

A Guided Ignatian Meditation on Today's Gospel

Quiet your body and mind

- Choose a position where you can be relaxed but alert.
- Breathe deeply several times and let your body relax
- Breathe out any worries or stressful thoughts.
- Become aware of God's loving presence here with you now.

Ask for a grace

- Ask God for the grace of gratitude and praise for the great things God has done for you.

Read the scripture passage

Read the passage slowly twice, savouring the words. The first time, just listen to hear what is being said. The second time, notice any word or phrase, image, or idea that speaks to you. Stay with that and ponder its meaning. Notice how it makes you feel. Savour the experience.

Guided Meditation

Mary says, "all generations will call me blessed." What does it mean to you to be blessed?

In what ways has God looked on you with favour?

Mary's joy comes in the wake of her own "yes" to God. When have you said yes to God? How do you feel as you remember those times?

What in your life right now moves you to rejoice in God?

Mary praises God who has exalted the humble, who has shown mercy, and filled the hungry with good things. In what ways are you thirsting for this kind of justice and peace in the world? Share that with God.

Close with a conversation. Talk with Mary, sharing your thoughts and feelings and listening to what she has to say in response. Or, you might consider talking with God about it all.

When you are ready, close with a favourite prayer.

The Blessed Virgin Mary

16th August 2026

GATHERING HYMN:

'Sing We of the Blessed Mother' (586)

COLLECT:

Almighty God,
who looked upon the lowliness of the Blessed Virgin Mary
and chose her to be the mother of your only Son:
grant that we who are redeemed by his blood
may share with her in the glory of your eternal kingdom;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

FIRST READING

Isaiah 61: 10—end

I will greatly rejoice in the Lord,
my whole being shall exult in my God;
for he has clothed me with the garments of salvation,
he has covered me with the robe of righteousness,
as a bridegroom decks himself with a garland,
and as a bride adorns herself with her jewels.
For as the earth brings forth its shoots,
and as a garden causes what is sown in it to spring up,
so the Lord God will cause righteousness and praise
to spring up before all the nations.

For the word of the Lord

Thanks be to God



SECOND READING

Galatians 4.4–7

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave but a child, and if a child then also an heir, through God.

For the word of the Lord

Thanks be to God

GRADUAL HYMN: 'Virgin Born we Bow Before Thee' (688)

We sing verse 4 after the Gospel Reading

GOSPEL

Luke 1.46–55

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.'



OFFERTORY HYMN: 'The Angel Gabriel' (620)

COMMUNION HYMNS:

'A Great and Mighty Wonder' (4)

'Magnificat' (777)

'For Mary, Mother of Our Lord' (166)

POST COMMUNION

God most high,
whose handmaid bore the Word made flesh:
we thank you that in this sacrament of our redemption
you visit us with your Holy Spirit
and overshadow us by your power;
strengthen us to walk with Mary the joyful path of obedience
and so to bring forth the fruits of holiness;
through Jesus Christ our Lord.

FINAL HYMN: 'Tell Out My Soul' 612)



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