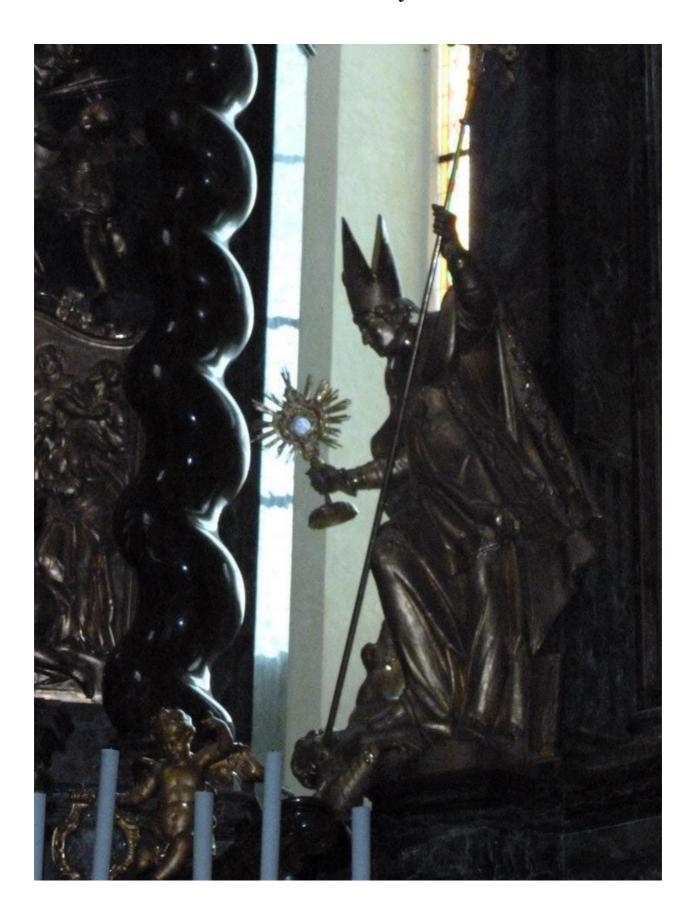
NOVENA IN HONOUR OF ST. NORBERT

28TH MAY TO 5TH JUNE



Imprimatur: Rt Rev H. Allan o.praem.

Cum permissu superiorem

The Early Life of St Norbert

St Norbert was born in Xanten, Germany, in 1080 to Heribert, Count of Gennep, and was thus a member of the German imperial family. Known from an early age as zealous, intelligent, earnest and kindly he was ordained subdeacon and sent to work in the court of Frederick, bishop of Cologne, and later Emperor Henry V of Germany. His life as subdeacon was not immoral but he knew that it was not fitting for the zealous cleric he could be; he was so entangled with worldly affairs and pursuits only a miracle could change his life.

Whilst riding to Vreden one day, St Norbert found himself in the middle of a storm and a bolt of lightning struck the ground near the horse, at which point he was immediately thrown off his horse and lay unconscious. After coming around St Norbert found himself saying, echoing St Paul, "Lord, what wouldst thou have me to do?", he was moved by divine grace to answer in the words of the Psalmist, "Turn away from evil, and do good: seek after peace, and pursue it." (Ps 34:14) God had granted St Norbert what he needed to convert and he approached the Bishop of Cologne who ordained him priest and deacon in consecutive Masses (a privilege later extended to the whole order).

St Norbert now sought to reform the secular canons of Xanten, but to no avail. He was derided by the secular canons some of whom spat at him and tried to have to taken away by the secular authorities. St Norbert then withdrew to seek the advice of Conon, Abbot of Siegburg. After having been granted by Pope Gelasius II permission to preach wherever he wanted St Norbert set out like the Apostles, taking with him only that which he needed for the worthy and daily celebration of the Holy Mass.

St Norbert was then asked by Pope Gelasius's successor, Calixstus II, to found a new religious order and Bishop Bartholomew of Laon, France, requested St Norbert's presence in his diocese. St Norbert travelled throughout the diocese being shown various locations for this new religious order when he happened upon an area of lonely marshland shaped in the form of the cross; a small village in the forest of Coucy, ten or so miles from Laon, named Prémontré.

On Christmas Day in 1121 the first group of St Norbert's followers made their profession, and dressed in white habits imitating the choirs of angels in heaven began their most important duty: to sing the praise of God on earth.

Norbertines Today

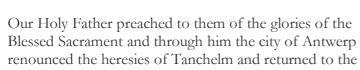
Today the order is present all around the world, dedicated to the praise of God in choir, zeal for souls, Eucharistic cult, simple penance, and devotion to our Blessed Mother. The Norbertines are involved in nearly all areas of the life of the Church: in parishes, schools, hospitals, universities, convents, shrines, and everything else! The motto of the Order is *ad omnes opus bonum parati*, or 'Prepared for every good work'.

The Canonry of Our Lady of Sorrows of St Phillip Benizi was founded in 2004 and the priory moved to its current location in Chelmsford, Essex, in 2008. Our growing community has the care of two parishes in the city centre, and our fathers are also involved in other apostolates around the world; however, the centre of our life remains the worthy celebration of the Divine Office and Holy Sacrifice of the Mass. Through our work we seek nothing less than to give glory to God in heaven, and save souls here on earth.

Please remember the Order and our Canonry in your prayers.

Day One - St Norbert and the Blessed Sacrament

Today our novena especially honours Our Holy Father's devotion to the Blessed Sacrament. Our Holy Father was devoted to the Holy Sacrifice of the Mass from the very beginning of his priestly life, often saying Mass many times during the day. His chief miracles were always wrought in connection with the Blessed Sacrament and he was one of the first saints to be properly called 'Eucharistic'. His chief claim to the title the Church has bestowed on him, that of 'Apostle of the Blessed Sacrament' is derived from his work in Antwerp. In the city of Antwerp, in what is known today as Belgium, there had been a rather troublesome character called Tanchelm. He campaigned against the hierarchy of the Church and their supposed immorality to such an extent that he taught that priests and bishops of ill repute could not validly say Mass. Whilst this was the main thrust of his teaching he also gathered about himself a crowd of citizens who he persuaded to abandon the sacraments and revere him as the Son of God. Whilst Tanchelm met his end, the people of the city were still very much caught up in the heresy when St. Norbert arrived to their aid.





Catholic Church. St. Norbert then made them search out the Hosts they had buried and They were found – entirely intact and bore in solemn procession back to Antwerp where St. Norbert replaced Them in the tabernacle. This episode is commemorated in the Norbertine Missal with a feast called 'The Triumph of St. Norbert'.

St. Norbert's devotion to the Blessed Sacrament was left to us his sons and, in each place where houses of the Order were established, devotion to the Holy Eucharist was greatly encouraged. The ardent desire of members of our Order that people should love Christ in the Blessed Sacrament has won for many of them the crown of martyrdom. In every age Norbertines have gone to their deaths rather than deny the love Our Lord shows us by His presence in the Holy Eucharist. This witness was recognised by Pope Pius XI, a great friend of the Order, who described us as 'Gloriously Eucharistic and Eucharistically Glorious'.

Let us pray therefore that through the intercession of St. Norbert all Catholics may grow more fervent in their devotion to the Blessed Sacrament of the Altar.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Two – St. Norbert and Our Lady

He is no true son of the ever Blessed Virgin Mary, Mother of God, who is not with his whole heart devoted to her. – St. Norbert

Next to the Blessed Sacrament, devotion to the Blessed Virgin Mary was a hallmark of the life of Our Holy Father Norbert. It was through her most powerful intercession that he endured all the difficulties of his life and it was to her that he entrusted his entire life and the work of his Order. Many of our earliest communities were placed under the patronage of the Holy Mother of God.

Our Holy Father was especially devoted to Our Lady in her Immaculate Conception. Our Lady gave St. Norbert the white habit of the Order that his sons should wear it in honour of her Immaculate Conception and St. Norbert himself is said to have written an Office in honour of Our Lady under this title.



The intention of this Mother of fair love in adorning us with the white habit - a symbol of purity - was no other than to teach us a true devotion to her Immaculate Conception. - St. Norbert

Let us pray then that through the intercession of St. Norbert, that most devoted son of Our Lady, all Christians may foster a deeper devotion to the Mother of God, particularly in her Immaculate Conception. Let us pray too for England, once called the 'Dowry of Mary' that this island may once more glory under her most holy patronage.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Three - St. Norbert and Devotion to the Relics of the Saints

You must have a great veneration for the relics of the Saints, for they are more precious than all the treasures of the



world. Should you possess any in your house, consider them as the guardians of your home and your heart. – St.

Norbert

Our Holy Father Norbert was most assiduous in his devotion to the relics of the saints. When he began the community at Prémontré his first concern was to secure relics of the saints for the church he was building. To this end he journeyed to Cologne and through Divine intervention rediscovered the relics of many saints which had previously been hidden.

In the Premonstratensian missal

we find the feast of the two Ewalds (October 3rd) and the martyr Gereon (October 10th); the saints of Cologne whose relics were miraculously discovered by Our Holy Father Norbert. So too the feast of All the Holy Relics was kept on November 14th. Our houses still posses many precious relics of the saints, particularly venerating the relics of the saints and beati of the Order. The relics of St. Norbert himself were the cause of many conversions during his translation from Magdeburg to Strahov and his shrine is still beloved of a great multitude of the faithful.

Let us pray then, that through the intercession of St. Norbert, we may all foster and promote devotion to the holy relics of the saints, which, next to the Blessed Sacrament are the closest things we have to Heaven on this earth. May the whole communion of saints assist us by their prayers that we too may one day win the crown of eternal life.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Four – St. Norbert and the Rule of St Augustine

I know that St. Augustine has appeared to one of the brethren, who had been ordered to investigate with the greatest of care concerning his Rule; it was not on account of our brother's own merits, but in answer to the prayers of all. St. Augustine took from his right side his Golden Rule, and handing it to the brother, said very distinctly: I am Augustine, Bishop of Hippo. Behold here the Rule which I have written; if your fellow-brethren, my sons, shall have observed it well, they shall stand without fear in the presence of Christ on the terrible day of the last Judgement. - St Norbert

The Rule of St. Augustine is not a long rule with detailed precepts, such as that of St. Benedict, but rather it is a short treatise including the basic requirements for a life lived in common. The first duty enjoined by our Holy Rule is love of God and of neighbour and draws much inspiration from the common life lived by the first apostles in Jerusalem as described in Acts. Its flexibility has allowed it to become one of the most widely used rules of religious life and throughout history it has been used by communities of both sexes and by a multiplicity of different religious communities.



Whilst Our Holy Father Norbert set about establishing conventual life at Prémontré the question arose of which Rule the new Order was to follow. In the quotation above St Norbert is referring to himself, and the tradition of our Order tells us that St Norbert received our Holy Rule from St Augustine of Hippo. The Order has retained a great love for Our Holy Father Augustine and many of our churches have altars dedicated in his honour. St. Augustine has always been regarded as the father of our Order and in our *confiteor* we seek the prayers of 'Our Holy Fathers Augustine and Norbert'.

Let us pray then for every house of our Order across the world and for each of its members, that all may grow in deeper love and appreciation for the Rule of Our Holy Father Augustine. Let us pray too that all Christians may heed the injunction of the Holy Rule: "Before all things, most dear brothers, we must love God and after Him our neighbour; for these are the principal commands which have been given to us.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Five – St. Norbert and His Order



In the year 1121, St Norbert laid the foundations of his new religious Order; the Canons Regular of the Prémontré. The new monastery quickly became known for its austerity of life, for its poverty, for its intense liturgical prayer life and for its complete fidelity to the ideal of community as depicted in the Augustinian rule. As the monastery grew, St Norbert continued his life of preaching and attracted many men and women to his new Order. St. Norbert and his followers all had a deep and unswerving faith in the Sacrifice of the Mass and showed great love and devotion to the Blessed Sacrament. Armed with this, they fearlessly preached against the errors of the day and brought about a great spiritual renewal among thousands of people.

You are my Order. Just as bishops have their canons delegated to offer public prayer in their diocese, in the same way you are my canons, not just for one diocese, but for the universal Church. – Pope Pius XI

Five particular hallmarks have been identified as the characteristics of the life of our Order; the praise of God through the singing of the Divine Office, worship of God in the Blessed Sacrament, devotion to Our Lady, the life of penance and a zeal for souls. As Canons Regular of Prémontré we strive to bring all people closer to their Saviour by means of these works.

Let us pray then for our Order, for our Abbot General and for all the Canons Regular of Prémontré; that we may ever be faithful to the spirit of Our Holy Fathers Augustine and Norbert and be, like them, prepared for every good work.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Six – St. Norbert and the Priesthood

O Priest, who are you?

You are not yourself because you are God.

You are not of yourself because you are the servant and minister of Christ.

You are not your own because you are the spouse of the Church.

You are not yourself because you are the mediator between God and man.

You are not from yourself because you are nothing.

What then are you? Nothing and everything.

O Priest!

Take care lest what was said to Christ on the cross be said to you:

'He saved others, himself he cannot save!'

The above words of Our Holy Father Norbert capture the entire essence of the sacred priesthood. The priesthood was the soul of St. Norbert's life and vocation. In his preaching, in celebrating the sacred mysteries and in every aspect of his life, St. Norbert was totally consecrated to Christ through his priesthood.



St. Norbert was of course principally devoted to the Blessed Sacrament and spent many hours in prayer, especially at Mass, which he celebrated several times each day. Our Holy Father was also famed as a great preacher and through his preaching turned many souls back to God. Above all, St. Norbert was aware of the need for his priesthood to be rooted in a solid life of prayer and penance.

Let us pray then for priests; for their sanctification and for their labours, that they may never lose sight of their holy vocation and the great work to which God has called them. Let us pray too for an increase in vocations to the priesthood, especially to our Order.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Seven – St. Norbert and Holy Poverty



I have frequently been at the courts of princes, I have possessed abundant wealth, I have not denied myself the pleasures of the world; nevertheless, believe me, brethren, this abundance of worldly goods is real poverty. Never was it better for me than when I was without them, because the entire freedom from these worldly goods gave me the fullness of those that are heavenly, which are more pleasant for their sweetness, more lasting for their constancy, better constituted for the satisfaction they give to the heart of man.

- St. Norbert

In the first years after his conversion Our Holy Father took up the mantle of poverty with great zeal. His severe privations and voluntary sufferings were such that his early followers were often forced to abandon him. When he had established Prémontré St. Norbert was no less devoted to following Christ in all things, especially in His poverty. The reputation of the poverty of the Order soon spread and Prémontré become known as the "House of Holy Poverty".

Riches pass away, but holy poverty is a lasting good and a token of a happy eternity — St. Norbert

St. Norbert was also filled with charity towards the poor of society. He sought them out and gave them both material and spiritual nourishment. As religious we take a vow of poverty, as Norbertines we seek to live this vow in imitation of Our Holy Father: seriously, and honestly.

Let us pray therefore for all religious, that they may be ever preserved in their vows and may each day take up their cross anew. Let us pray too for the poor of our world, for the lonely, the troubled and those in all kinds of need.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Eight – St. Norbert and Chastity

Chastity is a flower which a Religious of the Order of Prémontré must always carry and preserve; for like a precious pearl in a crown must his chastity be; well known and of good repute, and shining forth in all his actions. — St. Norbert

In our own day chastity is little discussed; ridiculed by the world and extolled rarely even Christians. Yet chastity was the way Christ lived, it was the crown of His Holy Mother and the example of all the saints. In today's society, described by our recent popes as a 'culture of



death', the witness of chastity is an important antidote to the symptoms of that culture.

Our Holy Father Norbert had spent much of his early years at court and amongst the society of the world. He knew all too well the dangers posed to chastity. Yet St. Norbert recognised chastity as the great virtue that it is and on account of this he was most zealous in his defence of it.

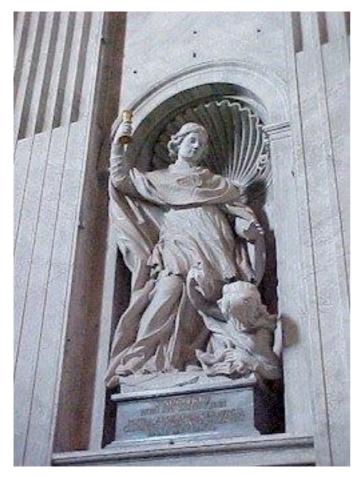
The Pope St John Paul II called upon us, as an Order, to always "witness to the world around the values which are eternal and transcendent." As religious we are called upon to live the life of consecrated celibacy; a life of sacrifice for the sake of the kingdom of God. Our lives therefore should indeed be ones of witness, even when we are ridiculed. St. Paul wrote in his first letter to the church at Corinth; "the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God."

Let us pray then that all priests and religious may continue to uphold the virtue of chastity, not only in their own lives, but in the universal call to chastity to which Christ has called all Christians. Let us pray too for single people, for married people and for all families, especially our own, that God will, through the intercession of St. Norbert, grant them an abundant outpouring of grace.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

Day Nine - St. Norbert and Obedience



When your Superiors speak, think that they stand in God's place. Listen in all humility to what they say, and obey them directly. I deem it preferable to enter a burning furnace, to suffer even death itself, than not to obey. — St. Norbert

Our Holy Father Norbert was a man who attracted followers; as a preacher, as the founder of Prémontré and as Archbishop of Magdeburg. He knew the necessity of obedience in a religious community for it to function and flourish. Our Holy Father taught us that we are to obey the voice of the superior as we would obey the voice of God Himself. St. Norbert was also a person subject to superiors; his veneration for the Pope is one of the most exemplary aspects of his life. The Rule of Augustine exhorts superiors not to take delight in ruling, but in serving.

As Catholic religious we are bound to obey not only our immediate superiors in our own houses, but also to show a profound respect and obedience to the voice of the Holy Father as Vicar of Christ. Many martyrs of our Order

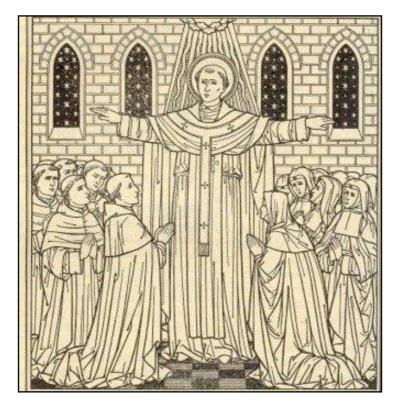
have given the ultimate sacrifice for the sake of their fidelity to the Petrine Office. Most recently our confreres in Eastern Europe suffered much on account of their fidelity to Rome, losing their monasteries, their freedom and even their very lives.

Let us pray therefore that the adorable will of God may be done in all things. Let us pray too for an increase in fidelity to the Pope, Bishops, and all those in lawful authority.

- V) Pray for us, O Holy Father Norbert,
- R) That we may be made worthy of the promises of Christ.

Let us pray,

THE SOLEMNITY OF OUR HOLY FATHER NORBERT



The death of St Norbert

Though comparatively in the prime of life, he was scarcely 54 years of age, he felt that he had well nigh run his allotted course. He fell ill. Holy Thursday was near at hand. The wonderful energy that throughout life had been the secret of so much success was revived within him, he rose from his bed of sickness and consecrated the Holy Oils. In a similar way, he rose on Easter Sunday to celebrate the Holy Sacrifice. His failing strength was severely tested, he entertained little hopes of ever being able to celebrate again, so to the oblation of the Divine Victim on the altar, he united the oblation of his own life. When the Mass was ended he betook himself again to bed and there for seven weeks remained in constant union with God. His patience and resignation edified those who visited him and they treasured up his words of advice and encouragement. He lived till the Wednesday of Whit-week. He was fully conscious to the end and gave evidence of the divine love that had burned unremittingly within him since the day of his conversion. His last act was to bless those assembled round his bed and then to remit his soul into the hands of God. He died in the night between the 5th and 6th of June 1134, in the fifth year of the Pontificate of Pope Innocent II, the ninth of the reign of Emperor Lothair and the eighth of his own Episcopacy. Though the course of his life was short, it was full of fruitful works, so full, state the authorities on his life, that no one person can possibly do justice to an account of all the good he did, no more than that one person could possibly be witness of all his good deeds. The funeral of the Archbishop took place on June 11th. The Emperor decided that he should be buried in the church of St. Mary, attached to the Premonstratensian monastery at Magdeburg.

Our Holy Father Augustine, Pray for us Our Holy Father Norbert, Pray for us

PRAYERS TO ST NORBERT

A novena prayer to St Norbert

O holy St Norbert, gentlest of saints, your love for Jesus Christ truly present in every tabernacle around the world and your charity for souls made you worthy while on earth to possess miraculous powers. Miracles waited your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me the favour I seek in this novena.

[here state your intention]

The answer to my prayer may require a miracle; even so, you are the saint or miracles. O gentle and loving St Norbert, whose heart was ever full of zeal for souls, whisper my petition into the ears of the Infant Jesus, on Whose birthday you founded the holy Order of Prémontré, and the gratitude of my heart will always be yours.

Our Father. Hail Mary. Glory be.

Litany of St Norbert

Lord, have mercy on us. Christ, have mercy on us. Lord, have mercy on us. Christ, hear us. Christ, graciously hear us.

God, the Father of heaven. *Have mercy on us.*God, the Son, Redeemer of the world.
God, the Holy Spirit.
Holy Trinity, one God.

Holy Mary. *Pray for us.*Holy Mother of God.
Holy Virgin of virgins.
Queen of the white-robed Order.
Holy Virgin, who hadst a great love for St Norbert.

Holy Father Norbert. *Pray for us.*St Norbert, whose birth was foretold from Heaven.
St Norbert, who was marvellously converted by God.
St Norbert, mirror of true penance.
St Norbert, who didst trample earthly pomps under foot.
St Norbert, despiser of the world.
St Norbert, who didst conquer thy passions and affections.

St Norbert, who didst gain the victory over temptations.

St Norbert, who didst quell and cast down devils.

St Norbert, restorer of peace and concord.

St Norbert, who didst walk barefoot.

St Norbert, who didst practice mortification.

St Norbert, lover of the Cross.

St Norbert, pattern of abstinence.

St Norbert, who didst receive the white habit from the Mother of God.

St Norbert, most constant in faith.

St Norbert, most firm in hope.

St Norbert, most fervent in charity.

St Norbert, zealous lover of chastity.

St Norbert, model of poverty.

St Norbert, mirror of obedience.

St Norbert, vigilant teacher of discipline.

St Norbert, defender of the true faith.

St Norbert, choice vindicator of the Blessed Sacrament.

St Norbert, pillar of the Catholic Church.

St Norbert, light of prayer and contemplation.

St Norbert, leader of the white-robed army.

St Norbert, patriarch of the Premonstratensians.

St Norbert, father and protector of thy Order.

St Norbert, Primate of Germany.

St Norbert, worker of miracles.

St Norbert, wonderful discerner of spirits.

St Norbert, imitator of Jesus Christ.

St Norbert, follower of the Apostles.

St Norbert, who was like to the martyrs.

St Norbert, gem of pontiffs.

St Norbert, glory of confessors.

St Norbert, companion of virgins.

St Norbert, colleague of all saints.

Be merciful. *Spare us, O Lord.* Be merciful. *Graciously hear us, O Lord.*

From the neglect of Thy commandments. Deliver us, O Lord.

From the transgression of our vows.

From uncleanness of mind and body.

From a proud and sad spirit.

From the snares of the devil.

From overwhelming temptation.

From the disorder of our passions.

From the blindness of self-love.

From the obstinacy of self-will.

From an unprovided death.

Through his austere penance.

Through his ardent zeal in preaching.

Through his exemplary life.

Through all his virtues.

Through his holy death.

Through his glorious crown in heaven.

Through his merits and intercession.

We sinners. We beseech Thee, hear us.

That Thou wouldst grant us true sorrow and contrition of heart.

That Thou wouldst grant us true conversion of life.

That Thou wouldst grant us obedience to our Rule and preserve us in the same.

That Thou wouldst make faith, hope and charity to grow in us.

That Thou wouldst make us zealous observers of our holy vows.

That Thou wouldst grant us the gift of prayer.

That Thou wouldst bestow upon us the seven gifts of the Holy Spirit.

That Thou wouldst vouchsafe to govern and preserve Thy holy Church.

That Thou wouldst vouchsafe to extend and preserve the Premonstratensian Order. That Thou wouldst vouchsafe to strengthen the Abbot-General and all the prelates of the Order with perfect spirit.

That Thou wouldst vouchsafe to grant us the crown of perseverance. That Thou wouldst give grace to the living and to the departed eternal rest.

Lamb of God, Who takes away the sins of the world. *Spare us, O Lord.*Lamb of God, Who takes away the sins of the world. *Graciously hear us, O Lord.*Lamb of God, Who takes away the sins of the world. *Have mercy on us.*

Christ hear us. Christ graciously hear us.

V/ Pray for us, O Holy Father Norbert.

R/ That we may be made worthy of the promises of Christ.

V/ O Lord, hear my prayer.

R/ And let my cry come unto Thee.

[V/ The Lord be with you

R/ And with thy spirit]

Let us pray.

O God, Who didst make of Blessed Norbert, Thy Confessor and Bishop, an excellent preacher of the Word, and by his means didst enrich Thy Church with new offspring, grant, we beseech Thee, that through his intercession we may put in practice by Thy grace what he taught us, both in word and work.

O Lord, grant to us Thy servants constancy in Thy faith and service, that, rooted in Divine Charity, we may not be conquered by any temptation. Through Christ our Lord. Amen.

Praised be the Blessed Sacrament of the Altar and the Immaculate Conception of the Blessed Virgin Mary. Amen.

