



A Journey through Advent

Week 4: Monday

**For see, winter is past,
the rains are over and gone.
The flowers appear on the earth.
The season of glad songs has come.**

Song of Songs 2:11,12

Today and tomorrow, the readings come from what is basically a loving chat between two women. The dominant theme is one of joy: Elizabeth is joyful at seeing Mary and Mary's prayer rejoices in God and his plan for her. Elizabeth is the first to recognise Mary as the mother of her Lord and the baby she is carrying responds to the sound of Mary's voice. The two women are cousins but now they also have a spiritual connection. We should recognise that God also gives us friends and spiritual soulmates to help us to grow closer to him. The Visitation is the second Joyful Mystery of the Rosary and Pope Francis has reminded us that we should emulate the joy and charity shown by these two courageous women. He has described the liturgy of the Visitation as being like "a breath of fresh air". As we approach the end of Advent, we must allow ourselves to be joyful Christians.

adapted from regnumchristi.org

Music to listen to...

Hail Mary

<https://www.youtube.com/watch?v=PglEF7mTf2E> (signing video)

Where are you bound, Mary?

<https://www.youtube.com/watch?v=rPWOEZzNhxM>

A Mindful Moment...

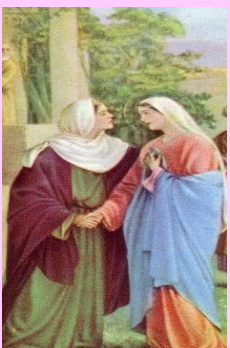
Find time to say a decade of the Rosary, thinking about the meeting of Mary and Elizabeth.

A Thought to Carry Through the Day...

Let nothing perturb you; nothing frighten you. All things pass. God does not change. Patience achieves everything.

St Teresa of Avila

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How green is your Advent? Learn more about sustainable resources and where the goods we buy actually come from.

from an idea in *Jesuits and Friends Advent Calendar 2020*