



Founded in 1921, it is a world-wide organization of the lay apostolate, in which Catholic men and women sanctify themselves through prayer and spiritual work in union with Mary, the Mother of God, under the guidance of a spiritual director. The vision and focus of the **Legion of Mary (LoM)** is through prayer and acts as expressed in the **Spiritual Works of Mercy (SWM)**.

ACTIVE MEMBERS

To help the Legion of Mary to continue this focus on **prayer** and **Spirit Works of Mercy**, active members: **(1)** attend a **mandatory weekly meeting of 1.5 hours**, where devotion to Mary is expressed through praying the Legion of Mary **Tessera** (Legion prayers that consist of praying the rosary and other prayers) and up to 15-20 minutes of Legion business. Secondly, excerpts from the Legion of Mary handbook, which is a guide to spiritual growth and the work of the apostolate, are read and reflected upon at each meeting; **(2) two hours of weekly spiritual acts of mercy** are performed by each member in pairs. Spiritual acts may include one of the following: **(a)** visit the sick and homebound; **(b)** visit nursing homes; **(c)** visit prisons; **(d)** door-to-door evangelizing; **(e)** bringing the statue of the Virgin Mary into homes for special blessings; **(f)** enthronement of the Sacred Heart of Jesus and the Immaculate Heart of Mary; **(g)** CCD in the parish; **(h)** visitation of hospitals; **(i)** other spiritual needs of the parish and community in support of the pastor. Through the Holy Spirit, Mary modeled for us a way to live a more spiritual life by caring for others and performing acts of charity and grace. The sharing at these weekly meetings of the spiritual acts is the inspiration for others to join in this effort and increases our love for Jesus and Mary.

AUXILIARY MEMBERS

Complement active membership in praying the **Rosary** and reciting daily the **Catena**. The auxiliary members provide the vital element of the back-up of prayer. The **auxiliary members** prayer joins with the prayers of **active membership**. Auxiliary membership is ideal for those who work or are unable to attend weekly meetings. They perform daily prayers of mercy and pray for those in need as well as our own members. Fruits of Auxiliary Membership:

- Members share in the prayers and good works of the active members throughout the world.
- After death members share in the thousands of Masses offered each November throughout the world for the repose of the souls of all deceased active and auxiliary members.
- Members gain the indulgences attached to the saying of the Rosary.

We welcome all who feel called to participate either as active or auxiliary members of the Legion of Mary. If you have further questions, please contact Scott Douglass at (703) 501-2329.

