

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



FROM THE GOSPEL ACCORDING TO - LUKE - :

*“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)¹*

MEDITATION ON THE MYSTERY:

It is written: *“In those days, Mary traveled to the hill country”* (cf. Luke 1:39). And who will climb to the top of that hill? It is written: *“Who will ascend the mountain of the Lord?... He who has innocent hands and a pure heart [cf. CCC 2518], he who does not tell lies to harm his neighbor”* (cf. Ps 24:3).
(SLC, p. 86)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to making amends for lies, St. Francis De Sales says: *“The sovereign remedy against lying is to immediately correct the lie as soon as you realize you said it; so, too, making immediate amends with an opposite act of meekness is a good remedy for anger. There is an old saying that recent wounds are easier to heal.”*
(FRANCESCO DI SALES, *Filotea*, III. 8)

1 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 ...