

“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)¹

MEDITATION ON THE MYSTERY:

“In those days, Mary set out to the hill country” (cf. Luke 1:39) – that is, in a certain way, toward the Mountain of the Lord; and “who shall climb the mountain of the Lord...? He who has innocent hands and a pure heart [cf. CCC 2518], who does not tell lies” (cf. Ps. 24:3). (cf. SLC, p. 86)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to never telling a lie, St. John Henry Newman affirms: *“The Catholic Church holds it better for the sun and moon to drop from heaven...than that one soul...should tell one willful untruth.”*
(J.H. NEWMAN, *Apologia pro vita sua*, Ch. 5. New Impression. Longmans, Green, & Co.: London, 1908. Revised 2001.)

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 ...