

## The Visitation of the Blessed Virgin Mary

Celebrated on May 31, the Feast of the Visitation of the Blessed Virgin Mary commemorates the Virgin Mary's visit to her cousin, Elizabeth. The meeting of these two women was a joyful and unique event. Both found themselves pregnant in unusual circumstances – Elizabeth in her old age after suffering from infertility, and Mary by the Holy Spirit.

At their meeting, John the Baptist leaped in the womb of Elizabeth, and she blessed Mary and the Christ Child. Mary, in turn, responds with the famous Magnificat praising the Lord.

*“My soul proclaims the greatness of the Lord;*

*my spirit rejoices in God my savior.*

*For he has looked upon his handmaid's lowliness;*

*behold, from now on will all ages call me blessed.*

*The Mighty One has done great things for me,*

*and holy is his name.*

*His mercy is from age to age*

*to those who fear him.*

*He has shown might with his arm,*

*dispersed the arrogant of mind and heart.*

*He has thrown down the rulers from their thrones*

*but lifted up the lowly.*

*The hungry he has filled with good things;*

*the rich he has sent away empty.*

*He has helped Israel his servant,*

*remembering his mercy,*

*according to his promise to our fathers,*

*to Abraham and to his descendants forever.”*