



# UP TO THE SOURCE

*Adoratio* with St. John Paul II

FOR WOMEN

*The Principle of Help*

**From “Letter of Pope John Paul II to Women”**

*June 29, 1995*

7. “...It is not good that the man should be alone; I will make him a helper fit for him” (Gen 2:18). The creation of woman is marked from the outset by the *principle of help*: a help which is not one-sided but *mutual*. Woman complements man, just as man complements woman: men and women are *complementary*. Womanhood expresses the “human” as much as manhood does, but in a different and complementary way.

When the Book of Genesis speaks of “help,” it is not referring merely to *acting*, but also to *being*. Womanhood and manhood are complementary *not only from the physical and psychological points of view*, but also from the *ontological*. It is only through the duality of the “masculine” and the “feminine” that the “human” finds full realization.

8. After creating man male and female, God says to both: “*Fill the earth and subdue it*” (Gen 1:28). Not only does he give them the power to procreate as a means of perpetuating the human species throughout time, *he also gives them the earth, charging them with the responsible use of its resources*. As a rational and free being, man is called to transform the face of the earth. In this task, which is essentially that

of culture, *man and woman alike* share equal responsibility from the start. In their fruitful relationship as husband and wife, in their common task of exercising dominion over the earth, woman and man are marked neither by a static and undifferentiated equality nor by an irreconcilable and inexorably conflictual difference. Their most natural relationship, which corresponds to the plan of God, is the “unity of the two”, a relational “uni-duality”, which enables each to experience their interpersonal and reciprocal relationship as a gift which enriches and which confers responsibility.

To this “unity of the two” God has entrusted not only the work of procreation and family life, but the creation of history itself... *There are many contributions made by women to the life of whole societies and nations.* This contribution is primarily spiritual and cultural in nature, but socio-political and economic as well. The various sectors of society, nations and states, and the progress of all humanity, are certainly deeply indebted to the contribution of women!



*Adam and Eve in the Garden of Eden, Jan Brueghel the Younger, ca. 1640.*

## Litany of Women Saints

Saint Mary, Mother of God	<i>Pray for us</i>
Saint Anna, Prophetess	<i>Pray for us</i>
Saint Mary Magdalene, Disciple	<i>Pray for us</i>
Saint Agnes, Virgin	<i>Pray for us</i>
Saint Helena, Mother	<i>Pray for us</i>
Saint Monica, Mother	<i>Pray for us</i>
Saint Olga of Kiev, Regente	<i>Pray for us</i>
Saint Bridget of Sweden, Widow	<i>Pray for us</i>
Saint Elizabeth of Hungary, Widow	<i>Pray for us</i>
Saint Joan of Arc, Heroine	<i>Pray for us</i>
Saint Elizabeth of Portugal, Empress	<i>Pray for us</i>
Saint Catherine of Siena and Saint Teresa of Jesus, Doctors of the Church	<i>Pray for us</i>
Saint Elizabeth Ann Seton, Religious	<i>Pray for us</i>
Saint Marianne Cope and Saint Catherine Drexel, Religious	<i>Pray for us</i>
Saint Catherine Tekakwitha, Lay Woman	<i>Pray for us</i>
Saint Frances Xavier Cabrini, Religious	<i>Pray for us</i>
Saint Theodore Guerin and Saint Rose Philippine Duchesne, Religious	<i>Pray for us</i>
Saint Gianna Beretta Molla, Wife	<i>Pray for us</i>
Saint Luigi and Saint Maria Beltrame Quattrochi, Spouses	<i>Pray for us</i>
Saint Teresa of Calcutta, Religious	<i>Pray for us</i>
Saint Teresa Benedicta of the Cross, Philosopher, Carmelite, Patron of Europe	<i>Pray for us</i>
Saint Thérèse of Lisieux, Patron of Missions and Doctor of the Church	<i>Pray for us</i>

# A Woman's Prayer

*Thank you Lord for having created us as women.*

*We are well aware that in our culture it is unclear what the gift of being a woman means. That is why we approach your Son, Jesus Christ, confident that He will enlighten and confirm us with regard to the mystery and depth of our being.*

*We were created in complementarity with man, as a sign of mutual help. It is in receiving ourselves as a gift and giving ourselves as a gift that we fulfill our vocation, welcoming at the same time the gift of man, and the gift of human being. Through Motherhood we are filled with wonder at the uniqueness of each person.*

*Lord, you have made us capable of seeing people and the world around us from the heart, uniting reason and feeling. Our vision shares in Yours, for we see others in their greatness and limitations, placing ourselves at their service.*

*May the Virgin Mother, model of every woman, help us so that our feminine genius may creatively enrich the life of our families and society. Amen.*

## Marian Mass

Join us every Saturday at 8:15 am for **Marian Mass**. We are journeying with the encyclical of St. John Paul II, *Redemptoris mater*.



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