

“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.”
(Luke 1:39)¹*

MEDITATION ON THE MYSTERY:

Who have we “visited” today, Lord? And have we done so on a journey towards the “heights” of Your will, in order to reach – in haste, like Mary – the very summit of charity? (SLC, p. 80)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to haste in the spiritual life, Padre Pio says: *“In the spiritual way the more one runs the less one feels fatigue.”*

(PADRE PIO, *Prayer and Meditation*, in: EWTN, <https://www.ewtn.com/catholicism/library/prayer-and-meditation-14165>
[accessed 19 July 2021])

¹NABRE (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 ...