

“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* toward the “heights” of the Will of God – by 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 Charity, Pope Benedict XVI says: “*He who does not give God gives too little.*”
(BENEDICT XVI, *Message*, 29 September 2005)

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 ...