

Meditation 3

LUKE 2:16-20

“And Mary kept all these things, reflecting on them in her heart. . .”

So they went in haste and found Mary and Joseph, and the infant lying in the manger. When they saw this, they made known the message that had been told them about this child. All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. Then the shepherds returned, glorifying and praising God for all they had heard and seen, just as it had been told to them.

Points for Meditation

- 1) “And Mary **kept all these things, reflecting on them in her heart. . .**” (Lk. 2, 19).
 - The Italians say, “Chi bene comincia e’ a meta’ dell’opera.” Whoever begins the job well is halfway through it. Jesus, Himself shows us how to begin the “job” of prayer well and how to place ourselves in the presence of His father. He raised His eyes to Heaven, before He spoke to His Father. “Jesus spoke these words, **lifted up His eyes to heaven** and said, ‘Father, . . .’” (John 17:1).
- 2) “The Rosary, precisely because it starts with Mary’s own experience, is **an exquisitely contemplative prayer**. Without this contemplative dimension, it would lose its meaning, as Pope Paul VI clearly pointed out: “Without contemplation, the Rosary is a body without a soul, and its recitation runs the risk of becoming a mechanical repetition of formulas, in violation of the admonition of Christ: ‘In praying do not heap up empty phrases as the Gentiles do; for they think they will be heard for their many words’ (*Mt 6:7*).” (John Paul II, *Rosarium Virginis Mariae*, 12).
- 3) “Listening and meditation are nourished by silence. After the announcement of the mystery. . . (or whatever is going to be meditated on), it is fitting to pause and focus one’s attention for a suitable period of time on the mystery concerned,

before moving into vocal prayer. A discovery of the importance of silence is one of the secrets of practicing contemplation and meditation. One of the drawbacks of a society dominated by technology and the mass media is the fact that silence becomes increasingly difficult to achieve. Just as moments of silence are recommended in the Liturgy, so too in the recitation of the Rosary it is fitting to pause briefly after listening to the word of God, while the mind focuses on the content of a particular mystery.” (#31, RVM). **“And Mary kept all these things, reflecting on them in her heart” (LK. 2, 19)**

Quotes for Meditation

“To recite the Rosary is nothing other than to contemplate with Mary the face of Christ.” (John Paul II, *RVM*, #3)

“The Rosary, reclaimed in its full meaning, goes to the very heart of Christian life; it offers a familiar yet fruitful spiritual and educational opportunity for personal contemplation, the formation of the People of God, and the new evangelization.” (*RVM*, #3)

In the recitation of the Rosary, the Christian community enters into contact with the memories and the contemplative gaze of Mary.

(*RVM*, # 11)

Possible Resolutions:

- 1) Prayerfully read the Apostolic letter of St. John Paul II, *Rosarium Virginis Mariae, Rosary of the Virgin Mary*. (cfr. www.vatican.va)
- 2) When reciting your Rosary today and for the next week add a little bit more silence after each mystery or when listening to the School of Faith Rosary podcast.
- 3) Pray the Rosary with your family or some friends this week in thanksgiving for having been blessed to go through the first session of the CSM program.

Notes
