



ROSETHORN ETIQUETTE

A Litany for Women in this Busy Holiday Season

We pray this litany grants you a moment of pause and peace during this busy season of hosting, traveling, and gifting.

Response after invocation: Deliver me, Jesus.

From the bustling and stress that removes me from the present moment

From calendars and to do lists that leave no space to receive and pray

From rushing into Christmas without taking the time to prepare in Advent

From the temptation to achieve perfection outside of you

From the desire to dwell in the sorrows or disappointments of holidays past

From believing the narrative that the holidays are a time for loneliness and heartache

From materialism, consumerism, and a disordered attachment to the things of this world

From feeling isolated and afraid to share grief in this season

From valuing material possessions over the gift of others' presence

From the temptation to stay silent when others ask for the reason of our hope, and that I may do so with gentleness and reverence

From the temptation of over sharing and comparing my blessings to others' on social media

From gluttony and intemperance

From seeking praise instead of a posture of service

From a hardened heart that is not prepared to receive the joy of the Christ Child

From not making my heart ready in prayer to receive Emmanuel, God with us





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Response after invocation: Jesus, grant me the grace.

That, like the shepherds who followed the star, the Light of Christ may lead, guide,
and direct me in my Advent journey

That I may merrily prepare room for Our Lord in my home and in my heart

That I may embrace poverty in this life so that I may be rich in Your love

That I may exude holy confidence as one of God's beloved daughters

That I may celebrate the gift of life, especially in the most ordinary
and humble occasions

That I may choose to meditate on that cold, Christmas night rather than the
coldness of others

That I may practice hospitality as though I'm always entertaining Your angels

That I may foster connections between myself and others, Your children

That I may never look into the eyes of another without first seeing You

That I may not long for the comfort of yesteryears, but for the God of Eternity
who prepares this new day for me

That I may experience the wonder of this season and be childlike in faith, hope,
and love

That I may truly hand all my worries and burdens to You, and trust the pierced
hands who carry them

That my heart may be moved to count it all as joy, especially in moments
of silent suffering

That, at the end of these demanding days, my tired feet or weary body reminds
me of Christ's sacrifice and draws my heart to gratitude

That, like Mary kneeling next to the Holy Infant in a manger and later at the foot
of the cross, I may always be a steady, peaceful presence for my family, forever near
to the heart my Lord.

