



MARY'S MANTLE

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OUR LADY OF CANADA REGIA (OTTAWA)

A WELCOME MESSAGE FROM FR. SHROFF

Welcome to the inaugural newsletter of the Legion of Mary, Our Lady of Canada Regia (Ottawa). The purpose of this newsletter is not just to inform you of Legion events and news, but also to help you live the spirituality and mission of the Legion in an ever-deeper way.

The Legion's purpose of existence is to glorify God through the holiness of its members and active service to souls, under the maternal guidance of the Blessed Virgin Mary, Queen and Mother of the Legion. United in prayer and authentic Catholic fellowship, we strive to bring about the reign of Jesus Christ through His Blessed Mother.

May your reading of this newsletter strengthen and encourage you in your pursuit of this goal.

Ad Jesum per Mariam!

Fr. Hezuk Shroff, Spiritual Director of the Regia of Ottawa.

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TO JESUS THROUGH MARY THE ROSARY AND THE LEGION OF MARY

By: Sr. Lorna Baier

The prayers of the saints are the prayers of servants, but the prayers of Mary, are prayers of a Mother; they are regarded in a certain manner as commands by her Son, who loves her so tenderly".

~ St Alphonsus Liguori

When I am overwhelmed by the challenges before me, distracted and confused, the first thing that I do is grab my Rosary. Simply holding it close to my heart brings me solace. I was introduced to Mary by my Godmother who consistently took me to attend the Legion of Mary meetings starting from the age of 3. I officially became a member at the age of 17 as a junior

legionary. Having grown up an orphan, I often yearned for the love and affection of a mother, a role that Mary fulfilled for me. Oftentimes I would turn to her in tears when I got bullied on the playground, feeling sad and in need of comfort, always questioning why I didn't have a mother like the other children I played with. I craved the warmth of her love and embrace and

"I presume that the Legion Journal continues to reach you quarterly and to keep you in touch with all the movements throughout the world. These are now becoming very wide and very significant. It is evident that the Legion is destined to play a vital part in the future fortunes of the Church. Already it has definitely taken its place among the great movements of all time. May this continue and even improve. Certainly, it has been the privilege of the Legion to mobilize the ordinary simple people in the battle of the Church and at the same time to teach them the true position and greatness of Our Blessed Lady."

- Br. Frank Duff

continue to rely on her more and more as I transition into adulthood.

Mary as the foremost disciple holds a unique place in our salvation. Asking for her intercession is participation in the living body of Christ. She notices a human need as demonstrated in the wedding at Cana (John

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2:1-11). She brings the need to Jesus, and direct others to obedience when she said, “Do whatever He tells you” “She speaks once, and Jesus responds decisively to His mother’s intercession.

Among the many Marian devotion cherished by the Catholic Church, the Rosary is a biblically structured way of praying the Gospel with Christ at the center and Mary as a guide. It walks us through the major events of salvation history as lived with Mary in the Incarnation (Luke 1), the birth of Jesus (Luke 2), public ministries (Gospels), the passion and death (all 4 Gospels) and the resurrection and glory (Gospels, Acts, Revelation). “Mary treasured all these things and pondered them in her heart”

(Luke 2:19). The Rosary is the Gospel prayed on our fingers.

“For where two or three are gathered in my name, there I am in the midst of them”. (Matthew 18:20)

In the world field with incessant noise and distraction, engaging in daily prayer, necessitates both intention and perseverance. Although private prayer holds significant importance, many individuals struggle to remain consistent when praying alone. Praying with others offers, encouragement, consistency, and spiritual fellowship, even amidst period of spiritual dryness or personal challenges, reflecting the church as a community that journey together toward God.

“The family that prays together, stays together. . .” Venerable Father Patrick Peyton

On June 15, 1941, Father Peyton was inducted into priesthood. He made the above expression popular and was widely known as the “Rosary Priest”. He passionately advocated the praying of the Rosary following his miraculous recovery from Advanced tuberculosis in 1942, a healing he credited to the intercession of the Blessed Virgin Mary.

History serves as a compelling testament to the power of collective prayer which he promoted globally. During the 1986 People Power Revolution in the Philippines, confronted with a brutal dictatorship, millions of everyday citizens took to the

streets to challenge the oppressive regime, armed not with weapons, but with unwavering faith. Guided spiritually by Church leaders, individuals holding Rosaries engaged in prayers, sang hymns and offered soldiers with flowers, provided food and water, demonstrating compassion rather than resorting to violence and aggression. The dictatorship was peacefully dismantled, and the regime concluded without bloodshed. This occurrence was not a mere coincidence. it was the result of decades of devotion to the Rosary and collective prayer. The peaceful revolution remains a profound testament to the power of faith and serves as a reminder that prayer, when offered and entrusted to Mary’s intercession, has the potential to transform not only individuals but an entire nation.

Overtime, the daily practice of reciting the rosary, transform prayer from an obligation into a source of peace, strength, and guidance. Anchored in the life of Christ, it fosters faith and instill peace. When prayed collectively in a prayer group, through the Legion of Mary, or with a nation united in faith, the Rosary reveals its remarkable power. Grounded in Scripture, historical content, and personal experiences, the Rosary remains a timeless devotion, designed to cultivate a meaningful and significant connection with God.

Devotion to the Blessed Virgin Mary had steered the faithful toward a more profound love for her Son since time immemorial. Through Mary’s eyes, each

decade invites us to reflect on Christ's life, transforming prayer into an encounter rather than a routine.

MARY & JOSEPH'S DEATH OF LOVE

MEDITATIONS ON THE ASSUMPTION WITH TRISTAN AND ISOLDE

By: Br. Maximilien Vachon

My beloved speaks and
says to me:
"Arise, my love, my fair one,
and come away;
for lo, the winter is past,
the rain is over and gone.
The flowers appear on the
earth,
the time of singing has come,
and the voice of the
turtledove
is heard in our land.
The fig tree puts forth its figs,
and the vines are in blossom;
they give forth fragrance.
Arise, my love, my fair one,
and come away.
O my dove, in the clefts of the
rock,
in the covert of the cliff,
let me see your face,
let me hear your voice,
for your voice is sweet,
and your face is comely."

Song of Solomon 2:10-14
(RSVCE)

Mary, The first and most
exemplary disciple of Christ lead
us to her son – one mystery, one
prayer and one act of service at
a time.

One of my favorite musical
pieces is the Liebestod (Love-
Death or Death of Love) from
Wagner's famous opera Tristan
und Isolde. You can listen to
this beautiful version starting at
10:45 (make sure to double-
click):

[Wagner: Tristan and Isolde –
Prelude and Liebestod |
Waltraud Meier, Daniel
Barenboim & WEDO - YouTube](#)

After drinking a love potion,
the two protagonists fall madly
in love. This love is pure,
unrestrained eros, passionate
and possessive. Not only does
this love break all their
commitments and sense of
honor, it also leads to the
death of Tristan at the hands of
the King's men. Isolde, upon
witnessing the death of her
beloved, is so consumed by
eros that she dies while singing
of her desire to be united with
him in death. Here is the English
translation of the German text:

"Mild and gentle, as he is
smiling,
how his eyes sweetly open,
see you, friends?
Does no one see it?

How he, radiantly, clearly rises,
how his heart so proudly
swells in his breast?

Pray for us, a holy mother of God.
That we may be made worthy of
the promises of Christ.

-

How his lips gently breathe,
peaceful and mild?

Ah, friends! Look!
Do you not see and feel?
Am I the only one hearing
this melody that so wondrously
and tenderly, lamenting
joyfully,
everything reconciling,
sounds from him?

Through me it wells,
rises and vibrates,
echoing softly around me?
Ringing brightly,
surrounding me?

Are they waves of soft
breezes?
Are they clouds of sweet
fragrances?
How they swell and ripple
around me!
Shall I breathe them? Shall I
listen?
Shall I drink them, immerse
myself,
melt away in sweet scents?

In the billowing surge,
in the resounding echo,
in the World's all-enveloping
Breath!
To drown, to sink,
unconscious—
Supreme bliss!"¹

Selection translated with the help
of Gemini

Here is Swiss musicologist Jean Matter's commentary on this piece:

"Throughout this final song, Isolde begins by losing herself in contemplation of Tristan's face; gradually, she turns inward, then wraps herself in her own ecstasy, which completely severs her from the outside world. Soon, she no longer sees either Marke or Brangäne, who might as well vanish from the stage. The first words, therefore, concern Tristan. "Do you see him, friends; do you not see him?" is still addressed to those around her but calls for no answer. Besides, it is likely that no one else can see Tristan the way she sees him. Tristan appears to her, in fact, transfigured; she believes she is witnessing his assumption. This glorious body that is taking shape before her eyes is already part of her inner vision."²

Tristan et Isolde: traduction et commentaire, p.268.

Note the explicit parallels between the opera and the Assumption. Indeed, potentially even a pagan work can signal and offer Christian ideas. This is just as true for the *Odyssey* and the *Aeneid* as it is for *Tristan und Isolde*. The pagan version is the incomplete sketch waiting to be elevated and perfected by grace.

What ideal does Isolde dying for want of love at the sight of her beloved point to? Perhaps, it is to a couple that would die not of eros (romantic love), but of agape (divine love). A couple whose hearts would be ablaze without being disordered and who could be one in spirit without possessing or fantasizing about the other.

That perfect couple, as you can imagine, is Mary and Joseph.

Ven. Maria de Agreda's approved revelations include this account of saint Joseph's death:

St. Joseph's noble soul had been purified more and more each day in the affliction of divine love. The days before his death, St. Joseph enjoyed the company of Jesus and Mary and by command of the Lord the holy angels played celestial music, mixing their hymns of praise with the benedictions of the saint, accompanied by the sweetest fragrances, to comfort the dying saint. On the day before he died, being inflamed with divine love, he was wrapped in an ecstasy in which he clearly saw the mysteries of the Incarnation and Redemption, and the militant Church with all its Sacraments and mysteries. When St. Joseph issued from this ecstasy his face shone with wonderful splendor and his soul was transformed by his vision of the essence of God.



Mystical City of God, Volume II, cited by Jose Rodriguez, *The Book of Joseph*, p.131

Note the similarities between Isolde's death and the account of saint Joseph's death. The fire of love, the ecstasy, the beautiful music all point to a love that is greater than death.

Indeed, though Mary was separated from saint Joseph, their love for God and one another endured patiently until Mary's Assumption brought them back together.

The Assumption of the Virgin by Bartolome Esteban Murillo (Circa 1645-1655)

Although not dogma of the faith, many saints believe that Joseph was also assumed into Heaven. Fr. Donald Calloway in his well-known book *Consecration to St. Joseph*, shares more than a few quotes from Doctors of the Church, which support this belief. Here are a few:

We may piously believe, but not assert, that the Most Holy Son of God crowned his foster-father with the same privilege

² Translated with the help of Gemini.

which he gave his mother; that as he assumed her into heaven bodily and glorious in soul, so also on the day when he [Jesus] arose he took Joseph up with him in the glory of the Resurrection.

Saint Bernardine of Sienna, cited in Calloway, Consecration to St. Joseph, p.209.

How could we doubt that Our Lord raised up to heaven, in body and soul, the glorious St. Joseph? For he had the honor and the grace of carrying him so often in his blessed arms, those arms in which Our Lord took so much pleasure.

Saint François de Sales, cited in Calloway, Consecration to St. Joseph, p.209.

Joseph Assumed into Heaven by Adonai Camilleri Cauchi (2019)

Picture the scene: Mary is assumed body and soul into Heaven where she meets Saint Joseph who has been waiting for her. There is no dualism between their bodies and their souls, both are pure and ready to enjoy the beatific vision in Heaven together. No wonder Saint Joseph is the Patron of a Happy Death!

Indeed, we are all called to die of love, not with the

dramatic, eros of Tristan und Isolde, but rather with the deep, profound agape that God wishes to infuse in our hearts. On this great Solemnity of the Assumption of the Blessed Virgin Mary, let us ask Mary and Joseph to obtain for us this grace, not just to die well, but to die in divine love.

The Holy Death of St. Joseph by Benedetto Luti (17th century)

Pretiosa in conspectu Domini mors sanctorum eius.

Precious in the sight of the Lord is the death of His saints.

Psalm 115:15 (Vulgate).

REFLECTIONS ON JEREMIAH AND LUKE

ALLOCUTIO WRITTEN on May 5th, DELIVERED, May 9th, 2026

By Br. Jonathan Wamback

In my private Bible reading, I have been reading an Old Testament and New Testament text and trying to find a word from the Spirit within. Recently, I have been reading Jeremiah and Luke. And seeing how today (the day this allocutio was delivered) is the feast of St Gregory of Nazianzen in the Traditional Rite, I would like to reflect on the importance of evangelization. Following in the footsteps of Jesus as he commanded his disciples, Go. Preach the Gospel and make disciples of the whole earth, baptising them. For this allocutio, I address the importance of Christian evangelization calling to mind

two powerful moments in Scripture. The first, the call to the Israelites in exile, and secondly, the mission of Christ Himself.

In the book of Jeremiah, the Israelites find themselves hopeless. in exile, far from all they knew and understood to be home. Their homeland, actually under siege and destroyed. Still, God offered them a choice. If they submit to Nebuchadnezzar, they would be subject to the Babylonians. But they would not be destroyed. Actually, God tells them that they will thrive. There, in the midst of hostility and in a land foreign, God offers them peace. God

tells them to build houses, settle down. Marry. Have sons and daughters. He tells them to increase and not decrease. He told them to actually seek the welfare of the city where he had sent them. God does not tell them to withdraw, to hide, or to even endure. He calls them to live fully even in exile. Additionally, He calls them to contribute, to bring blessing to the very place where they feel displaced.

What does this mean for us as Legionaries?

At times, we too may feel like we are living in a kind of exile. Maybe in a culture that does not always share or support our faith. It can be tempting to

keep our faith private, to quietly preserve it without drawing attention.

But God's instruction is clear. We learn a lesson from the Israelites in Babylon. We learn that Faith can grow, thrive and flourish despite any obstacle. We learn to continue to grow. Continue to witness. Continue to bring life wherever we are.

Evangelization is not reserved for ideal situations. It is precisely in difficult or indifferent environments that our witness becomes most powerful.

Now, I would like to turn to the Gospel of Luke. After performing miracles and drawing crowds, Jesus says, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent.

Even when people wanted Him to stay, when He was lauded and successful in mission, He did not remain in comfort. He moved outward. He continued forward

There is another lesson here. In that evangelization is not optional, it is central to our identity as followers of Christ.

Jesus did not come only to heal a few or to inspire a small group. He came for all. And His mission continues through us.

As members of the Legion of Mary, this call is at the heart of who we are. We are not just called to personal holiness, but

to active apostolate, to share the love we have received.

We can discern a connection through the two readings here, I think too, we may hear Holy Spirit speak.

Whether in Babylonian exile or in the towns of Galilee, the mark of true faith is not fading away. It is outreach. It is in thriving and bearing witness by our lives, our Christian faith. And in sharing this faith to every person we encounter. Not necessarily by announcing, 'repent for the Kingdom of God has come!' but by our silent and loving witness.

The Israelites were told to seek the good of the city. Jesus was sent to proclaim the Good News to every people. And we, today, are invited into that same movement. To go beyond ourselves, to bring Christ to others.

Evangelization is not always about grand gestures. Often, it is quiet, faithful presence. A kind word. A listening ear. A visit. A prayer offered with someone. A witness of hope when others are discouraged.

Small as these acts are, they are powerful. They are seeds. And God uses them tremendously.

At times, we may grow tired. We may feel that our efforts are unnoticed or ineffective. We may wonder if we are making a difference.

Yet the Gospel reminds us: the mission does not depend on our strength alone. It is God who sends. It is God who works. We are simply His instruments. But, dear friends, what powerful instruments we are. And endowed with what grace?

So, be encouraged: do not grow weary. The love we have received is not meant to be kept, it is meant to be shared.

And when we do share it, something beautiful happens. Not only are others touched, but our own faith deepens. Our joy increases. We become more alive in Christ.

Because faith, when lived and shared, grows. As we continue our work for the Legion, be assured that the work you do is the very work of God. You are the fingers of God. Let us be people who "do not decrease," even in challenging circumstances. Let us be people who, like Christ, feel the urgency of the mission.

Let us carry the joy of the Gospel into every home we visit, every person we encounter.

And in doing so, we trust that God, who has begun this good work in us, will bring it to completion.

May we never grow tired or weary of sharing with others the love we have received.

And may Our Lady, who first brought Christ to the world,

guide us and strengthen us in
this mission.

I know that God sees your
works and is smiling upon you.
Keep going!

Amen?

The Legion of Mary's mission is to sanctify its members and spread Christ's
Kingdom through prayer, apostolic service, and devotion to Mary.

Br. Jonathan Jehanne Wamback - President
Our Lady of Canada Regia (Ottawa)

For all Legionaries (Past, Present and Future)