

July
2020

EDGEWAYS

The Sacred Heart Parish magazine

Vol. 32 No. 6

sacredheartwimbledon.org.uk



The great thaw begins

Sacred Heart reopens for
worship as usual (almost)

Remembering Mary Connellan

* FREE * but donations are always welcome

EDGEWAYS – now in its 32nd year – is published every month except August. Thanks to the Parish Council, it is now free, although any donations towards our running costs are more than welcome in the box to the right of the inner church doors. Articles from readers are always welcome.

Contact the Editor

John Symes

Edgeways, Sacred Heart, Edge Hill, London SW19 4LU

07745 100 596

or via our mail basket by the bookshop in the Presbytery, or email editoredgeways@icloud.com

Advertising

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Rates for colour ads are available upon request.

For details, contact David on **07716 284 28**
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Please make cheques payable to **Sacred Heart Parish**

**Our next edition will be published when Covid-19 allows.
Look for details on the parish website**



SACRED HEART PARISH
SOCIAL CLUB

President: Rev John Clark

Chairman: Sr Patricia

We are a small group of friends doing a large amount of work to facilitate the Social aspects of the Sacred Heart Parish.

We organise and fund a Senior Citizens party in January every year. We organise an annual BBQ for the Parishioners. We provide bar facilities to various Parish Organisations. We donate surplus funds to various Charities.

- Manna, Passage
- Raphael Pilgrimage
- Sacred Heart Youth, Sacred Heart Church

We also partly fund, maintenance of the lounge.

Our Opening Times

Fridays 9.00-10.30. Sundays 8.30-10.30

To Join please contact: Sr Patricia – 07973 950755

The new rules for communion



Father John has reiterated the new rules in place for taking communion to ensure that parishioners, priests and eucharistic ministers remain equally safe and secure

The return of publicly celebrated Masses has also seen the welcome return of communion.

However, like much else, there are now differences in how the eucharist is given and how it is taken, which Fr John has been at pains to reiterate in his weekly updates.

The new rules are:

1. Just before his own communion the priest will raise first the host and then the chalice.
2. He presents them to the congregation with the words, "The body of Christ", "The Blood of Christ" to which the congregation answers "Amen" to each act of faith.
3. The priest then receives his communion and the congregation moves to the altar in a single line up the central aisle to receive communion in silence.
4. Please join the line for communion from the back – do not try to join the line where communion is being distributed.
5. Neither the communicant nor the minister repeat the act of faith before receiving the host in the palm of the hand.
6. Having received communion, communicants return to their seat by the side aisles.
7. Communion will be distributed in the hand only; you are encouraged to hold your hands at full length to receive the host.
8. Any request to receive communion on the tongue will be refused.



Parishioners receive Holy Communion for the first time under the new rules

† Friday, July 17, was cause for a double celebration at the Sacred Heart.

First, it marked Fr Joe's 16th anniversary of his ordination to the priesthood. On the same day, Giovanni Prandini, who spent some time with us as resident seminarian, was ordained a priest by Archbishop John Wilson.



Fr Giovanni Prandini

Fr Giovanni, readers of *Edgeways* will recall, received the call to his vocation while sitting on a bus – actually, the 122 to Plumstead, he later told me.

Congratulations to them both.

The lockdown thaw begins...slowly

Public and private worship returns to the Sacred Heart four months after the church doors were closed



Fr John celebrates the first public Mass at the Sacred Heart in four months at 10am on Sunday, July 12

The first signs that the parish is slowly starting to return to normal – or at least, something approaching normality – occurred over the last four weeks.

First, the Sacred Heart reopened for individual, private prayer from 11am to 2pm during the week in the latter half of June.

Then came the news most of us had been waiting for: the resumption of regular, open Sunday Masses, starting on July 12. And with it, the opportunity to receive Holy Communion once more.

However, restrictions remain in place. As Fr John spelt out in his News and Views that week, “We are severely limited to the numbers able to attend each Mass. We can accommodate 72 parishioners in the church and 70 in an overflow in the main [upper] hall where the Mass will be streamed on screen.”

The seats for all Masses in the Church and at the overflow in the hall are allocated on a first-come, first-served basis, with some seats retained for the elderly and their carers in the church.

Once the prescribed numbers at each venue for each Mass is reached, that’s it – you will be asked to come back for another Mass. At the moment, there are four Sunday Masses: 10am, 12 noon, 5pm and 8pm. The daily Mass at 10am is also open for parishioners to attend, subject to the same provisos as the Sunday Masses.

There is an extra bit of coronavirus-related bureaucracy parishioners must complete before attending Mass: signing an NHS Test and Trace form. This is a precaution in case a Mass-goer later develops symptoms of coronavirus: the health authorities are able to trace others who

AROUND THE PARISH

attended the same service.

Alison Lobo has set up a rota of stewards who are available to assist worshippers to their seats, both in the church and in the hall. In the church, facemasks do not have to be worn, but the minimum distance between worshippers and families is 2m; in the hall, the minimum distance is 1m, but facemasks must be worn. Veneration of religious statues is not permitted and communion is given by hand only.

Confessions have returned too, and are now heard 10.30–11.30am on Saturday after the 10am Mass.



Parishioners arrive at the Sacred Heart for Sunday Mass



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The Bereavement Support Group is very aware of all the people who usually attend the Drop In and are not able to meet just now. Also of all who have been bereaved recently and of some who have lost loved ones some time ago. We would like to let you know that we are available and we offer you support by telephone or by email. Please feel welcome to email Sadie Smith sadiesmith3@talktalk.net or call 020 8946 5198 at any time to be connected to a Bereavement Support Group member.

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Memories of Mary

Long-standing parishioner Mary Connellan died aged 90 on June 19. Together with her late husband Peter, she was for many years a powerhouse in the parish, bringing her great organisational skills, versatility and good humour to the many activities she undertook voluntarily. Here, friends pay their own tributes to Mary

Mary Connelly will be long-remembered by the Sacred Heart parish as being one-half of a dynamic duo, along with her late husband, Peter.

Those who knew them well knew it was a partnership of equals, with each bringing their own, unique qualities to the mix. If Peter was forever the showman, with a near-continuous stream of jokes, sallies and flights of fancy that would make you rock with laughter; Mary briskly brought her superb organisational skills, her application to detail and her versatility, as well as an innate kindness and generosity of spirit, to all the voluntary work she did over the years for the Church and the parish.

Indeed, they were both awarded the Pope's Benemerenti Medal for long and exceptional services to the Catholic Church and, in their case, to Scouting and Guiding as well.

At the time they were married in 1951 at the Church of the Good Shepherd near Bromley, Peter and Mary had known each other since childhood. In an interview with *Edgeways* in December 2015, marking the couple's departure from Cavendish Avenue, Motspur Park, and their move to St Peter's residential care home in Vauxhall, Peter related how he had nearly been born in Mary's parents house and that, after he was born (in St Thomas's Hospital), Mary's parents had remarked, "Well, we'd better get him a wife!"

Before their engagement, Peter used to travel regularly to the house of Mary Allen



Mary on her 90th birthday last year

(as she then was) "by the 604 trolley, plus the No. 4 tram and the 54 tram – and it cost just one shilling and sixpence!"

It was the start of a marvellous partnership.

Julie Brook remembers:

I first met Mary in 1963 when she was leading the Sacred Heart Parish Women's Sodality and I was invited to join as a new parishioner. The Sodality was organised as

Continued on page 8 ☞



Married in 1951, the partnership of Mary and Peter Connellan was fruitful in more ways than one, much to the benefit of the parish and the community

meetings, a prayer routine covering each day, week and year.

The weekly meetings combined a study of Scripture, and a social enquiry, applying gospel values to Catholic action in the community so our lives were based on actively living a Christian life grounded on prayer and the sacraments. This was the inspiration for Mary’s busy life which she shared with her husband Peter.

As a newlywed, I was to become more and more amazed at Mary’s versatility. We shared parish activities, but then went on to attend classes on cookery, painting, guitar and even a diploma course in sociology.

We went on to swap ideas on dressmaking and knitting for our children (Mary and Peter had seven children – I caught up later with my seven).

Mary went on to complete a City and Guilds course in embroidery with beautiful and challenging work like quilting and black work. She also took a very active part in the Girl Guide movement.

Mary was a founder member in 1964 of the Wimbledon Credit Union, which met once a week in members’ homes.

She was able to use her secretarial and organisational skills to good effect, serving

as the union’s chairman for several years, and for the next 40 years was part of a team offering valuable financial help to local families. Sacred Heart parishioner Annette King, who served with her on the credit union for some years, remembers that Mary was also the founding secretary of the National Federation of Credit Unions, serving for some time as chairman of that organisation as well. “Everything she did was voluntary and unpaid,” Annette adds.

She always found time to be a good neighbour to those around her, offering company or help as needed, and was surrounded by friends.

Beryl Shannon remembers she was a good cook, an industrious worker and always had a smile. She adds, “Whenever she was called upon to do anything, she did it.”

Just before she went into St Peter’s Care Home, she was visited by parishioner and long-time friend Angela Byrne, who says, “She was very serene and interested in everything.”

Mary was one of those people whose departure leaves a huge gap in society.

May she rest in peace. *To page 10* ↪

Back in 1991, “*The Fate of Glassingall*” was published by Impact Books/Harrap.

Its plot was based around the comic stories that the author, Simon Potter, used to tell his English classes at Wimbledon College.

Now – thirty years on – comes this modernised update of the old book.

ALL PROCEEDS TO THE JESUIT REFUGEE CENTRE

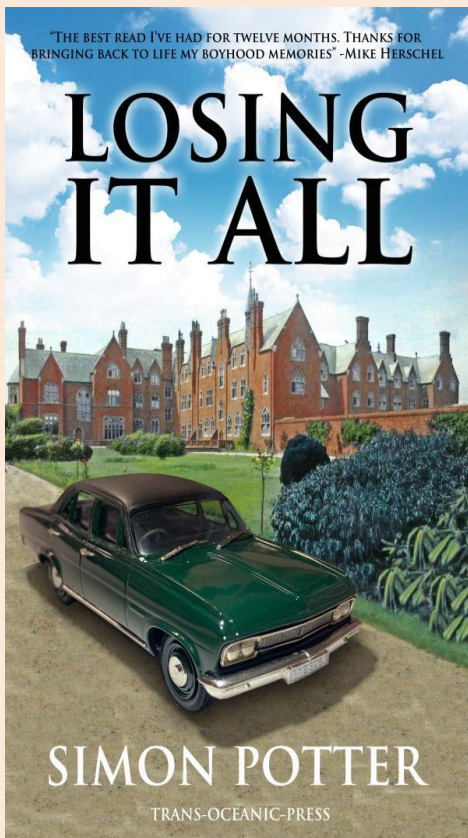
London boy, Anthony, spends the summer holidays of the 1960s at his grandfather’s magnificent haunted Scottish country house. When it becomes a boarding school, Anthony goes into its Sixth Form, and eventually teaches there until an extraordinary mystery closes it. With his inheritance after Grandpa’s death, he buys the house, but the dark force has not gone.....

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(The Hill)

“This sort of book is one of the better ways of recording recent history.” *(BBC World Service)*

“I was maimed by excessive laughing. Tears blotted out the text.” *(A Brook)*

“Hilarious and touching.” *(The Month)*



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Sandy Brown remembers:

I first met Mary in 1969, when she agreed to type up my thesis for my degree. I gradually got to know her over that year and when I returned to Raynes Park in 1970, she had become the Leader at 2nd West Barnes Guides, which met at the Sacred Heart School.

I already knew two of her daughters, who were also members of the guide unit, as I had helped at every summer camp since I had left in 1963.

The previous leader had moved and Mary had stepped in, despite never having been a guide herself, and with the help of a member of staff from the school had run the unit for the year.

She had also gained her warrant (to enable her to run the unit) and her camp licence (so that the guides would be able to camp).

When I joined her for her first camp in charge in 1970 she was also six months pregnant with her youngest daughter. Nevertheless she survived the experience and she went on to run at least another 12 or so summer camps as well as weekend ones.

She just seemed to take everything in her stride, including the surprise 40th birthday Midnight Feast we staged for her

while at camp in the grounds of Loseley House, Guildford.

On my return to the unit, I had become Assistant Leader and helped Mary until she retired from the Guides to take over our Brownie Unit.

She was a very talented needlewoman especially embroidery so was able to offer the girls a variety of craft opportunities while I, being a PE teacher, concentrated on organising the games and physical activities. We therefore made a good team together. Every Friday after the meeting, I would go back to Mary's house for a cup of tea and consequently got to know the rest of the family and watched them grow up.

We became firm friends and when we needed a third adult at our summer camp in 1992 at St Andrews in Edenbridge, she was able to step in. I had arranged for her to have a room in the convent for sleeping so that she did not have to sleep in a tent.

On giving up the Brownies, Mary joined the Trefoil Guild and was their secretary when I also became a member. I continued to see her for a cup of tea and a chat fairly regularly, but especially around her birthday when I would tell her how the summer camp had gone. I also visited her at the home in Vauxhall. ■



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SEVENTEENTH SUNDAY OF THE YEAR

Jesus told three parables about the same thing. What was it?

Each number equals a letter in this code.
Solve the math problems to crack the code

3 = A	4 = E	5 = V	8 = D	9 = F	10 = K	11 = T
12 = G	13 = O	14 = H	16 = N	18 = I	20 = M	

6	7	16	6	9	8	4	16	7	16
<u>+ 5</u>	<u>x 2</u>	<u>÷ 4</u>	<u>+ 4</u>	<u>x 2</u>	<u>+ 8</u>	<u>x 3</u>	<u>÷ 2</u>	<u>+ 6</u>	<u>+ 4</u>
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

9	3	20	2	13	25	11	13
<u>+ 4</u>	<u>x 3</u>	<u>- 6</u>	<u>x 2</u>	<u>- 10</u>	<u>÷ 5</u>	<u>- 7</u>	<u>+ 3</u>
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____



MATTHEW 13:44, 45, 47

CHUCKLES

Q: What did the lockdown parents make their kids for lunch?

A: *Mac and sneeze!*

Q: What did they call the panic-buying of sausages in Germany?

A: *The worst-case scenario!*

Q: Did you hear about the sanister gel makers?

A: *They've been rubbing their hands together with glee!*

Q: Do you wear glasses and have to wear a facemask at the same time?

A: *You may be entitled to condensation!*

Q: Why do they call it "novel coronavirus"?

A: *Well, it's a long story...*

Have faith!

NINETEENTH SUNDAY OF THE YEAR

The disciples set off by boat to the other side of the Sea of Galilee. The wind grew stronger and the disciples felt afraid. One of the disciples walked across the water to meet Jesus, but he grew afraid and began to sink.

Write the first letter of each picture clue to complete the puzzle and find out who lost faith and what he said to Jesus.

1. Ladder

2. Octopus

3. Rainbow

4. Dog

5. Stop sign

6. Apple

7. Violin

8. Hat

9. Mouse

10. Elephant

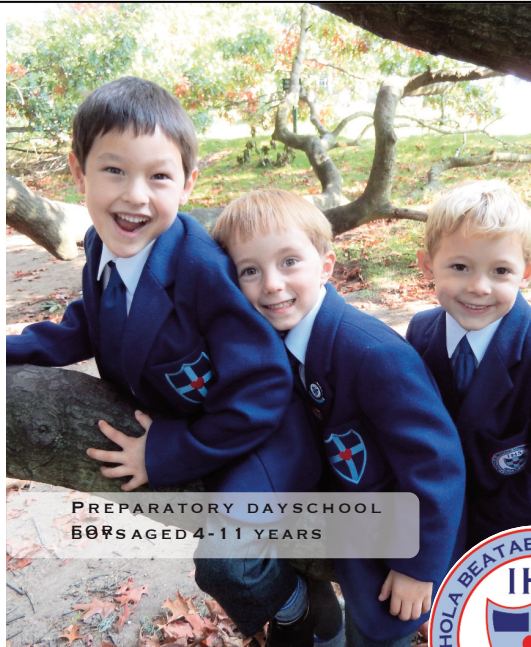
11. Pencil

12. Tent

13. Eyes

14. Rabbit

MATTHEW 14:30



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Zoom into Evangelii Gaudium

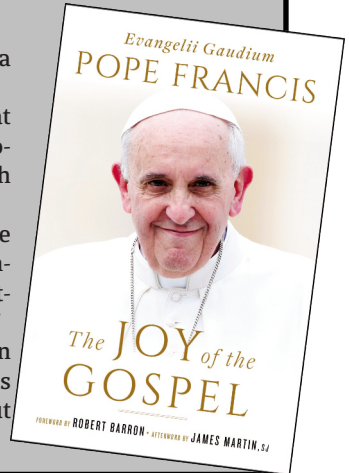
“Let us not say that things are harder today; they are simply different”

Evangelii Gaudium – The Joy of the Gospel, by Pope Francis, is a document for our time of change.

As Pope Francis says in para. 263, “Let us not say (then) that things are harder today; they are simply different. So I propose that we pause to rediscover some of the reasons which can help us to imitate them today”.

In this exhortation he goes on to say, “I wish to encourage the Christian faithful to embark upon a new chapter of evangelisation marked by this (The Joy of the Gospel) while pointing out new paths for the Church’s journey in years to come.”

Sacred Heart’s new online study group on this exhortation has begun with enthusiasm using Zoom, on Monday evenings and Tuesday mornings. If you would like to know more about it, please contact Sadie Smith on sadiesmith3@talktalk.net



SH Primary wins praise for lockdown action

Sacred Heart Catholic Primary School kept partially open during the Covid-19 lockdown to many key-workers’ children and children and families with vulnerabilities. Staff worked initially on a rota to provide full-time education for children from 2 years old to 11 in school, while also operating remote daily home learning for the rest of the school community.

Staff worked throughout the Easter holiday period, keeping in touch with families through phone calls and weekly parental communications. It became clear that a significant number of our families were suddenly experiencing economic hardship due to the lockdown. Headteacher Lorraine Dolan-Walsh launched a community school food bank in early April, which she said “has been a testament to the overwhelming generosity of our school community”. Parents and staff and members of the Parish have donated non-perishable



food items each week, or made cash donations. As a result of this community action, Lorraine, Deputy Head Siobhán Heffron and Assistant Head Miss Bennett delivered fortnightly food parcels to up to 16 of Sacred Heart Primary families in need. Cash donations from the parent and staff community enabled the purchase of supermarket food vouchers for some of these families.

During lockdown, the school sought parental and carer feedback on how well it had worked together as a community and how it could improve its home learning. A whole school survey was sent out in June.

Particular areas of strength were identified: 93% rated overall communication as good or excellent, 92% found the home learning as very easy or easy to access on the website, 90% agreed that the togetherness of the school community had been excellent/worked well.



Come and join Love to Move

Home Instead Senior Care, in partnership with the British Gymnastics Foundation, run a chair-based gymnastics programme specially designed to get older people moving and functioning better.

The science bit...

Almost every part of this chair-based exercise programme works on bi-lateral asymmetric movement patterns. This benefits all older people including those with dementia and mild cognitive impairment, by enabling the left side and right side of the brain to process information independently, thus improving cognitive function, co-ordination and the ability to carry out activities of daily living more independently... so basically it's great for all!

**Our programme runs every Monday throughout the year at the
Upper Lounge, Sacred Heart Church, Edge Hill, Wimbledon SW19 4LU
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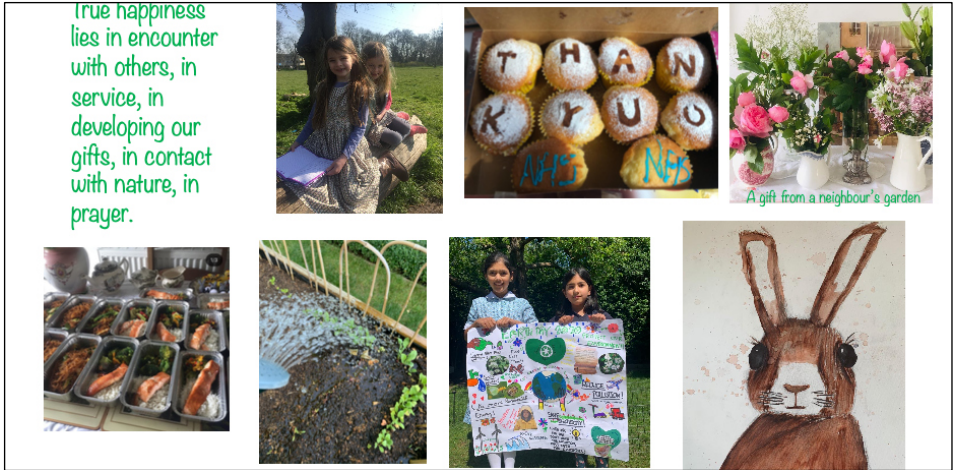
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Caring for our common home during lockdown



One of the slides from the Sacred Heart Environment Group's Laudato Si' slideshow of parishioners' lockdown photos. These and more can be viewed on the parish Facebook page

Sacred Heart parishioners have been busy as always, caring for creation during the lockdown.

At the end of May, the parish celebrated the fifth anniversary of *Laudato Si'*, Pope Francis' encyclical on caring for our common home.

Canon John led a prayer for creation during the live-streamed Sunday Mass. And parishioners' 'lockdown' photos, showing some of the many ways they are caring for our common home during this time, were displayed on the altar frontal piece. They include: trying to live more simply and sustainably; noticing and giving thanks for the wonders of the natural world; helping their neighbours.

Their Laudato Si'-inspired photo montage can still be viewed via the parish [Facebook page](#). If you'd like to find out more about Laudato Si', you can download the full text at cafod.org.uk/pray/laudato-si-encyclical or watch youtu.be/IG-8fQ1-qN0

More recently, on June 30, the parish

environment group, together with other local green groups, met local MP Stephen Hammond (via Zoom), who agreed to write to the Prime Minister and Chancellor urging them to put fairness and the environment at the heart of the Government's post-Covid-19 recovery plans.



Explore beautiful churches – from the comfort of your home

While the lockdown is gradually easing at home, for most of us trips abroad are still out of the question. Here's how to take virtual trips to four of the world's most iconic churches – without leaving the country (or even your house)

Technology has a way of opening new doors to opportunities that hadn't been imagined before. Now, technology is opening the doors to some of the most iconic Catholic churches around the world. This time of the year invites us all to dive deeper into our faith and to dedicate a special time to prayer. Although visiting a church in person is not an option at the moment, we now have a chance to do it virtually.

Google Earth is Google's tool to view places around the world in a 3D representation, thanks to a combination of satellite images and aerial photography. You can virtually fly over any city, watching it from above, find landmarks in 3D and discover buildings up close.

However, there are some sites you can explore also from the inside. Aside from viewing their magnificent exteriors, several churches have opened their doors for digital visitors, allowing them to enter and “walk” through their corridors as they would in real life.

The following churches and monasteries are free for virtual visits. All of them are rich in history and in beauty; they are considered UNESCO World Heritage sites and they represent a unique moment in time.

You can access Google Earth in one of two ways, depending on your device. For



Seville Cathedral, seen from the southeast

Ingo Mehling, via Wikipedia

Windows and Android users, download and install the Google Chrome browser. Users of Apple devices (iMacs, laptops, iPads and iPhones) can access it through the Safari browser.

To explore the exterior of the churches, open earth.google.com. At the top right corner click on “Launch Earth” and then look for these places by clicking on the magnifying glass icon.

To go directly to the interior, right-click on each of the four photos that follow, copy the link and paste it directly into your browser. Once you have “entered” each site there is a knowledge card with more information, which you can close when you've finished reading it.

Click on the arrows over the image and walk freely. You can also click on the image with your mouse (or use your finger on touchscreen devices) and move it to see what's behind and above (some places will want you to look up!).

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Basílica de la Sagrada Familia – Barcelona, Spain

This Roman Catholic church was conceived by the legendary architect Antoni Gaudí in 1883 and, because of the complexity of the project, it's still under construction. Five generations have passed since the first stone was laid and it's expected to be finished by 2026. Although the Catalan architect couldn't see its completion, he left behind specific instructions to create a masterpiece for the Catholic Church. Ten years ago, Pope Benedict XVI consecrated and proclaimed it a minor basilica.

The idea behind the creation of the Sagrada Familia dates back to 1866, when the Spiritual Association of the Devotees of Saint Joseph was founded. The association wanted to create an expiatory shrine dedicated to the Holy Family. It took them seven years to get the funds needed to purchase the land where this church would be constructed. In 1882 they laid the cornerstone during the feast of St Joseph.



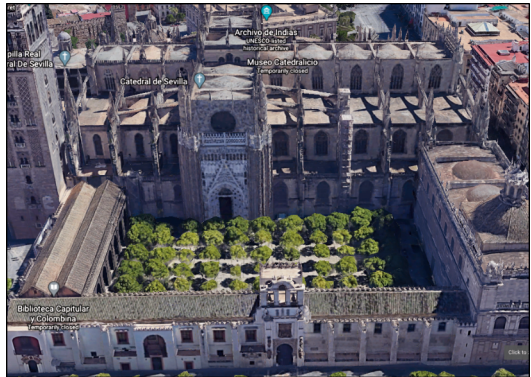
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Sagrada Familia as seen from above

The first architect to work on it was Francisco de Paula del Villar y Lozano. However, due to differences with the developers, he stepped down. Gaudí took over and transformed the construction into a combination of Gothic and curvilinear Art Nouveau forms. About 70% of the basilica is finished.

Seville Cathedral – Seville, Spain

The Cathedral of Saint Mary of the See (the diocese) is the largest Gothic cathedral and the third-largest church in the world. Following the conquest of Seville by Ferdinand III in the 12th century, the existing grand mosque was converted to Christian use to serve as the city's cathedral. During this time it went through several transformations, but it wasn't until the early 1400s that the construction of the cathedral as we know it began. According to local tradition, the members of the cathedral chapter said, "Hagamos una Iglesia tan hermosa y tan grandiosa que los que la vieren labrada nos tengan por locos" ("Let us build a church so beautiful and so grand that those who see it finished will take us for mad").



Google Earth

A Google-eye view of Seville Cathedral

the world and it's considered one of the most impressive wooden structures of its time; it has over 200 figures representing saints. The cathedral is also home to over 600 art pieces from some of the most important artists in history, such as Goya.

The major altarpiece is the largest one in

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St Michael Archangel Church – Binarowa, Poland

Considered one of the oldest wooden churches in the region, this church dates back to the 1500s. During its over 500 years of existence, it has gone through several transformations, in which some of its wooden pieces were replaced by other materials, such as tin. However, during the 1990s it was restored to its wooden glory.



Henryk Bielamowicz via Wikipedia

St Michael Archangel is one of Europe's oldest wooden churches

Apart from its wooden architecture, the inside of this church is rich in art. Most of its interiors are covered with paintings from different periods in time. There are paintings on the ceiling of the nave that were created during the early 1500s, sculp-

tures of the late-14th century and early-15th century and an ancient bell from the 15th century.

During the 1600s the Chapel of Guardian Angels was added to the construction, which has become an attraction in itself.

Monastery of San Millán de Yuso, San Millán de la Cogolla, Spain

There are two monasteries in the area: San Millán de Suso, built during the 6th century, and San Millán de Yuso, built during the 11th century. Both were built in the town that's considered the birthplace of Spanish language.



Jose Luis Filpo Cabana via Wikipedia

The Monastery of San Millán de Yuso

There's a legend that King García of Nájera ordered the remains of Saint Millán de Suso to be moved to the monastery of Santa María La Real de Nájera.

However, the carriers of the remains got stuck in the ground and were unable to leave the valley. The king understood it was the saint's desire not to leave the valley and therefore ordered the construction of a new monastery there, called Yuso.

This monastery is a masterpiece of architecture and is full of art pieces, such

as the large baroque door at the entrance, the royal staircase and the cloisters that guard 24 paintings by José Vexes. The sacristy is one of the most beautiful rooms of the monastery, covered in gold, white and wood. The paintings on the ceiling date back to the 18th century and have been very well preserved.

Inspiration and information with thanks to Aleteia.org

The Assumption of Mary

August 16

Many people, including Catholics, believe that veneration of the Virgin Mary is a late-medieval development in the Church's history. However, this devotional prayer by St Augustine of Hippo (AD 354-430) shows that asking Mary to intercede on our behalf has a long history



Detail from Assumption of the Divine and Holy Virgin Mary, Sir Peter-Paul Rubens (1577-1640)

O blessed Virgin Mary, who can worthily repay you your just dues of praise and thanksgiving, you who by the wondrous assent of your will did rescue a fallen world? What songs of praise can our weak human nature recite in your honour, since it is by your intervention alone that it has found the way to restoration. Accept, then, such poor thanks as we have here to offer, though they be unequal to your merits; and receiving our vows, obtain by your prayers the remission of our offences.

Carry our prayers within the sanctuary of the heavenly audience, and bring forth from it the antidote of our reconciliation. May the sins we bring before Almighty God through you, become pardonable through you; may what we ask for with sure confidence, through you be granted.

Take our offering, grant us our requests, obtain pardon for what we fear, for you are the sole hope of sinners. Through you we hope for the remission of our sins, and in you, O blessed Lady, is our hope of reward. Holy Mary, succour the miserable, help the faint-hearted, comfort the sorrowful, pray for your people, plead for the clergy, intercede for all women consecrated to God; may all who keep your holy commemoration feel now your help and protection. Be ever ready to assist us when we pray, and bring back to us the answers to our prayers.

Make it your continual care to pray for the people of God, you who, blessed by God, did merit to bear the Redeemer of the world, who lives and reigns, world without end.

Amen