

## Advent Marian Meditation Ep. 3 Transcript

*The Visitation* (with Gabby Bibeau and Bro. Tom Redmond, SM)

### **00:11 - Gabby Bibeau**

Welcome to our third Advent Marian meditation, the third in a series of podcasts by the North American Center for Marianist Studies, otherwise known as NACMS. The theme of today's episode is *the Visitation*. We hope this podcast will help you pray in a new way about Mary's presence in the Advent season. We now invite you to prepare your heart to receive God's word. Let's begin.

### **00:53 - Bro. Tom Redmond, SM**

A reading from the Holy Gospel according to St. Luke: “Mary traveled to the hill country in haste, where she 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. And how does this happen that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.’

### **01:45 - Bro. Tom Redmond, SM**

And Mary said, ‘My soul proclaims the greatness of the Lord. My spirit rejoices in God, my savior, for he has looked upon his handmaid's lowliness. Behold, from this day on, all ages will call me blessed. The Almighty has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown might with his arm. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things, the rich he has sent away empty. He has helped Israel, his servant according to his promise to our fathers, to Abraham and his descendants forever.’” The Gospel of the Lord.

### **02:55 - Gabby Bibeau**

When writing on the Visitation of Mary to Elizabeth, Father Chaminade said. “At the Visitation, Mary reveals the depths of her soul and the mystery of her gratitude. However engrossed Mary is in her joyful song, she does not rejoice in herself or for herself, but only in God, the sole author of her salvation.”

### **03:26 - Gabby Bibeau**

As the scripture says, “Mary journeyed in haste to the house of Elizabeth.” Hers is not the haste of a person who acts thoughtlessly, imprudently, or superficially. It is the haste of a woman whose heart is full and overflowing with something it can't hold back: an announcement to offer, a joy to share. To hasten, to leave, to set out on the road, these are actions that become effective

only when they are born from within and are nourished by prayer by listening to the word and by listening to the world around us.

#### **04:14 - Gabby Bibeau**

That is the haste Pope Francis speaks of when he says, “We must always be open to the voice of God that invites us to go to the margins.” May Mary’s song burst forth from our hearts in gratitude for the gift of the Marianist life, for the gift of being called by Mary to be her collaborators, in mission.

#### **04:52 - Gabby Bibeau**

Take some time to meditate on the following questions: Mary's heart overflowed with joy as she visited Elizabeth. What in your life brings you joy and is a sign of God's love for you?

*[Soft music 05:14 - 05:54]*

#### **05:54 - Gabby Bibeau**

For some, this time of Advent and the Christmas season is not an experience of joy, especially if they have lost a loved one recently. Who is someone you know that struggles to find joy?

*[Soft Music 06:09 - 06:22]*

#### **06:22 - Gabby Bibeau**

Send them your joy and your peace. Ask God to give them hope that they will experience joy again.

#### **06:42 - Gabby Bibeau**

Let us pray: Holy Mary, Mother of our Redeemer, chosen by the Father, be present among us as we wait for Christ to be born in our midst. Help us to look forward in hope to the coming of the Prince of Peace. Bring to us our savior and prepare us for his coming. May we live as he taught, ready to welcome him with burning love and faith. Walk with us towards that delightful moment when our hearts can shout with joy, “Our God is with us. His Kingdom has come.” Amen.

#### **07:41 - Gabby Bibeau**

Our reflection was written by Sr. Franca Zonta, the Superior General of the Marianist Sisters, in her 2012 Circular Letter. Stay tuned for our next and final Advent Marian meditation, where we will reflect on the Nativity. Thank you for praying with us today.

*Salve, Regina, Mater misericordiae / vita, dulcedo, et spes nostra, salve / ad te clamamus exsules filii Hevæ / ad te suspiramus, gementes et flentes / in hoc lacrimarum valle / eia, ergo, advocata*

*nostra, illos tuos / misericordes oculos ad nos converte / et Iesum, benedictum fructum ventris tui  
/ nobis post hoc exsilium ostende / O clemens, O pia, O dulcis Virgo Maria*