

## “ 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 ?’...” ( Lk 1, 39-56 )...*

### MEDITATIONS ON THE MYSTERY:

“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 (as would the pigs described in the Gospel do – Cf. Mt 7, 6) the precious pearls of our heart, since also Mary, before opening Herself and saying to her cousin St. Elizabeth: ‘Great things the Almighty has done in me’ (Cf. Lc 1, 49), waited that Her relative would well ‘recognise’ (even if in a mysterious way) God’s work within her !”... ( Friar Volantino V., in SLC, pg. 87-88 )...

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

- And even more, in regards to recognizing the person in whom to open our hearts ... like so says the Catechism of the Catholic Church : “The soul who wants to advance in ‘Perfection’, according to St. John of the Cross, must ‘attentively take care into whose hands he entrusts himself, for as the master is, so will the disciple be, and as the father is, so will be the son.’ And further: ‘It is necessary that [the spiritual director] be wise, prudent and well experienced. . . . If spiritual directors do not have even the most sublime of experience, they will be incapable of leading the souls whom God is calling to this perfection , and nor will they even understand them’ ”. ( CCC 2690 ) – ( Cf. SLC p. 372b )

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### FREE AND PERSONAL MEDITATION

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

- The Example the first little friar who ingeniously opened the heart of another religious friar dressed in a - dirty white colour – who was making him go crazy ...

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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