

“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:

In this Mystery, we can ask ourselves: whom have we visited today? What have we done today to benefit our neighbor? How have we concretely tried to do good to our neighbor in need? (cf. SLC, p. 86)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to Charity, Pope Benedict XVI says: *“Jesus Christ did not organize campaigns against poverty, but he proclaimed the Gospel to the poor, providing an integral redemption from moral and material misery. The Church does the same, with its tireless work of evangelization.”*

(BENEDICT XVI, *Angelus*, 1 January 2009)

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 ...