

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.... 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:

In this mystery, more than the others, God wants us to discover and learn – once and for all – one of the most pronounced ‘virtues of Mary:’ reflection, in silence, on heavenly and extraordinary things. (cf. SLC, p. 1)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to listening to the voice of God in silence, St. Faustina Kowalska says: “in order to hear the voice of God, one has to have silence in one’s soul and to keep silence; not a gloomy silence, but an interior silence; that is to say, recollection in God.”

(FAUSTINA KOWALSKA, *Diary*, I, n. 118, Marian Press, Stockbridge [MA] 2005, p. 58, online edition)

¹ from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfgsm

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 ...