



---- ADP-VV VADEMECUM ----



How to open a new *adp-vv* Marian Prayer Group (of lay people)
(*Allies of the Little Ones*)

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1. THE *ADP-VV* MARIAN PRAYER GROUPS AND THEIR INNOVATIVE STYLE

The *adp-vv* Marian Prayer Groups (i.e. "*Allies of the Little Ones - Green Flyers*"), arise from an intuition of Friar Volantino Verde, Founder and Servant General of the Community of the *Little Friars and Little Nuns of Jesus and Mary*¹ (*pfsgm*), who, accepting the requests of so many families and so many people fascinated by our evangelical lifestyle (with the spirit of the first Franciscans and the first Carmelites), wanted to give a real possibility also to the laity to live to some extent the charism proper to the *pfsgm*, that is, to "stimulate people to a frequent sacramental life or to a more intense participation in it"².

To do this, the *adp-vv* meet periodically for the prayer of the Holy *Innovative Meditated* Rosary with the aim of growing and making the brothers grow in the faith. The heart of this "*innovative*" style of prayer, with the singing of 5 Hail Marys instead of the classic decade of the rosary³, is the meditation on the mysteries of the Holy Rosary, introduced by the reading of simple *Systematic Cards*⁴ containing the Word of God, a short meditation of "practical theology" written by our Founder and a passage from the Teachings of the Catholic Church. This is followed by a free meditation based on the theme of the chosen card and aimed, in addition to concretely living the Gospel better in one's own personal lay call, to implement a more effective and competent work of evangelization.

2. PROCEDURE FOR HOW TO CONCRETELY OPEN AN *ADP-VV* GROUP AT HOME OR IN *CHURCH*

a) 4 *Consecutive Trial meetings* (in-person or online)

After a first approach with the *innovative adp-vv* Meditated and sung Holy Rosary and a beautiful direct or indirect spiritual experience with the *pfsgm*, that is, by participating in prayer meetings with us - in person or via web - with the help of the multimedia content available on the site www.fratipoveri.net

¹ Approved - *definitively* - by the Catholic Church on May 31, 2019, with the Episcopal Decree of His Ecc. Msgr. Antonio Staglianò, Bishop of Noto (SR).

² *PFSGM STATUTE, Charism*, 1,6.

³ "*He who sings well prays twice*" (cf. CEI, *General Instruction of the Roman Missal*, n. 39), therefore 5 Hail Marys x 2 = 10 Hail Marys.

⁴ Available on <https://www.fratipoveri.net/Default.aspx?TabId=873>.

and on the *adp-vv* blog, the candidates begin a period of at least *4 consecutive trial meetings* (if necessary even remotely) with the group prayer, led by the *pfsgm* consecrated leaders.

b) 6 months of experience as aspiring *adp-vv Spiritual Members* – with Wristband

After the *4 consecutive trial meetings* have been successfully completed, the consecrated *pfsgm* ask the parish priest of reference, through a simple e-mail, for his consent to continue the beautiful experience with the group prayer. Once this consent has been obtained, the person signs the Simple Registration Form for aspiring *Spiritual Members* of the *adp-vv* Prayer Groups, immediately receiving the green wristband, so as to begin the *6 consecutive months of experience*⁵ with the prayer of the Holy Meditated Rosary in a group, to be held weekly (level A), fortnightly (level B) or monthly (level C), depending on the choice of the applicants, promising the effort (not the obligation) to lovingly observe the following three basic points:

1. *Recite the Holy Meditated Rosary* (preferably in person rather than via the web) with your own Prayer group according to the chosen level, with the presence of one of our consecrated *pfsgm* members or a lay person delegated by our *pfsgm Leaders*.
2. *Participate in Holy Mass at least on Sundays or for the vigil*, receiving Communion with Jesus in the Eucharist at least weekly and going to confession at least monthly with a Catholic Priest.
3. *To do as much as possible concrete works of Charity*, especially aiding the *Little Friars and Little Nuns of Jesus and Mary* in their works of Charity and in their works of Evangelization.

The Rosary meditated in groups will preferably be held at home with the constant presence of qualified *pfsgm* members who will take care of the aspiring cenacle in person or, where distances do not allow it, through an assiduous online presence. Groups can also decide to meet in Church, but preferably only if they are near one of the *pfsgm* establishments, so as to always have one or more members authorized to lead and/or supervise the prayer in person. On the other hand, in the case of groups far from the *pfsgm* establishments that still wish to pray in Church, a special authorization from the *pfsgm* leaders will be required following a period of mandatory basic training and a final oral examination for qualification (cf. 2,c).

c) Year of Test and Basic Formation - with Green Rosary Bracelet

At the end of the 6 months of experience, if no negative evaluation is communicated in writing by e-mail by the *pfsgm* leaders, each of the candidate *Spiritual Members* of the *adp-vv* Prayer Groups will receive the Green Rosary Bracelet.

From this moment on begins the so-called *Year of Test*, during which the candidates, in addition to regularly praying the Holy Meditated Rosary in groups always accompanied by the qualified *pfsgm* members, they will have to complete a basic formation course aimed at deepening the mysteries of the Holy Rosary and the main keys of reading necessary for a more competent evangelization.

This basic training will be *mandatory* at least for the group leaders and vice-group leaders and for all those who wish to meditate on the mysteries of the Holy Rosary according to the *adp-vv* method in public. At the end of the aforementioned one-year formation course, candidates will have to take a simple oral exam with the qualified *pfsgm* consecrates.

d) Spiritual Registration as an *adp-vv* Group of Prayer - with Pennant and Officialization

The Year of Test and basic formation having been successfully completed,

- the cenacle can *officially* become an *adp-vv* Group of Prayer, receiving the distinctive *adp-vv* Pennant;
- the individual candidate *officially* becomes a *Spiritual Member* of the *adp-vv* Groups of Prayer

In this phase, after having made a journey of prayer and discernment with the new *adp-vv* Group lasting about 1 year and a half, the *pfsgm* leaders will also go to the Bishop of the respective diocese bringing with them the open letter in which the Bishop who approved us presents the *pfsgm* visiting the

⁵ Six months as a suitable time for discernment, founded on the message that Our Lady gave to the shepherd children of Fatima on May 13, 1917: "Come here for 6 consecutive months and I will tell you who I am and what I want from you." Cf. LUCIA DI FATIMA, *Memoirs of Sister Lucy*, I, edited by L. Kondor - J.M. Alonso, Ed. Secretariado Dos Pastorinhos, Fatima 2005⁸, p. 169.

dioceses where new *adp-vv* cenacles are being born, the letter of introduction for the *adp-vv* Groups of Father Volantino and the written consent of the parish priest of reference, to receive his benevolent *nullaosta* (possibly also written only by e-mail).

e) Definitive officialization in the book of the *adp-vv Association*

Finally, after six and a half years from the beginning of their aspirancy, as the *pfsgm* become perpetually professed after six and a half years, just so the members of the *adp-vv* Groups - after filling out a further and specific written application - can also be *officially and definitively, fully* included in the register of the *adp-vv* Association, for having distinguished themselves particularly in the commitment of the three promises made (in point "b"). The Board of Directors of the Association may, however, decide whether or not to admit an ally among its members and even before the appointed time, especially for his or her possible outstanding merits (cf. *I Tim 3:13*) in working Charity made concrete by deeds and by exemplary Christian witness in proclaiming Christ dead and Risen⁶.

3. PROMOTION AND CARE OF GROUPS EVEN FROM A DISTANCE

The consecrated leaders and lay leaders of the *adp-vv* Prayer Groups are assiduously committed to promoting the prayer of the Holy Meditated - Innovative - Rosary in their parishes, in the workplace, among friends and family, and among all those people who wish to grow in faith, from which flow more and more *grace and peace in abundance in the knowledge of God and of the One He has Sent, Jesus Christ* (cf. *2 Pt 1:2*). To do this, in addition to personal visits, they also make use of the internet and the various means of social communication⁷, through which they are also able to take care of various prayer groups which, scattered throughout the world and physically far from the headquarters of the *pfsgm*, cannot be visited frequently in person.

All this always in Communion with the Roman Catholic Church, and under the supervision of the consecrated *pfsgm leaders*, who must guarantee the doctrinal clarity and transparency of all their work.

Approved in Noto (SR), 4 June 2025,
by the ***pfsgm Servant General***, Fr. Volantino Verde,
and the ***pfsgm General Council***

⁶ Cf. ADP-VV STATUTE, *Membership*, art. 4.

⁷ "The Catholic Church, since it was founded by Christ our Lord to bear salvation to all men and thus is obliged to preach the Gospel, considers it one of its duties to announce the Good News of salvation also with the help of the media of social communication and to instruct men in their proper use. " (SECOND VATICAN COUNCIL, Decr. *Inter Mirifica*, 4 December 1963, n. 3).