

The Annunciation

Today is Wednesday, the 25 March, the Feast of the Annunciation.

Entering into prayer today, I begin by recognising that I am in the presence of God ? not a God to be scared of, but a God of compassion and love, in whose presence I am safe, in whose presence I do not have to defend myself, in whose presence I can be still. I place myself, my worries and my hopes, my whole life, in the hands of my loving God.

Today?s reading is from the Gospel of Luke.

Today we celebrate the generous ?yes? of Mary; the moment when she accepted the vocation for which she had been prepared since her own conception. As she learns of her remarkable vocation she utters these wonderful words ?Here am I, the servant of the Lord; let it be with me according to your word?? Just for a moment, think about the generosity of that response.

What makes Mary so worthy of veneration is her willingness to co-operate with God. Are we willing to follow her example?

Take a moment now and tell God that you are also his servant; invite Him to make His Will known in your life.

As you listen again, listen out for the greeting of the angel ? ?Do not be afraid.?

The Angel Gabriel tells Mary at the beginning of the passage not to be afraid. Think of an area of your life where you might be experiencing fear; fear of illness or unemployment; fear of a relationship coming to an end; fear of uncertainty. Gabriel also says this to you ?Do not be afraid for you also are God?s child!? Share your feelings with Gabriel as this prayer time comes to a close.