

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

FROM THE GOSPEL ACCORDING TO - LUKE -:

“During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth [was] filled with the Holy Spirit” (Luke 1:39-41)¹

MEDITATION ON THE MYSTERY:

Mary, in her docility to God’s will, made concrete sacrifices in order to help Elizabeth give birth; we ask for the grace to imitate her example by helping our neighbors (especially the people the Lord specifically indicates to us) to “give birth” to holiness in their lives! (cf. *SLC*, p. 89)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to charity, St. John Paul II says, *“Without forgetting about material charity and social justice, we should be convinced that the most sublime charity is spiritual charity: the commitment to the salvation of souls.”*
(GIOVANNI PAOLO II, *Omelia*, 14 August 1979 [unpublished translation by pfsgm])

¹NABRE (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 ...