

“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, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the infant leaped in her womb.” (Luke 1:39-41)¹

MEDITATION ON THE MYSTERY:

It is written: “During those days, Mary traveled to the hill country” (cf. Luke 1:39). And who will climb to the top of that hill? Or, as it is written, “Who shall ascend the mountain of the Lord? He who has innocent hands and a pure heart, who does not tell lies or swear deceitfully to his neighbor” (Ps 24:3-4). (SLC, p. 86)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to being ourselves without pretending, St. Anthony of Padua quotes St. Bernard: “You lying hypocrite, who do you pretend to be? Why do you sell yourself to others under a false appearance, when the scales and balance of truth are weighing you? Weigh yourself in secret, and do not sell yourself to us as more than the just scales measure.” (BERNARD, In Cantica sermo 42.8, in: ANTHONY OF PADUA, Sermons, XVI Sunday after Pentecost, n. 9, translated by Paul Spilsbury)

¹ NABRE (USCCB)

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 ...