

How to Plant a Mary Garden

Planting hope in our homes with Mary



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Welcome to Our Family

In addition to longer days, sunshine, and school graduations, spring is time for a one-of-a-kind event: the Museum of Family Prayer's annual Mary Garden Contest. Gardeners, gardener "wanna-be's," and families young and old are invited to cultivate and care for gardens dedicated to the Mother of God.

What is a Mary Garden? Traditionally, it is an enclosed garden of flowers and herbs whose names speak of Our Lady. These gardens, which appeared in Europe as early as the Middle Ages, are typically planted around a statue of Mary, creating a peaceful space for prayer. Since we welcome gardens of all shapes and sizes, we hope you and your family will be creative as you plan your Mary Garden together and take this opportunity to begin or deepen a habit of family prayer.

You can learn more about this longstanding tradition, find practical advice for creating your own Mary Garden, and submit photographs of your work on the Museum of Family Prayer's website, MuseumOfFamilyPrayer.org.

As new life springs forth in creation, let us entrust our families to Mary, the Mother of Our Hope. May God bless you and your family!

A Little History

Venerable Patrick Peyton began his ministry in 1942 with the goal of building family unity through daily prayer of the Rosary. Inspired by his own father who had a deep appreciation for family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of family prayer. Now it can be part of your family's tradition so you can fulfill Father Peyton's vision, "The Family That Prays Together Stays Together."



Family Rosary

HOLY CROSS
FAMILY MINISTRIES

The family that prays together stays together

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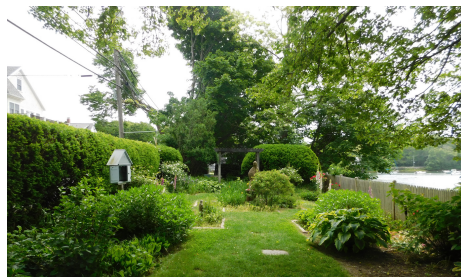
"While we may not need the stories about these flowers to teach us, we can nevertheless create a place of prayer and devotion by planting a garden with the intention of honoring Mary."

It is time to plant and tend a garden. Mary Gardens, gardens dedicated to our Blessed Mother, have been gaining popularity in recent years. How does one go about creating a Mary Garden? Many flowers and plants are associated with our Blessed Mother and various aspects of her life. These traditions harken back to the Middle Ages, when religious devotion permeated almost every aspect of life. Some flowers are associated with Mary simply by virtue of their names. Others feature legends used as one means to instruct others about Jesus and Mary.

It was one more way to teach the Gospel stories during a time when books and reading were not widespread. While we may not need the stories about these flowers to teach us, we can nevertheless create a place of prayer and devotion by planting a garden with the intention of honoring Mary.



Such a garden may be a lavish outdoor space or some simple indoor plantings. A Mary Garden also usually contains a statue or image of Mary.



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This list of flowers and their meanings may help you get started:

- Rose – Roses have been associated with Mary since the earliest days. They are a symbol of her glory and sorrow. Roses are often known as the queen of flowers. As such, they are also a sign of Mary's queenship of Heaven.
- Lily of the Valley - Mary's Tears – Legend holds that when Mary wept at the foot of the cross, her tears fell to the ground and these flowers blossomed. With its pure white flowers, it has also been associated with her Immaculate Conception.
- Ox-Eye Daisy - Mary's Star – This flower is associated with the Star of Bethlehem which led the Magi to the Christ Child.
- Fleur-de-lis - Yellow flag iris – A symbol of the Annunciation, when the Angel Gabriel came to Mary to ask her to be the mother of God's Son.
- Chrysanthemum – All Saint's Flower – This flower is believed to have been present when Christ was laid in the tomb.
- Snowdrop - Candlemas Bells – These are said to have bloomed at Candlemas, when Mary brought Jesus to the temple for His presentation.
- Gladiolus – The name of this flower comes from the Latin word for "sword" and stands for the sword that would pierce Mary's heart.
- Violet – A symbol of Mary's constancy, humility, and innocence.
- Marigold – Mary's Gold – A symbol of Mary's simplicity and domesticity. Sometimes also associated with her sorrows.
- Carnations – Their name reminds one of the Incarnation of Christ. They also are a symbol of the Crucifixion.

For more information on flowers and herbs associated with Mary, please visit:
<http://www.fisheaters.com/marygardens.html>

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Continue the Journey

Want to learn more about Mary or explain to someone Mary's role in your faith? Catholic Central, a free video web series that talks about the big Catholic topics, has an episode all about Mary! There you'll learn that she's venerated, not worshiped; asked to pray for us; and makes occasional appearances to the faithful to achieve her one mission ... bringing people closer to her Son.



Patrice Fagnant-MacArthur

Patrice Fagnant-MacArthur has a Master's Degree in Applied Theology and is the author of *The Catholic Baby Name Book*, *The Power of Forgiveness*, and *Our Lady of La Salette: A Mother Weeps for Her Children*. A mother of three, she is the editor of TodaysCatholicHomeschooling.com as well as a freelance writer and editor.



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Share your newly finished Marian Garden or your long-time Mary Garden. You've put a lot of work into it, now share that beauty with others. As you enjoy your garden, let it be a special place for your family to pray. Our family is one of our greatest gifts from God. Haven't ever prayed in a garden or as a family? Sounds uncomfortable? Give it a try. You'll be surprised how quickly it becomes comfortable. Or, maybe you pray all the time? Head over to your Mary Garden the next time you need to pray. Whatever your situation, we have prayers to make it special.

Keep an eye on:

Family Rosary @familyrosary.org

Catholic Mom @catholicmom.com

Museum of Family Prayer @museumoffamilyprayer.com

and on our Facebook and Instagram sites too!

#MaryGardenContest



Bringing Families Together In Prayer

We hope the time you've spent reflecting with this material has been enriching. Continue to pray with your family every day, wherever you are.

For additional online resources for family prayer including additional e-books and the mobile Rosary App, please visit our website at www.FamilyRosary.org.

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "The family that prays together stays together."

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