

Joy...



Visitation by Ally Barrett



Magnificat by Ally Barrett

When the angel greeted Mary and invited her to play her remarkable and unique part in God's purposes, she responded with obedience. But it was later, during her visit to her cousin Elizabeth, also miraculously pregnant, that Mary experienced empowering joy in her vocation, and the *Magnificat* bubbled up within her and poured out in song.

*And Mary said,
'My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has looked with favour
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 for ever.'*

Luke 1

Mary found joy in her vocation when she saw that she was not as alone as she thought. She and her cousin were able to travel some of their journey together, and find joy, together, in their part in God's purposes. A joy that came from understanding their own agency, and place in God's plans.

For reflection or discussion

- Who have been your companions on your journey of life and faith, or vocation? Who has been the Elizabeth to your Mary?
- In your own life (or life of faith) what is the relationship between duty and joy?