

In the 1st Joyful Mystery, we read and we meditate undisturbed:

A SYSTEMATIC CARD for the
METHOD of PRAYER- SLC
(By care of the Little Friars and Sisters V.V. of Jesus and Mary)

(A 5 - Sr E.M.T..)

“The Annunciation of the Angel Gabriel to Mary ”...



FROM THE GOSPEL ACCORDING TO LUKE :

“In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a Virgin betrothed to a man of the house of David, named Joseph. The virgin's name was Mary. And entering to her, he said, ‘Rejoice, oh you who are full of Grace! The Lord is with you’. To these words she remained disturbed.. The angel said to her: ‘Do not fear.. Behold, you will conceive a son.. and you will call him Jesus’... Mary said: ‘Behold, I am the handmaid of the Lord, may it be done to me according to your word’”... (Lk 1, 26-29)...

MEDITATIONS ON THE MYSTERY:

“What have you ‘ANNOUNCED’ to us today oh Lord ? and ‘What’s the sense of such Announcement ?’... And if we’ve understood, are we prepared like Mary to say ‘Yes’ ?... If by Your Grace we’ve understood such an Announcement oh Lord, give (in continuation) also to us the Courage to be able to say like Mary and your servants, (inflamed by your Divine zeal): ‘Behold ! (also we) are your servants, may what the Angel told or explained (in a certain way) to us, be done to us ! ‘Yes’ – Lord !, Let whatever You want to happen to us, be done to us !’. Amen ! And make oh Lord, that we say this ‘Behold, we are your servants’ with the facts and in the Truth, like so through a high and luminous Example of life, also to be able to become, excellent ‘Announcers’ of your Will !”... (Friar Volantino V., in SLC, pg. 60.65)...

FROM THE TEACHINGS OF THE (Catholic) CHURCH :

- And in regards to saying “yes” like Mary, like so says St. Augustine: “One demonstrates to be Your best servant, not he who pretends to hear what he wants to hear from You, but rather he who wants what he really heard from You” (Cr. St. Augustine Office of Read. Wed. 8th of Sept., O.T.)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

- Behold the story of Saint Anthony the Abbott’s Calling...
- ...

Then follows...

- 1 Our Father...
- 5 Hail Mary’s ...
- 1 Glory Be to the Father... (Sung)

- Oh my Jesus, forgive us ...
- Mary, Queen of Peace ...

- Then, a possible “flash” song co-ordinated to the mystery / or one says singing: “ Ave....., Ave....., Ave Maria”

Then one goes on to the next Mystery that (as this one) for when possible must not take more than 5-7 minutes ...

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N.B. Given that these meditations were born in Italian, don't stop so much at the translation that includes some limits, but stop yourselves rather on what the Spirit proposes! ... The major part of the Scriptural quotations found on these sheets have been translated from the (4th edition) Italian version Bible of Jerusalem (approved by the Italian Episcopal Conference - CEI -).