

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

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

*“During those days Mary... entered the house of Zachariah 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:**

Mary set out to the hill country in haste! And who will climb to the top of that hill? Or, as it is written, *“Who shall ascend the mountain of the Lord... [if not] the one 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 *not giving false witness*, the Catechism of the Council of Trent emphasizes: *“One must flee from every kind of lie. Indeed,... from telling lies as a joke people contract the habit of lying, so that they end up being considered... untruthful: and for this reason they have to swear constantly in order that what they say may be believed.” (CATECHISM OF THE COUNCIL OF TRENT, nn. 348-349)*

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

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### **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 ...*