



Invited

MONTHLY
REFLECTION



AUGUST

Welcome to the monthly Invited reflection from the Formation Team.

In August we celebrate the Feast of the Assumption of the Blessed Virgin Mary, Patron of our Diocese.

You are 'Invited' to reflect on part of the Gospel for this Feast: **Luke 1: 39-49, 56**

Perhaps take some time to reflect on this reading, read it several times and notice if anything particularly strikes you.

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

And Mary said: 'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid. Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me.'

Mary stayed with Elizabeth about three months and then went back home.

Read this scripture a few times slowly, noticing any words or phrases that have resonance with you. What can you learn about God in this reading? What do you want to say to God?

Both Mary and Elizabeth have encountered the Holy Spirit. What might the Holy Spirit be prompting you to do? How could you respond?

Mary was blessed that she could visit her cousin Elizabeth, who was also pregnant. They accompanied each other through this shared time together. Who could you spend time with who might accompany you on your Journey of Faith – or who could you accompany?

Who has been important to you in your life? Why? Thank God and Praise Him for them!