

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

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

FROM THE GOSPEL ACCORDING TO - LUKE -:

“The angel Gabriel was sent from God, to a virgin... And entering to her he said: ‘Rejoice, O you who are full of grace! The Lord is with you.’ At these words, she was troubled, and she asked herself what the meaning of such a greeting might be.” (Luke 1:26-29)¹

MEDITATION ON THE MYSTERY:

Lord, give also to us, continuously, the courage to be able to say like Mary: “Behold! We, too, are your servants. May what the Angel (in a certain way) told or explained to us, be done to us!” (cf. SLC, p. 65)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to listening to the Word of God and putting it into practice, St. Augustine says: “Happy are we if we do the deeds of which we have heard and sung.” (AUGUSTINE, in: *Off. of Read.*, XXII Sunday O.T.)

¹ from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfsgm

FREE AND PERSONAL MEDITATION

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

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...