



The Feast of the Visitation on May 31, honors **Mary's** visit to her cousin, **Elizabeth**. The joyful meeting of these two women celebrated **two miraculous pregnancies**: **Elizabeth** had conceived in her **old age** after suffering from infertility, and **Mary**, as a **virgin**, conceived by the Holy Spirit. At their **reunion**, John the Baptist **leapt** in Elizabeth's womb, and she blessed Mary and the Christ Child. Mary, in turn, responded with the famous **Magnificat** praising the Lord. (That's a lot of surprises, isn't it?)

Even though Elizabeth had been barren and her time for having a baby was over, God caused her to conceive Our God is a **God of surprises**. We should never underestimate God's tremendous love for us.. Sometimes, when we least expect it, he touches us with a **miracle** and our life is changed forever. Has this ever happened to you?

Lesson from the Visitation: we're called as Christians to **bring Jesus** to others (like Mary did) and to **recognize** the **presence** of **Jesus** in others (like Elizabeth did).

Mary inspires us to live a life full of gratitude, generosity, compassion, and hope, so that we may return to God, **with interest**, all the gifts he has given us.

One great lesson Mary teaches us in the Visitation is the need to **care for the aged**. The moment the Angel Gabriel announced to Mary that her kinswoman **Elizabeth, despite her old age was six-month pregnant**, Mary arose and went with haste to the hill country to look for Elizabeth. Mary did **not** go there simply to confirm if Angel Gabriel's words were true. Three months would have been too long for such a confirmation.

Mary went there to stay with Elizabeth because she knew Elizabeth was old and needed someone to help her around the house given the fatigue that comes with pregnancy. Mary understood Elizabeth's need and came to her rescue.

What is your attitude to the **sick** and the **old**? Do you **only** help people when asked or do you put yourself in the shoes of those in need like Mary?

When we visit the old, they may **not** have money or material things to give us but one thing they have in abundance is **experience**. Mary knew she was the **Mother of God**, but this did not stop her from being a **servant** to Elizabeth for three good months, running errands, cleaning the house, cooking, and so on. Mary was so humble that she lived her life quietly as though she was just any other woman. She is a great teacher and role model for all of us.

How are you reaching out to the elderly?