

# “The Visitation of Mary to Saint Elizabeth” ...



## FROM THE GOSPEL ACCORDING TO - LUKE -:

*“During those days... When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said: ‘... And how does this happen to me, that the mother of my Lord should come to me?’” (Luke 1: 39-43)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

Lord, give us the grace not to open the door of our heart too much to the first person who shows up, since even Mary – before opening her heart to her cousin St. Elizabeth and saying, ‘Great things the Almighty has done in me’ (Luke 1:49) – waited until her relative recognized (even if in a mysterious way) what God was doing in her!  
(SLC, pp. 87-88)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to recognizing the person to whom we can open our heart, the *Catechism of the Catholic Church* says: “The person wishing to advance toward perfection should take care into whose hands he entrusts himself, for as the master is, so will the disciple be, and as the father is, so will be the son.” And further: “In addition to being learned and discreet, a director should be experienced.” (CCC 2690)

<sup>1</sup> NABRE (USCCB)

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### 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 ...*