

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

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

“Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said: ‘... And how does this happen to me, that the mother of my Lord should come to me?’ ...And Mary said: ‘...The Mighty One has done great things for me...’” (Luke 1:41-43, 46, 49)¹

MEDITATION ON THE MYSTERY:

Lord, before we open our heart (partially or fully) to someone else, we pray that that person might recognize, and recognize well, the work that God is doing in us (a bit as St. Elizabeth did with Mary)! In this way, if it is Your will, we, too, will be able to say, *“The Mighty One has done great things for me...!”* (cf. SLC, p. 88)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to recognizing [the work of God] and opening our heart, St. Padre Pio says: *“When it comes to the intimate matters of your heart, you should not manifest them to anyone except the person who takes care of your soul, because, it is good – as the angel says to Tobiah – to keep hidden the secret of the king.”*
(PIO DA PIETRELCINA, *Lettera a Antionetta Vona*, 4 Giugno 1918, in: *Epistolario III*, unpublished translation by pfsgm)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 ...