

Contemplative Eucharist 8th December 2021
The Immaculate Conception of Mary

Let us contemplate the mystery of Mary, and three ways she guides us towards God.

Mary guides us towards a spirit of contemplation.

Throughout the Gospels, Mary is watching by Jesus's side, yet rarely intervening or acting. Her quiet listening spirit reminds us that there are times when words and action aren't needed; quiet contemplation is more helpful. When we are rushing through life at speed, Mary models for us a simplicity of listening that draws us nearer to discerning God's will.

Mary teaches us about grace and endurance.

Mary gracefully accepts her role as the Mother of Jesus – she is an example of the willing spirit, made possible by her faith, which is turned fully towards God. Faith isn't always easy. Life constantly throws us challenges. Sometimes it seems that no sooner have we overcome one hurdle than another is presented to us. Mary's endurance, even at the foot of the cross, reminds us to accept the life's tests with grace and purity of heart.

Lastly, Mary offers us refuge.

This is especially shown in the beautiful prayer that is the Hail Mary. The first part of this prayer are words spoken to Mary by the Angel Gabriel and by her sister St Elizabeth. The last line of the prayer is a plea to Mary to help us. In the Hail Mary, we find refuge in the maternal embrace of Mary as mother. Through her, we hope to draw closer to Jesus Christ.

Hail Mary

Full of Grace

The Lord is with thee

Blessed art thou among women

And blessed is the fruit of thy womb, Jesus

Holy Mary, mother of God, pray for us sinners now and at the hour of our death.

AMEN.