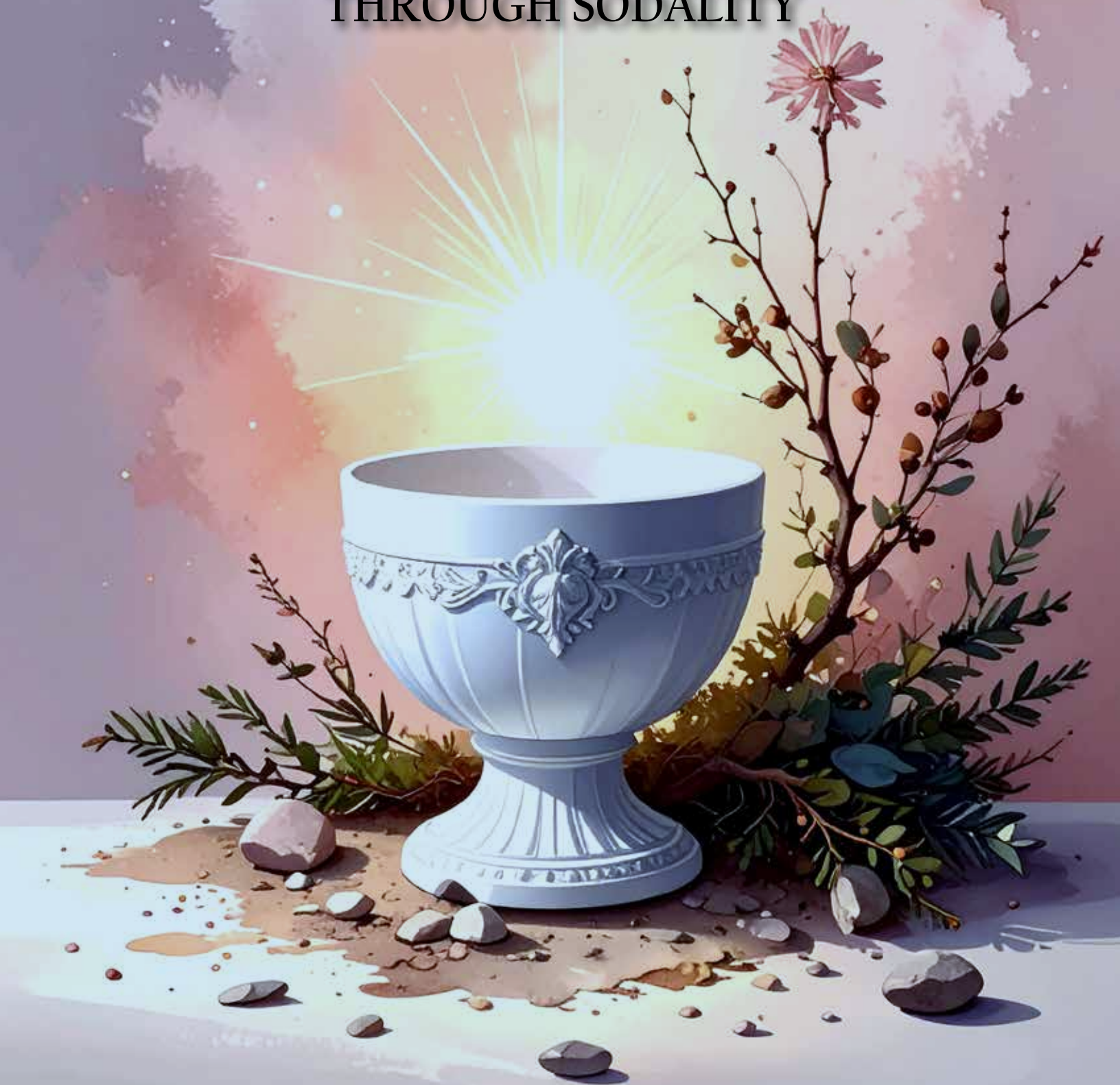


Hearts United in Mary

A CALL TO FELLOWSHIP AND SERVICE THROUGH SODALITY





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WHAT IS A SODALIST?

The following list indicate what the Sodality considers the aims and duties of a good Sodalist:

AIM OF SODALITY - Love of God, personal holiness, love of neighbor, work for others, Catholic action, and lay apostolate.

PURPOSE OF SODALITY - Deep devotion to Mary, make ourselves Christlike, speak the faith, and defend the Church.

WAYS TO OBTAIN THIS GOAL - Love and personal sanctity.

DEVOTION TO MARY - Dedication to Jesus through Mary as a model.

THE ROSARY - Daily recitation, meditation of the mysteries.

MORNING PRAYERS - Acts of faith, hope, charity and thanksgiving, Morning Offerings, three Hail Marys.

SPIRITUAL READING - At least 15 minutes per day - the Bible, Lives of Saints, Catholic newspapers, periodicals, books.

MENTAL PRAYER - 5 to 15 minutes a day of conversation with God, meditative reading, contemplation.

VISITS TO THE BLESSED SACRAMENT - As often as possible.

MASS AND COMMUNION - Daily Mass if possible; frequent Communion; Mass and Communion with Sodality,

EXAMINATION OF CONSCIENCE - Daily.

DAYS OF RECOLLECTION - Closed retreats.

APOSTOLIC WORK - Acts of charity.

Being a member of the Sodality is not just a series of activities, but a way of life; not just a club one joins, but a life one leads; not a hobby for spare time, but a vocation, affecting one's whole day - one's whole life.

Information taken from Sodality Union Manual & Handouts
Joan G. Butler, Past President of the Sodality Union



MEMBERSHIP IN THE SODALITY

It should be stressed to the candidates that being a member is not just a series of activities, but a way of life; not just a club one joins, but a life one leads; not a hobby for spare time, but a vocation, affecting one's whole day--one's whole life.

To live this way of life one must have a goal, a program, a model, and dedication. To know what we want is our goal, to know what to do is our program, to know how to act, we must have a model, and our dedication is the giving of oneself without reservations to achieve the goal by means of the program.

The candidate also sees that God has an urgent need of her help. She realizes, too, that God is extending a special invitation to her, to devote herself in a special way, to help Him do His magnificent work here on earth. Belonging to a Sodality also gives a Sodalist an opportunity to work in a church approved organization for the flourishing of God's most cherished work.

CANDIDATE FORMATION PROGRAM

It is suggested that the candidate training programs be initiated with a recruitment programs, and end with the reception of new members. Any period of time suitable can be used. Instructions usually take from 6 weeks to 21/2 months, as each Parish Sodality wishes. Members are recruited through various ways. A membership drive is usually fruitful. It is the aim of sodalists to be workers in the vineyard, so that through their spirituality and dedication to the Blessed Mother all are led to Christ. What is offered to the candidate is a way of life which will lead her to God.

Since prospective members must be instructed in the apostolic spirituality, the course is built around 18 units, each one designed to instruct, train and test. The initial introduction explains the nature of the Sodality, and the importance of attending all the classes. The outline provides the knowledge to be included in the lectures that are given to the candidates. Discussion topics help the candidate to apply the material of the lecture to her daily living.

There are two definite steps in the training of the candidate: Instruction and Practice. Through instruction she must acquire a clear knowledge of the objectives of the Sodality Way of Life, and put them into practice. She gradually acquires the necessary apostolate habits of prayer in action. As the candidate learns various duties of the Sodality, she is expected to fulfill them in her daily living during her training period, and thereafter.

The following is an outline and review of a training course:

- | | | | |
|----|--|------|--|
| 1. | History: world-wide origin
1563 for men
1751 women organized | also | History of Parish Sodality |
| 2. | Why a Training Program | | Rules, Regulation, A fuller life |
| 3. | Aim of the sodality | | Love of God - personal holiness
Love of neighbor - work for others
Catholic action
Lay Apostolate |
| 4. | Purpose of the Sodality | | Deep devotion to Mary
Make ourselves Christlike
Spread the faith
Defend the Church |
| 5. | Regulations to obtain this goal | | Love
Personal Sanctity
Grace |

6.	Devotion to Mary	Dedication To Jesus through Mary Mary as our model
7.	The Rosary	Say it daily, if possible Meditate on the mysteries
8.	Morning Prayers	Acts of Faith, Hope, Love and Thanksgiving Morning Offerings Three Hail Mary's
9.	Gaining Graces	United in the Mass with Christ
10.	Spiritual Reading	Recommended 15 minutes a day The Bible The lives of the saints The Catholic Standard, other Catholic periodicals
11.	Mental Prayers	5-15 minutes a day Conversation with God Meditative Reading Contemplation
12.	Visits to the Blessed Sacrament	As often as possible Prayer meditation
13.	Mass and Communion	Daily Mass, if possible Frequent Communion
14.	Examination of Conscience	At the close of the day
15.	Days of Recollection, Closed Retreats	Recommended
16.	Apostolic Work	Acts of Charity
17.	Benefits of Membership	Offers the Sodalists an opportunity to grow in the love of God, and her neighbor, to offer her a way of life.
18.	Closing Exercises	Reception - Consecration of all members

CEREMONY FOR RECEPTION OF NEW MEMBERS

Parish Sodalties

NOTE: This ceremony may be held in conjunction with Mass, Benediction:, or Morning or Evening Prayer from the Liturgy of the Hours. It may be performed before or after Mass, after the Blessed Sacrament is exposed for Benediction, or following the Reading in the Liturgy of the Hours. The Moderator begins the Ceremony with a brief talk stressing the commitment which the new members are making to the service of the Lord in union with Mary, as lived according to the Way of Life of Sodality members. He then blesses the Medals and Membership Cards, and invites the Prefect/President to bring the candidates for membership forward.

Prefect: It is my pleasure to present the following candidates for admission to The Sodality of _____ Church.
(She then introduces each candidate by name).

Moderator: Since you have completed the required formation program and are now prepared to make a commitment to the Way of Life of a Sodalist, involving yourself in a continuing personal spiritual growth, the apostolic work of our Sodality, and a personal responsibility to participate in its meetings and activities, I ask you to make this act of commitment:

Candidates: Father in Heaven, conscious of the fact that through the life, death and resurrection of Your Son you have made it possible for me to be received into the Divine Community of the Father, the Son and the Holy Spirit, I, _____, desire to respond to your great love for me by making a loving gift of myself to you.

Mary, Mother of Our Lord:, and my Mother, I beg you to help me in following your example of always giving myself totally to God and in making a mature response to my Christian vocation which I received in Baptism and Confirmation.

Seeking a Way of Life which will help me develop in personal holiness and unite my life in all its dimensions with my Christian faith, and realizing that I can be aided in these efforts by sharing with others in community a common commitment, a common way of life, a deep concern for others and a filial love for Mary, I make this commitment to The Sodality of _____ Church:, in the name of Jesus Christ, Our Lord and Redeemer. Amen

Moderator: It is my pleasure to receive you into The Sodality of _____ Church.
(He then presents a Medal and Membership Card to each new member).

SODALITY OF OUR LADY

"To Jesus Through Mary"

The Sodality of Our Lady is a religious society, the purpose of which is to foster in its members a devotion to Our Blessed Lady that will manifest itself in personal holiness and Catholic Action. It is an organized apostolate.

Sodality is a door to Spirituality and a **channel** to Service. The Spiritual Life Mission of Sodality is to live the **Way of Life** which recognizes the presence of Christ in a Sodalist's everyday life. The prayer basis of the Sodality Way of Life is the Spiritual Exercises of St. Ignatius. The spiritual life of Sodalists is the primary function of Sodality. It is the driving force which leads Sodalists to goodness and social action.

The Apostolic Mission of Sodality reflects spirituality in the Way of Life of a Sodalist. This mission channels spirituality to service as the lay apostolate. In the parish this means the organized help given by Sodalists to their pastor in his apostolic work for the family, the Church, the community.

The Sodality assists each individual member to use her energies and talents on behalf of the Church and the Sodalist's community. Being a member of Sodality is not just a series of activities, but a Way of Life; not just a club one joins, but a **life** one leads.

The word Sodalist comes from the Latin word **Sodalis** and means a very close friend or associate; a companion. A Sodalist of Our Lady, then, is by its very definition a companion of Mary, the Mother of God. The aim of each Sodalist is to love Jesus and His Blessed Mother through personal holiness, to love their neighbor through work of Catholic Action as lay apostolates.

Judging from its history, Sodality has contributed much to the growth and support of the Church. No other lay organization in the Catholic Church is as old as the Sodality. Certainly each parish Sodality wants to maintain the credibility and be recognized to the highest degree as an organization with first emphasis placed on Mary, the Mother of Jesus; as the way by which we are to find the end we are seeking, which is Jesus — *"To Jesus Through Mary."*

Sodalities in the Archdiocese of Washington have the **Sodality Union**, a medium by which affiliated parishes can get together to celebrate, to share ideas and concerns, and to give and receive assistance.

Finally, parish Sodalities have the power to supply that spiritual thrust and apostolic guidance and support to the parish and entire community.

"It is a happy and gracious thing to be a Sodalist. "

ANGELA T. WEEKS

WHAT IS A SODALITY?

1. A sodality is a group of people with similar ideals, who are willing to work together in the service of Christ's Church and the world in every area of life, family, work and profession.
2. Each group is a community in Christ, a cell of his mystical body, with the holy Eucharist as its center and Mary as its Model.
3. The aim of each Sodalist is to love Jesus and His Blessed Mother through personal holiness, to love their neighbor through work of Catholic Action as lay apostolates, make themselves Christ-like, spread the faith and defend the Church.
4. All members share the responsibility for the welfare of their particular Sodality.
5. While authority is derived from its members as defined by the bylaws, the elected officers and the Moderator have the principal responsibility for governing the group.
6. The function of the officers is to work as a team, in close cooperation and love with the members for the common good of the community.
7. The main objective of the Sodality is to promote a greater glory of Jesus through His Blessed Mother, and to provide a media through which the Sodalists may speak as a unit for a better understanding and a deeper appreciation of the principles and ideals in religion, education, and civic affairs in the world today.
8. Special concern is given to the development of the spirit of the community and fostering of unity without destroying diversity.
9. The Sodality assists each individual member to fulfill her personal vocation and to be an outstanding witness to Christ by her example and the use of her energies and talents on behalf of the Church, the Community and Mankind.

SODALIST AS THE VOLUNTEER

QUALIFICATIONS OF A VOLUNTEER:

1. A deep understanding of people — their behavior and their needs.
2. A sense of humor.
3. A sincere interest and love for people. People are quick to recognize when a person is merely patronizing them, rather than sincerely liking and respecting them.
4. Patient and kind. Be willing to wait for the handicapped, the confused, or the senile older person. Patient listening and understanding can go far in helping the negative, irritable person work through his trouble.
5. A generous person who encourages others to take the limelight. She must have the capacity to be helpful without “taking over”. The person who is to be served also needs the opportunity to be useful and wants to be needed by someone.
6. Maturity which makes it possible to communicate a sense of security to others.
7. Tactful and able to smooth over sensitive feelings.
8. Tolerant and avoids unpleasant arguments.
9. Consideration of others - those she serves as well as her fellow workers. Considers a person's privacy, wishes, and confidences.
10. A relaxed person who can transfer her serenity to others.
11. Neat in dress and personal appearance. Does not over-dress.
12. Loyal to the Sodality through which he/she serves, and to the people he/she serves.
13. Does not indulge in griping. If he/she has a complaint, he/she takes it directly to the Prefect.
14. Accepts criticism which is offered by his/her chairperson or Prefect with an open mind.
15. Accepts training and attends these sessions willingly.
16. Dependable - which is as important as though he/she were a paid staff member. He/She must abide by regulations of the program in which she is serving. There is nothing more defeating to those he/she is serving than being disappointed.
17. Honest and humble - being willing to acknowledge her mistakes or lack of knowledge and to be on equal terms with the people for whom he/she serves.

CELEBRATING MARY THROUGH THE YEAR

DECEMBER	JANUARY	FEBRUARY
8 IMMACULATE CONCEPTION	1 MARY, MOTHER OF THE CHURCH	2 PRESENTATION OF THE LORD
OUR LADY OF GUADALUPE 12		OUR LADY OF LOURDES 11
MARCH	APRIL	MAY
		OUR LADY OF FATIMA 13
ANNUNCIATION OF THE LORD 25		31 VISITATION TO ELIZABETH
JUNE	JULY	AUGUST
		5 DEDICATION OF ST. MARY'S BASILICA
3rd Sunday AFTER PENTECOST IMMACULATE HEART OF MARY	OUR LADY OF MT. CARMEL 16	ASSUMPTION OF MARY 15
		22 QUEENSHIP OF MARY
SEPTEMBER	OCTOBER	NOVEMBER
8 BIRTH OF MARY	7 OUR LADY OF THE ROSARY	
OUR MOTHER OF SORROWS 15		PRESENTATION OF MARY IN THE TEMPLE 21

