



# Legion of Mary

SENATUS OF SYDNEY

BULLETIN

March 2025



243 Broadway Glebe, NSW 2037 | Tel: (02) 9660 6131 | www.legionofmary.org.au | Email: lomsydneyzenatus@bigpond.com

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*The Annunciation of the Lord*  
"Behold, I Am the Handmaid of the Lord"



*O Blessed Mother, teach us to say yes to His call each day.*

*Fill us with your courage, guide us in our mission, and lead us ever closer to your Son, Jesus.*

*May our service, like yours, be done with love, humility, and joy.*



LEGION OF MARY  
FOUNDED 7 SEPTEMBER 1921

Pray for  
Beatification of :



The Servant of God  
Frank Duff



The Servant of God  
Alfie Lambe



Venerable  
Edel Quinn

## *The Annunciation of the Lord: Mary's Fiat, Our Fiat*

### **Introduction**

The Solemnity of the Annunciation, celebrated on March 25, marks a pivotal moment in salvation history. It is the day when the Angel Gabriel brought the message of God's divine plan to Mary, announcing that she would conceive and bear Jesus, the Son of God.

Mary's response to this extraordinary call was simple yet profound:

*Behold, I am the handmaid of the Lord; let it be done to me according to your word. (Luke 1:38)*

In these words, we see complete faith, trust, and surrender to God's will, even though Mary did not fully understand how everything would unfold.

Gabriel's Message: A Proclamation That Changed the World

When Gabriel appeared to Mary in Nazareth, his greeting was unlike any other:

*Hail, full of grace, the Lord is with you! (Luke 1:28)*

Mary was greatly troubled by these words, but Gabriel reassured her that she had found favor with God. He then revealed the divine message she would conceive by the power of the Holy Spirit and give birth to the Son of the Most High.

Understandably, Mary questioned how this could be, as she was a virgin. Gabriel responded with a powerful truth:

Nothing is impossible with God. (Luke 1:37)

Mary's Fiat: A Yes That Changed Eternity

Mary had a choice. She could have hesitated, doubted, or even refused. But instead, with a heart full of faith, she uttered the words that would change history:

Fiat mihi secundum verbum tuum.

(Let it be done to me according to your word.)

This moment was not just about Mary becoming the Mother of God. It was about her complete surrender to God's plan, her willingness to trust even when she did not fully comprehend. In that instant, her humble Yes became the foundation for Christ's coming into the world.

What Does the Annunciation Teach Us Today?

The Annunciation is not just a historical event it is an invitation for all of us to say our own Fiat to God. Here are some key lessons we can take from this moment:

### **1. God Calls Each of Us**

Like Mary, we each have a calling. While we may not be asked to bear the Son of God, we are all invited to participate in God's divine plan in unique ways.

Sometimes, His call comes in unexpected way through challenges, new opportunities, or a deeper call to serve.

### **2. Being the Handmaid of the Lord in Our Daily Lives**

Mary saw herself as a servant of God, ready to do His will.

We, too, can adopt this attitude in our daily lives through our work, our families, our ministries, and our relationships.

### **3. Saying Yes to God's Plan**

There are times when we hesitate to follow God's will, fearing uncertainty or our own limitations.

Mary teaches us that trusting in God's plan, even when it is unclear, leads to grace and fulfillment.

#### **4. Trusting the Holy Spirits Guidance**

Gabriel told Mary that the Holy Spirit would come upon her, making the impossible possible. In our own lives, the Holy Spirit is constantly at work, strengthening us to carry out God's will.

#### **Conclusion: Following Mary's Example in Lent**

Lent is a time of reflection, surrender, and renewal. As we journey toward Easter, we are invited to follow Mary's example trusting God, surrendering to His will, and responding with faith and humility.

Like Mary, are we ready to say:

Lord, let it be done to me according to Your will.

May this reflection draw us closer to Christ and help us embrace God's call in our lives.

### ***Mary's Yes: A Story That Changed the World***

Imagine a quiet evening in a small village called Nazareth. The air is still, and the stars begin to shine in the night sky. Inside a humble home, a young woman named Mary is deep in prayer. She does not yet know that her life—and the world—are about to change forever.

Suddenly, a bright light fills the room. A figure stands before her, radiant and majestic. It is the Angel Gabriel.

*"Hail, full of grace, the Lord is with you!"* he says with a voice full of warmth and peace.

Mary is startled. What could this greeting mean? She listens closely as the angel continues.

*"Do not be afraid, Mary. You have found favor with God. You will conceive and bear a son, and you shall name him Jesus. He will be great and will be called the Son of the Most High."*

Mary's heart races. A child? But how? She is not yet married. She asks Gabriel, not in doubt, but in wonder, *"How can this be?"*

Gabriel smiles gently.

*"The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore, the child to be born will be called holy—the Son of God."*

Mary takes a deep breath. This is beyond anything she had imagined for her life. She could say no. She could turn away. But deep inside, she knows that this is God's will. She does not have all the answers, but she has faith. And so, with courage and trust, she speaks the words that will change history:

*"Behold, I am the handmaid of the Lord. Let it be done to me according to your word."*

At that moment, heaven and earth rejoice. The Savior is coming into the world, and it all begins with the Yes of a young woman in a quiet town.

#### **What Does Mary's Yes Mean for Us?**

Mary's story is not just a story from the past—it is a lesson for us today.

Like Mary, we all have moments when God calls us to something bigger than ourselves. Maybe it's a call to serve, to step out of our comfort zone, to trust Him even when the future seems uncertain. And like Mary, we might feel afraid.

But God does not ask us to figure everything out on our own. He simply asks us to trust Him. To say Yes, even when we don't have all the answers.



## Mary and the Legion of Mary: Following Her Example

For members of the *Legion of Mary*, this story holds special meaning.

- Mary received the Good News and immediately shared it—by visiting her cousin Elizabeth. In the same way, *Legionaries* are called to bring Christ to others through their prayers and apostolic work.
- Mary said *Yes* without hesitation. This is the spirit of the *Legion*: a willingness to serve, to follow God’s will, and to bring His love to the world.
- Mary trusted the Holy Spirit. *Legionaries* also rely on the Holy Spirit, knowing that all their work is guided by God’s grace.

Each time we step out to share our faith, to visit someone in need, or to serve in humility, we are saying our own *Fiat*—our own *Yes* to God.

### Will You Say Yes?

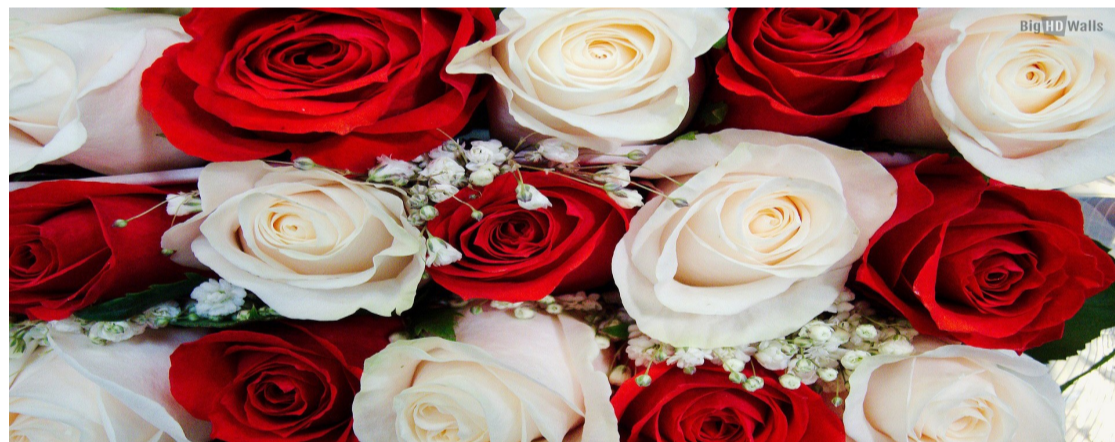
Mary’s *Yes* changed everything. What if she had said no? What if she had let fear stop her? But she didn’t—she trusted God, and because of her faith, salvation came into the world.

Now, God is inviting *you* to say *Yes* to Him in your own life. Maybe it’s in small ways—helping someone, sharing His love, or trusting Him through difficult times.

Like Mary, will you say:

**“Let it be done to me according to Your word”?**

Her story is still alive today, and it continues with us.



### 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.

#### 1. **Prayer Request:**

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.





## Allocutio

By: Lucy Waty –President

### Basic Duties of Legionaries.

Dear Br & Sr Legionaries,

Today, I want to reflect on our **Basic Duties as Legionaries** and how they connect to the **Annunciation**, the moment when Mary gave her “yes” to God’s call. Just as Mary embraced her mission with full trust, we, as Legionaries, are also called to serve with the same spirit of faith, humility, and commitment.

#### Mary’s Yes & Our Commitment to the Legion

When the angel Gabriel appeared to Mary, he announced that she was chosen to be the Mother of God. Though she did not fully understand, she responded with humility and obedience:

**“Behold, I am the handmaid of the Lord. Let it be done to me according to your word.” (Luke 1:38)**

As Legionaries, we too have said “**yes**” to serving Christ through Mary. But what does this “**yes**” mean in our daily lives? It means **faithfulness to our duties**, no matter how small or difficult they may seem.

- **Mary’s yes was total.** Are we fully committed to our **weekly meetings**, ensuring we attend regularly and punctually?
- **Mary accepted her mission without hesitation.** Do we perform our **weekly Legion work** with the same readiness and love?

**Every small duty we fulfill as Legionaries is a way of saying “yes” to God, just as Mary did.**

#### The Annunciation: A Call to Action & Prayer

The Annunciation was not just about Mary receiving news—it was a **call to action**. Her mission was to bring Christ into the world, and she immediately set out to serve Elizabeth.

- **Service & Action:** As Legionaries, we are also called to bring Christ to others. This is why we do our assigned **Legion work**, why we **recruit new members**, and why we **care for our fellow Legionaries**.
- **Prayer & Reflection:** Mary’s yes was rooted in deep faith and prayer. We, too, must **pray the Catena Legionis daily**, study the **Handbook**, and cultivate a **deep interior life**. Without prayer, our work loses its spiritual power.

**Are we allowing prayer to guide our Legion work, just as Mary allowed the Holy Spirit to guide her mission?**

#### Sharing Christ’s Mission as Priest, Prophet, and King

Through the Annunciation, Mary became the Mother of Christ, who is Priest, Prophet, and King. As baptized Catholics, we share in this mission:

- **Priest:** We offer our daily sacrifices, making our Legion work an act of worship.
- **Prophet:** We proclaim the Gospel by our words and actions, sharing our faith with those we meet.
- **King:** We serve others humbly, following Christ’s example.

When we truly live our **Legion duties**, we are living out this threefold mission of Christ, just as Mary did.

#### Becoming Like Mary

Mary’s response at the Annunciation was more than just words—it was a commitment to live for Christ. As Legionaries, we must **not only serve in meetings and assignments** but let the spirit of the Legion shape every part of our lives.

Let us ask Mary to help us say “yes” every day through **faithfulness to our duties, dedication to prayer, and willingness to serve others**. Like her, may we always be ready to bring Christ to the world.

#### Closing Prayer:

**“Mary, our Mother, help us to be faithful in our Legion duties. Teach us to serve with love and humility, just as you did at the Annunciation. May our work and prayers bring Christ into the lives of others. Amen**



## SEEING WITH COMPASSION

*(A Journey with the Legionaries)*



Fr. Alfin Buarlele, MSC

When I was asked to write about my experience accompanying the Legion of Mary groups in both Jakarta and Sydney—particularly in giving Allocutio (spiritual reflections) to the members—I reflected on this passage from the Gospel: **“Seeing with compassion”** (Matthew 9:36). Jesus was moved with compassion for everyone He encountered. He gathered people, formed a community of disciples, prayed with them in silence, shared His life with them, taught them, and carried out works of love—helping and healing those in need. This deep sense of compassion was at the heart of Jesus’ mission, as He proclaimed:

***“The Spirit of the Lord is upon me, because He has anointed me to proclaim the good news to the poor. He has sent me to proclaim freedom for the captives and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.”***

*(Luke 4:18-19)*

This mission of Jesus has deeply inspired and encouraged me in my journey with the Legionaries. Whenever I am invited to attend their meetings—where they pray together, listen to spiritual readings, and share their experiences of service, especially in visiting the poor, the sick, and the suffering—I feel privileged to be part of this community. But beyond that, what truly moves me to participate is God’s own compassion.

Compassion is more than just an emotion—it stirs our hearts to action. When we see others in suffering, we feel their pain, and something inside us urges us to respond with love and kindness. Being with the Legionaries has helped me cultivate this compassionate heart, one that sees people with love, especially those longing to dwell with God and hear His voice. I have learned to approach every meeting, every prayer, and every mission with this spirit of compassion. The awareness that the Spirit of the Lord is within me—having been anointed through the Sacrament of Holy Orders—gives me the strength to engage in prayer and acts of service. And I see this same awareness in the Legionaries. They, too, recognize that the Spirit of the Lord is within them. Through their commitment as members of the Legion of Mary, whether as active or auxiliary members, they faithfully attend meetings and carry out their mission with a heart full of compassion.

This perspective—**seeing with compassion**—reminds me that everything I do is not for personal recognition or praise but solely for the glory of God. Whether it is gathering for prayer, delivering Allocutio, or simply praying for my fellow Legionaries seated beside me, all these moments become acts of love. The same is true when we visit the sick together—praying with them, offering the Holy Eucharist, anointing them with sacred oil, and providing words of comfort. Looking at the sick with compassion means not only offering them encouragement but also sharing in their suffering, feeling their pain as our own.

I have personally experienced what it means to endure suffering. I have undergone two gallstone surgeries, and today, I no longer have my gallbladder. I know the pain of illness, the struggle of recovery. I have also felt the deep sorrow of losing my beloved mother. These experiences help me relate to those who are suffering, just as the Legionaries do. I know that many Legionaries also carry their own struggles—whether in their personal lives, families, workplaces, or relationships. Yet, despite their burdens, they continue to actively serve others with acts of kindness, visiting and praying for the sick, offering them strength and encouragement.

At times, I see that they are exhausted from their daily responsibilities. However, I have also witnessed how this tiredness fades away in the midst of their mission. There is **joy and consolation** in serving as part of the Legion of Mary. I pray that this spirit continues to grow within me and within every Legionary. Truly, it is the Spirit of the Lord that strengthens us and fills us with joy.

Together with the Blessed Virgin Mary, I proclaim:

**“I am the servant of the Lord. Let it be done to me according to Your word.”**

***May we, like Mary, always keep our hearts open to God’s call, allowing His Spirit to guide us in acts of love and compassion. As Legionaries, may we continue to serve with joy, knowing that in every prayer, every visit, and every moment of kindness, we bring Christ’s light to the world.***

## Did You Visit Me? A Call to Rediscover Our Mission

Kindness  
STARTS WITH  
you.

By Joe Cilia - President Our Lady of Lourdes Cabramatta Curia

Not long ago, I had a conversation with a friend who works as a pastoral care worker at Carrington Nursing Home in Camden. In many ways, her role mirrors what we do as Legionaries when we visit nursing homes. However, there's one key difference she is paid for her work, while we do it out of love for Christ. Yet, despite being in a pastoral role, she is not allowed to speak about religion unless a resident specifically brings it up.

She shared how she pursued a master's degree so she could train others in this field. More than anything, she emphasized how essential it is to simply be present with the elderly, to listen to their stories, and to remind them that they are not forgotten.

Hearing this, I was reminded of something our Maltese bishop recently shared that Pope Francis has extended the plenary indulgence for the Holy Year. It is not granted only to those who visit designated churches and go to confession, but also to those who regularly visit the sick and elderly with the intention of bringing them closer to God.

What a powerful reminder of how important our visits are!

Too often, I hear questions like:

***"Is singing in the choir Legion work?"***

***"Is serving on the liturgy committee or helping around the church when Father asks, considered Legion work?"***

While these roles are valuable, the real question is:

***"Who will visit Jesus in the elderly if we keep making excuses not to go?"***

This is the heart of our mission as Legionaries. The Legion of Mary was not established just to serve within the walls of the parish but to bring Christ to those most in need. One day, when we stand before the Lord, He will ask us:

***"Did you visit Me when I was lonely, frail, and forgotten?"***

Let's reflect deeply on this question and recommit ourselves to the mission we were called to. Our visits are not just acts of charity they are encounters with Christ Himself.

### **Let's Rise and Serve!**

Dear Legionaries, let's bring back our spirit of service! Visiting the sick and elderly is not just a duty it is an honor, a chance to bring God's love to those who need it most. Don't let the busyness of life hold us back from this mission.

***"If not us, then who?"***

***"If not now, then when?"***

***Just as Mary carried Jesus when she visited Elizabeth, let us also bring Christ in every visit we make. Do not be afraid, do not hesitate God is walking with us!***



***Bringing love with a joyful heart,  
A simple smile can heal and start.  
Never fear, never delay,  
God is with you all the way!***



Let's keep moving forward as Mary's soldiers, bringing the light of Christ wherever we go! ***Ad Jesum per Mariam!***

## Could Russia's Aggression Be Restrained ? (continued)

To answer the question that I raised in the January 2025 Bulletin, I will repeat a brief account of Mary's appearance at Fatima.

On May 13th.1917 the Virgin Mary gave messages to 3 children, Lucia dos Santos (10), Francisco Marto (9) & Jacinta Marto (7). The 1<sup>st</sup>. Message depicting terrifying images of Hell & telling the end of the 1<sup>st</sup>. World War, were revealed by Lucia in 1941.

The 2<sup>nd</sup>. Message, like the 1<sup>st</sup>.one, is also consists of 2 parts. The 1<sup>st</sup>. part was that the 2<sup>nd</sup>. World War would soon commence when Pope Pius-9 was in reign in Vatican.



**The 2<sup>nd</sup>. part was that Russia had to be Consecrated to the Immaculate Heart of Mary by the Pope in union with the Bishops of the World**



Now we analyse what the Catholic Church had done to fulfil the request of Virgin Mary to **Consecrate Russia to the Immaculate Heart of Mary by the Pope in union with all Bishops in the World.**

### October 31, 1942

In the midst of World War II, Pope Pius XII **Consecrated** the **World** to the Immaculate Heart of Mary through a radio message on the eve of All Saints Day.

This message was sent to Portugal where Fatima is located and included the **local Bishops**.

**Here we see that the Pope consecrated the **World** in general **Not Russia** alone in particular. Also, the Consecration was **Not in Union with all Bishops in the World.****

### July 7, 1952

On the Feast of St. Cyril & Methodius, the 'Apostles to the Slavs' Pope Pius XII **issued** an **Apostolic letter** directed to the Russian people, **entrusting Russia** and her people to the Immaculate Heart of Mary.

**Here the Pope did not perform a Consecration at all but merely discharged a Papal Bull to the Russian**

### November 21, 1964

At the conclusion of the third Session of the 2<sup>nd</sup>. Vatican Council, Pope Paul VI, along with all the Bishops present at the Council, renewed the **Consecration** of the **whole World** to the Immaculate Heart of Mary.

**Here again the Pope renewed the Consecration of the whole World, not of Russia to the Immaculate Heart of Mary. And again only with all the Bishops present at the Council.**



### March 25, 1984

In 1983, Pope John Paul II set out to rectify any errors that had occurred with the previous Consecrations; and on December 8, 1983, he sent [a letter to all Bishops worldwide, Catholic and Orthodox, asking them to join him in March 1984 for an Act of Entrustment to the Immaculate Heart of Mary.](#)

Before doing the Consecration, the Pope consulted Sister Lúcia so as to make sure this Consecration of Russia would be valid.

So on March 25, 1984, Pope John Paul II Consecrated the whole World in front of the statue of Our Lady of Fatima with all other Bishops to join him in prayer, to the Immaculate Heart of Mary.

*Here initially it shows that the late **Pope JP2** had a **doubt** if the Previous Consecrations of Russia had been done correctly.*

*Therefore, on the 8<sup>th</sup>.of December 1983 he prepared to repeat the Consecration (1) by sending letters to all Bishops worldwide Catholic and Orthodox, asking them to join him in March 1984 for an Act of Entrustment to the Immaculate Heart of Mary.*

*(2) By consulting Sister Lúcia to ensure this Consecration of Russia would be valid.*

*(3) Then on March 25, 1984, **Pope JP2 Consecrated** the whole **World** in front of the statue of Our Lady of Fatima with all other Bishops to join him in prayer, to the Immaculate Heart of Mary.*

But he **failed** to mention Russia when he declared an act of Consecration of "**those Men and Nations**" who are in special need of this Entrustment and Consecration.

And **Sister Lucia** who was consulted by the Pope to ensure the the validity of the Consecration, **wasn't there** at all to witness it.

After John Paul II's Consecration, it was claimed that she stated numerous times that the 1984 Consecration had been done the way the Virgin Mary wanted it to be ... (?)... Was that authentic statements from Sister Lúcia ?... when she herself was not even present when the Consecration was being carried out ?...

***Here** we see that **Pope JP2** himself **did not rectify** the mistakes done by those previous Popes as he meant to do in the first place, because **he only Consecrated the World, Not Russia !***

### March 25, 2022

Pope Francis announced that he will consecrate Russia on the 17<sup>th</sup>. of October but he delayed it to the 25<sup>th</sup>. to make it coincide with the Annunciation Day when Angel Gabriel appeared to Mary.

Francis stated "Mother of God & our Mother, to your Immaculate Heart, we solemnly Entrust and Consecrate ourselves, the Church and all Humanity, especially Russia and Ukraine".

***Here** it's seemingly the Pope had **disregarded** the importance of this Consecration of Russia to the point that he even **postponed***

*it from his initial plan of the Consecration on 17<sup>th</sup>.of October to the 25<sup>th</sup>.of October, **after a delay** of 105 years since the first request by Virgin Mary in 1917.*

*And then he **Consecrated** "Ourselves, the Church and all Humanity, especially Russia and Ukraine"... ???*

Now let us see again what our Heavenly Mother Mary requested us the Catholic Church, that her Son Himself founded through our **first Pope** Peter, when He said "I will build My Church upon you Peter". Her message to the children was absolutely clear

"Russia had to be Consecrated to the Immaculate Heart of Mary by the Pope in union with all the Bishops of the World".

Did she say "Consecrate the World including Russia" ?... **NO**

According to some Vatican Observers, eg. an Apologist, Author & Podcaster Dr. Taylor Marshal, the Catholic Church tries Not to offend Russia by singling it out as the black sheep of the world.

In other words, our **Catholic Church** is more afraid to offend the **Russians** than to disobey the **Queen's Mother of King Jesus.**

What is the **Consequence** of this **Disobedience of the Church** ?...

The Russian-Ukrainian War began in February 2014 & on the 24<sup>th</sup>. of February 2022, Russia invaded Ukraine. The casualties & destructions on both side are enormous. As of the 25<sup>th</sup>. of February 2024, Ukraine confirmed 31,000 of its soldiers & civilians had been killed in the conflict.

In late November 2024, The Economist estimated Ukrainian losses at between 60,000 and 100,000 people killed and 400,000 wounded. And the war is still raging until now .....



Have  
Mercy  
on us  
Lord



By : Jan Augustinus—( Our Lady Undoer of Knots Praesidium )

## Legion of Mary Senatus of Sydney The Acies 2025



All active and auxiliary members are called to renew their consecration to our Blessed Lady.

*'Confident that you will so receive me-and use me- and turn my weakness into strength this day,  
I take my place in the ranks of the Legion, and I venture to promise a faithful service'*

The Acies will be held at the following venues  
Further Enquiries: (02) 9660 6131

<b>Sydney Councils</b>	<b>Date &amp; Time</b>	<b>Venue</b>
Senatus of Sydney	Saturday, 15 March 2025	St Benedict's Catholic Church. 104 Broadway, Chippendale NSW 2008
Blacktown	Saturday, 29 March 2025 at 1:30PM	St. Patrick's Church, 51-59 Allawah St. Blacktown
Cabramatta	Saturday, 22 March 2025 At 9:30 AM	Our Lady of Mount Carmel Church, Mount Pritchard
Campbelltown	Saturday, 25 <sup>th</sup> March 2025. At 6:00PM	St John the Evangelist Catholic Church Campbelltown
Normanhurst (Korean)	Sunday, 16 <sup>th</sup> March 2025 At 12:30PM	Queen Of Peace Catholic Church, 18 Stuart Ave, Normanhurst NSW 2076
Northern Suburbs	Saturday, 01 March 2025 At 9:10AM	Sacred Heart Church. 1 Keenan St. Monavale .NSW 2103
Revesby (Vietnamese)	Saturday, 22 March 2025. At 10:00AM	St Christopher Church. 233 Tower St. Panania NSW 2213.
Silverwater (Korean)	Sunday, 23 March 2025. At 12:30PM	Sydney Korean Catholic Church, 26 Carnavon St. Silverwater
Murwillumbah	Sunday, 23 <sup>th</sup> March 2025. At 8:30AM	St. Joseph's Church, Tweed Heads

## Introduction:

*“Many of us may have felt hesitant or even thought about taking a ‘break’ from serving. But God has His own way of calling us back. In the following sharing, Agnes tells her story 4.5 years ago of how she rediscovered her calling in the Legion of Mary after a 20-year break—and how her journey as a legionary has shaped her since her teenage years. May this story inspire us all to remain faithful and open to God’s will.”*

## “Nope... I’ll Pass!”

**By: Agnes Chiu – President –Praesidium Mother of God, North Parramatta (St. Monica’s Church).**

A few weeks ago, Fr. Lok’s article titled *“Is Legionary Life Scary?”* was chosen as the *allocutio* for our meeting. The phrase *“Nope... I’ll pass!”* made me smile because that was exactly my reaction when I was invited to become an auxiliary member of the Legion of Mary about 10 months ago.

### My Journey as a Legionary Begins

I first joined the Legion of Mary as a teenager. Looking back, almost all of my most memorable moments during my 6.5 years in high school in Hong Kong were connected to the Legion.

I joined in Form 1 (*Year 7 in Aussie terms*) without really knowing what it was all about. To me, it just seemed like an interesting extracurricular activity—volunteering every week with senior students. I often heard people say, ***“We don’t choose to be legionaries; Mary chooses us.”*** But at that time, I didn’t give it much thought.

After joining, my school life became much more colourful. Our weekly assignments were diverse and exciting—visiting hospitals and nursing homes, helping out at the parish, teaching primary school children, sharing Bible reflections, visiting senior and junior praesidia, and more. Every task was challenging but never boring.

The highlight of my week was our Friday afternoon meeting. While most teenagers preferred to hang out with friends after a long week of classes, my friends and I chose to attend our Legion meeting—something that others might have considered boring.

We also had monthly Curia meetings, where we got to meet fellow legionaries from other schools. And our weekend or holiday activities were even more exciting—pilgrimages, outdoor trips like hiking and picnics, caroling, Acies, Requiem Mass, Annual General Reunion, leadership training camps, retreat camps, praesidium camps, and more.

### From the “Honeymoon Phase” to New Challenges

The first few years of my legionary life felt like a “honeymoon phase”—everything was fresh and exciting. I was guided by senior members, learning how to be a good legionary. Without realizing it, the discipline, obedience, and dedication of Legion life became a part of me.

Then came the time for me to take on more responsibility. Besides being a praesidium officer, I was elected as the Curia President, leading a group of about 180 energetic junior legionaries. As a Form 6 (*Year 12*) student, balancing this leadership role with my studies, student association, Catholic society, school choir, and being an organist at my parish was not easy.

Looking back, I don’t even know how I managed to fit everything into my schedule! But I truly enjoyed it and felt energized through every challenge. With the help of Mother Mary and my fellow legionaries, I overcame every obstacle.



However, my journey as a junior legionary came to an end when my family moved to Australia. Just like that, I left my Legion life behind.

### **A 20-Year Break**

When I arrived in Australia, I prayed and said, *“God, I need a break from my very active spiritual life. I want to focus on my studies so I can get into university and pursue my dream job. Once my studies and career are stable, I will return to serve You.”*

Little did I know that this *break* would last for **20 years**.

Then, two years ago, I visited St. Monica’s Church for the first time on the Feast of Corpus Christi. During Mass, I felt something stir in my heart, though I didn’t understand why. After a few months, I wondered, *“Why am I driving all the way from Southern Sydney every week just to come to this church?”*

During Eucharistic Adoration, I prayed:

*“God, why did You lead me here? Do You want me to stay in this community? I guess my break is over. Please send me. I trust that You will only give me tasks I can handle. I won’t volunteer for anything, but if it’s Your will and You send someone to ask me, I will say ‘yes.’”*

The very next Sunday, after Mass, as I was about to leave the church, someone tapped me on the shoulder and asked, *“Would you be interested in joining the choir? Do you play the organ? Have you played at Mass before?”*

I was completely shocked and thought, *“Okay... maybe don’t send someone tap me on the shoulder again. That’s a little scary!”*

### **Returning to the Legion of Mary**

After settling into choir life, one day, Sr. Winnie invited me to become an auxiliary member of the Legion. My immediate response?

*“Nope... I’ll pass!”*

But after calming down, I dusted off my old Legion Handbook and read the section on auxiliary membership.

I asked God, *“Why do You want me to be a legionary again?”*

I understood the importance of discipline and obedience. Could I commit to praying the *Tessera* every day as an auxiliary member? I didn’t want to say “yes” unless I was sure. So, I gave myself a two-month trial period, and after feeling satisfied, I decided to visit a praesidium meeting before making my final decision.

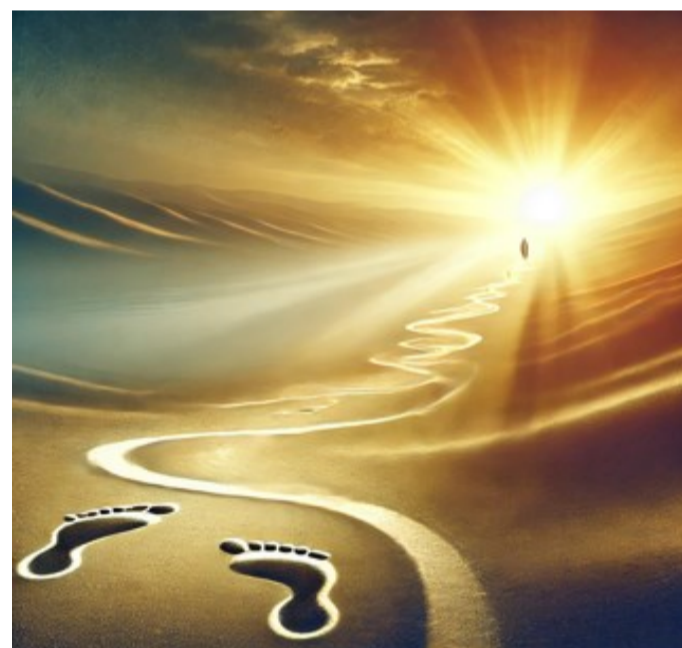
Once again, I was shocked to find out that the praesidium’s weekly meeting was on **Tuesday mornings—the exact time I had off from work!** And with only four members in the praesidium, I started to see God’s plan for me.

This decision was even harder than before. I knew that being an active member meant committing to weekly assignments and meetings. It felt overwhelming.

But as I prayed and reflected, I realized that my time as a junior legionary had given me so much—unforgettable memories, deep spiritual growth, lifelong friendships, invaluable organizational and leadership skills. Now, I had the opportunity to give back to the organization I loved so much.

If you think I have already contributed a lot to the Legion of Mary, I can assure you that what I have given is nothing compared to the graces I have received from it.

If it only takes a few hours a week to serve, **how could I say no to this invitation?**



## A Legionary Life is a Way of Living

I agree with Fr. Lok that being a legionary is not just about attending meetings or doing assignments. It is a **way of life**—a 24/7 commitment to *“sanctify ourselves and sanctify others.”* The Legion Handbook even says that living a Legionary life is just basic Catholic living—it is not something extra or extraordinary!

I once heard a priest say, *“Evangelization is about telling a story—a love story between you and God.”*

Today, I am sharing my story with you. I hope that you, too, will respond to God’s calling. **He will take care of everything—all you need to do is say, “I do!”**

### Closing:

*“Have you ever felt that God was calling you back to serve? How did you respond?”*

Remember, **God doesn’t call the qualified—He qualifies the called.** If He is calling you, trust that He will provide everything you need. All you have to do is say, *‘Yes, Lord, send me!’*”



**“God doesn’t call the qualified -  
He qualifies the called.”**

*Addendum from Agnes Chiu  
Thank you for the opportunity to share my story with fellow legionaries in Sydney. This article was written and first published in our praesidium e-newsletter in 2020. Reading this now again reminds me of my path which God and mother Mary have been guiding me all along - showing me new ways and carrying me over the hurdles in the past few years since re-joining the Legion. I will embrace future challenges ahead and trust that as long as I do my best and follow His lead, He will provide.*



**Mass Alfie Lambe Ceremony. Saturday, 25 January 2025 at Cathedral Church Dili, Timor-Leste  
Led by Fr. Paulus Maya**



## *The Story of St. Gabriel the Archangel: The Messenger of the Annunciation*

When we think of the *Annunciation*, our minds immediately go to Mary—the young woman who humbly accepted God’s plan. But there is another key figure in this story, one who played a crucial role in delivering God’s message: **St. Gabriel the Archangel**.

Gabriel’s name means “**God is my strength**”, and in Scripture, he appears as a divine messenger, bringing important revelations that shape salvation history. As the angel chosen to announce the coming of Jesus, Gabriel’s mission was not just to inform Mary but to invite her into a divine plan that would change the world.

### **Gabriel in the Bible: The Messenger of God’s Plan**

St. Gabriel appears in three key moments in the Bible, each time bringing a message of hope and salvation.

#### **1. Gabriel and the Prophet Daniel (Daniel 8:16, 9:21-27)**

- Gabriel appears to **Daniel** in a vision, helping him understand a prophecy about the coming of the Messiah.
- This was a **preparation for the Annunciation**, as it foretold the coming of the Savior.

#### **2. Gabriel and Zechariah (Luke 1:11-20)**

- Gabriel appears to **Zechariah**, a priest, while he is offering incense in the temple.
- He announces that Zechariah’s wife, **Elizabeth**, will conceive a son—**John the Baptist**, who will prepare the way for the Lord.
- Zechariah doubts the message, and as a result, he is struck mute until John is born.

#### **3. Gabriel and Mary: The Annunciation (Luke 1:26-38)**

- Six months after speaking to Zechariah, Gabriel is sent to **Mary** in Nazareth.
- His greeting is unique: “**Hail, full of grace! The Lord is with you.**” This shows that Mary was already **blessed and chosen by God**.
- He delivers God’s invitation for her to become the Mother of Jesus, and after hearing her humble *Fiat*, Gabriel’s mission is complete.

### **Gabriel’s Message to Us: How Can We Be God’s Messengers?**

Gabriel was **God’s voice**, sent to prepare the way for Christ. In a way, his mission continues today—**through us!**

Like Gabriel, we are called to be **messengers of Christ** in our daily lives. Here’s how we can follow his example:

#### **1. Listen to God’s Voice**

- Gabriel **listened to God’s command** and carried out His mission faithfully.
- Do we take time to listen to God in prayer, Scripture, and the guidance of the Holy Spirit?

#### **2. Announce the Good News**

- Gabriel brought the **greatest news ever given**—that God Himself would enter the world to save us.
- As Christians, do we share our faith with others? Do we help people encounter Christ?

#### **3. Encourage Others to Say ‘Yes’ to God**

- Gabriel’s message **wasn’t just about information**—it was an invitation.
- He helped Mary **embrace her calling**, just as we can encourage others in their faith journey.

#### **4. Trust That ‘Nothing is Impossible for God’**

- Gabriel’s words to Mary remind us that God **can do anything** (Luke 1:37).
- When we face difficulties, do we trust in God’s plan, even when we don’t understand it?

### **St. Gabriel and the Legion of Mary: Sharing the Message Like Mary**

The **Legion of Mary** follows the example of **both Mary and Gabriel**:

- Like Gabriel, **Legionaries are messengers**, bringing the Gospel to others through prayer, visits, and apostolic works.
- Like Mary, Legionaries respond to God with a **humble and trusting Yes**.
- Just as Gabriel prepared the way for Christ, **Legionaries help prepare hearts to receive Jesus**.

Every time we **visit someone, share the faith, or encourage others in prayer**, we continue **Gabriel's mission** of announcing Christ to the world.

## Will You Be a Messenger for God?

St. Gabriel reminds us that **God is always speaking**—sometimes in powerful ways, sometimes in the quiet of our hearts.

Just as he brought God's message to Mary, he also brings a message to us:

- **Listen to God's voice.**
- **Be a messenger of His love.**
- **Trust that nothing is impossible with God.**

As we reflect on the *Annunciation*, let us ask ourselves:

*"How can I be a messenger of God's grace in my daily life?"*

May St. Gabriel, the Archangel of the Annunciation, help us to **listen, trust, and proclaim the Good News with joy!**

## St. Gabriel the Archangel, pray for us!



**LEGION OF MARY**  
**SENATUS OF SYDNEY**

YOU ARE INVITED ALL ACTIVE AND AUXILIARY MEMBERS

**TO THE ACIES**

I am all yours, my Queen and my mother,  
and all that I have is Yours"

**Saturday, 15 March 2025**

Opening Prayer at 10:00 am  
venue : St Benedict's Catholic Church  
104 Broadway, Chippendale NSW2008

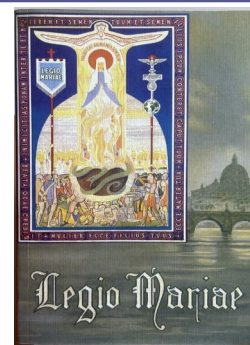
Celebrant : Fr. B. Saliba

**ACIES IS COMING—BE THERE!**

“As legionaries, Acies is the most important annual event we shouldn't miss!

Join us to renew our consecration to Our Lady and strengthen our commitment to serve.

Let's come together in faith and unity!”



## Basic Duties of Legionaries Chapter 33

### 1 .Regular Attendance at Weekly Meetings



#### 1. Be Regular and Punctual

Attending weekly praesidium meetings is an essential duty. It's not always easy—especially when you're tired, the weather is bad, or there are other things you'd rather do. But true commitment is shown when we overcome these challenges.

#### 2. Meetings Are as Important as the Work

It's easier to see the value of the work you do than the meeting where you report on it. But remember, the meeting is like the root of a flower—it gives life and strength to the work. Without it, the work cannot grow or flourish.

#### 3. Overcoming Challenges Shows Faithfulness

Long travel to meetings can feel like a waste of time, but it's not. This effort is a special and meaningful part of your service. Think of Mary's journey during the Visitation—it wasn't wasted but filled with purpose.



St. Therese of Lisieux reminds us of the importance of courage and dedication: ***“We should go to the end of our strength before we complain.”*** Even when facing challenges like illness, she showed up. Her example teaches us to stay faithful and persevere.

Let's strive to bring the same spirit to our meetings!

***“ St. Therese’s life teaches us about courage and faithfulness in fulfilling our duties, even in the face of challenges.”***



### 33.2: Performing Legionary Work - “What makes Legionary Work Special?.”

***“ Do You Know The True Value of Legionary Work?. ”***



#### 1. Commit to Meaningful Work

Legionary work should be substantial, requiring about two hours per week. Many legionaries go beyond this, dedicating several days or even daily efforts. However, this work is not about personal preference—it must be an active duty assigned by the praesidium. Spiritual exercises or personal prayers, no matter how devout, do not fulfill this obligation.

#### 2. Work as Prayer

Legionary work is prayer in action, requiring the same supernatural foundation as prayer. Without this foundation, work may become monotonous if easy or discouraging if difficult. The true value of the work lies in its supernatural significance. The more challenging the work, the more it mirrors the cross and deserves respect.

#### 3. Embrace the Soldier’s Spirit

A legionary’s sense of duty should mirror the courage, discipline, and dedication of a soldier. Whether performing simple tasks or facing challenging missions, duty must remain the focus, not the nature of the task. Like a soldier, the legionary’s dedication should be unwavering, whether in times of apparent success or failure.





#### 4. Work in Union with Mary

All legionary work should be done closely with Mary, seeking to inspire others with knowledge and love for her. A deep devotion to Mary strengthens souls and enables spiritual growth. As Pope St. Pius X observed, when devotion to Mary takes root, it bears fruits of virtue and sanctity.

#### 5. Fight with Courage and Faith

As Fr. Thomas Gavan Duffy reminds us:

*“Do not be afraid of the arms sharpened nor to share the wounds borne by our Lord. Take heart, and bear the burden of your knighthood with unflinching courage.”*

Victory may come in this generation or the next, but our task is to continue the tradition of patient toil and let the Lord handle the outcome.

*Let’s carry out our legionary duties with purpose, perseverance, and a soldierly heart!*

*“The more that work is like a cross, the more it is to be esteemed.”*



### 33.3: Furnishing Reports at the Meeting



#### 1. The Importance of Reports

Sharing a well-prepared report during the meeting is a crucial duty for every legionary. It not only provides information but also inspires and sustains interest in Legion work. Think of each report as a “brick” in building the meeting—its quality determines the strength of the entire structure. A missing or poorly presented report weakens the meeting, which is the source of life for the praesidium.

#### 2. Learning Through Reports

Reports are an opportunity to learn. By listening to other members’ reports, legionaries can discover new methods and ideas. Similarly, feedback from experienced members helps improve the quality of your own reports. A report with rich information benefits both the one presenting it and those listening.

#### 3. Prepare and Present With Care

The effort you put into preparing and delivering your report reflects your commitment. A good report isn’t just about ticking a box; it’s about sharing meaningful insights and contributing to the meeting’s success.

#### 4. The Universal Duty to Serve

As St. Paul emphasized, Christians are called to pray for and serve “all men” because Christ’s redemption is for everyone (1 Tim 2:6). St. John Chrysostom even reminds us that we must give an account not only for ourselves but for the whole world.



*Let every report you share reflect this universal call to serve, inspire, and grow together as members of the Legion!*



*“Christians, you will render an account not of yourselves alone but of the whole world.”*

*-St. John Chrysostom*

### 33.4: Inviolable Confidence Must Be Preserved

#### 1. Confidentiality Is Essential

Legionaries must strictly maintain confidentiality regarding anything they hear during meetings or in the course of their work. The information entrusted to them is given because of their role as legionaries, and betraying that trust would be a grave disloyalty to the Legion.

#### 2. Careful Reporting

While reports must be shared at the praesidium meeting, legionaries should exercise caution in what they disclose. Even in the meeting, prudence is necessary to ensure sensitive information is protected.

#### 3. Biblical Reminder “Guard what has been entrusted to you.” - 1 Timothy 6:20

*“Guard what has been entrusted to you.”  
– 1 Timothy 6:20*



### 33.5: Every Member Should Have a Notebook

#### 1. Purpose of a Notebook

Each legionary should maintain a notebook to keep a brief record of cases.

This is essential because:

- It ensures the work is approached in a structured and professional manner.
- Past and unfinished cases can be revisited and followed up.
- It helps in creating accurate and meaningful reports.
- It develops habits of organization and discipline.
- In times of discouragement, it provides tangible proof of past accomplishments, countering feelings of failure.

#### 2. Maintaining Confidentiality

The notebook should be coded to protect sensitive information, ensuring that only the legionary understands it. It should never be updated in the presence of the persons involved to avoid any breach of trust.

#### 3. Biblical Reminder

*“All things should be done decently and in order.”  
– 1 Corinthians 14:40*



### 33.6: The Daily Recitation of the Catena Legionis

#### 1. What Is the Catena Legionis?

The *Catena Legionis* (Chain of the Legion) centers on the *Magnificat*—Mary’s own prayer and the evening hymn of the Church. *St. Louis-Marie de Montfort* calls it *“the most humble and grateful, the most sublime and exalted of all the Canticles.”*

#### 2. Its Meaning and Obligation

The *Catena* serves as a vital link uniting all legionaries—active and auxiliary—to one another and to Mary. The name “chain” reminds us of the daily obligation to recite it, with each day representing a link in the chain. A broken link in prayer weakens the Legion’s unity, so every member should be diligent in this daily practice.

#### 3. A Lifelong Practice

Even when circumstances force a member to leave active service, or for less serious reasons a member steps away, they should continue this beautiful practice. The *Catena* remains a lasting connection to the Legion and to Mary throughout life.

#### 4. Reflecting on Mary’s Relationship with Jesus

De Jaeger offers a powerful reflection:

*“When I converse familiarly with Jesus, each time I will do this in Mary’s name, and partly in her person... She desires to relive those hours of sweet intimacy which she spent in Nazareth with her beloved Child.”*



## 33.7: The Relationship Between Members

### 1. Kindness in Community

Loving fellow legionaries means more than general respect—it includes kindness toward their perceived shortcomings. Lack of this can harm the praesidium’s grace and may even discourage members from continuing their service.

### 2. Membership Beyond Preferences

Membership in the Legion is not dependent on personal feelings about a president or colleague, nor on perceived slights, rebukes, or disagreements. True service requires setting aside personal preferences and focusing on the greater mission.

### 3. The Need for Self-Suppression

Working together demands self-suppression. Even the best workers can disrupt the Legion if they put their individuality above the system. The Legion thrives when all members strive for harmony and sweetness in their actions and words.

### 4. Overcoming Jealousy

Jealousy is a common human weakness that can poison relationships. Even the purest souls may feel the sting of envy when outpaced or overshadowed by others. However, the legionary must aim for victory over jealousy, transforming it into Christian love.

### 5. The Spirit of St. John the Baptist

Legionaries are called to adopt the humility of **St. John the Baptist, who said, “He must increase, but I must decrease” (John 3:30)**. This holy outlook acknowledges growth in others as part of God’s plan, rather than a personal loss.

### 6. Mary’s Example

Mary’s humility and selflessness provide the ultimate model. Elizabeth’s lack of jealousy toward Mary, and later, Mary’s joy in her Son’s love for His apostles, show how a truly apostolic spirit eliminates envy.

### Key Reflection:

*“An apostle will always see with joy the growth of those around him and never measure their rise against his own.”*

Let us aspire to this selfless spirit in all our interactions.



## 33.8: The Relationship Between Co-Visitors

### 1. The Symbol of “Two”

The bond between co-visitors reflects the symbolic and spiritual significance of “two,” representing charity and unity. Just as Jesus sent His disciples out “two by two” (Luke 10:1), co-visitors should work in harmony, like David and Jonathan, whose souls were knit together in mutual love and respect (1 Sam 18:1).

### 2. Unity in Small Details

True unity is built—or broken—by small details. Broken promises, missed appointments, lateness, discourtesy, or superiority can create division. For co-visitors to work effectively, these small failings must be avoided, and mutual respect should prevail.

### 3. Fraternal Charity Brings Blessings

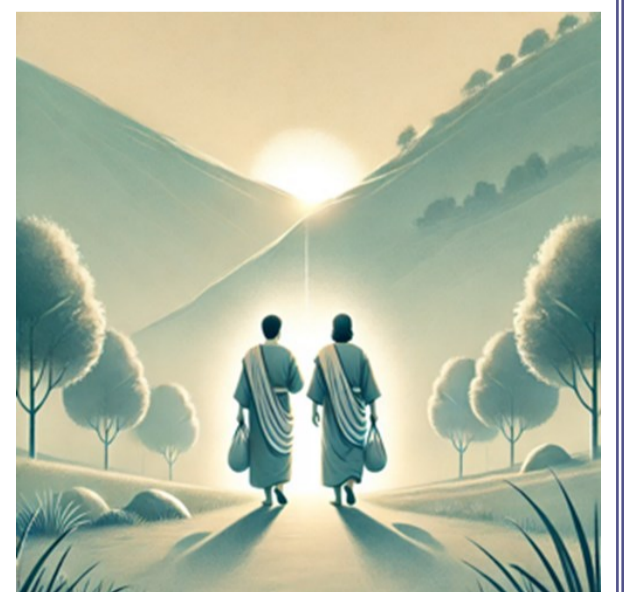
Harmony and fraternal charity within the Legion are essential for its blessings and fruitfulness. Each member is a child of Mary, and what we do to one another, Mary sees as done to her and her Son, Jesus.

### 4. A Biblical Reminder

*“They shall come home with shouts of joy, carrying their sheaves.” (Ps 126:6)*

Unity and teamwork lead to spiritual harvests and joy in the Lord.

*“THEY SHALL COME HOME WITH SHOUTS OF JOY.....”*



## 33.9: Recruitment of New Members

### 1. A Shared Blessing

Every legionary has a duty to recruit new members. If the Legion is a blessing in your life, why not extend that blessing to others? If its work uplifts souls, shouldn't we aspire to grow that impact by inviting more people to join?

### 2. Advancing Love for Mary

Encouraging others to join the Legion is a way to advance them in love and service to Mary, which, after Jesus, is the greatest gift they can receive. Mary, in dependence on Christ, is the root and flowering of supernatural life.

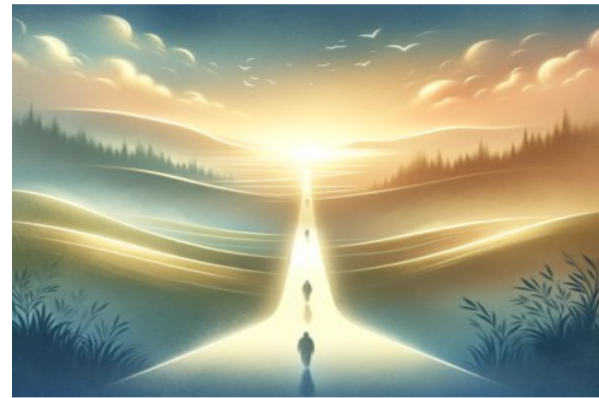
### 3. Helping Others Find the High Way

Many people long for something greater but don't know how to find it. Without someone inviting them, they may never think to join the path of spiritual growth and service that the Legion offers. As legionaries, we have the opportunity to guide them to the *High Way*.

### 4. A Poetic Reflection

*"To every man there openeth , A High Way and a Low,  
And every man decideth, The Way his soul shall go."*

– Bl. John Oxenham

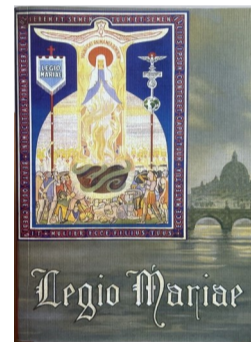


## 33.10: The Study of the Handbook



### 1. Essential for Every Member

The handbook is the official guide of the Legion, containing the principles, laws, methods, and spirit of the organization. It equips every legionary to work effectively. Increased knowledge from the handbook leads to increased efficiency, and understanding grows with time and effort.



### 2. Overcoming Common Objections

#### • "The handbook is too long!"

Many spend more time reading newspapers, which could instead be used to study the handbook. Serious students of any subject dedicate themselves to mastering their materials—why should the handbook be treated differently?

#### • "The ideas are too advanced!"

Education involves learning new concepts, so not understanding immediately is natural. Asking questions, using a dictionary, and engaging with praesidium activities like spiritual reading and the Allocutio help clarify ideas.

### 3. The Value of Study

The handbook is not just a guide for the Legion; it also serves as a catechism, presenting the Catholic faith in a way aligned with Vatican II. Understanding its principles connects the apostolate's work to its spiritual roots, distinguishing it from mere "doing good" and grounding it in Christian apostleship.

### 4. Wisdom from the Saints

*"St. Thomas Aquinas: "Read one book. Whatever you read or hear, take care to understand it well."*

- ♦ **St. Bonaventure: Study requires effort, just as Christ required the servants to fill their pitchers with water before turning it into wine. Spiritual understanding is the reward of diligent study.**



## 33.11: To Be, In a Sense, Always On Duty

### 1. Living the Spirit of the Legion Daily

A legionary must aim to bring the Legion's spirit into daily life, always alert for opportunities to promote its mission: to uproot sin and plant the standard of Christ. This involves transforming even casual encounters into meaningful opportunities for spiritual influence.

### 2. Beyond "Half-Circle Christianity"

True Christianity is not individualistic. Pope Pius XI condemned the idea of faith that is focused solely on one's own soul, neglecting love and service to others. The legionary's standards are not "extraordinary sanctity" but simply basic Christian living, rooted in the Great Commandment to love God and neighbor (Mt 22:37-39).



### 3. An Attractive Embodiment of Christianity

Legionaries must model true Christian love—not just as an emotion but as a duty, service, and self-sacrifice. Practical examples of real Christian living help ensure that the faith remains attractive, noble, and effective in drawing others to Christ.

### 4. Discipline and Duty

Being “always on duty” requires discipline in speech, dress, manner, and conduct. Legionaries, as representatives of the faith, are held to a higher standard. Failures, however minor, can discredit their efforts. Still, one should not let personal imperfections deter them from apostolic work. As **St. Francis de Sales** said, *“It is not being a hypocrite to speak better than we act.”*

### 5. Living Normal Catholicism

The Legion of Mary embodies what Cardinal Suenens called “normal Catholicism”—a faith that includes active care for the salvation of others. Many “average” Catholics fall short of this apostolic minimum, leading to a misunderstanding of what it means to live as a true Catholic.

#### Key Reflection

*“We must be saved together. We must come to God together.”*

– Peguy



### 33.12: The Legionary Must Pray

#### 1. Prayer as the Foundation

While the *Catena Legionis* is the only daily prayer duty required of active members, all legionaries are strongly encouraged to pray the full *Tessera* daily. Auxiliary members fulfill this obligation, and it would be unworthy of active members, who represent the Legion’s spearhead, to fall short of this standard.

#### 2. Prayer and Work Must Go Together

The Legion envisions its auxiliaries as the support, while active members are the forefront of its mission. However, an active member who works without prayer offers less to the Queen of the

Legion than an auxiliary who prays without work. Prayer is the source of strength and effectiveness in active service.

#### 3. Inspiring the Auxiliaries

The dedication of auxiliaries often depends on their admiration for the active members. Active members must be models of both work and prayer, ensuring they inspire auxiliaries through their devotion and commitment.

#### 4. The Power of the Rosary

All legionaries, both active and auxiliary, should join the *Confraternity of the Most Holy Rosary*. The spiritual benefits are immense, deepening their connection to the Blessed Virgin and their mission.

#### 5. Mary in Every Prayer

As **Canice Bourke, O.F.M. Cap.**, explains:

*“Whenever God is asked, Mary is virtually asked. Whenever Christ as Man is asked, she is thereby asked.”*

Mary, inseparable from her Divine Son, is implicitly invoked in every genuine prayer.

#### Key Reflection

*“Prayer and work together form the spearhead and strength of the Legion’s mission. Without prayer, even the most active service loses its spiritual power.”*

## 33.13: The Interior Life

### 1. The Source of All Apostolic Work

The interior life is the foundation of all spiritual and apostolic work. A legionary's effectiveness comes not only from external actions but from a deep, personal relationship with Christ, nurtured through prayer, meditation, and the sacraments. Without this foundation, even the most diligent efforts may lack lasting spiritual impact.

### 2. Union with Christ Through Mary

The interior life is closely tied to devotion to Mary. Through her, legionaries grow closer to Christ. She is both the guide and the model for developing a life centered on humility, service, and love.

### 3. Balancing Action and Contemplation

Legionaries must find a balance between active service and contemplative prayer. As Jesus told Martha, Mary chose the better part by sitting at His feet and listening (Luke 10:38-42). This does not diminish action but emphasizes the importance of grounding it in prayerful reflection.

### 4. Living the Interior Life Daily

- Attend Mass and receive the Eucharist as often as possible.
- Pray the Rosary and meditate on its mysteries.
- Make time for silent reflection to listen to God's voice.
- Regularly examine your conscience and seek reconciliation.

### 5. Spiritual Growth for the Mission

The deeper a legionary's interior life, the more effective their external work will be. It is through this spiritual growth that they become true channels of grace for others.

#### Key Reflection

***“Without the interior life, action loses its spiritual power. With it, every action becomes a means of grace and a reflection of Christ's love.”***



## 33.14: The Legionary and Christ

### 1. Living as Another Christ

The Legion is not just about doing good works; it proposes a way of life that reflects Christ in every aspect. By baptism, legionaries are made “another Christ” and share in His mission as Priest, Prophet, and King. To be truly legionary is to live the spirit of the Legion in all areas of life, not just during meetings or assignments.

### 2. Sharing in Christ's Missions

- **Priestly Mission:** Through worship and sacrifice, both spiritual and practical, legionaries offer their lives to God. Daily activities, family life, and work, when done in the Spirit, become spiritual sacrifices offered to the Father.
- **Prophetic Mission:** Proclaim the Gospel by word and example. The greatest service is to speak about faith and share the truths of God, life, and eternity, even with those we meet casually in daily life.
- **Kingly Mission:** Rule by serving others and conquering sin within ourselves. Work done out of love for God and service to others helps to perfect the world and reflect the spirit of the Gospel in earthly affairs.

### 3. Becoming Instruments of the Holy Spirit

Legionaries pray to be instruments of the Holy Spirit's purposes. Just as Christ's human nature was part of His divine mission, legionaries are called to offer their best—intelligence, behavior, and even small virtues like kindness and patience—as tools for God's work.

### 4. Mary as the Reflection of Christ

Mary, through her intimate relationship with Christ, perfectly reflected His virtues, desires, and mission. Legionaries should strive to emulate this, becoming mirrors of Christ's love and charity in the world.

#### Key Reflection

***“To live the life of the Legion is to live the life of Christ, transforming every action into an expression of His love and mission.”***

## Basic Duties of Legionaries

### 1. Attend Weekly Meetings

- Come to the presidium meeting every week, on time. Meetings are the foundation of our work.

### 2. Do Weekly Work

- Spend at least two hours every week on Legion work. Your work is another form of prayer.

### 3. Prepare Good Reports

- Share clear and complete reports during meetings. Each report builds up the meeting.

### 4. Keep Confidentiality

- Keep all information from meetings and Legion work private.

### 5. Use a Notebook

- Write down your tasks and cases in a notebook to stay organized and follow up on work.

### 6. Pray the Catena Legionis Daily

- This is a daily prayer for all active members. It connects us to Mary and other Legionaries.

### 7. Be Kind to Fellow Members

- Be patient and kind with other members, even when they make mistakes.

### 8. Work Well with Your Partner

- Build a strong bond with your co-visitor. Work together in harmony and respect.

### 9. Invite New Members

- Share the blessings of the Legion by inviting others to join.

### 10. Study the Handbook

- Read and understand the Legion Handbook. It teaches us the rules and spirit of the Legion.

### 11. Be Ready to Serve Anytime

- Bring the Legion spirit into your daily life. Always be ready to serve Christ through others.

### 12. Pray and Inspire Others

- Combine prayer and work. Be an example of prayer and dedication for everyone.

### 13. Grow Your Interior Life

- Pray, receive the sacraments, and reflect daily to strengthen your spiritual life.

### 14. Live Like Christ

- Follow Christ's mission as Priest (worship), Prophet (teach), and King (serve). Love and serve others in all you do.



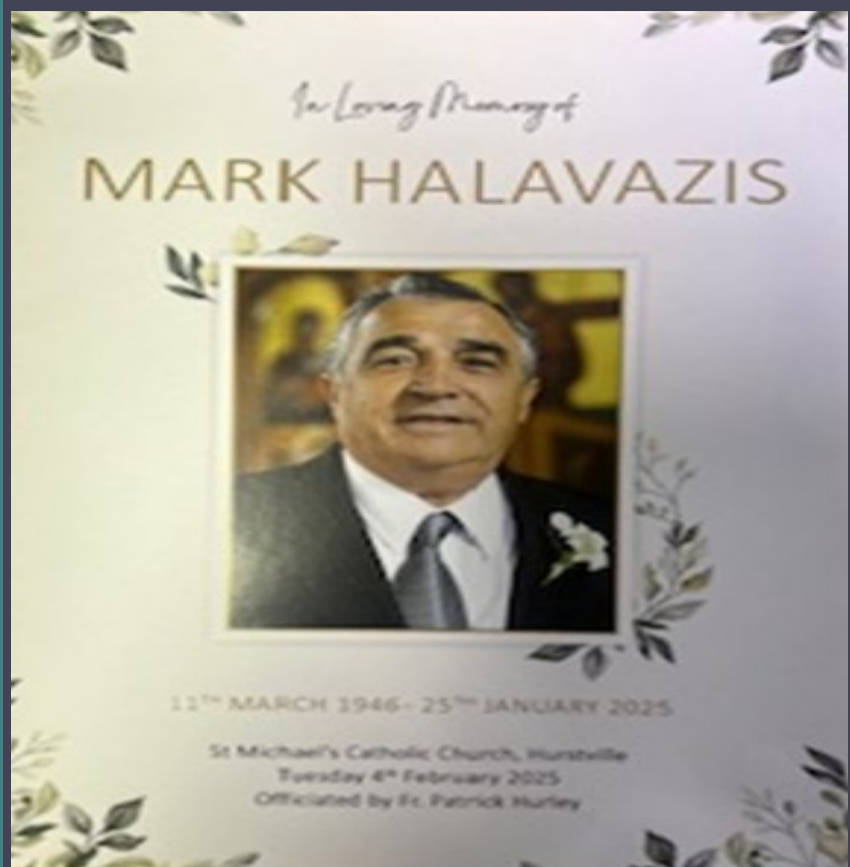
*“ Small acts done with great love are the foundation of true apostolic work.” - Inspired by St. Teresa of Calcutta.*

**Every meeting, every prayer, every visit done with love is a step toward holiness.**

**Legionary service is not about perfection, but about faithfulness and perseverance.**

**Remember: We serve not for recognition, but for the glory of God and the love of Our Lady.**

**Even the smallest duty, done for Mary, has eternal value!**



*Well done, good and faithful servant... enter into the joy of your Lord.' (Matthew 25:23)*

*In Loving Memory of Br. Mark H. (RIP)  
A devoted Legionary for over 35 years from Mary, Gate of Heaven Praesidium, Hurstville.*

*His unwavering faith, dedication, and love for Our Lady were evident in his years of service. Through his prayers, works, and sacrifices, he embodied the true spirit of the Legion of Mary, always placing himself at the service of Christ and His Blessed Mother.*

*Though he is no longer with us, his legacy of faithfulness and humility will continue to inspire us. May Our Lady, whom he served so faithfully, now lead him into the embrace of Christ.*

*Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May he rest in peace.*



“ A life lived in service to Christ and His Blessed Mother is a life well spent.  
May we continue his legacy with faith, love, and dedication “

### **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!