

“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)¹

MEDITATION ON THE MYSTERY:

In this mystery, we should first meditate on the word “MYSTERY” – and why? In the Mysteries, there are hidden secrets which we can (in some way) discover and know, if we are truly interested in Divine Wisdom as intensely as we are in gold and silver. (SLC, p. 1)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to meditating in silence, like Mary, on the Mysteries, St. Bernard says: “Is it not a just, pious and holy thing, to meditate on all these mysteries? [...] It is therefore true wisdom to dwell on them in contemplation.” (BERNARD, in *Off. of Read.*, 7 October [unpublished translation by pfgsm])

¹ from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfgsm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