Basics of Mary and Martha (M2) Ministry: Ora et Labora

The Benedictines have long had a motto of “Ora et Labora,” which is Latin for “prayer and work.” We seek to use a “both and” approach to prayer and service, which follows this 1500-year old rule. Indeed, we are all called to do this via our baptismal roles as priest, prophet, and king. The Mary and Martha (M2) ministry envisions an overarching effort to capture the great volunteer work OLP ladies and teens (confirmation class and older) are already doing both within and without the parish, as well as provide venues for prayer and prayer accountability.

**Examples of Ora:**

*“In prayer, the faithful God's initiative of love always comes first; our own first step is always a response. As God gradually reveals himself and reveals man to himself, prayer appears as a reciprocal call, a covenant drama. Through words and actions, this drama engages the heart.”* (CCC, 2567)

* Flash prayer when an ambulance zooms by you
* A quick “come Holy Spirit” or “help me” when giving a presentation at work or taking a test
* Sitting in stillness before the Blessed Sacrament in our 24-hour chapel or during a Holy Hour
* Prayerfully walking the labyrinth at Benet Hill Monastery
* Praying the Stations of the Cross inside or outside our church
* Group prayer text
* Spiritual Care Team at the Marian House

**Resources:**

https://www.ourladyofthepines.org/Pra

Hallow app

Amen app

**Examples of Labora:**

“*Our own times require of the laity no less zeal [than the early Church]: in fact, modern conditions demand that their apostolate be broadened and intensified.*” (AA, 1)

* Catholic Charities, such as Marian House, the Marketplace (pantry), Helen Hunt campus
* Post-funeral reception support
* Donating time and/or goods to our Charity & Social Justice activities (like elder boxes)
* Liturgy support (hospitality minister, Extraordinary Minister of Holy Communion)

**Ideas for the future:**

* Prayer wall on website
* Prayer accountability partners
* Group prayer opportunities (posted on website)
* Advertising various volunteer opportunities so people can pair up with fellow parishioners

Contact Suzy Streeter at [marthaandmary@ourladyofthepines.org](mailto:marthaandmary@ourladyofthepines.org) with your ideas or questions.