

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

FROM THE GOSPEL ACCORDING TO - LUKE-:

“Then the angel said to her, ‘Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High.’ (Luke 1:30-32)¹

MEDITATION ON THE MYSTERY:

Lord, what have You announced to us today, if not a message of joy and of peace? It is written, “He announces peace... for those who turn to Him with all their heart!” (cf. Ps 85:9). But how can we turn to Him with all our heart? The Word of God responds, “Seek Him in simplicity of heart; because He is found by those who do not test Him, and manifests Himself to those who do not disbelieve Him” (cf. Wis 1:1-2). Also, the Lord says (with an imperative verb), “Be as simple as doves and as prudent as snakes” (cf. Matt 10:16). (SLC, p. 65c)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding announcement and peace, an author from the second century says, “There is no peace for those who, governed by human respect, prefer present enjoyment to the future promises.”

(AUTHOR FROM THE SECOND CENTURY, *Off. Of Read.*, Wed, XXXII Week of O.T.)

¹ NABRE (USCCB)

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 ...