

In the 1st Joyful Mystery, we read and we meditate undisturbed:

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



FROM THE GOSPEL ACCORDING TO - LUKE:

“The angel Gabriel was sent from God to a city of Galilee called Nazareth, to a virgin.... Entering to her, he said, ‘Rejoice, O you who are full of grace! The Lord is with you.’” (Luke 1:26-28)¹

MEDITATION ON THE MYSTERY:

Let us discover and imitate one of the most pronounced Marian virtues: reflection, in silence, on heavenly and extraordinary things. One only finds good water after a great deal of digging – undisturbed, and in silence (cf. Rev 21:6-8). (SLC, pp. 1, 7)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to silence, St. Teresa of Calcutta says: “We cannot put ourselves directly in the presence of God without committing ourselves to interior and exterior silence. We must habituate ourselves, therefore, to the silence of the Spirit, of the eyes, and of the tongue....God cannot be found in the midst of noise or agitation.” (TERESA DI CALCUTTA, *Con tanto amore. Pensieri*, a cura di D. Stefano Varnavà, EDB, Bologna 1993, p. 78, unpublished translation by pfgsm)

¹ from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfgsm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

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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 ...