

## “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)<sup>1</sup>*

### 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 setting off *in haste*, St. Augustine says: “Whoever loves, runs: the stronger his love, the quicker his pace. Whoever loves lazily, advances slowly; and whoever does not love, does not advance at all.”  
(Cf. AUGUSTINE, *Discorsi*, CCCXLVI/B, 2, unpublished translation by *pfsgm*)

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

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### 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 ...