

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

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

*“Elizabeth, filled with the holy Spirit, cried out in a loud voice: ‘...Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.’ And Mary said: ‘My soul proclaims the greatness of the Lord, and my spirit rejoices in God my savior.’” (Luke 1:41, 45-47)<sup>1</sup>*

### MEDITATION ON THE MYSTERY:

Lord, grant that in some way we, like you and like Mary, may knock concretely on the door and on the heart of our neighbors (cf. Rev. 3:20) – so that, if they open up to us, we may share a fine meal with them in Your name, savoring [the promise] of eternal life and of joyful and glorious immortality! (cf. SLC, p. 86)

### FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to charity with joy and without delay, St. Gregory of Nazianzen says: *“He who does acts of mercy should do so with cheerfulness [cf. Rom 12:8]. The grace of a good deed is doubled when it is done with promptness and speed. What is given with a [sad spirit] or against one’s will is distasteful and far from praiseworthy.”* (GREGORY OF NAZIANZEN, *Sermons*, in *Off. of Read.*, Sat. III Week of Lent [brackets translated from Italian])

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

### FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

- .....
- .....

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 ...