

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

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

*“Mary said, ‘My soul magnifies the Lord, and my spirit rejoices in God my savior: for he has looked upon his handmaid's humility.’” (Luke 1:46-48)<sup>1</sup>*

### MEDITATION ON THE MYSTERY:

In regards to humility, Lord, we ask You for the great grace to be able (in some way) to imitate Mary: who, although she knew that she was the Mother of God, did not wait for her neighbor to come to her. Instead, it was she who first set off towards her neighbor! (cf. *SLC*, p. 88)

### FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to humility, St. Anthony of Padua says: *“Those who lack humility find themselves in the greatest misery. ...It is with humility that one reaches glory.”*

(ANTHONY OF PADUA, *Sermons*, XI Sunday after Pentecost, nn. 4-5)

<sup>1</sup> from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfsgm

### 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 ...