



In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones and lifted up the lowly; he has filled the hungry with good things and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever." And Mary remained with her about three months and then returned to her home.

Introductory Prayer: Lord, I believe in your wondrous, shining glory, although this is hidden from my eyes. I hope in the peace and everlasting joy of the world to come, for this world is a valley of tears. I love you, even though I am not always able to discern the love in your intentions when you permit me to suffer. You are my God and my all.

Petition: Lord, help me to be humble!

1. All Generations Will Call Me Blessed: When Pius XII defined the dogma of the

Assumption, it was a cause of great joy throughout the Catholic world. Believed for centuries, it entered the realm of official Catholic dogma. Our Lady is brought to heaven to share in the glory and joy of her Son and our Lord. We have always looked to Mary as our mother, and so the feast of the Assumption continues to fill us with happiness. She is with Christ, and she is our mother more than ever. We entrust ourselves to her in the same way that Pope Saint John Paul the Great did, “Totus Tuus.”

2. Scattering the Proud: Proud people are generally very focused on whatever serves their best interests. So “scattering” is a very good verb to use to indicate what happens to the proud when God goes into action. Mary rejoices in that “scattering,” but who are the proud? Maybe we don’t have to look any further than ourselves. How much we fight with that root sin of pride! Mary is happy when pride gets scattered and the perspective we have widens. Instead of just seeing things from our own myopic point of view, this scattering opens the “thoughts of our hearts” to see others and their needs. Nothing is more Mary-like than that.

3. Lifting Up the Lowly: This feast of the Assumption is proof that God literally lifts up the lowly. Like her Son and his Ascension, Mary is lifted up by God into the realm of eternal life. Sometimes we cling to our pride out of a sort of instinct of self-preservation—“If I don’t look out for number one, who will?” But Mary’s humility is a lesson for us. Our true self-fulfillment lies in becoming everyday more filled with God; we can only do that if we are not filled with ourselves. Let’s ask Mary to help us to live more like her and experience the true joy—the lifting up—that there is in humility.

Conversation with Christ: Lord, I thank you for giving us such a wonderful mother. She helps me to stay on the path of fulfilling your will. Help me to be able to sing a Magnificat in my own soul, “The Almighty has done great things for me!”

Resolution: I will be generous and joyful when I am asked to help.

od Lifts Up the Lowly