

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



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

*“During those days Mary set out in haste and reached the hill country to a town of Judah where she entered the house of Zechariah and greeted Elizabeth. As soon as Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, ‘Most blessed are you among women, and blessed is the fruit of your womb! And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the baby in my womb leaped for joy. (And) Blessed (is she) who believed in the fulfilment of the words of the Lord’. So then Mary said: ‘My soul magnifies the Lord... ’” ( Lk 1, 39-56 )...*

### **FROM THE V.V. MEDITATIONS :**

*“Give us however Lord, the Grace not to open too much the door of our heart to the first arrival, avoiding then that they stamp upon the precious pearls of our heart (as the pigs described in the Gospel would do - cf. Mt 7, 6), since before opening Herself with her cousin St. Elizabeth and saying: ‘Great things the Almighty has done in me’ (Lk 1, 49), also Mary waited that Her relative would well ‘recognise’ God’s work within her ! So, now knowing this Lord, before totally or partially opening ourselves to our neighbour, make that also these neighbours well ‘recognise’ (a little as St. Elizabeth did with Mary) what God’s also working in us ! Like so that (if being Your will), also we may open ourselves to them, saying: “Great things the almighty has done in me and Holy is His name ! Amen !”. (cf. Fr. Volantino V.; in SLC pg. 87-88)*

### **FROM THE TEACHINGS OF THE ( Catholic ) CHURCH :**

*- And again in regards to Recognition... St. Pio of Pietrelcina: “guard the most intimate things of your heart, because as the angel said to Tobit, it’s good to keep the hidden kings secret; in the exception of whomever’s guiding your soul, you don’t have to share them with others,” ( Epistola III, 861 – 4 June 1918 )*

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### **FREE AND PERSONAL MEDITATION**

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

- *The story of the all prayerful woman who nastily denied a little bread to some consecrates, but then after a little repented and went and confessed herself...*

*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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