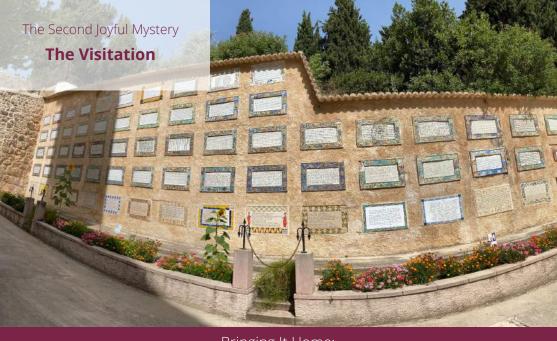
October 2

The Visitation

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb.

(Lk 1: 39-42)





Bringing It Home: Echo the joy of Mary as you pray or sing the Magnificat prayer, found in Luke 1:46-55.

MAGNIFICAT

My soul magnifies the Lord And my spirit rejoices in God my Savior; Because He has regarded the lowliness of His handmaid; For behold, henceforth all generations shall call me blessed; Because He who is mighty has done great things for me, and holy is His name; And His mercy is from generation to generation on those who fear Him. He has shown might with His arm, He has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has given help to Israel, his servant, mindful of His mercy Even as he spoke to our fathers, to Abraham and to his posterity forever.