

## “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.” (Luke 1:39-41)<sup>1</sup>*

### MEDITATION ON THE MYSTERY:

It is written: *“During those days, Mary traveled to the hill country”* (cf. Luke 1:39). And who will climb to the top of that hill? Or, as it is written, *“Who shall ascend the mountain of the Lord? He who has innocent hands and a pure heart, who does not tell lies or swear deceitfully to his neighbor”* (Ps 24:3-4).  
(SLC, p. 86)

### FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to being ourselves without pretending, St. Anthony of Padua quotes St. Bernard: *“You lying hypocrite, who do you pretend to be? Why do you sell yourself to others under a false appearance, when the scales and balance of truth are weighing you? Weigh yourself in secret, and do not sell yourself to us as more than the just scales measure.”* (BERNARD, *In Cantica sermo* 42.8, in: ANTHONY OF PADUA, *Sermons*, XVI Sunday after Pentecost, n. 9, translated by Paul Spilsbury)

<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 ...*