

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 -:

“In the sixth month, the angel Gabriel was sent from God... to a virgin... [The angel said to her:] ‘Behold, you will conceive in your womb and bear a son, and you shall name him Jesus...’ Mary said, ‘Behold, I am the handmaid of the Lord. May it be done to me according to your word.’” (Luke 1:26-38)¹

MEDITATION ON THE MYSTERY:

Lord, give also to us 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!”* Yes, Lord! Let it be done to us according to your Will! (SLC, p. 65)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to saying “yes” like Mary, St. Augustine says: *“Your best servant is he who is intent not so much on hearing his petition answered, as rather on willing whatever he hears from you.”* (AUGUSTINE, *Off. of Read.*, Wed. VIII week 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 ...