



Legion of Mary

SENATUS OF SYDNEY

BULLETIN

November 2024



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Miraculous Medal of The Blessed Virgin Mary



O Mary, conceived without sin, pray for us who have recourse to thee.

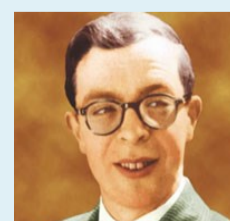
Through your intercession, may we receive God's grace and guidance. Amin.



Pray for
Beatifica-
tion of :



The Servant of God
Frank Duff



The Servant of God
Alfie Lambe



Venerable
Edel Quinn

History of the Miraculous Medal

In 1830, in Paris, France, the Blessed Virgin Mary appeared to a young novice from the Daughters of Charity of Saint Vincent de Paul, Sister Catherine Labouré. At that time, Sister Catherine was only 24 years old and was living in the convent at Rue du Bac. On the night of July 18-19, Mary appeared to her and asked her to return for another visit a few months later.

The second apparition took place on November 27, 1830. Sister Catherine saw Mary standing on a globe, with her feet crushing the head of a serpent. Rays of light streamed from Mary's hands, symbolizing the graces she gives to those who ask for them. Around the image of Mary, Sister Catherine saw the words: "O Mary, conceived without sin, pray for us who have recourse to thee."

Mary instructed Sister Catherine to have a medal made according to this vision and promised that those who wear the medal with faith would receive abundant graces. With the help of her spiritual director, Sister Catherine obtained permission from the Bishop to produce the medal in 1832, and it quickly spread throughout the world.

Due to the numerous miracles and graces associated with the medal, it became known as the **Miraculous Medal**. To this day, the Miraculous Medal remains a powerful symbol of faith, reminding us of God's grace given through the intercession of the Blessed Virgin Mary.



The Meaning of the Symbols on the Miraculous Medal

The **Miraculous Medal** is rich in symbolism, with every element representing a deep spiritual meaning. Here's a breakdown of the key symbols on the medal:

- **Mary standing on the globe** – This symbolizes her role as the Queen of Heaven and Earth. She is shown crushing the head of a serpent, representing her victory over sin and Satan through her immaculate conception.
- **Rays of light from her hands** – These represent the graces that Mary bestows on those who ask for them. In the apparition, some rays did not shine, symbolizing the graces that people forget or fail to ask for.
- **The inscription** – Around the image of Mary, the words "**O Mary, conceived without sin, pray for us who have recourse to thee**" reflect the dogma of the Immaculate Conception, a central belief in the Catholic Church that Mary was conceived free from original sin.
- **The reverse side** – On the back of the medal, there is a **large letter "M"** intertwined with a cross, symbolizing Mary's close relationship with the sacrifice of Jesus. **Below the "M"** are two hearts: the Sacred Heart of Jesus crowned with thorns and the Immaculate Heart of Mary pierced by a sword, representing their shared suffering for the salvation of souls.

Each symbol invites us to reflect on the deep spiritual mysteries of our faith and to ask for Mary's intercession in our lives.

The Prayer of the Miraculous Medal

The Miraculous Medal is more than just a symbol; it's a reminder to turn to Mary in prayer, trusting in her intercession. The following prayer, inscribed on the medal, is often recited by those who wear it:

"O Mary, conceived without sin, pray for us who have recourse to thee."

This simple yet powerful prayer reminds us of Mary's immaculate conception and her unique role as the Mother of God. By wearing the medal and saying this prayer, we express our faith in her ability to bring our needs to her Son, Jesus Christ. Mary, as our spiritual mother, constantly intercedes for us and asks for God's blessings to be poured upon us.

Encourage others to not only wear the medal but to also use it as a tool for deepening their devotion to Mary and their relationship with God through prayer.



Allocutio

By: Lucy Waty

Legionary Devotion: The Root of the Legionary Apostolate -Chapter 5.5 page 22.

Dear Brother and Sister in Christ,

Today, I want to reflect on the importance of our devotion to the Blessed Virgin Mary and how it is the heart of our work as Legionaries.

As members of the Legion of Mary, one of our most important duties is to show our love and devotion to the Mother of God. This devotion is not just something extra, but it is an essential part of our role, just like attending meetings or doing our active work. Every one of us is called to truly practice this devotion, not only in words but through our actions and prayers.

This devotion must unite us as one body, working together with the same heart and mind. If one of us does not take this seriously, it can weaken the whole group. It's like how a building made of stones becomes weak if some of the stones are missing or not strong enough. We are the "living stones" that make up the Legion, and if we do not fully commit, then the Legion becomes weaker.

But, when we all come together in our devotion to Mary, something wonderful happens. God blesses our unity with great power. Just like in the Bible, when Mary prayed with the apostles in the Cenacle, the Holy Spirit came upon them, and great things happened. In the same way, if we stay united in prayer with Mary, the Holy Spirit will fill us and guide our work.

Let us remember that our devotion to Mary is a special channel of grace, both for each of us and for the entire Legion. By following her example and praying with her, we open ourselves to God's blessings and can achieve amazing things in our mission.

Let us continue to support each other in this journey of faith and devotion, always remembering that with Mary by our side, we are never alone.



Quote from St. Louis de Montfort
"To do all our actions through Mary, with Mary, in Mary, and for Mary, in order to do them more perfectly through Jesus, with Jesus, in Jesus, and for Jesus."



Please pray for :



1. The causes of Frank Duff, Edel Quinn and Alfie Lambe.
2. For all the sick or departed Legionaries, families and friends.
3. For all the newly ratified and appointed officers, and also all the active and auxiliary members.
4. For conversion of sinners, victim of natural and other calamities, all children of the world, poor and dejected in the community, poor souls in purgatory and those asking for our prayers.

5. Prayer Request:

Please pray for Sammy and his family, especially his son. For John Fernando & Family.

Please pray for one of our Legion members for their daughter, Dedodiya Yolanda Ximenes. They need our prayers for health and strength in life's journey. Let's pray for their path to be easier and for them to keep moving forward.

Thank You for praying with us.

REPORTS FOR THE MONTH OF OCTOBER 2024

1. Vietnamese Curia (Queen of the Rosary)

- i) Visiting patients at their home and people at nursing homes: Marrickville, Canley Vale, Bankstown and AVACS (nursing home) Smithfield
- ii) Visiting elderly and sick Legion of Mary members (both active and auxiliary)
- iii) Organise prayer for departed members at wakes and funeral mass
- iv) Helping non-religious to convert to Catholicism
- v) Organise group Rosary prayer every night at 7pm

2. Pennant Hill Praesidium (Legion of Mary Undoer of Knots)

- i) Visit retirement village, nursing home, hospital and home visit for sick and elderly
- ii) Catechism—regular teaching of scriptures at local public school and RCIA for Indonesian community
- iii) Work of service—provide transport to medical centre and shopping for elderly
- iv) Other work at church—acolyte service, assist in liturgy, music
- v) Provide communion for sick and elderly at their home
- vi) One active member regularly provide evangelisation teaching for Indonesian praesidium monthly zoom
- vii) Lead prayers for funeral mass
- viii) Bereavement visit

3. Kensington (Indonesian) Praesidium (Our Lady of Perpetual Help)

- i) Visit nursing home, sick active member, people with disability, ICU at Bankstown-Lidcombe hospital
- ii) CIC Broadway shop volunteers
- iii) Help recruitment at Mascot St Theresa
- iv) Lead Rosary prayer before mass
- v) Other work at church—mass warden, Extraordinary Minister of Holy Communion, help kids to be part of altar service, choir and reconciliation
- vi) Provide communion at home
- vii) Maintain relationship with auxiliary member, active member who are oversea
- viii) Organise prayers and visit family of active members who pass away



1. Frank Duff Anniversary Mass Saturday, 9th November 2024 .
2. November Senatus Meeting will be Sunday, 24 November 2024 at 1:30pm
Reporting for Sunday, 24 Nov2024 (Meeting no 738): Cabramatta Curia, Campbelltown Curia, Chatswood P, UniSyd P, Broadway P, Murwillumbah Curia, Bathurst Curia, Camperdown P.
3. Preparation, catering and clean up: Chatswood , Broadway, - Vice President
4. Soft copy of reports to be sent to Secretary (Sr Gabrielle) a week before the Senatus Meeting at
Email: SecretarySenatusSyd@gmail.com
5. Reporting for Sunday, 15 December 2024 (Meeting No 739) : Korean Normanhurst C, Marayong Praesidium, Kensington P (OL of Sacred Heart) ,Churchill Praesidium, Tamworth P, Greta (Maitland) Curia.
6. Preparation, catering and clean up: Marayong P , Churchill P—President.
7. Please put your orders to Senatus on the updated and latest version of The Legion of Mary Hand book and your stock orders to the Assistant Treasurer (Br Edmund B) at
Email: AssistTreasurerSenatusSyd@gmail.com



Fr. Paul Churchill, Concilium Spiritual Director

You can get discussions about leadership and about what is the right way to go. Today I'd like to focus a bit on what may well be the best form of leadership, its most basic natural form, namely good example.

Any words we say will have limited or no effect if not backed up by good example. Good example just doesn't go to the head, it goes to the heart and stays. The good examples of Louis and Zelig Martin were the reasons why their daughter Therese and their other children turned out as they did. On the other hand I note that many of those who end up doing awful evil come from backgrounds where they had the worst of example.

But our task is not to focus on the bad examples but to become good examples. And to become the best of example requires us to do something that Our Lord strongly admonished us to do: "Every branch that bears much fruit, must with the Vine be one." We must come closer to Our Lord so that his divine goodness can change us and make us lights in the world. There is no other way.

To give good example is the fruit that arises from coming close to God, the source of all goodness. It does follow naturally from that. But it can be useful to examine our conscience on the example we give. If I look back on the last day or the last week, how much good example did I give? Did I say or do anything that would have made it more difficult for someone to practice virtue or follow Christ? Or do I plod along and give no example at all? Maybe then we need to remember Our Lord's words, "He who is not with me is against me" (Mt 12:30).

Here is a consideration. There will be many great saints in heaven but only a few get canonized. And one main criteria for canonizing a person as a saint is because their life is such good example. They edify and inspire. The light of Christ shines through them. When I was studying for the priesthood I was idle one summer. I took out Butler's Lives of the Saints and read through them all. You cannot but be inspired by so many of them. Is that not what happened to one Ignatius of Loyola, the wounded soldier, who in convalescence had no other book to read other than one about some saints. They converted him.

St Paul says, "Use only helpful words, the kind that build up ... that will do good to those that hear them" (Eph 4:29). St Patrick can say, "Christ in all eyes that see me, in all ears that hear me, in all hearts that think about me". Or take these words from the Handbook, "Personal apostleship, which is friendship carried to its logical conclusion, implies mortification because it means taking trouble to put friends right with kindness and delicacy" (page 205). "The flower that would have opened under the gentle warmth of softness and compassion closes tightly in the cold air. On the other hand the air of sympathy which the good legionary carries with him, the willingness to listen ... are sweetly irresistible and the most hardened person ... yields in five minutes (the) ground which a year of exhortation and abuse would have failed to gain" (page 281).

Be careful. If you were to set out just to consciously choose actions and words that give good example, and nothing else, you might be like those Pharisees Our Lord criticized. Our words and actions should come from that soul in us that has taken Christ to heart. That is why our Legion formation requires daily prayer, devotion of the Mass and Sacraments, saying the Rosary as we reflect on the merits of Our Lord's life and Passion. Frank Duff insisted on perseverance in prayer and reading the saints. We should be mirrors that reflect our Lord, just as the saints did. If we have in us the mind that was in Christ Jesus, we will naturally give good example. "The good tree cannot bear bad fruit" (Lk 6:43).

So let me end with an example of a recently canonized saint that is not out of place in this month of the Holy Rosary. Titus Brandsma, a Carmelite priest, ended up in Dachau concentration camp because he would not cooperate with the Nazis. Witnesses from the prison mentioned his kindness, patience and spiritual support despite his poor health. He was placed under the "care" of a nurse who executed many of the prisoners in the infirmary. She was very disturbed by Fr Titus because unlike the other prisoners who despised her, he was always kind to her. Near his end he left her his wooden rosary beads as a gift which, not knowing what to do with them, she just put into her pocket. She had no faith, even despised priests. The morning came for her to give Fr. Titus the lethal injection, which she did, but she noted an irritation and nervousness in herself. Some time later she found the rosary beads in her pocket and remembered the kind priest and from that moment her conversion began.

St John Paul II would later remark that Titus Brandsma, as a disciple of Christ, had the moral strength not to answer hatred with hatred but with love.

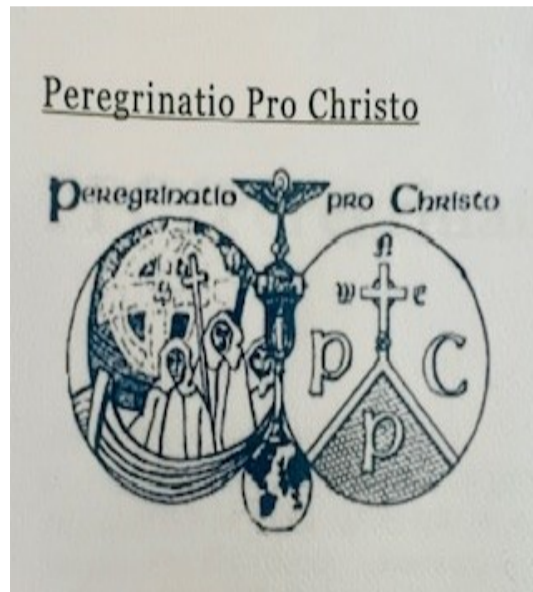
May Our Lady, whose life included giving, in a human way, the best motherly example to her son, and saw in turn his example of perfect love on the Cross, help us all by her intercession to know her son more deeply so that our own lives can be the best of example to all around us. Amen.

Celebration 33rd Anniversary of the Queen of The Rosary Curia - Vietnamese : A Moment of Togetherness and Gratitude. Thank you to everyone who attended and supported this event. May our spirit of fellowship and service continue to grow stronger in the years ahead!



"Valuable Experience in Melbourne: Jojo and Lucy had the chance to work with Melbourne Senatus for the PPC activities.

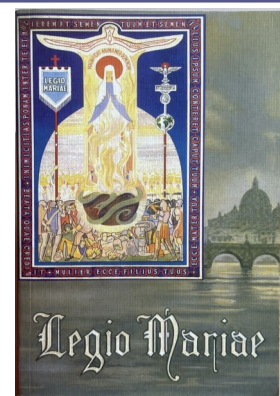
During the week, we learned a lot from the team led by Sr. Caroline. Thank you to the Melbourne team for organizing everything and for their great hospitality and support throughout our stay."





LEGION HANDBOOK REVISITED

Appendix 6 The Medal of The Immaculate Conception Called The Miraculous Medal: A Sign of Grace



The Blessed Virgin Mary appeared to St. Catherine Laboure in 1830 and asked her to create a medal based on her vision. Mary promised, “Those who wear it with faith will receive great graces.” This is how the Miraculous Medal began.

For Legionaries, this medal holds special meaning. From the very first meeting of the Legion, a statue modeled after the image of Mary from 1830 was placed on the table. The use of this medal in Legion work was recommended, and the prayer on the medal, “O Mary conceived without sin, pray for us,” is now part of our daily Catena prayer.

The medal not only shows Mary as sinless (the Immaculate Conception), but also as the one who brings God’s graces to the world (Mediatrice of Grace). On the reverse, we see the Sacred Heart of Jesus and the Immaculate Heart of Mary, which remind us of their deep love and sacrifices for humanity.

Interestingly, when the Legion received approval and blessings from Cardinal Verdier in Paris, it happened exactly 100 years after Mary’s apparition to St. Catherine. It seems the medal and the Legion are deeply connected by God’s providence.

Some people today may dismiss the Miraculous Medal and other sacramentals as old-fashioned. However, we Legionaries know that through faith, these small things bring big blessings. We wear the Miraculous Medal as a sign of our mission: to bring Mary’s graces to the world.

Finally, every Legionary is automatically part of the Association of the Miraculous Medal, which comes with special indulgences and spiritual benefits. We celebrate the Feast of Our Lady of the Miraculous Medal on 27 November each year.



The Miraculous Medal Story: Alphonse Ratisbonne

One of the most famous stories associated with the power of the Miraculous Medal is the remarkable conversion of *Alphonse Ratisbonne*, an atheist Jew who experienced a profound transformation.

In 1842, Alphonse Ratisbonne, a Jewish banker who was strongly opposed to Christianity, was traveling through Rome. Despite his skepticism, a Catholic friend of his, Baron de Bussières, challenged him to wear the Miraculous Medal and to say a short prayer to the Virgin Mary. Out of curiosity and to humor his friend, Alphonse agreed to wear the medal, though he didn’t believe in its power.

A few days later, while visiting a church in Rome, Alphonse suddenly experienced a vision of the Blessed Virgin Mary. In this vision, she appeared to him standing above the altar, surrounded by a radiant light, and looked at him with great love. Alphonse felt his entire life laid bare before him, and in that moment, he was overwhelmed by the grace of God and immediately sought baptism.

Alphonse later recounted that the Miraculous Medal he had worn became the instrument through which he received this extraordinary grace. Unable to resist the call of God through Mary, Alphonse went on to become a devout Catholic and eventually a priest.

This powerful story demonstrates how the Miraculous Medal can be a channel of divine grace, with Mary bringing many hearts to her Son, Jesus Christ.

Reflection on the Power of the Miraculous Medal

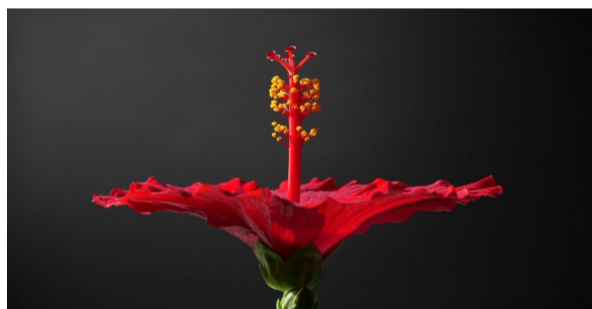
The story of Alphonse Ratisbonne is a profound reminder of how Mary, through the Miraculous Medal, reaches out to us with her love and intercession, leading us closer to Christ. Just as Mary's gentle but powerful presence transformed Alphonse's heart, she continues to work quietly in our lives, offering us graces from God if we only open ourselves to receive them.

The Miraculous Medal is not just a piece of jewelry or a lucky charm; it is a symbol of Mary's promise to pray for us and to grant graces to those who seek her help with faith. Through the medal, Mary invites us to trust in her maternal care and to remember that we are never alone in our journey of faith. She walks with us, guiding us toward her Son, Jesus, and reminding us that with God, nothing is impossible.

Wearing the Miraculous Medal is a way to express our devotion and to remind ourselves daily of Mary's constant intercession. When we turn to her in prayer, particularly with the words inscribed on the medal—*“O Mary, conceived without sin, pray for us who have recourse to thee” *—we are invited to ask for the graces we need and trust that Mary will bring our petitions to Jesus.

In our own lives, we may not experience visions or dramatic conversions like Alphonse, but the power of the Miraculous Medal lies in its ability to draw us closer to God in quiet, everyday ways. By trusting in Mary's intercession, we open ourselves to the many graces that she longs to bestow upon us.

As we reflect on this story, let us renew our devotion to the Miraculous Medal, trusting that through Mary's prayers, God will provide us with the strength, peace, and guidance we need.



***“ Friendship in the Legion is a blessing from God,
Bringing us together in faith and unity,
Sharing joy and strength in our journey .”***



“A Friendly Visit During Holiday ”

Mei Jones from “Immaculate Conception Cathedral Praesidium visits the Junior Legion of Mary, “Our Lady Mediatrix of All Graces”, at St Anthony of Padua Church in Ampenan, Lombok. The members there were very happy to be visited by friends from Australia .

Advent: A Time of Hope and Preparation



As we enter the season of Advent, the Church invites us to prepare our hearts for the coming of Christ. Advent is not just a time of waiting; it is a time of **hope**, **reflection**, and **renewal**. Just as the world awaited the birth of the Savior over 2,000 years ago, we too are called to wait for His coming into our lives—both at Christmas and at the end of time.

1. Hope in the Lord's Coming

Advent reminds us to place our hope in God's promises. Even in times of uncertainty or difficulty, we are encouraged to trust that Christ will come to renew the world. Through our prayers and reflections, we can deepen our trust in God's plan for us.

"May the God of hope fill you with all joy and peace as you trust in Him." (Romans 15:13)

2. Preparing the Way

During this season, we are called to reflect on the words of John the Baptist: **"Prepare the way of the Lord."** (Matthew 3:3) Advent is an opportunity to remove the obstacles in our spiritual lives and prepare a place in our hearts for Jesus. We can do this through repentance, prayer, and acts of kindness.

3. Lighting the Advent Wreath

The Advent wreath is a beautiful symbol of our journey through this season. Each candle represents a virtue: **Hope**, **Peace**, **Joy**, and **Love**. As we light these candles each week, we are reminded of the light of Christ that grows brighter as Christmas approaches.

4. Acts of Love and Kindness

One of the best ways to prepare for Christ's coming is by showing love to those around us. This could be through small acts of kindness, donating to those in need, or spending time in service to others. By sharing love, we become instruments of Christ's light in the world.

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40)

5. A Prayer for Advent

As we journey through Advent, let us pray together:

"Lord Jesus, You came to bring light into the world. Help us to prepare our hearts for Your coming by living lives of hope, peace, joy, and love. May we reflect Your light in all we do. Amen."



"May we all await His coming with joy and Peace.

As St. Augustine said, "We were made for God, and our hearts are restless until they rest in Him."

OUR BUILDING'S NEW SIGN!



Our Building's New Look and Mission!

We're excited to share a new chapter for our building! Take a look at the transformation—our building, once unmarked, now proudly displays a beautiful Legion of Mary sign, complete with our street number, right in front of the shop. This sign not only helps people find us easily, but it also marks our space as a welcoming center of Catholic faith and resources.

Why This Sign Matters

Our building, now clearly identified as the *Catholic Information Centre (CIC)*, is perfectly located to support our Legion work. It's a space where members and visitors can engage in various apostolic activities that reflect the heart of our mission. Here's a closer look at some of the Legion works we can do from this location:

- 1. Book Barrow:** This is a unique Legion work where we set up a stall with Catholic books, pamphlets, and resources. Members can share these materials with visitors, answer questions, and encourage deeper exploration of the faith. The book barrow helps us reach out to those curious about Catholicism, offering gentle guidance and resources for their journey.
- 2. Recruitment:** Our building provides an ideal spot for recruitment. With our new sign, people passing by may feel invited to learn more about the Legion. Members stationed at the CIC can explain our mission, share stories of our work, and invite others to join us in service.
- 3. Catholic Information:** For those seeking guidance, answers, or support, the CIC serves as a hub of Catholic knowledge and community. Members who volunteer can provide a welcoming presence, sharing information, helping others feel part of the Legion, and directing them to resources that support their spiritual needs.

Join Us in Our Mission!

To keep the shop open and vibrant, we need members to volunteer their time. With everyone's help, we can ensure the CIC is always a welcoming place for visitors and a base for the Legion's outreach. By volunteering, you'll not only support our mission but also deepen your own connection with the Legion, learning more about our headquarters here in Broadway and helping others feel they belong.

Thank you to everyone for making this possible, and for the continued support that keeps our mission thriving. Let's work together to make this space a beacon of faith and service!

EastFest 2024: Unity in Christ at OLSH Randwick

“On October 25, 2024, Senatus of Sydney had the opportunity to set up a stall at the EastFest event, where We promoted the Legion of Mary and distributed flyers, miraculous medals, and leaflets. It was a blessed experience to share and connect with the community.”



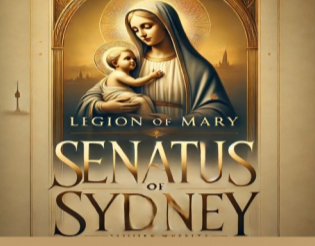
On 20th October 2024, Senatus of Sydney had the privilege of participating in the Life, Marriage, and Family Sunday event at St Mary's Cathedral. During the event, We set up a stall to promote the Legion of Mary, offering free rosaries and leaflets to those attending. It was a wonderful opportunity to engage with the community and share the message of faith. Below is a photo from the event.




“A Friendly Visit from Edmund B to Murwillumbah “

Edmund Bishara , the correspondence for Murwillumbah Curia , met with members and the priest during his holiday visit .

“ Holiday moments become beautiful memories when shared with friends in faith”.



*An Invitation to the
Annual Anniversary Mass
of The Servant of God*



Frank Duff
Founder of the Legion of Mary
Saturday 9th November 2024
Prayer at 10.00am
Followed by Mass at 10.30am
Celebrant : Fr. Emmanuel Lubega

IMMACULATTA HOUSE
243 Broadway. Glebe NSW 2037

Quote

By ourselves, we can do nothing, but if we place ourselves in the hands of Our Blessed Lady, there is no limit to the things that we can achieve." - Frank Duff

CONCILLIUM NEWS

Mary's Channel of Grace
Meeting ID: 811 [4083 3503](https://www.zoom.us/j/40833503)

Passcode: 876433
Zooming out to the world and into souls each evening, 365 days per year at 8pm GMT.
Please continue to spread to all details to access the great blessing of Mary's Channel of Grace.

Feedback Section

We value your opinions and suggestions! If you have any ideas, questions, or comments about our activities, feel free to share them with us.

Contact details

Senatus President: Lucy Waty . Mobile: 0414 895 884 (message only) . E: PresidentSenatusSyd@gmail.com

Thank you for your participation!