



Sharing  
our  
Spiritual  
Treasures

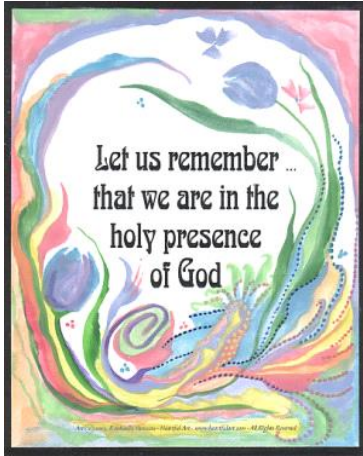
## BLESSING THE HOUR

**“Let us remember the holy presence of God.  
Let us adore His Divine Majesty!”**



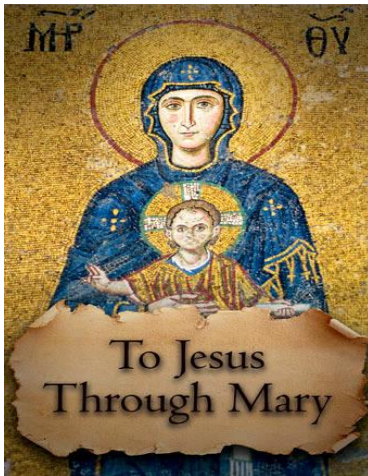
Looking into my heart memory, I fondly remember the numerous 'spiritual treasures' that our IHM sisters taught me during my elementary schooling. One that I especially remember is 'Blessing the Hour.' Each week Sister would assign one person to be the 'Bell Ringer', whose assignment was to ring the bell on the hour and with a clear voice say, "Let us remember the holy presence of God," and the class would respond, "Let us adore His divine majesty." After a short pause we would then say an aspiration to Our Lady. This practice was one that continued from grade to grade, and each year we looked forward to being that prestigious bell ringer.

In the late 17<sup>th</sup> Century, St. John Baptist de La Salle, founder of the Christian Brothers, taught his brothers to have their students say, after the ringing of a bell, "Let us remember that we are in the holy presence of God." The students recited this prayer every hour. To this day this practice is still an important part of any school founded by the Christian Brothers.



You might ask, how can I possibly put this holy practice into my already busy schedule? As my mom would say, "Never say never." Perhaps, with your grade partners, you can decide on one time in the morning and one time in the afternoon to stop and remember the presence of God. An acronym that may help remind your students about this special prayer action could be:

**D**rop  
**E**verything.  
**E**veryone  
**P**ray.



This short prayer reminds not just our students, but also ourselves, to be more aware that our loving God is with us and guiding us throughout our busy day.

Listed below are some aspirations, corresponding to the Marian feast(s) of a particular month, that your students can say when they Bless the Hour.



### **SEPTEMBER**

8<sup>th</sup> Holy Name of Mary, bless us.

15<sup>th</sup> Our Mother of Sorrows, pray for us.

### **OCTOBER**

7<sup>th</sup> Our Lady of the Rosary, pray for us.

### **NOVEMBER**

27<sup>th</sup> Our Lady of the Miraculous Medal, pray for us,

### **DECEMBER**

8<sup>th</sup> Solemnity of the Immaculate Conception

O Mary, conceived without sin, pray for us who have recourse to thee.

12<sup>th</sup> Our Lady of Guadalupe, pray for us.

### **JANUARY**

1<sup>st</sup> Solemnity of Mary, Mother of God. Mary, Mother of God, pray for us.

### **FEBRUARY**

11<sup>th</sup> Our Lady of Lourdes, pray for us.

### **MARCH**

5<sup>th</sup> Our Lady of Good Help, pray for us. (Approved appearance and Shrine of Our Lady of Good Help in Green Bay, Wisconsin.)

25<sup>th</sup> Feast of the Annunciation of Lord - *Mary, Mother of our Savior, pray for us.*

### **APRIL**

26<sup>th</sup> Our Lady of Good Counsel, counsel and protect us.

### **MAY**

1<sup>st</sup> Our Lady, Queen of the May, pray for us.

13<sup>th</sup> Our Lady of Fatima, pray for us.

### **JUNE**

(Saturday after the feast of the Sacred Heart) Feast of the Immaculate Heart of Mary- Immaculate Heart of Mary, pray for us.

27<sup>th</sup> Our Mother of Perpetual Help, pray for us.