

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

## FROM THE BOOK OF REVELATION:

*“A great sign appeared in the sky, a woman clothed with the sun... Then another sign appeared in the sky; it was a huge red dragon, with seven heads and ten horns... [T]he dragon stood before the woman about to give birth, to devour her child when she gave birth... The woman herself fled into the desert...”*  
(Rev. 12:1, 3-4, 6)

## MEDITATION ON THE MYSTERY:

Lord, give us the grace to escape like Mary from the danger of this huge and worldly monster, [whose seven heads] could represent, among other things, the seven deadly sins which prevent people from respecting the Ten Commandments. Save us, Lord, from this monster, that we may fly freely and securely towards our eternal assumption into heaven. (cf. SLC, p. 469)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding assumption, St. Ambrose says: “Let us ascend in him, so that the snake may not find our heel on earth and strike it.” (AMBROSE, in *Off. of Read.*, Sat. Week II in Lent)

<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 ...