

May 31, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

FEAST OF THE VISITATION OF THE BLESSED VIRGIN MARY

By Sr. Jeanne Fallon, CSJ

An Excerpt from Today's First Reading and Today's Gospel

Shout for joy, O daughter Zion! Sing joyfully, O Israel! Be glad and exult with all your heart, O daughter Jerusalem! ... The LORD, your God, is in your midst, a mighty savior; He will rejoice over you with gladness, and renew you in his love, He will sing joyfully because of you, as one sings at festivals.

ZEPHANIAH 3:14, 17-18a

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. And

how does this happen to me, 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.

And Mary said: “My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever.”

Mary remained with her about three months and then returned to her home.

LUKE 1:39-56

Reflection

As we know, Luke's Gospel is filled with stories about women. Immediately after the Annunciation by the Angel Gabriel, Mary, a young Jewish mother-to-be, sets out on a four-day journey to visit her elder cousin Elizabeth, who had been known to be barren, and is now six months pregnant. Her journey is born from the awesome, contemplative experience of God asking Mary to become the mother of God's Son. From this place of stillness, silence and openness to God, Mary utters her "Yes" and her surrender sparks a desire to make the journey to her kinswoman who is also pregnant through God's providence, a proof that God is doing something new amidst this Jewish family.



The Visitation
Image created by Sr. Bernie Inocencio, CSJ

For Pondering and Prayer

As Mary and her companions traveled many miles from Nazareth to the hill country of Judea, can you imagine the thoughts and joyful psalms that were resonating within Mary as she sang to the baby she carried in her womb? Each step on the journey brought Mary closer to the house of Zechariah and Elizabeth, where she was longing to share her amazing experience and listen to her cousin's story of the precious gift of a child after many years of suffering disappointment and childless shame.

Imagine being present when these holy women encountered each other at the door of Zechariah's house. When Elizabeth heard the sound of Mary's voice, the infant in her womb leapt for joy at the presence of his Lord. Elizabeth broke into song: "Blessed are you among women and blessed is the fruit of your womb!" And Mary sang her beautiful Magnificat, proclaiming the greatness of the Lord who had looked with favor on his lowly servant.

Let us linger in the presence of these holy women as we listen to their song of praise and let it resound in our being. In this moment, we are all visited by God's tender mercy in a wondrous way.

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