



“The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.”

Luke 4: 18-19

HONOR GUARD

Members of the Honor Guard are earnestly committed to a life of grace and prayer.

As faithful intercessors, each willfully adopts the mission of the Penitent Soldiers of Mary by offering minor acts of penance and daily supplications for the healing and liberation of souls.

Honor Guard are highly encouraged to pray a daily rosary, pray Monday communal rosary, attend first Thursday of the month communal Holy Hour.

PATRON SAINTS & FEAST DAYS

St Joseph March 19
St Gemma Galgani April 11
St Benedict of Nursia July 11
St Maximillian Kolbe August 14
St Pio of Pietrelcina September 23
St Teresa of Avila October 15
St John of the Cross December 14

AUXILIARY SAINTS & FEAST DAYS

St Catherine of Siena April 29
St John Vianney August 4
St Teresa of Calcutta September 5
St John Paul October 22

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WHY JOIN THE PENITENT SOLDIERS OF MARY AND LIVE A RULE OF LIFE?

- To grow in holiness and interior devotion to Jesus through Mary by living a life of discipleship centered on prayer. The Rule of Life offers a disciplined approach to contemplative prayer and communal fellowship for all those seeking to serve as authentic witnesses to the Gospel.

HOW WILL MY INVOLVEMENT STRENGTHEN MY RELATIONSHIP WITH THE HOLY SPIRIT?

- Mary will train her faithful soldiers to serve as vessels to her spouse, the Holy Spirit.
- Mary is the perfect model of humility and obedience, which opens the doors of the soul to the workings of the Spirit.

HOLY MISSION

The Penitent Soldiers of Mary live under a communal rule of life to imitate holiness and pray in the Spirit for the healing and liberation of souls. This includes people of all ages and those facing addiction.

Penitent Soldiers are uniquely devoted to the interior life, while proclaiming, teaching, and living the truths of the Catholic Faith.

Steeped in tradition and reverence, the Penitent Soldiers of Mary dutifully present individuals to Jesus through the Immaculate Heart of Mary to build up the kingdom of God.

SPIRITUALITY

- Unwavering desire to grow in holiness
- Embraces a sacramental life and proven avenues of grace
- Committed to orthodoxy, discipline, and obedience
- Believes in the universality of the Gospel Message
- Patiently endures long suffering
- Certain of the unrivaled power, authority, and sovereignty of Jesus
- Recognizes the reality of Satan and the demonic

PROCESS OF DISCERNMENT



RULE OF LIFE

SOLDIERS & OFFICERS

- Daily Mass: (If Possible)
- Daily Divine Office: Morning & Evening
- Daily Rosary
- Daily Silence and Mental Prayer
- Weekly Communal Rosary from home
- Weekly Holy Hour: (Communal)
- Weekly Fasting: Fridays with Wednesdays optional
- Weekly Meditation on the Passion of Christ: (Fridays)
- Monthly Confession
- Monthly Spiritual Direction
- Marian Consecration

VOTARIES

- Daily Divine Office: Morning Prayer
- Weekly Communal Rosary from home
- Weekly Holy Hour: (Communal)
- Monthly Confession
- Marian Consecration
- Weekly Fasting: Fridays (Highly Encouraged)
- Monthly Spiritual Direction: (Highly Encouraged)

ADDED BENEFITS FOR SOLDIERS AND VOTARIES

- Bi-Annual Retreats (Communal):
 - Fall: 1 Day
 - Spring: 2 Day Overnight
- Spiritual Formation Days
- Spirit Wear