

“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, ‘Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me?’” (Luke 1:41-43)¹

MEDITATION ON THE MYSTERY:

Who will climb, like Mary, the mountain of the Lord? *“He who has innocent hands and a pure heart, he who does not tell lies or swear deceitfully to his neighbor: this is the one who will obtain blessing from the Lord”* (cf. Ps 24:3-5). Therefore, Lord, give us such powerful and eternal blessings as Mary obtained when she went to visit her cousin St. Elizabeth who was in need. (cf. SLC, p. 87)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to receiving blessings from the Lord, St. Gregory of Nazianzen says: *“Let us lay hold of this blessing, let us earn the name of being considerate, let us be generous. Not even night should interrupt you in your duty of mercy. Do not say: Come back and I will give you something tomorrow.”*
(GREGORY OF NAZIANZEN, in *Off. of Read.*, Saturday III Week of Lent)

¹ NABRE (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 ...