



HAIL MARY MOTHER OF GOD

**Hail Mary, full of grace,
The Lord is with thee.
Blessed art thou among women,
And blessed is the fruit of thy womb,
Jesus.**

**Holy Mary, Mother of God,
Pray for us,
for we too may overcome
sin, disease, and death.
Amen.**

HOW THIS PRAYER CAME ABOUT

When I was a teenager, around 16 to 18 years of age, I was going to Catholic school and we would say the traditional Hail Mary. It never felt quite right to me. As I reflected on the prayer, words came into my mind that expressed its meaning more fully. I wanted the ending to reflect what Jesus taught: that He overcame death, and that what He has done, we can also do. So I began saying this version of the Hail Mary, asking our Blessed Mother to pray for us that we too may overcome sin, disease, and death. I have been praying it this way for many years.