

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

FROM THE GOSPEL ACCORDING TO - LUKE-:

“The angel Gabriel was sent from God, to a virgin...And entering to her he said: ‘Rejoice, O you who are full of grace! The Lord is with you.’ At these words, she was troubled, and she asked herself what the meaning of such a greeting might be.” (Luke 1:26-29)¹

MEDITATION ON THE MYSTERY:

Mary, obtain for us the grace to be able to ask, as you did, “*What is the meaning of this greeting*” (cf. Luke 1:29) – or “*what is the meaning of this phrase in the Bible?*” (cf. Acts 8:30, 34); “*what is the meaning of this event?*” (cf. Acts 10:17); “*what is the meaning of this ‘coincidence’?*” (cf. John 4:52-53). (cf. SLC, p. 62)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to listening to the Lord in the Liturgy of the Word, The Congregation for Divine Worship and the Discipline of the Sacraments says, “*And so that the message heard in the Eucharistic Celebration not be lost the moment we leave the Church doors, it is convenient to find ways to prolong the hearing of God’s word, which he speaks to us in a thousand different ways through the circumstances of daily life, throughout the day.*” (CDW, *The Year of the Eucharist: Suggestions and Proposals*, 15 October 2004, n. 21)

¹ from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfsgm

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 ...