

Back to School



Boot Camp

A NINE DAY NOVENA
FOR CATHOLIC MOMS



I love my
Catholic Moms Group.com
LOVE. LAUGHTER. MOMENTS OF GRACE.

INTRODUCTION

“Back to School” certainly has a whole new meaning in 2020. Personally, I haven’t been able to stop thinking about what moms must be going through. The myriad of responses from moms that I have spoken to have been at two polar opposites: panic, relief, excitement, anxiety, joy, more panic, exuberance, caution, and overwhelm -- are all words I have heard moms use about the coming school year.

Both teachers and parents have to navigate our new normal return to school in somewhat the same way that many essential workers had to navigate their return to work months ago. Although those folks didn’t have to try to manage a class room full of kids or teachers who had built up a variety of different habits since the pandemic broke out. We are all at different stages in our reactions to COVID-19. We all have a different history, different circumstances, different health issues, which all of course affect our response to the pandemic. We need to be patient and merciful to those that have different reactions than our own.

Remembering that we are all in this together, and each response is uniquely personal is important as we begin the school year. I think parents, teachers and children could all use a few extra prayers and inspirational thoughts. Please pray for all leaders, educators and students going back to school.

Moms this Back to School Boot Camp - A Nine Day Challenge for Catholic Moms, is partially a novena and partially an action plan to help you, help your kids be spiritually equipped and have the tools to deal with the upcoming challenges that lie ahead. We would love to have you [join us for our event, RiseUp!](#) as we prepare for this upcoming school year!

I would love to hear from you about any additional prayers or actions you’ve added to make this challenge your own! Maybe a discussion on [the virtues](#) of obedience and courage? Maybe the art of making little sacrifices with love? Maybe a special gift for your teacher for the beginning of the new school year ahead?

To get the most out of this Back to School Boot Camp (novena), please pray the Magnificat with Mary Prayer daily for nine days, along with the suggested prayer and ‘actions’ for each specific day. Involve your children in one of the short prayers daily (is not necessary for your children to pray the long Magnificat to Mary prayer, unless of course it comes spontaneously form their hearts to do so!). Engage your children in conversation, activities and the prayers daily for nine days!

Please know that I have been praying for you and look forward to journeying with you through these nine days!

Dorothy Pilarski
Founder,
CatholicMomsGroup.com

MAGNIFICAT WITH MARY PRAYER

By Sr. Elizabeth Ann, SV

Mary, with your consent to become the Mother of God, torrents of grace poured forth upon the earth, opening up for me a path to follow.

In times of loneliness,

Mary, be with me.

In times of turmoil and uncertainty,

Mary, be with me.

In times of grief, loss, or illness,

Mary, be with me.

In times of sadness or depression,

Mary, be with me.

In times of lost plans and broken promises,

Mary, be with me.

When I am anxious about the welfare of my family,

Mary, be with me.

When a job or financial stress weighs heavily on my heart,

Mary, be with me.

When I am discouraged by the weight of my sins,

Mary, be with me.

When I am tempted,

Mary, be with me.

When I am afraid,

Mary, be with me.

When the Lord calls me to greater kindness and love,

Mary, be with me.

When the Lord calls me to greater forgiveness,

Mary, be with me.

When the Lord calls me to greater purity,

Mary, be with me.

On the wings of your Fiat, Mary, I proclaim mine. Together we sing a Magnificat of praise:

For all the blessings in my life,

I praise You, Jesus.

For the gift of today,

I praise You, Jesus.

For the gift of loved ones,

I praise You, Jesus.

For the gift of my life,

I praise You, Jesus.

For creating me with a special purpose and plan,

I praise You, Jesus.

For never giving up on me,

I praise You, Jesus.

For your infinite love,

I praise You, Jesus.

For never leaving me,

I praise You, Jesus.

For your inexhaustible mercy,

I praise You, Jesus.

For laying down Your life for me,

I praise You, Jesus.

For Your presence in the Eucharist,

I praise You, Jesus.

For the greater good You will bring out of everything, especially:

In moments when I feel helpless and vulnerable,

I praise You, Jesus.

In the midst of uncertainty,

I praise You, Jesus.

In the midst of humiliation,

I praise You, Jesus.

In the midst of difficulty,

I praise You, Jesus.

In the midst of what appears as failure,

I praise You, Jesus.

For sending Your Mother to me in both joyful and sorrowful moments,

I praise You, Jesus.

With Mary I sing:

The Almighty has done great things for me, and holy is His Name. Amen



Day One

ACTION

Today, bless your children and yourself with [Holy Water](#).

Many Catholic moms have forgotten that they can receive divine assistance through the use of [sacramentals](#). Blessing your children with Holy Water each morning and praying a little prayer ("I bless you in the name of the Father, the Son and the Holy Spirit) over them will console both you and them.

Often, when you begin this practice, little children will want to bless you! Let them! Relish in the graces and forge a spiritual bond with your children like no other! Remind children that they each have their own [Guardian Angel](#), and that their angel will help them, if they call on them and develop a relationship with their Guardian Angel. Pray this prayer and teach it to your children. Help them memorize it. Did you know that you can pray to your children's Guardian Angel, asking them to watch over your child? Teach them to pray a simple prayer each morning when they wake up!

PRAYERS

THE DAILY OFFERING

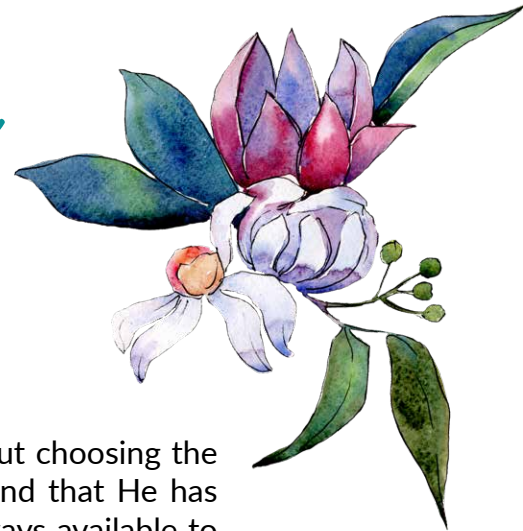
My God, I offer You this day
All that I think and do and say,
Uniting it with what was done
On earth by Jesus Christ, Your Son.

PRAYER TO GUARDIAN ANGEL

Angel of God
My guardian dear
To Whom His love
Commits me here
Ever this day
Be at my side
To light and guard
To rule and guide. Amen



Day Two



ACTION

Today have a conversation with your children about friends, about choosing the right friends. Tell them that Jesus is actually their best friend, and that He has supernatural power to help them. Remind them that Jesus is always available to help them. Teach your children the song, [Jesus Loves Me](#). Sing the song with them, several times over again, together until you both have joy in your hearts! Pray this prayer today!

PRAYERS

JESUS HELP ME!

Jesus Help me.

In every need let me come to you
with a humble trust saying,
Jesus help me.

In all my doubts,
perplexities and temptations,
Jesus help me.

In hours of loneliness, weariness and trials,
Jesus help me.

In failure of my plans and hopes,
in disappointments, troubles and sorrows,
Jesus help me.

When others fail me
and your grace alone can assist me,
Jesus help me.

When I throw myself on your tender love,
as my Lord and Saviour,
Jesus help me.

When my heart is cast down by failure
at seeing no good coming from my efforts,
Jesus help me.

When I am ill and my head and hands cannot
work and I am lonely,
Jesus help me.

Always, always, in spite of weariness,
falls and shortcomings of every kind,
Jesus help me and never forsake me.

Almighty Lord,
before you I come with all my faith,
begging you for comfort in my difficulties.

Do not forsake me, my Lord.

Open your doors, that your almighty arms
will open and close as you design to give that
tranquility that I so desire.

Oh my God!

Receive my supplication from a wounded
heart that is always fighting for me
with your Divine power.

Never let me scramble for want of help.

Almighty Lord,
assist me to find shelter in your celestial
bounty forever.

Amen.

Day Three

ACTION

Today consider formally entrusting your children to Our Blessed Mother. Have a conversation with Mary, the Mother of God, just as you would have a conversation with a dear friend. Tell her your fears, your concerns and ask her to take care of your children, in a way that you can't. Have a lively conversation with your children, asking them if they know that they have **three** mothers! You are their earthly mother, then they have a Godmother, but the most powerful mother... and the mother that loves them the most, is Jesus' mother, Mother Mary, Mary, the Mother of God, Jesus' mother, is Queen of Heaven and Earth. Teach your children to pray the Hail Mary. Pray St. John Paul II with them.



PRAYERS

Hail Mary,
Full of Grace,
The Lord is with Thee,
Blessed art thou among women,
and blessed is the fruit of thy womb
Jesus.

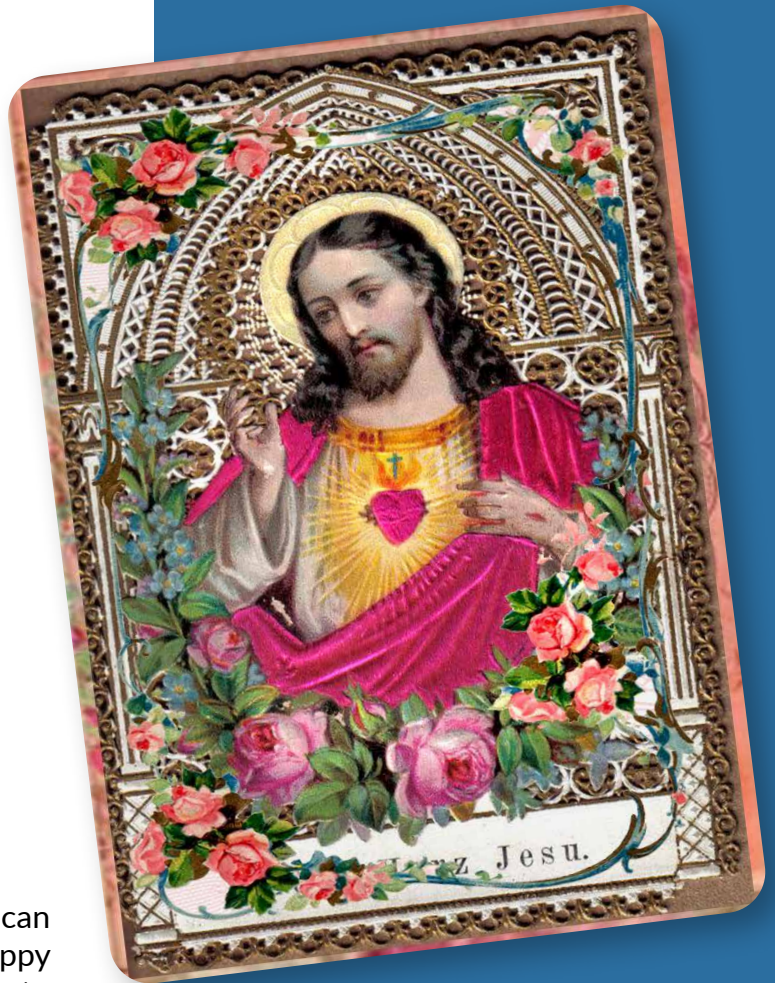
Holy Mary, Mother of God, pray for us
sinners, now and
at the hour of our death. Amen

PRAYER OF PERSONAL CONSECRATION

Mary, my Mother,
Live in me..
Act in me..
Speak in and through me..
Think your thoughts in my mind..
Love through my heart..
Give me your dispositions and feelings..
Teach, lead, and guide me to Jesus..
Correct, enlighten and
Expand my thoughts and behaviour..
Possess my soul..
Take over my entire personality and life..
Replace it with yourself..
Incline me to constant adoration and
thanksgiving,
Pray in me and through me..
Let me live in your, and keep me
In this union always.
Amen

St. John Paul II

Day Four



ACTION

Today, find a weekday Mass that you can attend with your family, praying for a happy and successful return to school. Explain to your children how Jesus is really truly present in the Eucharist. He is really there! Just like a good friend, He wants to see us more than once a week. Jesus is in our hearts and in the tabernacle. He is supernatural. Teach your children the ancient tradition of praying short powerful prayers (aka aspirations) that they can say throughout the day at school. Remind children that you will be praying for them. Ask them to pray for you. Today, throughout the day, pray these prayers with your children, to help them build the habit of praying short prayers in their hearts throughout the day!

PRAYERS

“Jesus, I Trust in You!” (St. Faustina)

“Jesus, Help Me!”

“Mary, Mother of Jesus, please be a mother to me NOW.”
(St. Teresa of Calcutta)

“I can do all things through Christ who strengthens me.” (Philippians 4:13)

“My dearest Guardian Angel, go before me, into this situation...”

“Guardian Angel, help me!”

“Come Holy Spirit, show me what to do, tell me what to say!”

Day Five

ACTION

Today consider getting a blessed [Miraculous Medal](#), (or a blessed Crucifix or Sacred Heart Medal) and wearing it around your neck. Consider the same for your children. Many children receive a Crucifix or holy medal for their baptism or First Holy Communion, but never end up wearing it. Many miracles and signal graces are attributed to wearing a [Miraculous Medal](#).

Take your children for a short visit to a Eucharistic Adoration Chapel. Ask them to sit and listen. Is Jesus speaking to their hearts? If you don't have an Adoration Chapel in your community, consider spending a few moment at an online [Adoration Chapel](#).



PRAYERS

“Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, Lord I am here. Tell me what you would have me to do. If he gives me some task, I am content and I thank him. If he gives me nothing, I still thank him since I do not deserve to receive anything more than that. And then, I tell God everything that is in my heart. I tell him about my pains and joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply.”

St. Catherine of Labouré

“Speak Lord, your servant is listening”
1 Samuel 3:10



Day Six

ACTION

Remind your kids that they are never alone. Throughout the day, they can call on the Holy Spirit in prayer! The Holy Spirit will help them! Remind children that they have friends in heaven (saints, deceased relatives and angels). Those friends want to help them and intercede for them, but we need to ask for their help! Consider watching a [saints video](#). Tell your children to pray for their grandparents, family or friends who have died and gone to heaven. Many Catholics (including children) do not know that if [we pray for Souls in Purgatory](#), they can help us here on earth. Children's prayers are powerful. Remind them of that. Consider looking up their patron saint and learning a little more about their own personal saint!

PRAYERS

PRAYER TO THE HOLY SPIRIT

Oh, Holy Spirit,
Beloved of my soul..
I adore You,
Enlighten me,
Guide me,
Strengthen me,
Console me,
Tell me what I should do...
Give me Your orders.
I promise to submit myself to all that
You desire of me and to accept all that
You permit to happen to me.
Let me only know Your Will.

Cardinal Mercier

PRAYER FOR THE DECEASED

Eternal rest grant unto them , O Lord,
and let perpetual light shine upon them .
May the souls of all the faithful departed, through the
mercy of God, rest in peace.

***alternatively you can pray a decade of the Rosary (or the entire Rosary) for the intentions of a specific soul

Day Seven

ACTION

On September 8th, the Catholic Church celebrates the birthday of Our Blessed Virgin Mary. Formally it is known as the Feast of the Nativity of the Blessed Virgin Mary. Make the Catholic faith fun for your children. Get a birthday cake for our Mother Mary. Serve it after dinner, with birthday candles and all. Sing a big warm Happy Birthday to Our Blessed Mother

On September 29, the Catholic Church celebrates the Feast of St. Michael the Archangel. Teach your children this powerful prayer. Offer a small reward for any children who memorize it.

PRAYERS

PRAYER TO ST. MICHAEL

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



Day Eight

ACTION

Teach your children to do the Sign of the Cross and to bless themselves, by praying, "In the Name of the Father, the Son and the Holy Spirit." Tell them that there is tremendous power in that devotional act. Encourage them to bless themselves when they wake up in the morning and before they go to bed at night. The Sign of the Cross is a powerful prayer, a blessing, and a sacramental. It helps you to receive grace and helps you to cooperate with it. The Christian begins the day, prayers, and activities with the Sign of the Cross. Remind your children that just as they have learned to pray a Morning Prayer, (the Daily Offering in Day One) that they too need to remember their bedtime prayers. Consider suggesting your child makes a list of things they are grateful for.



PRAYERS

BEDTIME PRAYER

Bless me, Lord, as this day ends,
Bless my family and all my friends,
Keep me safe throughout the night
and wake me with the morning's light.



Day Nine



ACTION

If you have never prayed the Rosary either alone or with your children, today is the day! The Rosary is a powerful prayer that is the favourite of many many saints! There are many [promises given](#) to those who pray the Rosary daily! Pray the Rosary either alone, or better yet, with your children.

PRAYERS

The Rosary!

If you have never prayed the Rosary, and you don't know how, don't worry! We have instructions for you - [right here!](#)

Many Catholic families pray the Rosary with their children. Why not join them? [Watch this YouTube video](#) with your kids!





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