

# DAILY COMPANION FOR WOMEN

MINUTE MEDITATIONS FOR EVERY DAY  
CONTAINING A SCRIPTURE QUOTE,  
A REFLECTION, AND A PRAYER

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**Illustrated**



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BLESSED are the pure of heart, for they will see God.

—Mt 5:8

JAN.  
21

**REFLECTION.** Today we honor St. Agnes, a child who consecrated herself to Christ and chose death rather than to renounce Him.

St. Jerome recalled her heroism proclaiming, “She triumphed over her tender age as well as over the merciless tyrant. To the crown of spotless innocence she added the glory of martyrdom.”

**PRAYER.** *Lord, help us to keep pure in mind, body, and spirit so that we may one day live with You in Heaven forever.*



THE grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

—2 Cor 13:13

JAN.  
22

**REFLECTION.** How awesome is the mystery of the Trinity? St. Vincent Pallotti exhorts us to embrace the transformative power of the Trinity in our lives.

Hear and heed his holy words, “Let us pray that the work of the Blessed Trinity be realized in us, cherished by us, and be increasingly more valuable to us.”

**PRAYER.** *Father in Heaven, help us to mindfully praise each sacred member of the Holy Trinity each time we bless ourselves.*



LOVE is patient, love is kind. It is not jealous. . . . It bears all things, believes all things, hopes all things, endures all things.  
—1 Cor 13:4,7

FEB.  
14

**REFLECTION.** On this day associated with love in its many guises, we ponder the words of St. John Paul II who challenges us to open our hearts to love.

He exclaims, “There is no place for selfishness—and no place for fear! Do not be afraid, then, when love makes demands. Do not be afraid when love requires sacrifice.”

**PRAYER.** *Dear Jesus, give me the courage to love You with the whole of my being and to love all others as myself.*

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FOR the grace of God has appeared, bringing salvation to the entire human race.

—Tit 2:11

FEB.  
15

**REFLECTION.** How profound it is that Jesus came to save us all—and not just the strong and powerful.

On the birthday of Susan B. Anthony we recall this pioneer who worked tirelessly in the long struggle to help secure a woman’s right to vote in America.

**PRAYER.** *Dear God, help us to embrace the truth that we are all made in God’s image.*



LEANSE me of my hidden faults. From willful sins preserve your servant; never let them gain power over me.

—Ps 19:13-14

JULY  
25

**REFLECTION.** How can we keep our hidden faults from getting the best of us? Are we too busy to contemplate the flaws that are putting a wedge between us and God?

Going to Confession is just what we need. Our soul searching will help us reflect on our flaws so we can redouble our efforts to curb them. The Holy Spirit is waiting to help and guide us.

**PRAYER.** *Spirit of God, give me the will to go to Confession frequently.*



IS mother said to the servants, "Do whatever he tells you."

—Jn 2:5

JULY  
26

**REFLECTION.** Let us honor St. Anne and St. Joachim, parents to the Blessed Mother and grandparents to Jesus. Tradition tells us that after many years of a childless marriage, St. Joachim and St. Anne pleaded with God for a child, after which an angel appeared to them proclaiming that God had heard their prayers.

Like them, we need to pray without ceasing, and like their blessed daughter, find the courage to say "Yes" to God without reservation.

**PRAYER.** *Dear St. Anne and St. Joachim, give me the perseverance to pray unceasingly knowing that God will never forsake me.*



DO NOT withhold any good from those to whom it is due, when it is in your power to act.

—Prov 3:27

AUG.  
12

**REFLECTION.** Do some people always seem to call at the wrong time? Maybe it's when we are making dinner, or just as we're walking in from a long day at work.

It's tempting to let the answering machine pick up when someone calls us at an inconvenient time. But if we do answer the call, think of the grace we will receive for putting someone else's needs ahead of our own.

**PRAYER.** *Dear Jesus, help me to picture Your face when someone reaches out to me in need.*



PEOPLE will proclaim the glorious splendor of your majesty, and I will meditate on your wonderful works.

—Ps 145:5

AUG.  
13

**REFLECTION.** What ever happened to the notion of relaxing over the summer? For many of us, we exchange the busyness of the school year for the busyness of the summer. We spend the days running our kids back and forth to their camps and activities. Before long, we'll be wondering how the summer slipped away.

Let's try to savor each moment and give thanks to God for the beauty and bounty of the season.

**PRAYER.** *Dear God, thank You for the warm sun on my face; the delicious foods that grace my table; and for time spent with loved ones.*