements Scripture.

Lectio Divina: Scripture for spiritual reading and meditating

- Micah 5:1-4
- Romans 8:28-30
- Matthew 1 :18-23

[This website](#) highlights the birth of Mary.

Audio Divina: Music accompanied by images

Enjoy the following musical selections from YouTube and let your heart and soul be touched by their messages.

[SEPTEMBER 8 - Nativity of the Blessed Virgin Mary](#): This video describes the Birth of Mary as found in the protoevangelium of St. James.

[The Hearts of Jesus, Mary, & Joseph at Ephesus](#): This CD contains many Hymns to Mary. Enjoy the beautiful sounds of this community of nuns. See more about them at: [Heavenly songs from classical music's unlikely rock stars](#)

For Spiritual Reading

[“Birth of Mary: September 8th”](#) by A. Valentini.

[“Readings & Reflections: Feast of the Nativity of the Blessed Virgin Mary September 8, 2017”](#)

Visio Divina: Art for Prayer and Meditation

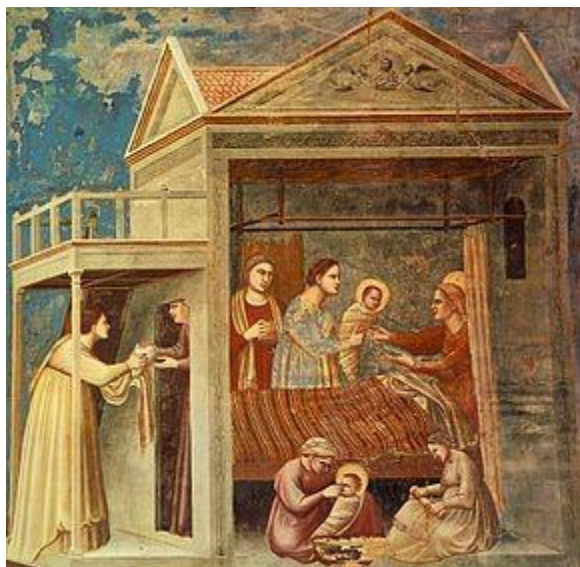
"Visual images are another doorway to sacred awareness. They can touch into our desire to grow in intimacy with God. So, we encourage one another to let ourselves be touched by the colors, shapes, figures and symbols that capture our attention most as we are praying. While gazing at an image ~ a painting, a photo, an icon, a sculpture, a piece of pottery ... something may leap out at us, calling our attention to something of God just waiting to reveal itself to us."

(Ideas inspired by Christine Valters Paintner and Betsey Beckman in their book, *Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction*. See also [Abbey of the Arts](#).)



[\(https://www.pinterest.com/pin/214695107214727884/\)](https://www.pinterest.com/pin/214695107214727884/)

Here is a beautiful painting of Saint Anne and St. Joachim, the parents of Mary. A commentary in Spanish speaks of the relationship between kindred souls, twin souls, what we might call soulmates or soul friends. Enjoy the beauty of this painting and meditate on the beauty of soulmates, the beauty of the birth of Mary.



[The Birth of the Blessed Virgin Mary](#) by Giotto, in the Scrovegni Chapel Padua, Italy (circa 1305)

Because so little is known of Mary's birth or life, we do not often see images of the Birth of Mary. However, through the ages, artists imagined this scene as did Giotto. Perhaps, you might want to close your eyes and imagine Mary's birth, asking her to bless all mothers and the children to whom they will give birth today.

Featured Website

olmcpassaic.com Many of the articles on this site are from Catholic Orthodox Churches. The Orthodox Churches probably were the first to celebrate the Feast of the Birth of Mary.

There is also much information from the Roman Catholic Tradition. You will also find recipes, hymns, activities, prayers and additional meditations.