



## Session 1: Praying with Mary / The Rosary

Speaker: Dr. Josephine Lombardi

1. As Catholics, our understanding of Mary is deeply rooted in truths revealed through both sacred scripture and through the 'pillars of sacred tradition'. How does your knowledge and understanding of Mary, inspired by scripture and tradition, and Marian devotions (e.g., Rosary) help to draw you closer to Christ?
2. At the Wedding Feast of Cana and again at the Crucifixion, Jesus refers to Mary with the specific title of 'woman', further helping to define her unique and significant role in the Church and in salvation history. As the 'new Eve', how does Mary serve as a model of virtue to you, and what does she teach you about the dignity and vocation of women?
3. One way shared by Dr. Lombardi in the webinar "to increase mindfulness of the present moment while praying the Rosary" is to connect your own lived experience to the mystery being contemplated (e.g., connecting your own suffering to that of Mary or Jesus in the Sorrowful Mysteries). Do you have other suggestions or your own lived experiences for contemplation that help you to be more fully present whilst praying the Rosary?

We have been given permission by Dr. Lombardi to share the link for her blog post that she prepared on the Rosary:

<https://josephinelombardi.com/2023/10/02/celebrating-the-month-of-the-rosary/>