



Dear girls
and boys!

Mary:

A Mother Who Walks With Us

May is a very special month because it is dedicated to Mary. Mary is not only the mother of Jesus, she is also like a loving mother for all of us. She listens when we pray, comforts us when we are worried and always points us towards Jesus. Think of her as someone who walks beside you every day, quietly guiding you with love and care.

Sometimes we feel unsure, scared or worried about something, like a test at school, a problem with a friend or a family challenge. These are times when we can ask Mary for help. You might say a little prayer in the morning, whisper a "thank you" in your heart or just pause for a moment to feel her presence. Even small acts of prayer can help us feel calmer and more confident.



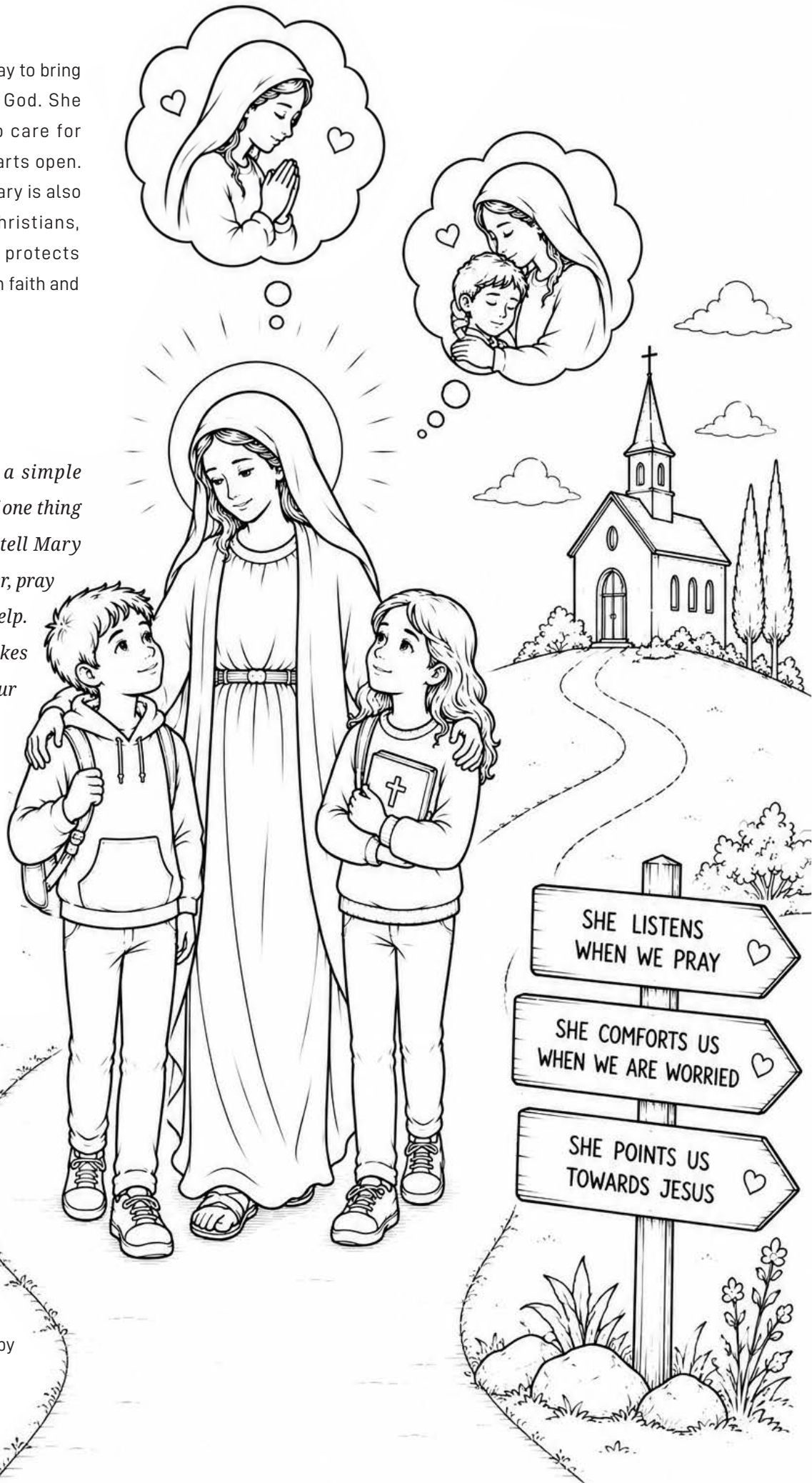
Mary teaches us that it's okay to bring our worries and hopes to God. She shows us how to trust, to care for others and to keep our hearts open. In the Salesian tradition, Mary is also known as Mary Help of Christians, someone who guides and protects young people as they grow in faith and love.

Toby's Thought:

This May, you could try a simple activity: each day, think of one thing you are thankful for and tell Mary about it in a short prayer. Or, pray for someone who needs help. Can you notice how it makes you feel when you share your heart with Mary?

God bless,

Toby



www.salesiansireland.ie/toby

The SALESIAN Bulletin

© SALESIAN BULLETIN, 2026