

“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... When Elizabeth heard Mary’s greeting, the infant leaped in her womb.” (Luke 1:39-41)¹

MEDITATION ON THE MYSTERY:

Mary, obtain also for us the grace to be able to set off – *in haste* – towards the heights of charity, helping (in one way or another) our neighbors in need: especially in their spiritual needs. (cf. SLC, p. 82)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to doing things well and quickly, St. Clare of Assisi says: *“What you do, do it well; do not stop, but swiftly and... with a steady foot advance happily and confidently in the righteous way you have secured [for yourself].”* (CHIARA D’ASSISI, *Lettere*, in F.F. 2875 [unpublished translation by pfsgm])

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 ...