



EWTN Media  
Missionaries

*Devotional  
Guide*

*In the pages that follow, you will find an expression of the spiritual foundation of the EWTN Media Missionaries. It is our hope that these reflections and prayers will be a source of inspiration to you in carrying out the role of a modern day missionary.*

---

## REFLECTIONS

### *In the Spirit of* **MOTHER MARY ANGELICA**

---



#### **Mother Angelica,**

with a witty sense of humor, once placed a sign in the Nuns' workshop that read: *We don't know what we're doing, but we're getting better at it!* Mother's spirit

of living in the present moment and relying totally on Divine Providence are aspects of the charism the Lord gave her and which the EWTN Media Missionaries should ponder and bring to prayer. Wearing her traditional Franciscan habit, she also imbued many people with the spirit of St. Francis of Assisi.

### Like St. Francis, her spirit also consists in:

- Adoration of Jesus in the Blessed Sacrament.
- Devotion to the Cross of Christ.
- Devotion to the Blessed Virgin Mary.
- Having complete faith and trust in God.
- Being faithful to the Holy Father and the teachings of the Catholic Church.
- A generous giving of self, even while enduring extreme suffering.
- Courage in the face of the risks involved in media ventures. Mother Angelica once said faith is having one foot in the air, one on the ground and a queasy feeling in your stomach (*Sr. Mary Raphael, PCPA, My Life With Mother Angelica, p. 40*).
- With God, all things are possible. In one of her books, Mother Angelica writes that there are times when, unless we are willing to do what seems humanly ridiculous, God will not do the miraculous (*Mother Angelica, Answers, Not Promises, p. 51*).
- A family spirit. As Mother often said, “We’re Family!”

### THE MISSIONARY HEART:

#### *Martha and Mary*

---

From St. Luke’s Gospel, we have the age old story of Martha and Mary at the feet of our Divine Lord (*cf. Luke 10:38-42*). Martha is seen as encompassing more of an active role and Mary more of a

contemplative role. Where do we fall in the vocation to which the Lord has called us? Are we more like Martha or are we more like Mary? Or do we try to mix the two in a balanced way?

The Poor Clare Nuns of Perpetual Adoration, our very own Mother Angelica and her Nuns, formally encompass more of the role of Mary and less that of Martha. They spend their lives before our Lord, really present in the Most Blessed Sacrament, offering themselves, their prayers and their sacrifices for the spread of the Holy Gospel through EWTN, especially through potential missionaries like yourself.

Prayer, according to St. Thérèse, known as the “Little Flower,” is a surge of the heart;  
it is a simple look turned toward heaven,  
it is a cry of recognition and of love,  
embracing both trial and joy

*(St. Thérèse of Lisieux, Manuscrits autobiographiques, C 25r).*

## **PRAYER** *is the* **FOUNDATION**

---

Like St. Thérèse, as modern day missionaries, we are called to that simple look turned toward heaven, that prayer of the heart, placing ourselves in God’s Presence as we strive to spread the Good News of the Kingdom. As given to us by St. Paul, we are to be constant in prayer (Rom 12:12).

*. . . carry out the command of Christ to make disciples of all nations, . . . teaching them to observe all that He has commanded . . .*

## The Holy **EUCCHARIST**

We are all called to adore Jesus, Who is really present in the Holy Eucharist, to a deep prayer life, and union with the Holy and Blessed Trinity.

The Church (and the Holy Father) is calling all Catholics to a deep spiritual life with Christ in the Eucharist. It is from the Eucharist that the Church receives all her strength and power to carry out the command of Christ to make disciples of all nations, ... teaching them to observe all that He has commanded ... always remembering that He said that He would be with us always, even to the close of the age (*cf. Matthew 28:19-20*).

## The Blessed **VIRGIN MARY**

Following Mother Angelica's example, devotion to Mary, Jesus' Mother, has always been part of the spirituality of the Nuns and the EWTN family. Pope Saint John Paul II urges all the faithful to foster a devotion to Mary after his own example. His pontificate was consecrated to Mary with the words: *Totus Tuus (I am Totally Yours)*.

The entire EWTN network has been consecrated by Mother Angelica to Mary, the Ever Virgin Mother of God.



## **SIMPLY** *Put*

---

Prayer, especially Eucharistic Adoration and devotion to Mary, has been and continues to be the necessary foundation in the furtherance of the Gospel through EWTN and its affiliates.

Any apostolate within the Church will bear little or no fruit without an intense and authentic prayer life of those involved.

## **As BAPTIZED** *Christians*

---

No matter what our vocation is, as Baptized Christians, the Gospel applies to us all. All of us are called to union with Christ, no matter how much our activities demand us to be like Martha. Likewise, we are all called not only to live the Gospel, but also to spread the Gospel, according to our state in life and in accordance with the specific vocation the Lord has given each one of us. In light of our Baptism, we are called to be missionaries in the midst of the world where God has placed us. Being part of the EWTN Media Missionaries is a perfect way to help fulfill this calling from Christ to make disciples of all nations (*cf. Matthew 28:19*).

## **EWTN** *Mission*

---

For more than 35 years, EWTN has continued to provide a powerful means to literally teach the nations about Jesus Christ. EWTN is dedicated to the advancement of Truth as defined by the



Magisterium of the Roman Catholic Church and is committed to serving the orthodox belief and teaching of the Church as proclaimed by the Supreme Pontiff. EWTN provides a means by which various organizations within the Church have a global vehicle of expression through television, radio and the Internet. However, this media miracle did not come about without the prayers and sacrifice of Mother Angelica (and her Nuns), as well as by people like yourself. The Network and the work of the EWTN Media Missionaries cannot go on without this same prayer, especially before the Blessed Sacrament, and sacrifice for the sake of the Gospel.

## *In* **THANKSGIVING**

---

We offer to God the praise of thanksgiving for Mother Angelica and for her obedience to God in founding the world's largest Catholic network. We also give thanks to those who are already part of the EWTN Media Missionaries, devout men and women who have heeded the call of Pope Saint John

Paul II to *put out into the deep*. Men and women who have made many sacrifices to bring the Truth of the Gospels and the Deposit of Faith to countless souls so desperately in need of salvation. Men and women who have untiringly struggled and fought to get EWTN's media services to as many people as possible. Men and women who are carrying out a special vocation to serve the Lord in this capacity.

### *Gone Fishing for* **SOULS**

---

Do you remember the Gospel passage where we see Jesus teaching the crowds on the shores of Lake Gennesaret (cf. Luke 5:3-11)? After He is done teaching, Jesus asks Peter to put the nets out for a catch. In a way only St. Peter can do, he tells the Lord that they have fished all night but have caught nothing, but they will put out the nets if it is the Master's wish. Jesus tells them *duc in altum, i.e., to put out into the deep for a catch* (cf. Luke 5:4). They put out into the deep, and they catch a large number of fish. After Peter tells Jesus that he is a *sinful man*, our Lord tells him, *do not be afraid. From now on you will be catching men* (Luke 5:8,10).

How applicable this is to the EWTN Media Missionaries who are called to catch men by using the mass media, by using the net of EWTN. One important lesson that Mother Angelica teaches us is that it is God Who puts the fish in the nets. We must be faithful, especially to prayer, and He will do His part to catch men and put them into the nets.

## PATRON SAINTS OF MISSIONARIES

*Pray for Us!*

---

What a consolation to know that we are working for the victor, Jesus Christ! We know the battle has been won and that Satan and his evil cohorts have already lost. We must be like St. Paul, though, and engage in the battle with all our strength. We must move forward with courage, having confidence that God will provide in the day of battle. We must stand tall and fight the good fight. As missionaries, the Church has given us some Patron Saints to help us in our endeavors:

*St. Paul the Apostle fought for the Truth in the midst of great difficulties, yet he was faithful and persevered to the end. St. Francis Xavier, a 16th century Jesuit, spread the Gospel to many parts of Asia and was declared a patron saint of missionaries. St. Thérèse of Lisieux, a 19th century cloistered Carmelite Nun, never left the Papal Enclosure of the convent but was named a patron saint of missionaries.*

The modern day missionary has been given a mission to spread the Word of God to the remotest parts of the world using the media. Through the work of EWTN, the mass media is being used correctly and the enculturation of the Gospel is happening. May God in His mercy work great miracles for His kingdom through the Network and its EWTN Media Missionaries. May He give you His peace in your apostolic works. St. Paul, St. Francis Xavier and St. Thérèse of Lisieux, patrons of missionaries, pray for us!

# SELECTED PRAYERS

## MEMORARE

---

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help or sought thy intercession, was left unaided.

Inspired with this confidence, I fly unto thee, O Virgin of virgins my Mother; to thee do I come, before thee I stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.  
Amen.

## *A Morning* PRAYER

---

*by St. Thérèse of Lisieux*

O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Its Merciful Love.

O my God! I ask of Thee for myself and for those whom I hold dear, the grace to fulfill perfectly Thy Holy Will, to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united together in heaven for all Eternity.  
Amen.



## *Act of* **SPIRITUAL COMMUNION**

---

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

## **ANIMA CHRISTI**

---

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Suffer me not to be separated from Thee. From the malicious enemy defend me. In the hour of my death call me, and bid me come unto Thee. That with Thy saints I may praise Thee, forever and ever. Amen.

*Prayer of* **ST. FAUSTINA**  
*Before the Blessed Sacrament*

---



I adore You, Lord and Creator, hidden in the Most Blessed Sacrament. I adore You for all the works of Your hands, that reveal to me so much wisdom, goodness and mercy, O Lord.

You have spread so much beauty over the earth and it tells me about Your beauty, even though these beautiful things are but a faint reflection of You, incomprehensible Beauty. And although You have hidden Yourself and concealed

Your beauty, my eye, enlightened by faith, reaches You and my soul recognizes its Creator, its Highest Good, and my heart is completely immersed in prayer of adoration.

My Lord and Creator, Your goodness encourages me to converse with You. Your mercy abolishes the chasm which separates the Creator from the creature. To converse with You, O Lord, is the delight of my heart. In You I find everything that my heart could desire. Here Your light illumines my mind, enabling it to know You more and more deeply. Here streams of graces flow down upon my heart. Here my soul draws eternal life. O my Lord and Creator, You alone, beyond all these gifts, give Your own self to me and unite Yourself intimately with Your miserable creature.

O Christ, let my greatest delight be to see You loved and Your praise and glory proclaimed, especially the honor of Your mercy. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen.

### *Prayer for* **EWTN**

---

**Mother Angelica offered this prayer at the launch of EWTN, August 15, 1981.**



O God, Lord of Heaven and earth, You alone have accomplished all we have done. May this first Catholic network be a tribute to the beauty of Your Church. May Your Son, the Eternal Word, be glorified through this work of Your Hands. Bless all the programs that will issue forth from its facilities. Just as Your Word issued forth from You, Lord Father, may that same Word touch each heart that listens to this network. Let Your Spirit work with freedom through every teacher who proclaims Your truth and Your Church. Bestow upon this network the power to inspire men to seek holiness of heart, zeal for the extension of Your Church, courage to seek after justice and human rights and patience to endure persecution. Amen.

## Prayer of **ST. FRANCIS**

---

Lord, make me a  
instrument  
of your peace,  
Where there is hatred,  
let me sow love;  
Where there is injury,  
pardon;  
Where there is doubt,  
faith;  
Where there is despair,  
hope;  
Where there is darkness,  
light;  
Where there is sadness,  
joy;

O Divine Master, grant  
that I may not so much  
seek to be consoled as to  
console; to be understood  
as to understand; to be  
loved as to love.

For it is in giving that we  
receive; it is in pardoning  
that we are pardoned; and  
it is in dying that we are  
born to eternal life.





## *Prayer to* **ST. MICHAEL THE ARCHANGEL**

---

St. Michael the Archangel, defend us in battle, be our defense against the wickedness and snares of the devil; may God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

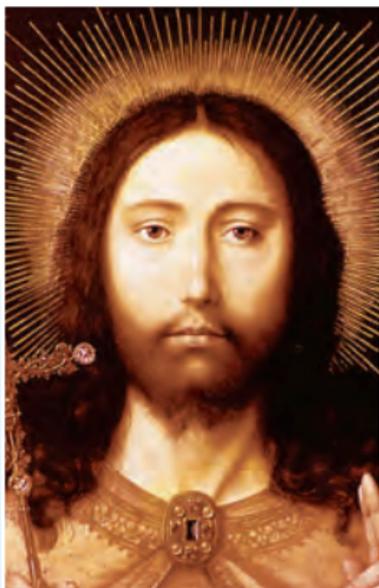
## **GUARDIAN ANGEL** *Prayer*

---

Angel of God, my guardian dear,  
to whom God's love commits me here,  
Ever this day, be at my side, to light and  
guard, to rule and guide. Amen.

## *An Act of* **CONTRITION**

---



O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven, and the pains of Hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

## *From the Gospel of* **ST. LUKE 10:38-42** **MARTHA AND MARY**

---

As they continued their journey he entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."



*From the Gospel of* **ST. LUKE 5:3-11**  
**ST. PETER** *Puts Out for a Catch*

---

Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed him.

## *The* **ANGELUS**

---

The Angel of the Lord declared unto Mary:  
**And she conceived of the Holy Spirit.**

HAIL MARY, full of grace, the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
**Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.**

Behold the handmaid of the Lord:  
**Be it done unto me according to Thy word.**

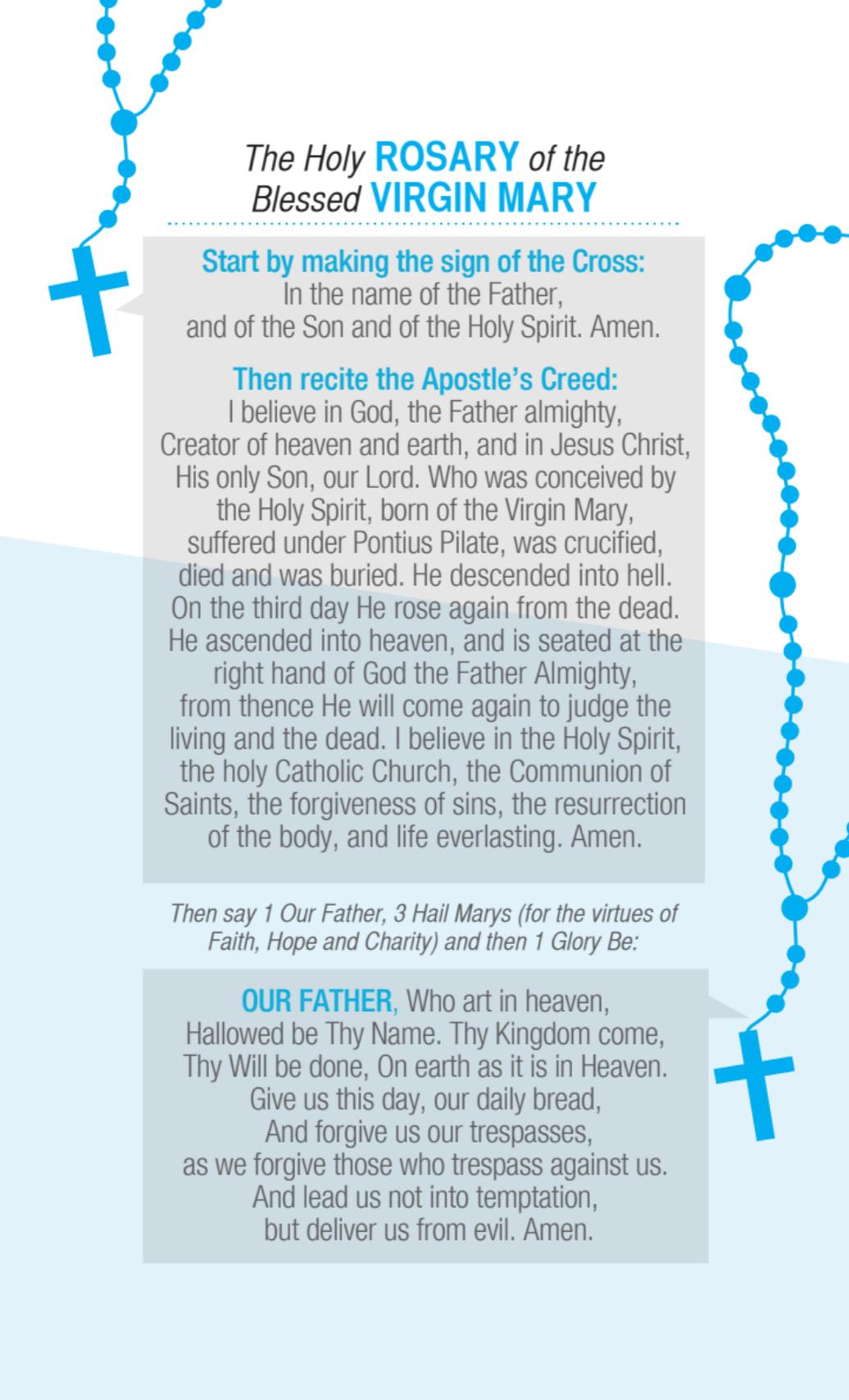
Hail Mary . . .

And the Word was made Flesh:  
**And dwelt among us.**

Hail Mary . . .

Pray for us, O Holy Mother of God,  
**that we may be made worthy  
of the promises of Christ.**

Let us pray:  
**Pour forth, we beseech Thee, O Lord,  
Thy grace into our hearts; that we,  
to whom the Incarnation of Christ, Thy Son,  
was made known by the message of an Angel,  
may by His Passion and Cross be brought to  
the glory of His Resurrection,  
through the same Christ Our Lord. Amen.**



The Holy **ROSARY** of the  
Blessed **VIRGIN MARY**

**Start by making the sign of the Cross:**

In the name of the Father,  
and of the Son and of the Holy Spirit. Amen.

**Then recite the Apostle's Creed:**

I believe in God, the Father almighty,  
Creator of heaven and earth, and in Jesus Christ,  
His only Son, our Lord. Who was conceived by  
the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified,  
died and was buried. He descended into hell.  
On the third day He rose again from the dead.  
He ascended into heaven, and is seated at the  
right hand of God the Father Almighty,  
from thence He will come again to judge the  
living and the dead. I believe in the Holy Spirit,  
the holy Catholic Church, the Communion of  
Saints, the forgiveness of sins, the resurrection  
of the body, and life everlasting. Amen.

*Then say 1 Our Father, 3 Hail Marys (for the virtues of  
Faith, Hope and Charity) and then 1 Glory Be:*

**OUR FATHER**, Who art in heaven,  
Hallowed be Thy Name. Thy Kingdom come,  
Thy Will be done, On earth as it is in Heaven.  
Give us this day, our daily bread,  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil. Amen.



### GLORY BE

to the Father,  
and to the Son,  
and to the Holy  
Spirit. As it was in  
the beginning, is  
now, and ever shall  
be, world without  
end. Amen.

**HAIL MARY,**  
Full of Grace,  
The Lord is with  
thee. Blessed art  
thou among  
women, and  
blessed is the  
fruit of thy womb,  
Jesus. Holy Mary,  
Mother of God,  
pray for us sinners  
now, and at the  
hour of death.  
Amen.

## The **ROSARY** Proper

The Rosary is essentially the decades and their associated mysteries, and only these must be prayed to "pray the Rosary," either in satisfaction of Our Lady's requests, or to gain the indulgences attached to praying the Rosary. The traditional Rosary is divided into three parts, each having five mysteries:

### Joyful

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

## Sorrowful

1. The Agony in the Garden
  2. The Scourging at the Pillar
  3. The Crowning with Thorns
  4. The Carrying of the Cross
  5. The Crucifixion
- 

## Glorious

1. The Resurrection
  2. The Ascension
  3. The Descent of the Holy Spirit
  4. The Assumption of the Blessed Virgin Mary
  5. The Coronation of the Blessed Virgin Mary
- 

*In his apostolic letter, "The Rosary of the Virgin Mary," Pope Saint John Paul II proposed a new set of mysteries, which he called the "Luminous," and which concern the period of the public life of Our Lord:*

## Luminous

1. The Baptism in the Jordan
  2. The Wedding at Cana
  3. Proclamation of the Kingdom
  4. The Transfiguration
  5. Institution of the Holy Eucharist
- 

For those who wish to say all 20 decades at once during the course of a day, they may be said in the following order: **Joyful, Luminous, Sorrowful and Glorious.**

For those who wish to say only 5 decades per day, the Holy Father proposed the following schedule:  
**Joyful (Mon & Sat), Sorrowful (Tues & Fri),  
Glorious (Wed & Sun), Luminous (Thurs)**

**While meditating on the Mysteries, recite:**

One **Our Father** (large beads), 10 **Hail Marys** (small beads) and 1 **Glory Be** (before the next large bead) to make a complete decade of the rosary.

**After each decade, the Fatima Prayer may also be said (Pope Pius XII):**

**O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who are in most need of Thy mercy.**

*Concluding* **PRAYERS**

---

**After the completion of five mysteries (5 decades), or 15 or 20, the following is customarily said:**

Hail Holy Queen (or Salve Regina may be sung)

**Hail, Holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.**

(Verse) Pray for us, O Holy Mother of God.

(Response) That we may be made worthy of the promises of Christ.

## ROSARY Prayer

---

(Verse) Let us pray,

(Response) O God, Whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

Most Sacred Heart of Jesus, **have mercy on us.**

Immaculate Heart of Mary, **pray for us.**

*For the* **INTENTIONS**  
*of the* **HOLY FATHER**

---



Catholics who say the Rosary in a group, or individually before the Blessed Sacrament, may gain a plenary indulgence under the usual conditions, which includes prayer for the intentions of the Holy Father.

*(1 Our Father, 1 Hail Mary, and 1 Glory Be.)*



EWTN MEDIA MISSIONARIES

5817 Old Leeds Road Irondale, AL 35210 USA

205.795.5771

[volunteers@ewtn.com](mailto:volunteers@ewtn.com)

[www.ewtnmissionaries.com](http://www.ewtnmissionaries.com)