

Mary's Heart

Sermon October 11 2026

And Mary said to the Angel,
“How shall this be done, because I know not man?”

In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

And Jesus said,
***“Out of the abundance of the heart
the mouth speaketh.”***

Friends, today is the Second Sunday of October, the month in which Holy Mother Church invites us to contemplate and frolic in the mysteries of the Most Holy Rosary. And in answer to her call today, on the Feast of the Maternity of the Blessed Virgin Mary, in this, our second installment of our mini-catechesis on the Most Holy Rosary of the ever-glorious Virgin Mary, we will give pause to consider the doctrine set before us by the first, second, and fifth Joyful Mysteries.

Dear friends, contrary to what our social-media-driven culture seduces us into believing,

We are what we say.

When I was a boy, my father once said to me—actually, he probably said it to me quite a few times—*“People are always telling you who they are, so pay attention.”* Sometime later, however, I learned that Maya Angelou, the American poet, author, and civil-rights activist, had said something remarkably similar: *“When someone shows you who they are, believe them the first time.”*

So Maya Angelou, and whatever common stock of wisdom from which she and my father drew their counsel, is spot-on: as a man speaketh, so is he. And this, my dear friends, should be the cause of great concern to us, because Our Blessed Lord also said to the Pharisees—and, by way of them, He says to us:

***In the day of judgment
men will be brought to account
for every thoughtless word they have spoken.***

And Mary said,
***“Behold the handmaid of the Lord;
be it done to me according to thy word.”***

And Jesus said,
***“Out of the abundance of the heart
the mouth speaketh.”***

Dear friends, given Our Blessed Lord's severe admonishment, the pressing need for attending to the contemplation of Mary's Heart should be self-evident. The Blessed Virgin, having been safeguarded from the stain of Adam's sin, and having never given her fiat to a single actual sin or even to the tiniest imperfection, this Virgin has been established by Heaven's decree, as it were, as a model worthy of our devout imitation. And her six words offer us the means to observe—or, better yet, to hear—the witness which her mouth gives to the purity of her Heart.

With this in mind, let us contemplate Mary's Heart so that we might make it our own. But now you might be asking: what does such a heart look like? Of what does it consist? In answer, here is how St. John Eudes renders the image of Mary's Heart for our consideration and contemplation:

"Such is the principle, such the source of the divine love burning in the Heart of the Queen of Heaven for the Father, the Son, and the Holy Ghost. Let us now mention the rare perfections that enrich the Heart of Mary. Here are twelve principal characteristics that impart a marvellous lustre to the sublime love of Mary's Heart. Hers is a love most holy, most wise, most prudent, most strong, most ardent, most zealous, most constant, most vigilant, most patient, most faithful, most joyful, and most pure.

As for the effects of the love that reigns in the Heart of the Queen of Heaven, it would be easier to count the stars of the firmament than to number them."

And St. Ambrose reminds us that, in all these things, Mary has been bequeathed to us not as a mere ideal, but a model to be emulated:

She was a virgin not only in body, but also in mind, humble in heart, grave in speech, prudent in mind, sparing of words, studious in reading. What Mary did, you too do in your heart.

Friends, let St. Ambrose's doctrine sink in:
What Mary did, you too do in your heart.

And with our eyes fixed firmly upon Our Lady, let us firmly resolve to become as holy as we can, as wise as we can, as prudent as we can, as strong as we can, as fervent as we can, as zealous as we can; constant in all things, vigilant at all times, patient in all circumstances, always faithful, always joyful, and always and utterly pure.

Let us ask Our Lady to attend carefully to the garden of our souls, so that our hearts might be conformable to hers; so that we might have hearts that ponder the demands of God, so that they may give their assent with understanding and in freedom; humble hearts, ready always to offer God an obedience adorned with charity; hearts enveloped in the contemplation of the very being and ways of God; sensitive hearts, poised to embrace the sorrow woven into the garden of the souls of all who would be fathers and mothers; compassionate, pleading hearts; hearts that are confident in the generosity of the One Who laid His life down to save His friends.

And Mary said,
***"My soul doth magnify the Lord.
And my spirit hath rejoiced in God my Saviour."***

And Jesus said,
***"Out of the abundance of the heart
the mouth speaketh."***

But, dear friends, let us be vigorous in putting to death the vain notion that any joy worth the name is devoid of pain and suffering. For while the wise of this world might proffer such a delusion in the marketplace of self-help ideas, those formed by the poetry of the prophet Isaiah, those trained in the academy of the Maccabees, and the graduates of the school of St. John the Baptist know the truth of the matter: the Via Dolorosa is the way of joy.

The Most Holy Trinity lavishes upon us abundant gifts of holiness, wisdom, prudence, strength, fervency, and zeal. He forms us in constancy, vigilance, patience, and fidelity, not so that we might be free of the suffering which He laid upon the bosom of His Only-Begotten and upon the Heart of His Son's Immaculate Mother. Rather, He did so that we might embrace Him, and embrace that suffering with joy—a joy perfected in purity.

And the wine failing,
the Mother of Jesus saith to Him,
“They have no wine.”

And moments later, she continued:
“Whatsoever He shall say to you, do ye.”

And Jesus said,
***“Out of the abundance of the heart
the mouth speaketh.”***

My dearest friends, today is the Feast of the Maternity of the Blessed Virgin Mary, a feast at which Holy Mother Church invites us to consider and to contemplate the glories of the ever-glorious Blessed Virgin Mary, not merely that we might offer the hyperdulia due to her ***in word only***, but rather that we might lavish upon her the ***hyperdulia of our deeds***; that we might worship and glorify her Divine Son by emulating, yet even imitating, the joyful and sorrowful way of her Immaculate Heart.

And as we commemorate the Twentieth Sunday after Pentecost, and come to receive upon our tongues and in our persons the Body, Blood, Soul, and Divinity of Our Lord Jesus Christ, let us implore our Heavenly Father to grant us the grace to so reverence Mary's Heart that, to the glory of His Only-Begotten Son, we might attain to a heart like unto her Heart — a heart which mirrors the Passion and charity of her Son—saying:

O God, Who wast pleased that, at the message of an Angel, Thy Word should take flesh in the womb of the Blessed Virgin Mary: grant to us Thy suppliants, that we who believe her to be truly the Mother of God may be aided by her intercession with Thee. Through Our Lord Jesus Christ, Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

Then let us beg our Mother's kindness too, saying:

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

*Mary, Help of Christians, pray for us.
Queen of the Most Holy Rosary, pray for us.
Most Sacred Heart of Jesus, have mercy on us.*

In the name of the Father, and of the Son, and of the Holy Ghost. Amen.