

“The Assumption of Mary into Heaven in Body and Soul ”...

FROM THE BOOK OF REVELATION:

“The woman was given the two wings of the great eagle, so that she could fly to her place in the desert, where, far from the serpent, she was taken care of for a year, two years, and a half-year.”
(Rev.12:14)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to be taken up (or “assumed”) into your divine plan for us: so that, after flying further into this mysterious refuge which is far from the venomous serpent, we can better take care of and form the soul that You have given us. (cf. SLC, p. 471)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to spiritual nourishment, Pope Francis says: *“Besides physical hunger, man experiences another hunger, a hunger that cannot be satiated with ordinary food. It’s a hunger for life, a hunger for love, a hunger for eternity... To live the experience of faith means to allow oneself to be nourished by the Lord and to build one’s own existence not with material goods but with the reality that does not perish: the gifts of God, his Word and his Body.”* (FRANCIS, Homily, 19 June 2014)

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 ...