



CELEBRATING AT HOME  
**ASSUMPTION OF THE BLESSED VIRGIN MARY**

*My soul glorifies the Lord (Lk 1:39-56)*



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## ASSUMPTION OF THE BLESSED VIRGIN MARY

### Sign of the Cross

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

We are the body of Christ.

**We are gathered with the whole Church,  
those living among us and those now in glory,  
in this moment of prayer.**

### Preparing to hear the Word

Lord Jesus,  
**you are Son of God and Son of Mary.**

Lord Jesus,  
**you are united in glory with Mary, our mother.**

Lord Jesus,  
**you lift up the lowly and fill the hungry  
with good things.**

### Scripture Reading (Luke 1:39-56)

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth.

Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.' And Mary said:

'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour, because he has looked upon his lowly handmaid. Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me. Holy is his name, and his mercy reaches from age to age for those who fear him.

He has shown the power of his arm,  
he has routed the proud of heart.

He has pulled down princes from their thrones  
and exalted the lowly.

The hungry he has filled with good things, the  
rich sent empty away.

He has come to the help of Israel his servant,  
mindful of his mercy - according to the promise  
he made to our ancestors - of his mercy to  
Abraham and to his descendants for ever.'

Mary stayed with Elizabeth about three months  
and then went back home.

### Reflection - *My soul glorifies the Lord*

The Assumption is a great feast of hope! In the scripture and related writings for this feast, we learn that God's plan is that we, like Mary, are destined to share the same glory of heaven, through Christ's resurrection.

The second reading of today's feast says: *Christ has been raised from the dead, the first-fruits of all who have fallen asleep... Just as all people die in Adam, so all people will be brought to life in Christ...* All made possible by God's great love for us.

The Gospel is the story of the joy-filled meeting between the pregnant cousins, Mary and Elizabeth. Filled with the Holy Spirit Elizabeth recognises Mary as 'the mother of my Lord' and the child in Elizabeth's womb, John the Baptist, dances for joy. Elizabeth feels honoured by this visit 'from the mother of my Lord' and proclaims Mary *blessed* because she believed that the promise made to her by the Lord in the Annunciation story would be fulfilled.

Mary's response to Elizabeth is an outpouring of joy and belief, shared with Elizabeth, but also with us, even in the 21st century. Mary rejoices that this 'great thing' that has happened to her, an ordinary, humble person, is a gift from God.

Responding to the reign of God's grace in her,

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Mary proclaims God as the *Holy One* embracing her part within of God's outreach to the human family. She rejoices in God's power which brings justice to the poor and mercy for the faithful.

The Carmelite martyr, Blessed Titus Brandsma (1881–1942), says that we too can be like Mary: *The Lord also sends his angel to us ... we too must accept God in our hearts and carry him in our hearts, nourish him and make him grow in us so that he is born of us and lives with us as the God-with-us, Emmanuel.*

May we breathe the Word of God into every moment of life.

### Prayers of Intercession

Eternal God, keep us open to your Word.  
**May we give that Word form and shape in our daily lives.**

Living in the spirit of Mary,  
**may our lives bear witness to your faithful love for all.**

May we discover within ourselves  
**that quiet place where you revealed yourself to Mary.**

### Lord's Prayer

Formed by the teaching and example of Jesus, we pray:

**Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.**

### Closing Prayer

Father,  
help us to follow the example of Mary our sister,  
**and grow more deeply in the spirit of Christ,  
your Son, who is Lord, for ever and ever. Amen.**

### Blessing

**Lord, surround us with a deep sense of Mary's  
presence with us now and during this week.  
Amen.**



A photograph showing several hands in white robes holding a single lit yellow candle. The scene is dimly lit, with the candle's flame providing the primary light source, creating a warm and solemn atmosphere. The hands are positioned in a way that suggests a shared act of prayer or a communal offering.

## *Light and Love in the darkness*

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when we cannot gather together as we usually do to celebrate the Eucharist. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family at this time.



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