

# *“The Annunciation of the Angel Gabriel to Mary”...*

## FROM THE GOSPEL ACCORDING TO - LUKE -:

*“Rejoice, O you who are full of grace! The Lord is with you,” – the angel Gabriel said to Mary; – “At these words, she was very troubled, and she asked herself what the meaning of such a greeting might be.”  
(Luke 1:28-29)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

What have you *ANNOUNCED* to us today, Lord? What is the meaning of that announcement? And if we have understood it, are we prepared like Mary to say ‘Yes’? (SLC, p. 60)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding announcements, Pope Benedict XVI says: *“Dear friends, it is your task to knock at people’s hearts in Christ’s name. By entering into union with Christ yourselves, you will also be able to assume Gabriel’s role: to bring Christ’s call to men.”*

(BENEDICT XVI, *Homily*, 29 September 2007)

<sup>1</sup> from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfgsm

### 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 ...*