

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

FROM THE GOSPEL ACCORDING TO - *LUKE* - :

“Mary said: ‘My soul magnifies the Lord, and my spirit rejoices in God my savior, because He has looked upon the humility of His handmaiden.’” (Luke 1:46-48)¹

MEDITATION ON THE MYSTERY:

Mary, our dear Mother in heaven, obtain for us the grace to imitate your example in the Visitation by setting off to help our neighbors, especially in their spiritual needs. If we do so, we (like you) will find many signs of benevolence and of confirmation – which will cause us to truly rejoice and sing our own *Magnificat*. (cf. *SLC*, p. 82)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to magnifying the Lord, St. Bede the Venerable says: *“Whoever neglects to magnify the Lord for what he has received... will be considered the least in the Kingdom of Heaven.”*
(BEDA, in *Uff. d. Lett.*, 22 Dicembre [unpublished translation by pfsgm])

¹ from the Italian Jerusalem Bible (CEI) 2008, unpublished translation by pfsgm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