



“The Descent of the Holy Spirit in the Cenacle of the Apostles”...

FROM THE ACTS OF THE APOSTLES :

“All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus...” (Acts 1:14)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace – if we want the Holy Spirit to descend ever more fully upon us – to be united and in agreement, dedicated to prayer at the feet of Mary: because where Mary is, there is the Holy Spirit!
(cf. SLC, p. 443)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to prayer and unity in families, Pope Francis says: *“We pastors have to encourage...family prayer during the week, since ‘the family that prays together stays together.’”*

(FRANCIS, Postsynodal Ap. Ex. *Amoris Laetitia*, 19 March 2016, n. 227)

¹ NABRE (USCCB)

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 ...