

AN ACT OF CONTRITION

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishment, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin.

MYSTERIES OF THE ROSARY

The Joyful Mysteries (*Monday and Saturday*)

The Annunciation • The Visitation
The Nativity • The Presentation
The Finding of Jesus in the Temple

The Mysteries of Light (*Thursday*)

The Baptism of Jesus in the River Jordan
The Wedding Feast at Cana
The Proclamation of the Kingdom of God
The Transfiguration of Jesus
The Institution of the Eucharist

The Sorrowful Mysteries (*Tuesday and Friday*)

The Agony in the Garden • The Scourging at the Pillar
The Crowning With Thorns • The Carrying of the Cross
The Crucifixion

The Glorious Mysteries (*Wednesday and Sunday*)

The Resurrection • The Ascension
The Descent of the Holy Spirit • The Assumption
The Coronation of Mary



Nothing is impossible for God's mercy! Even the most tangled knots are loosened by His grace. And Mary, whose "yes" opened the door for God to undo the knot of the ancient disobedience, is the Mother who patiently and lovingly brings us to God, so that He can untangle the knots of our soul by His fatherly mercy.

POPE FRANCIS

LEGION AND JUNIOR LEGION OF MARY

*If you feel Mary, the Mother of God is calling you to help spread God's love through spiritual interaction in the community, we invite you to consider joining the **Legion of Mary at Saint Mary.***

Legion of Mary, Patrick Cahill, pat.cahill1@verizon.net
Junior Legion, Cassie Whitehead, cassiemail@comcast.net

THE STORY OF MARY, UNDOER OF KNOTS

The Catholic tradition of a novena—nine consecutive days of prayer for a special intention—began during the earliest days of the Church, when Mary and the Apostles prayed as they waited in the upper room before receiving the Holy Spirit on Pentecost. In recent years, many have turned to the Mary, Undoer of Knots Novena as a source of grace and a means of drawing closer to God through Mary.

How did Mary acquire the title Undoer of Knots? During the 17th century, a German couple, Wolfgang and Sophia Langenmantel, faced a crisis in their marriage that had them on the verge of divorce. Wolfgang sought the counsel of a wise Jesuit priest, Father Rem, who suggested that they seek the intercession of the Blessed Mother. As they prayed together before an image of Mary, Father Rem held up a long, white wedding ribbon, which had been wrapped around the Langenmantels years before when they took their vows, a custom of the time that symbolized the matrimonial bond. Father Rem made knots in the ribbon to symbolize the Langenmantels' difficulties, which he asked the Blessed Mother to help undo.

Through the act of faith in turning to Mary, the marriage was saved. One of the Langenmantels' grandchildren became a priest, and around 1700 he commissioned a painting that depicts Mary as Undoer of Knots in thanksgiving for her intercession. The painting hangs in the Church of St. Peter in Augsburg, Germany, where another Jesuit priest, Jorge Bergoglio, came upon it during the 1980s. Inspired by the image, Fr. Bergoglio took a copy of the painting back to Argentina, where he encouraged devotion to Mary, Undoer of Knots as a means of gaining assistance in overcoming failings, forgiving wrongs, resolving conflicts, and defeating many other evils. Since Father Bergoglio became Pope Francis in 2013, he has encouraged many to entrust the knots in their lives to the Mother of God.

Pope Francis reminds us that the devil is ever eager to destroy our relationships and families—tying us all in an endless series of knots. And Pope Francis encourages us to turn to Mary for assistance in unraveling these knots that inhibit or block the divine action of God's grace in our lives. At the 2015 World Meeting of Families in Philadelphia, Pope Francis stopped to pray at the Mary Undoer of Knots Grotto next to the Cathedral Basilica.

Through this novena, let us entrust the knots—the problems, conflicts, weaknesses, or miseries that bring hardship and struggle—in the ribbons of our own lives to Mary.

All of us have knots in our hearts, failings, and all of us go through difficult times. Our good Lord, who bestows grace on all His children, wants us to have faith in Mary. He wants us to entrust the knots of our woes to her, the knots of our miseries that prevent us from reaching God, so that she can untie them and bring us closer to His son, Jesus

POPE FRANCIS



*Mary Undoer of Knots
Novena*

SAINT MARY ROMAN CATHOLIC CHURCH
40 SPRING MOUNT RD. SCHWENKSVILLE, PA
WWW.CHURCHOFSAINTMARY.ORG
610.287.8156

MARY, UNDOER OF KNOTS NOVENA

You are invited to pray the following sequence each day of the Novena for nine days, reflecting on the day's meditation.

1. Make the sign of the cross.
2. Say the Act of Contrition. Ask pardon for your sins and make a firm promise not to commit them again.
3. Say the 5 decades of the Rosary (*using mysteries for the appropriate day indicated on front panel.*)
4. After the meditation of the day, finish with the Novena Prayer to Mary, Undoer of Knots.

DAY ONE: MEDITATION

Dearest Holy Mother, Most Holy Mary, you undo the knots that suffocate your children, extend your merciful hands to me. I entrust to you today this knot (*mention your request here*) and all the negative consequences that it provokes in my life. I give you this knot that torments me and makes me unhappy and so impedes me from uniting myself to You and Your Son Jesus, my Savior. I run to you, Mary, Undoer of Knots, because I trust you and I know that you never despise a sinning child who comes to ask you for help. I believe that you can undo this knot because Jesus grants you everything. I believe that you want to undo this knot because you are my Mother. You will do this because you love me with eternal love. Thank you, Dear Mother.

Mary, Undoer of Knots, pray for me. **The one who seeks grace, finds it in Mary's hands.**

MARY, UNDOER OF KNOTS NOVENA PRAYER

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exist in your heart, cast your compassionate eyes upon me and see the snarl of knots that exists in my life. You know very well how desperate I am, my pain, and how I am bound by these knots. Mary, Mother to whom God entrusted the undoing of the knots in the lives of his children, I entrust into your hands the ribbon of my life. No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot. (*mention your request here*). I beg you to undo it for the glory of God, once and for all. You are my hope. O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution, and, with Christ, the freedom from my chains. Hear my plea. Keep me, guide me, protect me, O safe refuge! Mary, Undoer of Knots, pray for me. Amen.

DAY TWO: MEDITATION - *Sequence as above with appropriate Mysteries of the Rosary*

Mary, Beloved Mother, channel of all grace, I return to you today my heart, recognizing that I am a sinner in need of your help. Many times I lose the graces you grant me because of my sins of egoism, pride, rancor and my lack of generosity and humility. I turn to you today, Mary, Undoer of Knots, for you to ask your Son Jesus to grant

me a pure, divested, humble and trusting heart. I will live today practicing these virtues and offering you this as a sign of my love for you. I entrust into your hands this knot (*mention your request here*) which keeps me from reflecting the glory of God.

Mary, Undoer of Knots, pray for me. **Mary offered all the moments of her day to God.** (*Recite Novena Prayer to Mary*)

DAY THREE: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Meditating Mother, Queen of heaven, in whose hands the treasures of the King are found, turn your merciful eyes upon me today. I entrust into your holy hands this knot in my life (*mention your request here*) and all the rancor and resentment it has caused in me. I ask Your forgiveness, God the Father, for my sin. Help me now to forgive all the persons who consciously or unconsciously provoked this knot. Give me, also, the grace to forgive myself for having provoked this knot. Only in this way can you undo it. Before you, dearest Mother, and in the name of your Son Jesus, my Savior, who has suffered so many offenses, having been granted forgiveness, I now forgive these persons (*mention your request here*) and myself, forever. Thank you, Mary, Undoer of Knots, for undoing the knot of rancor in my heart and the knot which I now present to you.

Mary, Undoer of Knots, pray for me. **Turn to Mary, you who desire grace.** (*Recite Novena Prayer to Mary*)

DAY FOUR: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Dearest Holy Mother, you are generous with all who seek you, have mercy on me. I entrust into your hands this knot which robs the peace of my heart, paralyzes my soul and keeps me from going to my Lord and serving Him with my life. Undo this knot in my love (*mention your request here*), O Mother, and ask Jesus to heal my paralytic faith, which gets downhearted with the stones on the road. Along with you, dearest Mother, may I see these stones as friends. Not murmuring against them anymore but giving endless thanks for them, may I smile trustingly in your power.

Mary, Undoer of Knots, pray for me. **Mary is the Sun, and no one is deprived of her warmth.** (*Recite Novena Prayer to Mary*)

DAY FIVE: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Mother, Undoer of Knots, generous and compassionate, I come to you today to once again entrust this knot (*mention your request here*) in my life to you and to ask the divine wisdom to undo, under the light of the Holy Spirit, this snarl of problems. No one ever saw you angry; to the contrary, your words were so charged with sweetness that the Holy Spirit was manifested on your lips. Take away from me the bitterness, anger, and hatred which this knot has caused me. Give me, O dearest Mother, some of the sweetness and wisdom that is all silently reflected in your heart. And just as you were present at Pentecost, ask Jesus to send me a new presence of the Holy Spirit at this moment in my life. Holy Spirit, come upon me!

Mary, Undoer of Knots, pray for me. **Mary, with God, is powerful.** (*Recite Novena Prayer to Mary*)

DAY SIX: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Queen of Mercy, I entrust to you this knot in my life (*mention your request here*), and I ask you to give me a heart that is patient until you undo it. Teach me to persevere in the living word of Jesus, in the Eucharist, the sacrament of Confession; stay with me and prepare my heart to celebrate with the angels the grace that will be granted to me. Amen! Alleluia!

Mary, Undoer of Knots, pray for me. **You are beautiful, Mary, and there is no stain of sin in you.** (*Recite Novena Prayer to Mary*)

DAY SEVEN: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Mother Most Pure, I come to you today to beg you to undo this knot in my life (*mention your request here*) and free me from the snares of evil. God has granted you great power over all the demons. I renounce all of them today, every connection I have had with them, and I proclaim Jesus as my one and only Lord and Savior. Mary, Undoer of Knots, crush the evil one's head and destroy the traps he has set for me by this knot. Thank you, dearest Mother. Most Precious Blood of Jesus, free me!

Mary, Undoer of Knots, pray for me. **You are the glory of Jerusalem, the joy of our people.** (*Recite Novena Prayer to Mary*)

DAY EIGHT: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Virgin Mother of God, overflowing with mercy, have mercy on your child and undo this knot (*mention your request here*) in my life. I need your visit to my life, like you visited Elizabeth. Bring me Jesus, bring me the Holy Spirit. Teach me to practice the virtues of courage, joyfulness, humility, and faith, and, like Elizabeth, to be filled with the Holy Spirit. Make me joyfully rest on your bosom, Mary. I consecrate you as my mother, queen, and friend. I give you my heart and everything I have—my home and family, my material and spiritual goods. I am yours forever. Put your heart in me so that I can do everything Jesus tells me.

Mary, Undoer of Knots, pray for me. **Let us go, therefore, full of trust, to the throne of grace.** (*Recite Novena Prayer to Mary*)

DAY NINE: MEDITATION - *Sequence from panel one with appropriate Mysteries of the Rosary*

Most Holy Mary, our Advocate, Undoer of Knots, I come today to thank you for undoing this knot in my life (*mention your request here*). You know very well the suffering it has caused me. Thank you for coming, Mother, with your long fingers of mercy to dry the tears in my eyes; you receive me in your arms and make it possible for me to receive once again the divine grace. Mary, Undoer of Knots, dearest Mother, I thank you for undoing the knots in my life. Wrap me in your mantle of love, keep me under your protection, enlighten me with your peace!

Mary, Undoer of Knots, pray for me. **Keep me, guide me, protect me, O safe refuge!** (*Recite Novena Prayer to Mary*)