## Mary Visits Elizabeth

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.»

Luke 1:39-56

**Prayer**

In this season of Advent let us prepare a place within ourselves

to hear the news of the season –

that the Christ is coming

and seeks to be born in us.

Therefore let us pray:

God of all journeys,

visit me with your peace in this time of reflection.

Help me remember those who have graced my journey

with their accepting arms and words of blessing.

Amen.