

In the 2<sup>nd</sup> 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 )

( B2 – Friar P.M.V.- F. )

## “ The Visitation of Mary to Saint Elizabeth ”...



FROM THE GOSPEL ACCORDING TO - **LUKE** - :

“Mary said: My souls magnifies the Lord and my spirit rejoices in God my savior, for he has looked upon his handmaid's humility...” ( cf. Lk 1, 46-48 )

MEDITATIONS ON THE MYSTERY:

“Lord, in regards to humility we ask you for the great Grace to be able to imitate ( in a certain way ) Mary.. because though She knew that she was the Mother of God, she didn't wait for her neighbor to come to Her, but it was She who first went off to her neighbor !”.

( FRIAR VOLANTINO V., in SLC, pg. 88 )

FROM THE TEACHINGS OF THE ( Catholic ) CHURCH :

- And still in regards to Humility... like so says St. Anthony of Padua : “Those who lack humility find themselves in the greatest misery.. It's with humility that one reaches Glory”. ( Sermons, XI<sup>th</sup> Sunday after Pentecost, No. 4 and 5 )

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### FREE AND PERSONAL MEDITATION

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

- .....
- .....

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 coordinated 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 (4<sup>th</sup> edition) Italian version Bible of Jerusalem (approved by the Italian Episcopal Conference - CEI -).