

## “The Visitation of Mary to Saint Elizabeth” ...

### FROM THE GOSPEL ACCORDING TO - *LUKE* - :

*“When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said: ‘... And how does this happen to me, that the mother of my Lord should come to me?’... And Mary said: ‘My soul proclaims the greatness of the Lord...’” (Luke 1:41-43, 46)<sup>1</sup>*

### MEDITATION ON THE MYSTERY:

Mary, obtain also for us the grace, after we have meditated in some way on the “announcement” that has been made to us, to set off towards the heights of charity – so that we may find signs of confirmation which guarantee that we are in the Divine Will! (cf. Judges 6:17; *Gaudium et Spes* n. 11) (cf. *SLC*, pp. 82-83)

### FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding the ultimate sign, that of Charity, Pope Benedict XVI says: “*Rather than worrying ourselves with social problems, let us worry about announcing the Gospel of Christ – and as a result everything else, including the social problems, will improve!*”

(BENEDETTO XVI, in: *L'Oss. Rom.*, 8 settembre 2006 [unpublished translation by pfsgm])

<sup>1</sup>NABRE (USCCB)

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### 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 ...