

“Rejoice O Mary”

The 16th march on
Darbessama

(Path to Heaven)

*The Marian pilgrimage trek from Jounieh
to the Sanctuary of Our Lady of Lebanon
– Harissa*

A Pilgrim’s Guide
Readings, contemplations,
prayers, and hymns
along with valuable information
and practical instructions

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The beginning Prayer

*In the name of the Father and of the Son
and of the Holy Spirit, One God who reigns
forever and ever, Amen.*

O Mother full of grace, we start our journey of Darbessama and our hearts are overjoyed, because we are walking and praying together.

We ask you “Mother of the Church” to pave the way for us and remove all the hurdles, anxieties and laziness from our hearts, so we can walk this path in peace. When you answered the angel “I am The Lord’s servant”, you conquered the old serpent; gather us O Mary under your protection and cast us away from us all evil. Throw open the gates of hope in our lives, and in our worlds the warmth of love and reconciliation, so we can plant the seeds of faith, hope and love everywhere, so that we honor your Son forever, Amen.

*Our father + Hail Mary
In the name of the Father and of the Son
and of the Holy Spirit, Amen*

Hymn

Hail Mary, gentle woman

Gentle woman, quiet light, morning star
so strong and bright,
Gentle mother peaceful dove
Teach us wisdom; teach us love.

You were chosen by the Father:
You were chosen for the Son,
You were chosen from all women
and for woman shining one.

Gentle woman, quiet light, morning star
so strong and bright
Gentle mother peaceful dove
Teach us wisdom; teach us love

Blessed are you among women
Blessed touch over the true
Blessed they with peaceful spirits
Blessed they with special hearts.

1

The Deprivation

For Love and Testament

Reading

“Lord, you know everything, you know that I love you”.

(John 21:17)

Prayer and meditation

“Virgin of listening and contemplation,
Mother of love, Bride of the eternal wedding
feast,

Pray for the Church, whose pure icon you
are,

that she may never be closed in on herself
or lose her passion for establishing God’s
kingdom.

Star of the new evangelization,

Help us to bear radiant witness to
communion,

service, ardent and generous faith,

justice and love of the poor,

that the joy of the Gospel

may reach to the ends of the earth,

illuminating even the fringes of our world.
Mother of the living Gospel,
wellspring of happiness for God's little
ones, pray for us. Amen”.

*(Pope Francis, Apostolic Exhortation
Evangelii gaudium, 2013)*

*Our father + Hail Mary
In the name of the Father and of the Son
and of the Holy Spirit, Amen*

Hymn

Ave Maria!

Ave Maria! Ave Maria! maiden mild!
Listen to a maiden's prayer!
Thou canst hear though from the wild,
Thou canst save amid despair.
Safe may we sleep beneath thy care,
Though banished, outcast and reviled -
Maiden! hear a maiden's prayer;
Mother, hear a suppliant child!
Ave Maria!



2

The Unity

For Sainthood and true Happiness

Reading

“Like the Holy One who called you, be holy yourselves also in all your behavior; because it is written: You shall be holy, for I am holy.”

(1 Peter 1: 15-16)

Prayer and meditation

“Virgin most holy and immaculate... to you we turn with loving trust.

You are all beautiful, O Mary!

In you there is no sin. Awaken in all of us a renewed desire for holiness:

May the splendor of truth shine forth in our words, the song of charity resound in our works, purity and chastity abide in our hearts and bodies, and the full beauty of the Gospel be evident in our lives.

You are all beautiful, O Mary!

In you the Word of God became flesh.

Help us always to heed the Lord’s voice:

May we never be indifferent to the cry of the

poor, or untouched by the sufferings of the sick and those in need; may we be sensitive to the loneliness of the elderly and the vulnerability of children, and always love and cherish the life of every human being.

You are all beautiful, O Mary!

In you is the fullness of joy born of life with God. Help us never to forget the meaning of our earthly journey:

May the kindly light of faith illumine our days, the comforting power of hope direct our steps, the contagious warmth of love stir our hearts; and may our gaze be fixed on God, in whom true joy is found.

You are all beautiful, O Mary!

Hear our prayer, graciously hear our plea: May the beauty of God's merciful love in Jesus abide in our hearts, and may this divine beauty save us, our city and the entire world.

Amen”.

(Pope Francis, December 2013)

*Our father + Hail Mary
In the name of the Father and of the Son
and of the Holy Spirit, Amen*

Hymn

Immaculate Mary

Immaculate Mary, thy praises we sing,
Who reignest in splendor with Jesus our King.
Ave, Ave, Ave María! Ave, Ave María!

The Living Water

For Safety and Hope

Reading

“I have set the Lord continually before me; Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my glory rejoices; My flesh also will dwell securely. For you will not abandon my soul to Sheol; Nor will you allow your Holy One to undergo decay. You will make known to me the path of life; In your presence is fullness of joy; In your right hand there are pleasures forever”.

(Ps 16: 8-11)

Prayer and meditation

“Enraptured by the splendor of your heavenly beauty, and impelled by the anxieties of the world, we cast ourselves into your arms, O Immaculate Mother of Jesus and our Mother, Mary, confident of finding in your most loving heart appeasement of our ardent desires, and a safe harbor from the tempests which beset us on every side.

O crystal Fountain of Faith, bathe our minds

with the eternal truths! O fragrant Lily of All Holiness, captivate our hearts with your heavenly perfume! O Conqueress of Evil and Death, inspire in us a deep horror of sin...

O well-beloved of God, hear the ardent cry which rises up from every heart. Bend tenderly over our aching wounds. Convert the wicked, dry the tears of the afflicted and oppressed, comfort the poor and humble, quench hatreds, sweeten hardness, safeguard the flower of purity in youth, protect the holy church, make all men feel the attractions of Christian goodness...

Receive, O most sweet Mother, our humble supplications, and above all obtain for us that, one day, happy with you, we may repeat before your throne that hymn which today is sung on earth around your altars: You are all-beautiful, O Mary! You are the glory, you are the joy, you are the honor of our people!

Amen”.

(Pope Pius XII)

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In the name of the Father and of the Son
and of the Holy Spirit, Amen*



4

The Openness

For Affinity and Serving with joy

Reading

“And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ; until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ”.

(Ephesians 4: 11-13)

Prayer and meditation

“Mary, Mother of the "Yes", you listened to Jesus, and know the tone of his voice and the beating of his heart.

Morning Star, speak to us of him, and tell us about your journey of following him on the path of faith.

Mary, who dwelt with Jesus in Nazareth, impress on our lives your sentiments, your docility, your attentive silence, and make the

Word flourish in genuinely free choices.

Mary, speak to us of Jesus, so that the freshness of our faith shines in our eyes and warms the heart of those we meet, as you did when visiting Elizabeth, who in her old age rejoiced with you for the gift of life.

Mary, Virgin of the Magnificat help us to bring joy to the world and, as at Cana, lead every young person involved in service of others to do only what Jesus will tell them.

Mary, look upon the Agora of youth, so that the soil of the Church will be fertile.

Pray that Jesus, dead and Risen, is reborn in us, and transforms us into a night full of light, full of him.

Mary, Our Lady of Loreto, Gate of Heaven, help us to lift our eyes on high.

We want to see Jesus, to speak with him, to proclaim his love to all”.

(Pope Benedict XVI)

*Our father + Hail Mary
In the name of the Father and of the Son
and of the Holy Spirit, Amen*

Hymn

Holy Queen

Hail, Holy Queen enthroned above, O Maria.

Hail, Queen of mercy and of love, O Maria.

Triumph, all ye cherubim, Sing with us, ye seraphim,
Heaven and earth resound the hymn:

Salve, salve, salve Regina!

5

The Vision

For Consolation

Reading

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ”.

(2 Cor 1: 3-5)

Prayer and meditation

“Out of the depths of this valley of tears, through which suffering humanity painfully struggles, up from the billows of this sea, endlessly buffeted by the waves of suffering, we raise our eyes to the most beloved Mother Mary, to be comforted by the contemplation of thy glory and to hail thee as Queen of Heaven and earth, Queen and Mother of mankind.

With legitimate filial pride, we wish to exalt thy queen ship and to recognize it as due to the sovereign excellence of thy entire being, O dearest one truly Mother of Him Who is King by right, by inheritance and by conquest.

Reign, O Mother and Queen, by showing us the path of holiness, and by guiding and assisting us that we may never stray from it. In the heights of Heaven, thou doth exercise thy primacy over the choirs of Angels, who acclaim thee as their sovereign, and

over the legions of Saints who delight in beholding thy radiant beauty.

So, too, reign over the entire human race above all by opening the path of faith to those who do not yet know your Divine Son.

Reign over the Church which acknowledges and extols thy gentle dominion and has recourse to thee as a safe refuge amid the calamities of our day.

Reign especially over that part of the Church which is persecuted and oppressed; give it strength to bear adversity, constancy never to yield under unjust compulsion, light to avoid falling into the snares of the enemy, firmness to resist overt attack, and at every moment unwavering faithfulness to thy kingdom.

Reign over the minds of men, that they may seek only what is true; over their wills, that they may follow solely what is good; over their hearts, that they may love nothing but what thou thyself lovesth.

Reign over individuals and over families, as well as over societies and nations; over the assemblies of the powerful, the counsels of the wise, as over the simple aspirations of the humble.

Reign in the streets and the squares, in the cities and the villages, in the valleys and the mountains, in the air, on land and on the sea; and hear the pious prayer of all those who recognize that thine is a reign of mercy, in which every petition is heard, every sorrow comforted, every misfortune relieved, every infirmity healed, and in which, at a gesture from thy gentle hands, from death itself there arises smiling life.

Obtain for us that all who now, in every corner of the world, acclaim and hail the Queen and Mistress, may one day in Heaven enjoy the fullness of thy kingdom in the vision of thy Divine Son, Who with the Father and the Holy Ghost, liveth and reigneth for ever and ever. Amen”.

(Pope Pius XII)

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In the name of the Father and of the Son
and of the Holy Spirit, Amen*

Love your neighbor

For Spiritual Renewal

Reading

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God”.

(Rom 12: 1-2)

Prayer and meditation

“For the virgins and for all who flee to thee thou art a Wall, O Virgin Theotokos undefiled: for the Creator of Heaven and earth has made thee ready and adorned thee, dwelling in thy womb, and teaching all to sing to thee:

Rejoice! Pillar of virginity:

Rejoice! Gate of salvation.

Rejoice! Beginning of the new and spiritual creation:

Rejoice! Provider of God’s mercy.

Rejoice! For thou hast given new birth to those conceived in shame:

Rejoice! For thou hast given good counsel to those robbed of understanding.

Rejoice! For thou bringest to naught the corrupter of man's mind:

Rejoice! For thou bringest to birth the Sower of purity.

Rejoice! Bridal Chamber of a marriage without seed:

Rejoice! For thou joinest in union the faithful to their Lord.

Rejoice! Fair nursing-mother of virgins:

Rejoice! Bridal escort of holy souls.

Rejoice! O Unwedded Bride!"

*(The Praises of the Virgin -
Traditional Byzantine prayer)*

*Our father + Hail Mary
In the name of the Father and of the Son
and of the Holy Spirit, Amen*

Hymn

Magnificat...

My soul proclaims the greatness of the Lord.

My spirit rejoices in God, my Savior,
For he has looked with favor on his lowly servant.

My soul proclaims the greatness of the Lord.

From this day all generations will call me blessed.

The Almighty has done great things for me and holy is
his name.

Magnificat...

He has mercy on those who fear him in every
generation.

He has shown the strength of his arm and scattered all
the proud.

Magnificat....

7

The Testimony

For Divine Knowledge

Reading

“You have dealt well with your servant, O Lord, according to your word. Teach me good judgment and knowledge, For I believe your commandments. Before I was afflicted I went astray, but now I keep your word”.

(Ps 119: 65-67)

Prayer and meditation

“We see the Holy Virgin as the lamp of living light, shining upon those in darkness. Kindling the immaterial fire, she guides all men to divine knowledge; she illumines our minds with radiance, and we sing these praises in her honor:

Rejoice! Beam of the Spiritual Sun:

Rejoice! Ray of the Moon that never wanes.

Rejoice! Lighting-flash that shines upon our souls:

Rejoice! Thunder that brings terror to our enemies.

Rejoice! Dawn that maketh the manifold splendor to arise:

Rejoice! Spring that maketh the River with many

streams flow.

Rejoice! For thou dost prefigure the baptismal font:

Rejoice! For thou takest away the filth of sin.

Rejoice! Water washing clean the conscience:

Rejoice! Cup wherein is mixed the Wine of mighty joy.

Rejoice! Scent of Christ's fragrance:

Rejoice! Life of mystical feasting.

Rejoice! O Unwedded Bride!"

*(The Praises of the Virgin -
Traditional Byzantine prayer)*

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Hymn

Virgo María

Sounds of joy have put to flight
All the sadness of the night:
Now a maid beyond compare
Hears her praises fill the air: Virgo María.

Who is she whom angels sing,
Making all creation ring?
She it is who wins our praise,
As on earth our voice we raise: Virgo María.

Closing Prayer

We walked our path, the path of heaven, purifying our hearts and filling them with love, joy, service, consolation and spiritual renewal.

The Lord will continue to perfect us, so we pray with the prophet Jeremiah saying: “Through the Lord's mercies we are not consumed, because his compassions fail not. They are new every morning; Great is your faithfulness. The Lord is my portion, says my soul, Therefore I hope in him!”.

(Lamentations 3: 22-24)

We unite our hope with your joy O Mother and with you we say: “My soul rejoices in the Lord my savior”, for he looked at our humbleness and filled our lives with joy and hope. Here we enter his house and in front of his altar we bow, placing our souls and will in front of him, and together we celebrate the communion of his unending joyful banquet, praising his name forever and ever. Amen.



Hymn

***Queen of virgins, Maiden mild,
Hear me, take me for your child.
Ever my protector be;
Bring eternal life to me: Virgo María.***

Rejoice...

Even if we called it the “Angelic greeting”, the essence of the Annunciation remains the call for happiness. The angel calls Mary to rejoice that she will be carrying the Son of God, that she is going to accompany him; present him to the altar and then believe in him as a savior and Lord.

It is crucial to instill this conviction in us: the divine message, the salvation message of Christ, started with a call for happiness.

Our God grants us happiness because he saves us from the slavery of sin, hatred and death. On the night of his birth, the Angel proclaimed: “I bring you good tidings of great joy which shall be to all people. For unto you is born this day, in the city of David, a Savior, who is Christ the Lord.” And Jesus later said: “I have told you these things so that my joy may be in you, and your joy may be complete.” Joy is the sign of completion of the Old Testament and the start of the New eternal Testament. Mary was the first to hear of this New Testament and she is the carrier of this message of joy. Yet, this does not mean she did not know sadness in her life. But the presence of Jesus in her, and with her, transformed the sadness and pain into a deep inner peace that no one can take away. Rejoice O Mary, full of grace, and let us rejoice, for our hearts yearn for true happiness.

(Fr. Simon El Zind, 6 May 1996)