

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

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

*“When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said: ‘Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me?’” (Luke 1:41-43)<sup>1</sup>*

### MEDITATION ON THE MYSTERY:

Mary, obtain also for us the grace, after we have meditated in some way on the “announcement” that has been made to us, to set off towards the heights of charity – so that we may find signs of confirmation which guarantee that we are in the Divine Will! (cf. *Judges* 6:17; *Gaudium et Spes* n. 11) (cf. *SLC*, p. 82)

### FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding signs, the Pastoral Constitution *Gaudium et Spes* of the Second Vatican Council says:  
“Motivated by...faith, [the people of God] labors to decipher authentic signs of God’s presence and purpose in the happenings, needs and desires in which this People has a part along with other men of our age.”  
(VATICAN COUNCIL II, Past. Const. *Gaudium et Spes*, n. 11)

<sup>1</sup>NABRE (USCCB)

### 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 ...