

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



FROM THE GOSPEL ACCORDING TO - LUKE-:

“Hail, favored one! The Lord is with you.” [- the angel Gabriel said to Mary -] “She was greatly troubled at what was said and pondered what sort of greeting this might be.” (Luke 1:26-29)¹

MEDITATION ON THE MYSTERY:

Lord, give us also the grace to say in a certain way, like Mary, “What is the meaning of this greeting?”
What is the meaning of this story? What is the meaning of this event? (SLC, p. 64)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding announcements, St. Teresa of Avila says, “Often, when we are distracted... we do not even remember God.” (TERESA OF AVILA, *Interior Castle*, VI, 2.2)

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 ...