

SAINT ELIZABETH ANN SETON



Elizabeth Ann Seton

2-Day Retreat Weekend Recommended Prayer Guide

(Developed by Lay Carmelite spiritual directors Dr. Denise Marie Mari, TOCarm & Lynn Marie Knapke, MA, CPhT, creators of “The Four Waters of Prayer” video: <https://youtu.be/oO8fvJOJbmc>)

Optional: Novena Prayer for 9 days before your retreat (or 9 days after your retreat)

Novena to St. Elizabeth Ann Seton

[Pray for nine consecutive days]

O Father, the first rule of our dear Savior’s life was to do Your Will.
Let His Will of the present moment be the first rule of our daily life and
work, with no other desire but for its most full and complete accomplishment.

Help us to follow it faithfully, so that doing what You wish we will be
pleasing to You, especially regarding this intention I bring before you now...
(Make your request)...
Amen.

Our Father, ... Hail Mary, ... Glory Be... Amen.

START YOUR RETREAT WITH A SATURDAY VIGIL MASS (at 4pm/4:30pm/5pm/5:30pm/6pm), then continue as below . . .

SATURDAY EVENING

<p><u>Beginning at 7:30 PM</u> 3 Minute Prayer</p>	<p><u>By 7:45 PM</u> 3 Minute Video</p>	<p><u>At 7:45 PM</u> About 1 hour Reading</p>	<p><u>At 8:45 PM</u> Free Journaling</p>	<p><u>At 9:15 PM</u> 96 Min. Video</p>	<p><u>At 11:00 PM</u> 3 Minute Prayer</p>
<p><i>Saint Elizabeth Ann Seton Prayer for Teachers</i></p> <p>Holy Father, You called Elizabeth Ann Seton to educate your children. Inspire us, by her example, to find your will in the present moment. Through her prayers, may we learn to teach others how to love like you. We ask this in the name of Jesus Christ, our Lord and Teacher. Amen.</p>	<p><i>Who is Saint Elizabeth Ann Seton?</i></p> <p>https://www.youtube.com/watch?v=RnopbA9r4yg</p>	<p><i>The Soul of Elizabeth Seton : A Spiritual Autobiography Culled from Mother Seton's Writings and Memoirs</i></p> <p>https://via.library.depaul.edu/cgi/viewcontent.cgi?article=1013&context=vincentian_ebooks</p> <p>(As much of the book as you wish during this retreat segment)</p>	<p><i>Some questions for pondering</i></p> <ol style="list-style-type: none"> 1. What stood out to you most from what you read? 2. Did Elizabeth's life and writings challenge you in any way? If so, how? 3. As a teacher, what did you learn from St. Elizabeth? 4. What touched you? 5. What would you like to learn more about? 6. What other reflections, reactions, etc. do you have to the reading? 	<p><i>Film Features her Inspiring Story</i> as America's 1st Native born Saint WIDOW, CONVERT, MOTHER, RELIGIOUS & EDUCATOR</p> <p>STARRING Star Trek's KATE MULGREW (& Bishop John Carroll played by Lorne Green)</p> <p>"Very well done and . . . suited for family viewing as few films are today." – Grannie Annie</p> <p>https://www.youtube.com/watch?v=RQcz88alD-c</p>	<p><i>Saint Elizabeth Ann Seton's version of the Memorare</i></p> <p>Remember, O most pious Virgin Mary, that no one ever had recourse to you, implored your help, or sought your mediation without obtaining relief. Confiding then on your goodness and mercy, I cast myself at your sacred feet, and do most humbly supplicate you, O Mother of the Eternal Word, to adopt me as your child and take upon yourself the care of my eternal Salvation. O let it not be said, my dearest Mother, that I have perished where no one ever found but grace and Eternal Salvation. Love me, my Mother.</p>

SUNDAY MORNING

<u>Beginning at 8:00 AM</u> Opening Prayer	<u>By 8:15 AM</u> 1 Hour Reading	<u>At 9:15 AM</u> Free Journaling	<u>At 9:45 AM</u> Prayer	<u>At 10:00 AM</u> 9 Minute Video	<u>At 10:15 AM</u> 10 minute Break	<u>By 10:30 AM</u> 1 Hour Reading	<u>At 11:30 PM</u> Free Journaling	<u>At 12:00 PM</u> Prayer	<u>At 12:15 PM</u> 45 Minute Lunch Break
<p><i>Saint Elizabeth Ann Seton</i>, having a deep love for education, you founded Saint Joseph's School, wrote text books for the children, and trained the Sisters to teach. I am sure, then, that you are able to understand and appreciate the different levels of learning that are present within children. Please pray that I may be blessed with patience in this difficult time. Pray too, that I may be given the grace to persevere in faith, hope, and love during this situation, as well as throughout the rest of my life.</p>	<p><i>The Practice of Spiritual Direction In the Life and Writings of St. Elizabeth Ann Seton</i></p> <p>https://via.library.depaul.edu/cgi/viewcontent.cgi?article=1024&context=vincientian_ebooks</p> <p>(As much of the manuscript as you wish during this retreat segment)</p>	<p>See questions from Saturday evening</p>	<p><i>Litany of St. Elizabeth Ann Seton</i> (See below)</p>	<p><i>Stories of the Saints</i></p> <p>https://www.youtube.com/watch?v=ETowlAHQQgg</p>		<p><i>The Practice of Spiritual Direction In the Life and Writings of St. Elizabeth Ann Seton</i></p> <p>https://via.library.depaul.edu/cgi/viewcontent.cgi?article=1024&context=vincientian_ebooks</p> <p>(As much of the manuscript as you wish during this retreat segment)</p>	<p>See questions from Saturday evening</p>	<p><i>Psalm 23: Shepherd me, O God.</i> (One of Elizabeth Ann Seton's favorite Psalms)</p> <p>1 The LORD is my shepherd, I shall not want;</p> <p>2 he makes me lie down in green pastures. He leads me beside still waters;</p> <p>3 he restores my soul. He leads me in paths of righteousness for his name's sake.</p> <p>4 Even though I walk through the valley of the shadow of death, I fear no evil; for You are with me; Your rod and your staff, they comfort me.</p> <p>5 You prepare a table before me in the presence of my enemies; You anoint my head with oil, my cup overflows.</p> <p>6 Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the LORD forever.</p>	

SUNDAY AFTERNOON

<u>At 1:00 PM</u> Prayer	<u>By 1:15 PM</u> 45 minutes Video plus Art Time	<u>At 2:30 PM</u> 1 Hour Reading	<u>At 3:30 PM</u> Free Journaling	<u>At 4:15 PM</u> Prayer
<i>Healing Challenging Relationships</i> Dear St. Elizabeth, daughter, wife and mother Pray for any strained relationship I possess. Ask our heavenly Father to bring peace to my family. And let us be open to each other's thoughts, feelings and love. Your prayerful offerings, along with my own, give Him glory. Through these prayers, may this family know a love and understanding that has been missing and that is desperately needed. Pray for all members that we find peace and patience in our hearts. Amen.	<i>"Drawn to the Saints"</i> https://www.youtube.com/watch?v=x2LxWuPBlis Feel free to just view the video and, if you wish, feel free to draw along while viewing or do some other art about Elizabeth Ann Seton	<i>Historical Perspectives on Elizabeth Seton and Education: School is My Chief Business</i> https://digitalcommons.lmu.edu/cgi/viewcontent.cgi?article=1347&context=ce (As much of the manuscript as you wish during this retreat segment)	<i>See questions from Saturday evening</i>	<i>Saint Elizabeth Ann Seton Prayer for Students</i> O God, You called Elizabeth Ann Seton to be an instrument of your loving mercy. Despite loss and sorrow, she was an example of hope and love. Inspire us with your Blessed Sacrament to live our life for others. We ask this in the name of Jesus Christ, our Lord and Teacher. Amen.

Should any of the above links not work, please email HOHiNTL@gmail.com to request alternatives.

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Shrine of St. Elizabeth Ann Seton (i.e., her marriage home)

Church of Our Lady of the Rosary

7 State Street

New York, NY 10004

(212) 269-6865

<https://spcolr.org/st-seton-shrine-1>

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The National Shrine (and Basilica, etc.) of St. Elizabeth Ann Seton

339 South Seton Ave.

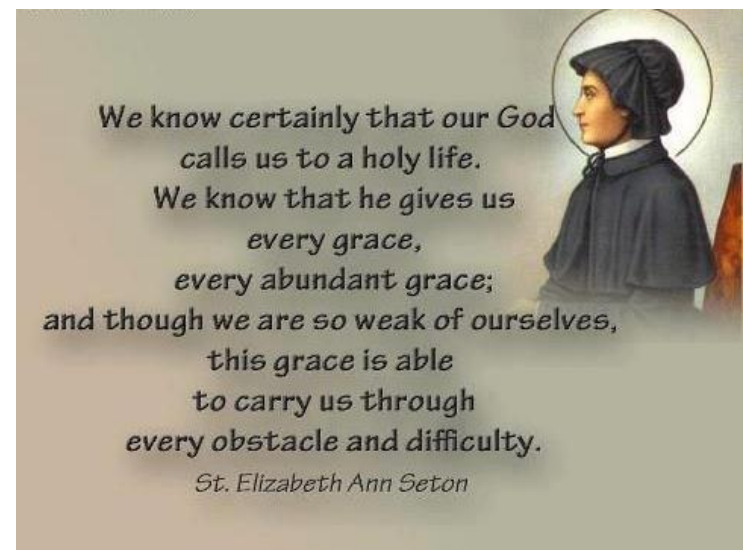
Emmitsburg, Maryland 21727

(301) 447 – 6606

Tour groups (esp. on weekends): (301) 447-6981

Email: office@setonshrine.org

Web site: www.setonshrine.org



Litany of St. Elizabeth Ann Seton

Elizabeth, Loving Daughter
Encourage in all children obedience and love.

Elizabeth, Troubled Teenager
*Speak to today's confused, sometimes abused
young people.*

Elizabeth Faithful Wife
Grant gifts of love and generosity to all spouses.

Elizabeth, Caring Mother
Share your mother's heart with all parents.

Elizabeth, Loyal Friend
Teach us to share friendship generously.

Elizabeth, Courageous Convert
*Strengthen the newly baptized as they embrace
the faith.*

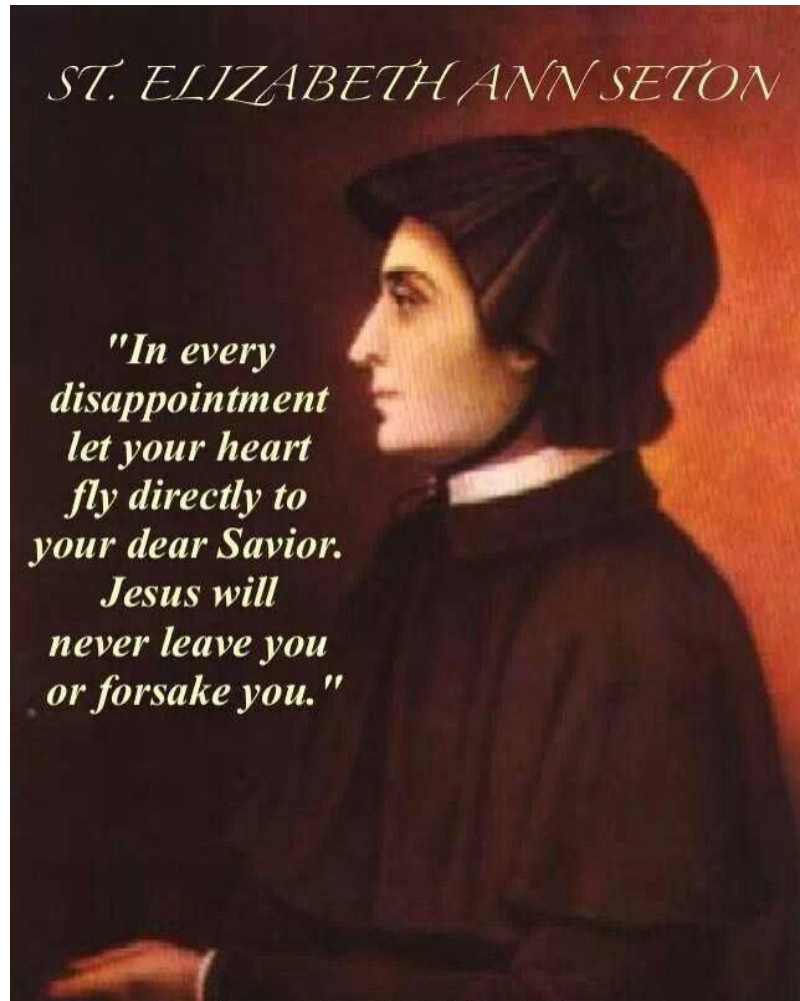
Elizabeth, Sorrowing Mother
Console those parents suffering the loss of a child.

Elizabeth, Steadfast Religious
Inspire young women to follow in your path.

Elizabeth, Inspired Educator
Share your gifts with all teachers.

Elizabeth, A woman for all women
*Bestow your charism of love and service on all
women today.*

Amen.





SUPPLEMENTAL RESOURCE: *Christmas Reflection*

Devoted to Mary pregnant with the Unborn Baby Jesus in her chaste womb
St. Elizabeth wrote: “Jesus nine months in Mary, feeding on her blood - Oh Mary! These nine months.”

ST. ELIZABETH ANN SETON AND THE UNBORN CHRIST CHILD

August 26, 2009, 11:01 am

<http://unbornwordoftheday.com>

‘Maria Gravida’-Institute of St. Philip Neri, Berlin (It is a reproduction of the original in Malta.)

In his book entitled *The Soul of Elizabeth Seton*, Joseph I. Dirvin (Ignatius Press) writes that St. Elizabeth Ann Seton had a devotion to the motherhood of Mary and the hidden life of Jesus in his mother’s womb. Here are quotes from his book detailing her devotion:

“**The saint shared her delighted contemplation of the love of Jesus and Mary as he lay hidden in her chaste womb with St. Louise de Marillac**, foundress with St. Vincent de Paul of the Daughters of Charity, whose Rule and spirit Elizabeth had chosen for her own community and who like Elizabeth was a widow and mother. **It was an established devotion of both, nurtured by their motherhood**, as Elizabeth bore witness in a note to Brute perhaps at Christmastime: *“Blessed, it would please your so kind heart to know that this week past or more, our Soul’s dear Baby has been much more present to me than the beloved babies of former days, when I carried and suckled them. He, the Jesus Babe, so unspeakably near and close, hugged by His poor, silently delighted wild one!”*” (pg. 84)

“The maternity that united the Virgin Mary with Elizabeth Seton is especially strong in an exquisite meditation for the feast of the Assumption. *“Jesus nine months in Mary, feeding on her blood- Oh Mary! These nine months”*. Elizabeth wrote in remembrance of a like joy she herself had known in carrying her children. Now she was savoring it again in transcendent communion with the divine motherhood.” (pg. 83)

“Elizabeth also pursued her mother’s intuitions of Mary with her Sisters. As an outline of a conference attests. “We honor her continually with Our Jesus.” she told them. *“His nine months within her”* – the thought inspired a fresh spate of spiritual insights – *“what passed between them-she alone knowing Him. – there was indeed a time when Mary alone of all mankind knew that the Messiah had come – He her only tabernacle...Mary full of grace, Mother of Jesus! Oh we love and honor Our Jesus, when we love and honor her.”*” (pg. 84)

“...she did not hesitate to close one letter (to her daughter) with these exalted words: *“My Rebecca, we will at last unite in His eternal praise, lost in Him, you and I, closer still than in the nine months so dear when, as I told you, I carried you in my bosom as He in Our Virgin Mother’s – than no more separation.”*” (pg. 120)