

opusdei.org

Audio Meditation: A New Year with Jesus and Mary

A meditation (guided prayer) on
beginning the new year with
Mary, Mother of God.

12/31/2022

We are beginning a new year. At this time, the Church invites us to celebrate the solemnity of Mary, the Mother of God. In the presence of God, and of Mary, we now look at how was our past year. As I formulate my new year's resolutions,

there is one thing that only I can do,
and nobody else can give it to God:
my love for God. This year, let me
follow Mary's example in loving God
with all my heart. Listen to this
meditation by Father Henry Bocala
here:

*This meditation is part of the podcast
"Meditations in Manhattan." You can
subscribe to it on Apple Podcasts,
Google Podcasts, Spotify, Pocket
Casts, YouTube, or wherever you
listen to your podcasts.*

.....

pdf | document generated
automatically from [https://opusdei.org/
en/article/audio-meditation-a-new-year-
with-jesus-and-mary/](https://opusdei.org/en/article/audio-meditation-a-new-year-with-jesus-and-mary/) (01/27/2026)