

Hey! You've Got Mail!

Brother Stan Zubek, SM, brought joy to my spirit a few weeks ago when he emailed me, telling me how much he enjoyed the article on the 3 o'clock prayer written by **Fr. Jean Armbruster**, SM. This was a detailed history of how the 3 o'clock prayer developed through the years. I had hoped this would give more background to Marianists, since many of our schools use this prayer every day at dismissal time.

Brother Stan even went further. He had composed musical versions for the prayer. I couldn't wait to hear it. At our Associates Retreat this year at Mary's Family Retreat Center at Cape May Point, N.J., Bro. Stan included some of his songs in our liturgy celebrations. He has two versions of the 3 o'clock prayer, two versions of the Act of Consecration and two of the Marianist doxology. He also has composed a hymn to remind us of the goal Fr. Chaminade had in mind – that we become more and more like Christ, sons and daughters of Mary. He agreed to my request to present these to the Marianist Family. Thanks, Bro. Stan.

We invite you to use these prayer-hymns at your community meetings, especially on Marianist feasts. I know there is much more out there. I encourage you to send me your articles, conferences, poems, projects, questions, etc. by email. I look forward to hearing that familiar sound, Hey! You've got mail!"

Please send your material to Plandolfi@chaminade-hs.org

The Three O'Clock Prayer

Tune: LM or Old Hundredth

Text: based on Traditional Marianist prayer
by Stan Zubek, S.M.

1 G D Em Bm Em D G

1. Je - sus we ga - ther at the cross,
2. We thank you for re - mem - bring us,
3. St. John ob - tain for us the grace,
4. May Fa - ther Son and Spi - rit three,

5 G D Em C G D

With Ma - ry and the one you loved,
And gi - ving Ma - ry to us all,
To wel - come Ma - ry in our lives,
Be glo - ri - fied e - ter - na - ly,

9 G D G D G C D G

You said: Wo - man be - hold your son,
May Ma - ry help us o - pen up,
So she can form us in - to Christ,
Thru Vir - gin Mo - ther full of grace,

13 Bm Em Am G D G

To John: She is your mo - ther now.
So Ho - ly Spi - rit acts on us.
To help her birth Christ here to - day.
Im - ma - cu - late One of our race.

This prayer is based on Jn 19:25-7 and is traditionally said at 3 o'clock, the time Jesus died on the cross. It was widely promoted by Blessed Fr. Chaminade, founder of the Marianists. This version of the 3 o'clock prayer was set to the meter of LM by Bro. Stan Zubek, S.M. This may be reprinted and used by anyone. 22 June 2013

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ACT OF CONSECRATION

Based on a text by Blessed Fr. Chaminade, founder of the Marianists.

He said these words ought to be engraved on the walls of every one of our houses of formation.

15 August 2013

music by S.J.Zubek, S.M

The musical score is written for a single voice in treble clef, with a key signature of two sharps (F# and C#) and a 2/4 time signature. The melody is simple and hymn-like, with lyrics written below the notes. The score is divided into measures, with measure numbers 1, 4, 8, 12, 18, 21, 24, 27, and 30 marked at the beginning of their respective lines. The lyrics are: "Bless - ed Ma - ry, it's for your name we live, for your glo - ry, we live the Ma-rianist life, All that we have now and all that we are, we de - di - cate to_ You You are our hope, you are our ha - ven, you our sup - port and you our_ strength, you our Mo - ther, you our guid - ing light, you en - rich our dai - ly lives and so we sing. Bless-ed".

1 Bless - ed Ma - ry, it's
4 for your name we live, for your glo - ry, we
8 live the Ma-rianist life, All that we have now and
12 all that we are, we de - di - cate to_ You
18 You are our hope, you are our
21 ha - ven, you our sup - port and
24 you our_ strength, you our
27 Mo - ther, you our guid - ing light, you en -
30 rich our dai - ly lives and so we sing. Bless-ed

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15 August 2013

music by S.J.Zubek, S.M

The musical score is written for a single voice part in treble clef, with a key signature of one sharp (F#) and a time signature of 2/4. The melody is simple and hymn-like, with lyrics written below the notes. The score is divided into measures, with measure numbers 1, 4, 8, 12, 18, 21, 24, 27, and 30 marked at the beginning of their respective lines. The lyrics are: "Bless - ed Ma - ry, it's for your name we live, for your glo - ry, we live the Ma-rianist life, All that we have now and all that we are, we de - di - cate to_ You You are our hope, you are our ha - ven, you our sup - port and you our_ strength, you our Mo - ther, you our guid - ing light, you en - rich our dai - ly lives and so we sing. Bless-ed".

1
Bless - ed Ma - ry, it's

4
for your name we live, for your glo - ry, we

8
live the Ma-rianist life, All that we have now and

12
all that we are, we de - di - cate to_ You

18
You are our hope, you are our

21
ha - ven, you our sup - port and

24
you our_ strength, you our

27
Mo - ther, you our guid - ing light, you en -

30
rich our dai - ly lives and so we sing. Bless-ed



Until Christ Be Formed In Us (Gal 4:19)

Rx: Father Chaminade. he gave us a charism to live, it's the mission of Mary to form all into Christ. It's no different from the mission that Christ gave to the Church: "We're in labor until Christ be formed in you."

1. So one day there was a young girl doing ordinary tasks, she was touched by an angel like something in the past, and her life was changed forever by the love within her heart, "We're in labor until Christ be formed in us."
2. From his infancy, to childhood, then thru teens and young adult, she was with him as he struggled, just to find the way to go, then one day she so approached him at a wedding feast so big, "We're in labor until Christ be formed in us."
3. That wedding feast was a turning point the disciples saw the Lord, in his glory and magnificence, he just began to shine, in this time of weakness and people were in need: "We're in labor until Christ be formed in us."
4. In the three years of ministry she was there at the right time, at significant moments, when he was called to shine, she was there at his dying the disciple by her side, "We're in labor until Christ be formed in us."
5. Then it happened in the upper room the disciples were at prayer, she was with them in their struggle to make sense of His death, then the Spirit came upon them and the rest is history, "We're in labor until Christ be formed in us."
6. So this mission was made clearer in that very upper room, they were listening to the Spirit as was poured upon them all, we are called to do this mission, to birth Christ into this world, "We're in labor until Christ is formed in us."

Rx: Father Chaminade, he gave us....

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Marianist Doxology

24 July 2014

by S.J.Zubek, S.M.

The musical score is written on three staves in treble clef with a common time signature (C). The first staff begins with a measure rest marked '1' and contains the lyrics 'May the Fa - ther, and the Son, and the'. The second staff begins with a measure rest marked '4' and contains the lyrics 'Spi - rit be glo - ri - fied, in all pla - es thru'. The third staff begins with a measure rest marked '7' and contains the lyrics 'Ma - ry the Im - ma - cu - late Vir - gin Mo - ther.' The piece concludes with a double bar line.

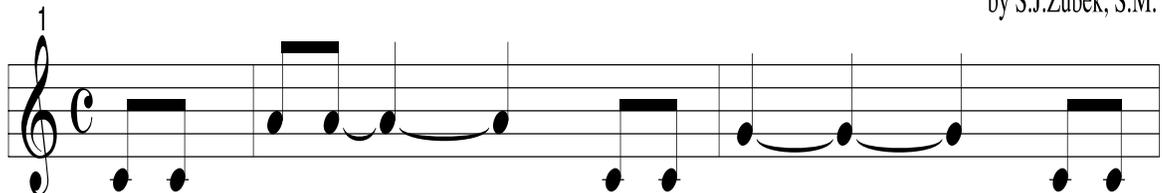
music © Stan Zubek, S.M. (email: stanzubek1@yahoo.com)

Marianist Doxology

24 July 2014

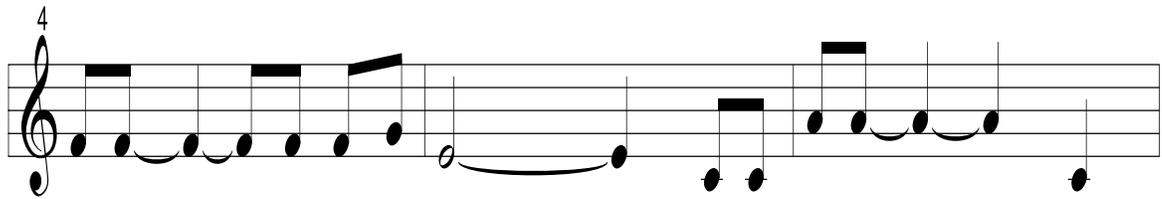
by S.J.Zubek, S.M.

1



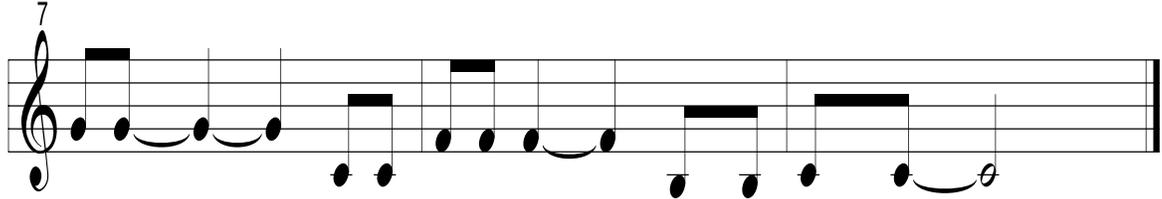
May the Fa - ther, and the Son, and the

4



Spi - rit be glo - ri - fied, in all pla - es thru

7



Ma - ry the Im - ma - cu - late Vir - gin Mo - ther.

music © Stan Zubek, S.M. (email: stanzubek1@yahoo.com)



I'm In Labor Until Christ Be Formed In You

One of Fr. Chaminade's favorite quotes.

13 August 2013

Music & text by S.J.Zubek, S.M.
based on Gal 4:19

The musical score is written in treble clef with a 6/8 time signature. It consists of seven staves of music with lyrics underneath. Chord symbols are placed above the notes. The lyrics are: Rx Fa-ther Cha-mi-nade, he gave us a cha-ri-sm to live, it's the mis-sion of Ma-ry to form all in-to Christ. It's no dif-ferent from the mis-sion that Christ gave to the Church, "We're in la-bor un-til Christ be formed in you" 1.So one day there was a young girl, do-ing or-di-na-ry tasks, she was touched by an an-gel like

C Emin
Rx Fa-ther Cha-mi-nade, he gave us a

F G C
cha - ri - sm to live, it's the mis-sion of

Emin F G
Ma - ry to form all in - to Christ. It's no

C Amin F
dif-ferent from the mis-sion that Christ gave to the

G C Amin F G C F C
Church, "We're in la-bor un-til Christ be formed in you" 1.So one

C Emin F
day there was a young girl, do-ing or - di - na - ry

G C Emin
tasks, she was touched by an an - gel like

CHAMINADE BLESSED

Joyful Joyful we adore you God of glory God of love
His-t'ry tells of might-y her-oes, in'spir'd by God from heav'n a-bove
And to-day we come to-geth-er and cel'-brate this man of God
Lo! be-fore the thrones of heav-en
Stands our Bless-ed Cha-mi-nade.

Sol-diers, rul-ers, lead-ers, states-men, won through val-'rous feats
sub-lime,
Conquests of our ad-mi-ration writ-ten on the scroll of time.
But the world ig-nores the con-quests of im-mor-tal souls for God.
Lo! be-fore the hosts of heav-en
Stands our Bro-ther Cha-mi-nade.

Glory be to God the Father, Glory be to God the Son
Glory be to God the Spirit, Glory thru blest Cha-mi-nade
Fill us with his lov-ing spir-it so like Cha-mi-nade we'll be.
Loving models, sons of Ma-ry, here and in e-ter-ni-ty.

"Chaminade Blessed" is based on "Hail Our Father! Hail Our Leader! Chaminade"
by Lawrence J. Gonner, S.M. (1934) 87.87DD to the tune of Joyful Joyful
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