

A Spiritual Journey of Forty Five Stations To the Cross
From Deacon Chris

Thursday in the Third Week of Lent

Twenty Third Station: Mary goes to visit her cousin Elizabeth.

“We adore you, O Christ, and we praise you.”

R/ “Because by your holy Cross You have redeemed the world.

Scripture Reading

Luke Chapter 1 verses 39 to 56

31st May The Visitation

Reflection

The three tenets of Lent are prayer, fasting and almsgiving. Some translations give mercy instead of almsgiving. With this translation in mind we look at what our Lady did. Mary, with no thought of herself, goes to see her cousin Elizabeth. She wants to share in Elizabeth's good news. On the other hand Elizabeth, was filled with the Holy Spirit, and greeted Mary not only as her cousin but also the mother of her Lord.

We have this wonderful scene of an expectant mother talking to an expectant mother and the unborn child recognising who the other unborn child is. What power we see from the Holy Spirit.

Mary gives us the Magnificat. A beautiful prayer that is recited every evening in the Prayer of the Church. Mary's prayer reflects the prayer of Hannah, the mother of Samuel.

The Visitation helps to highlight the need for us to get our priorities right. It is so easy for us to say that we are too busy. But what are we busy with? That is a question we must ask ourselves and we have to be truthful with our answer. The more time we give the more we get back.

Our Father.

Hail Mary.

Glory be.

I love you, Jesus, my love, above all things, I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always; and then do with me what you will.