

Ministry

Friends of Jesus and Mary



An apostolate directed to children of all ages and their families.

“Through the children to the conquest of all people.”

St. Henry of Osso



Prayer to the Holy Spirit

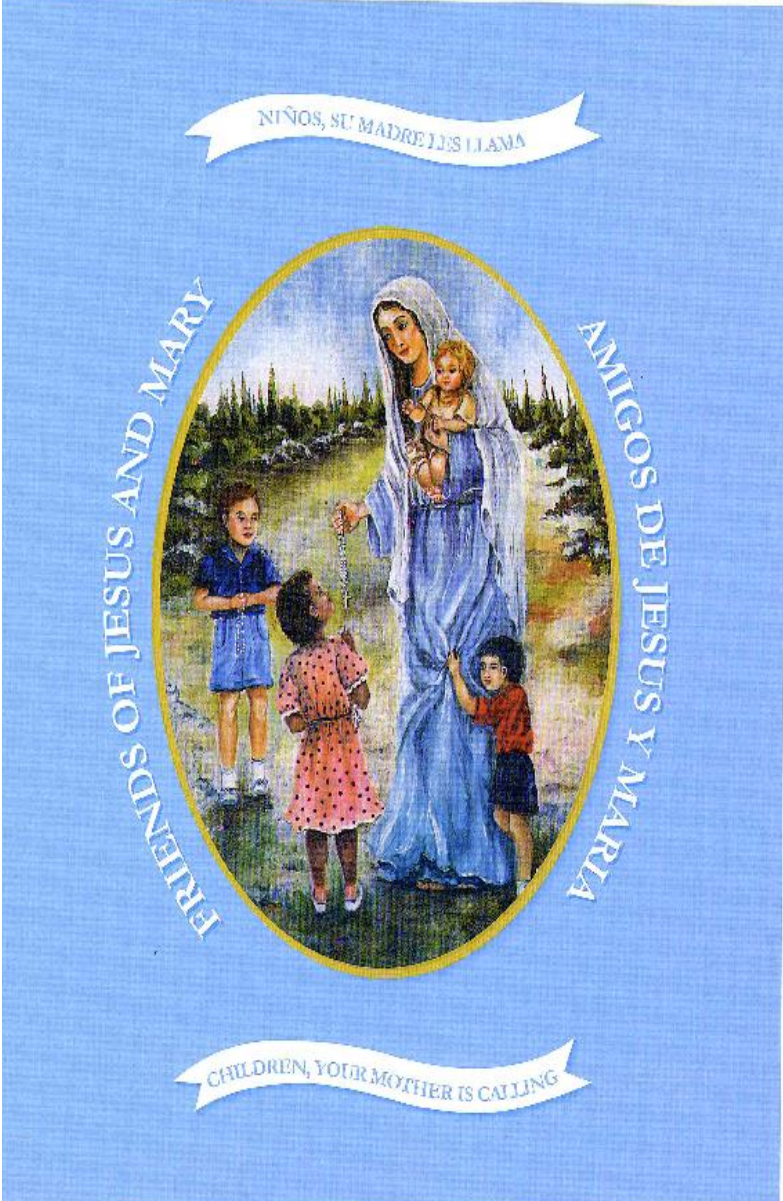
Come Holy Spirit,
come and fill our hearts with your love.
In union with Mary, our Mother,
form Jesus in each one of us,
so we may be like Him:
good, compassionate, full of love and mercy.
Holy Spirit come, come.

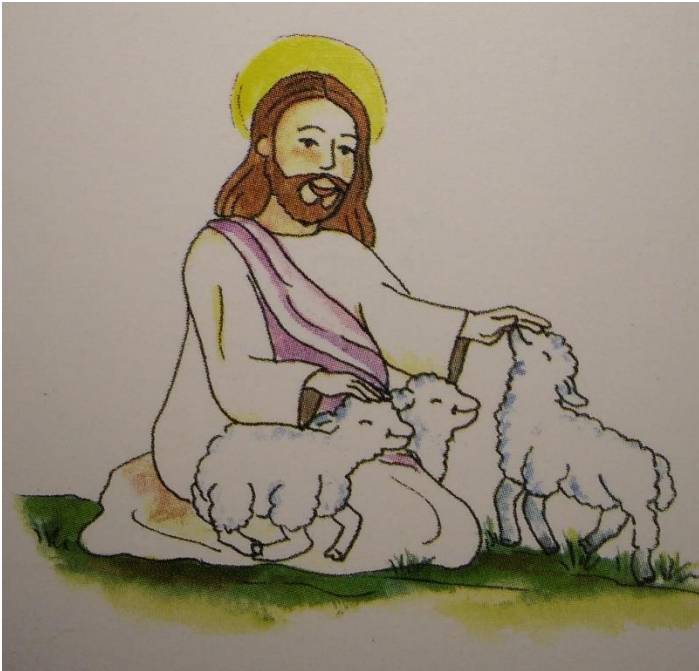
AMEN

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Mary invites you to pray with Her, meditating on the mysteries of the life of Jesus that she treasured and meditated in her heart.





“I am the good shepherd; I know my sheep
and my sheep know me”.

(Jn. 10, 14)

“Let the little children come to me, and do not hinder them, for
the kingdom of God belongs to such as these.” (Mk 10, 14)

“See that you do not despise one of these little ones. For I tell you
that their angels in heaven always see the face of my Father in
heaven”.

Your Father in heaven is not willing that any
of these little ones should perish.”

(Mt.18:10-14)

“You are the hope of the world
In whom Jesus finds delight,
who, being God, became a Child
for love of you”.

(St. Henry of Ossó)

Sister Ángela Ros S.T.J.



Sister Angela Ros S.T.J. is a Teresian sister who served the Catholic community in Miami for 6 years. Her deep love for Jesus and His Holiest Mother Mary, prompted her to become one of the founders of the Florida Center for Peace. She was instrumental in starting the prayer groups for adults, Mary Queen of Peace, touching many hearts. Her enthusiasm and love extended to children which led her to also start the Ministry Friends of Jesus and Mary, a ministry dedicated to organizing prayer groups for children. Both ministries are sponsored by the Florida Center for Peace.

She visited different countries giving workshops for new prayer group guides. She currently lives in San Antonio, Texas forming part of a community of retired Teresian sisters. The FLORIDA CENTER FOR PEACE will always remember her with the words of St. Paul:

“I BELIEVED, THEREFORE I HAVE SPOKEN.” (2Cor 4,13).

Ministry Friends of Jesus and Mary

MFJM is an apostolic association for global evangelization created in response to a call that Our Holy Mother, the Virgin Mary made to three young shepherds Jacinta (6), Francisco (8) and Lucia (9) in Fatima, Portugal in 1916. Its purpose is to start prayer groups to teach children to love Jesus, Mary and their faith by praying and meditating on the mysteries of the lives of Jesus and Mary through the Holy Rosary, meditating on the Gospels, learning about the lives of the Saints, and the precepts of the Church while using abundant educational material adapted to the

different ages of the children. The goal is that the children will be another Jesus on earth and thus regenerate the family and society so that God may reign. The MFJM, has its Biblical foundation on the following phrases from the Gospels:

“I am the Good Shepherd. I know my sheep, and my sheep know me” (Jn. 10:14)

“Let the children come to Me, do not hinder them, because theirs is the Kingdom of Heaven.” (Mt 19:14)

“See that you do not despise one of these little ones. For I tell you that their angels in Heaven always see the face of My Father who is in Heaven.” (Mt. 18:10-14).

And the words of St. Henry of Osso, patron of the MFJM: “You are the hope of the world, in whom Jesus finds His delight, who being God, became a child for your love”.

CHARISM

The Charism of the MFJM, is based on St. Henry of Osso's dream, that all the children will be another Jesus on earth, thus regenerating the world; and having the sole **mission: "to know and love Jesus and make Him known and loved by all"**. MFJM's **Motto** is: **"Through the children to the conquest of all people"**.

SPIRITUALITY



Christ-Centered - Develop a spirit of prayer, so they can begin from a young age to follow Jesus alive in the Eucharist, love Him in our neighbor, especially in our families.

Marian - Imitate Mary in her complete YES to God's will.



Ecclesial - Promote love, obedience, and loyalty to the Pope and the Church.

OBJETIVES

To form prayer groups so we can:

- Develop a pastoral plan, for the sole purpose: "to show the children and adolescents, the parents, the Church, and all MFJM volunteers how to maneuver on the road that takes us with certainty to heaven."

OBJETIVES (Cont.)

- Help children develop their personal relationship with Jesus, through prayer and devotion to Eucharistic adoration, so they can know Him, love Him intensely and keep Eucharistic Christ as the center of their lives, without forgetting to also find Him in their neighbor.
- Inspire love for Our Mother in Heaven, through the knowledge and recitation of the Holy Rosary.
- Promote a suitable catechetical formation through the knowledge of the Sacred Scriptures and the Commandments of the Holy Mother Church.
- Instill faith in our children whom inside the maternal womb, they are formed in the faith"; (Lk.1:41) are then born in the faith (Jn. 3, 5), grow in the faith (Lk. 2, 51-52), live in the faith (Gal. 2,20) and die in the faith (Jn. 11, 25-26) for the glory of God.

MEANS

MFJM organizes and supports the following pastoral groups to help meet its objectives.

- **Nests/Children's prayer groups:** that meet in community to pray and participate in the monthly teachings that the MFJM has developed, according to ages and psychology.
- **Prayer Communities for Expectant Mothers:** who meet and gather to pray, as means of initial formation to the children in the maternal womb.
- **Young friends of Jesus and Mary:** that meet to pray, to live the universality of the faith and practice good behavior and habits. They are encouraged to know themselves better and explore different vocations.
- **Prayer Communities for Parents:** that meet to pray and form themselves in the Faith.
- **Volunteer Missionaries:** those that know the Charisma of MFJM and are available to promote assigned missionary actions with the proper preparation and formation.

PRAYER GROUPS

All the children of the world are Friends of Jesus and Mary!

What is a Prayer Group?

It is a gathering of children on a path to knowing and loving Jesus and Mary through prayer and meditation of the Sunday Gospels and the mysteries of the Holy Rosary. The main goal is to help them develop a personal relationship with Jesus and Mary.

The prayer groups are the school where their hearts are formed in the love of Jesus and Mary. They will learn to pray, and to talk to Jesus so they can live to transform the world through love.

In the prayer group, the children are savoring living a life of prayer, "HOW GREAT IS THE LORD FOR THOSE WHO SEEK HIM". Also, they will love God more each day living in virtue and growing in grace and wisdom.

The first religious experiences are important to the future growth of the children and should be instilled at an early age. They should be taught the life and doctrine of Jesus, to pray and live the Christian life, to practice virtue, and to sacrifice and do good works according to their age.

It is important to encourage interpersonal relationships between them and with other prayer groups to foster a spirit of community.

Size of the Group:

No size is recommended for a group; the guides can best determine what size is conducive to maintaining control. However, generally, no more than 15 children per guide are recommended so unity, attention to prayer, and spiritual growth are possible.

Who are Prayer Group Guides?

They are those persons that have responded to God, our Father's call, and chosen to serve His Son, Jesus' mandate: "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these". (Mk 10.14) They should be practicing Catholics.

They are those persons who with the strength of the Holy Spirit, embark on a journey of personal conversion so they can give testimony with their life to the children, sharing their personal experiences of faith.

The guides should not only be receptive, affectionate, and patient, but, also, their actions should be in perfect harmony with what they teach. The goal is to reflect God's love for us and guide them to grow in prayer and love.

How is the Spiritual Life of the Guide?

Prayer is essential to the spiritual life of the Guide. When in prayer, they ask the Holy Spirit to illuminate and guide them, thereby transmitting the love and presence of God to the children. They use the 5 stones that the Virgin Mary gave us to open our hearts and to conquer evil:

Pray the Rosary daily, with the heart.

Receive the Eucharist where Jesus, who loves us, fills us with His life and love.

Read the Bible "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." (Mt 6:6) It is God who speaks to us; do it with love.

Fast If possible, once a week. This increases strength in prayer.

Purify the Soul Frequent the sacrament of Reconciliation at least once a month. Trust in **Mary**, imitate her virtues, and consecrate yourself to her Immaculate Heart.

PSYCHOLOGY OF THE CHILD

Stages of Growth

Life in the Womb: The parents should provide a peaceful and loving home environment so the mother can transmit peace and love to the baby. Praying together and speaking to the baby transmits the happiness they feel of having him/her in her womb. They should also offer the baby to Jesus and Mary so They may accompany them throughout the 9 months.

From birth to 2 years old: Happiness is assured for the baby through breastfeeding, not only because it is the best nutrition, but also the closeness to the mother transmits much emotional security. Already in the second month appear sentiments of dissatisfaction and pleasure. In the third month appear sentiments of anger and anguish; their happiness is explosive. During the first year, they cannot differentiate between themselves and their environment. At two years old, they express friendliness or dislike. They become egocentric, wanting everything for themselves. Parents should try to teach sharing although they do not seem to understand. The parents should portray harmony and union amongst themselves and pray together. Teaching them songs about God's love is a great tool in teaching the faith.

From 3 to 5 years old: They are in the discovery stage, so they ask many questions. Their attention span is short, are egocentric, but they are receptive and trusting. They are ready to learn; activities should be varied using all 5 senses. Explain the rosary and other forms of prayer using visuals and auditory: crafts, posters, videos, hand movements, dancing, acting, and music.

PSYCHOLOGY OF THE CHILD

Stages of Growth (cont.)

From 3 to 5 years old (cont.): They like to pray and to ritualize everything. During their short attention span, they can not only memorize prayers of the rosary because of the repetition, but also passages of the Gospels. Only one passage or concept should be taught at a time. Each concept should be explored in depth so the child may assimilate it spiritually.

Always communicate that **GOD, THEIR LOVING FATHER AND PROTECTOR OF CHILDREN, IS WITH THEM AT ALL TIMES AND IN ALL PLACES.** This must be repeated often acting out examples.

From 6 to 8 years old: At this stage, they seek independence. They do not think abstractly, nor remember teachings in order. Their concentration is short. They begin to share, and their friends become more important.

Through short periods of prayer and in silence, they develop the capacity to analyze readings. Consequently, they can meditate on: ...

JESUS IS MY BEST FRIEND. – MY CAPACITY TO LOVE JESUS AND OTHERS. THE CHILDREN OF THE WORLD HAVE NO LIMITS. – JESUS LOVES ME DESPITE MY ERRORS. WE ARE HAPPY BECAUSE WE HAVE THE LOVE OF GOD.

PSYCHOLOGY OF THE CHILD

Stages of Growth (cont.)

The guide should:

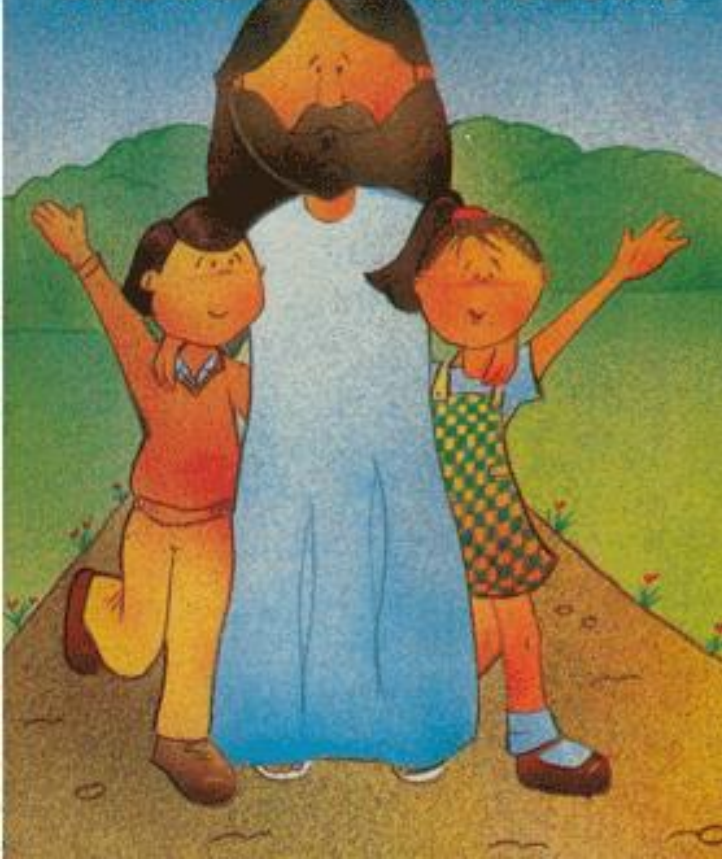
- Be patient, accepting the different manifestations of joy, fear, sadness, pain, and anger that may be expressed.
- Lead them via the rosary to take the hand of Mother Mary towards Jesus, their friend forever.
- Guide them to the refuge of the Hearts of **JESUS AND MARY, AND TO JOSEPH**, Jesus' adoptive Father and **GOOD ADVISOR**.
- Show them the lives of the Saints, because at this stage they start to share with other friends. Encourage them to imitate the example of the lives of the Saints in their relationship with **JESUS AND MARY** and be examples to other children.

From 9 to 12 years old: During this time, they seek to be accepted by adults, to be part of a group, and to know they are capable. Their activities require much coordination and self-discipline. They discern between good and evil and are critical. Limits and responsibilities should be emphasized.

They have a simple faith, hunger for God, and a sense of justice, loyalty, and honor. Show them that these are God's main attributes practiced by the Saints and they should imitate them. They can recognize the greatness of God and adore Him. Encourage them to know, love, and venerate the Holiest Virgen Mary, recognizing in her God's gifts.

**In prayer this project was started and
in prayer it will be strengthened!**

GROWING WITH JESUS



ACTIVITIES

WEEKLY PRAYER GROUPS - This ministry is for children of all ages and lasts for 1 to 2 hours. (The time depends on the ages of the children and the judgement of the guides.)

Gathering place: The room should have enough space to accommodate the children and the guides. There should be a table with chairs for activities, another table to hold educational materials for the weekly lesson, and a small altar to hold the following:

A Christ,
A Bible,
A Pilgrim Virgen
Flowers,
A candle,
Rosaries, one per child.
Basket for petitions



Weekly Plan: *The following schedule is a guideonly, but prayer should never be neglected to cover all items. Choose the activities and themes according to the children's ages and the time allotted.*

- ✓ Open with a song.
- ✓ Start with a prayer to the Holy Spirit (to the Virgen Mary and to the Guardian Angel)
- ✓ Read the Sunday Gospel, or a parable, miracle of **JESUS**, the life of the Virgen Mary, the life of a Saint, or another bible story.
- ✓ Pray the Holy Rosary meditating on the mysteries, or just a decade for younger children.
- ✓ Develop lesson and delve into a mystery of the Rosary.
- ✓ Make a weekly commitment.
- ✓ Do a craft or play a game that corresponds to the lesson and ages of the children.
- ✓ Finish with a prayer and songs of praise.
- ✓ Give the Pilgrim Virgen to a family.

ACTIVITIES (Cont.)

Suggested Themes: *The following is a list of suggested themes. We suggest reading the Sunday Gospel and teaching the children to pray first. Other topics can be introduced as the group matures.*

- The importance and power of prayer with examples.
- Prepare for seasons of the Liturgical Year (Advent, Christmas, Lent, Easter, Pentecost)
- Visit **JESUS IN THE BLESSED SACRAMENT**, if possible, once a month.
- Talk about the life of the Saints, especially the Virgin Mary and St. Joseph, adoptive father of Jesus, husband of **the Virgin Mary** and protector of families, and the life of St. Henry of Osso, patron saint of the **Ministry Friends of Jesus and Mary**.
- The teachings of the Church: the Sacraments, the 10 Commandments...

On our web page: www.fcpeace.com, under **Friends of Jesus and Mary**, the monthly package includes meditations and activities for suggested themes.

Further Recommendations for Weekly Prayer Groups:

- a) Create a pleasant and loving environment. **Discipline**, and punctuality are essential. Begin on time regardless of the number of children present.
- b) Receive the children affectionately showing your pleasure at their presence.
- c) If necessary, give them something to eat/drink.
- d) Open with a Song and Prayer. Song recommendations:
 - * Ave Maria of Lourdes
 - * Angels Watching Over Me
 - * A Gift to You
 - * I've Got Joy Joy Joy...
 - * Jesus is my Best Friend
 - * This is the Day
 - * Holy Spirit for Children

ACTIVITIES (Cont.)

e) In the first half hour, explore the theme of the week: Gospel, Saint story, preparation for Seasons of the Liturgical Year... A video can be used to present a theme.

f) Pray the Rosary *(Pray the complete Rosary, if time and age permits, teaching them little by little. When groups are new or children very young, one decade is appropriate and can be increased slowly.)*

- Emphasize the importance of prayer time. Light a candle so there is silence and invite Jesus to be present.
- Start with the Sign of the Cross and invoke the Holy Spirit.
- Ask for personal petitions.
- Explain verbally or visually the Mystery. (Verbally: can read from the bible, tell a story, listen to Rosary CD for children; visually: can use posters, a video, or act it out.)
- Read the fruit of the Mystery from the pamphlet: The Holy Rosary for Children.
- Each child prays an Our Father, Hail Mary, or Glory Be. (The younger children can pray with hand movements to help them understand and learn the prayers.)

g) Do a craft that supports the theme, appropriate to their ages. The younger children should only color and paste. The older children like to talk and share. Games are great for all ages.

h) Say final prayer and play praise music.

ACTIVITIES (Cont.)

i) Assign the Pilgrim Virgen



Assign the Pilgrim Virgen to someone to take home for the week to encourage family prayer. It should be a prize explaining that they are the guardians for the week and should return her the next week. The Pilgrim Virgen bag should include:

- † The Pilgrim Virgen
- † A notebook and pencil to write a summary of their experience.
- † Pamphlet: the Holy Rosary
- † A Rosary
- † A CD of the Holy Rosary for Children
- † A vase with flowers
- † A letter with instructions for the parents

CONSECRATION TO THE IMMACULATE HEART OF MARY

In response to Mary's call in Fatima to consecrate the children to Her Immaculate Heart, MFJM prepares the children, then consecrates them in a short ceremony.

Preparation: *(The length and depth of the preparation depends on the age of the child. They should understand the meaning and the benefits of the consecration.)*

They can also be prepared with the books **"Here is Your Mother"** or **"Children, Help My Heart to Triumph"**.

MFJM should explain the following:

- Review the promises made and graces obtained.
- Remind them of their Baptismal promises.
- Show them the DVD "The Children and the Sun", about the miracle of Fatima, stressing the power of children's prayers and sacrifices.

Promises Made: After consecration, the children promise to the Holy Virgin Mary:

1. To talk to **Jesus** every day.
2. To say **Yes** to **Jesus** as **Mary** did.
3. To pray the **Rosary** every day.
4. To demonstrate "my **LOVE** for **JESUS**" with small sacrifices for the conversion of sinners, and by loving and helping my brothers and sisters.

Graces Obtained: Mary's special protection and help.

CONSECRATION DAY

The family should be present on this solemn occasion because they too can receive the graces and blessings.

On this day, the child receives a Rosary and a pamphlet on how to pray it as a symbol of their commitment to pray the Rosary daily.

PRAYER OF CONSECRATION TO THE HOLIEST VIRGEN MARY

Mother, I give you my heart. Surrender it to Jesus. Look at me and hold me with love. I love you very much and will love you always, always, always. **AMÉN**

PRAYER OF CONSECRATION TO THE HEART OF JESUS

Oh, my good Jesus, I love you more than anyone. I give you my heart. Write in it this phrase:
“I WANT TO BE ANOTHER JESUS ON EARTH”. AMÉN.

PRAYER TO THE GUARDIAN ANGEL

My Angel, keep me, protect me, and take me to God.
AMÉN.



St. Henry of Osso – Patron saint of Friends of Jesus and Mary: student, pilgrim, priest, teacher, catechist, writer, founder, and great apostle.

The priest. St. Henry of Osso, possessed by Christ's love, spread his priesthood throughout the world. Fruit of prayer and surrender of his Christian mother, and illuminated by Mary and St. Teresa of Jesus, the priesthood was the reason for his life. **The strength of his priesthood drove** all his apostolic activities: catechism, seminary classes, publications, associations for children and youth, talks, conferences, spiritual exercises, promotion of women, Christian education, and the Company of St. Teresa of Jesus. **Living his priesthood** was drinking the water of Life: in the Eucharist, in prayer, on long retreats in the Desert of Palms, in Montserrat, and in Santi Spiritus... **The basis of his priesthood** was love of Christ and His Church. A **name:** Jesus; a **desire:** that everyone know and love Jesus and make Him known and loved. A **program:** restore all things in Jesus Christ. **An ideal life:** Incarnated in Mary and St. Theresa of Jesus, he wanted to be **another Jesus on earth.** He wanted men to know that God loved them, to be grateful for His love, for His fatherly tenderness, and to communicate this "good news" to everyone.

The founder, called by God to live the Teresian charisma of prayer and his vocation as teacher and wanting to prolong it into the future, he founded with a group of young women teachers and apostles **The Company of St. Teresa of Jesus,** to extend knowledge and love of Jesus throughout the world. Breaking barriers of space and time, he launched the Teresians, with the sole purpose of, "**Being all for Jesus**". Consecrated to Him in prayer, they dedicated themselves to education and sacrificed themselves for the glory of God, imitating Mary, and according to the model of St. Theresa of Jesus.

His mission: Educate children, and especially women, forming the image of Jesus in their minds and hearts.

Prayer of the Guide

Oh Jesus, give me your peace,
so I can listen to your voice,
so I can hear the inspirations of the
Holy Spirit for our children.
I am sorry for all my sins and forgive everyone.

Free me from the sin of my darkness.
Take from this world the sin of disbelief that lives within us
and which impedes us from knowing YOUR DIVINE WILL,
which makes us deaf, even preventing us from feeling your Word.

Infuse Your Holy Spirit in me to converse with me,
and to propel all my actions.

Spread Your Spirit in the environment where we find ourselves.
Take away any bad spirit and impulse that comes from evil.

You, oh Lord, reveal yourself; we are here to find you.
Strengthen our desire for You,
so we may seek you unceasingly and find salvation.

I ask you Lord, that the children may be able to understand us;
that what we teach may not be like a lesson in a manual,
but an authentic response to their need to know and love you.

Amen!

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