FR.TK.REFLECTIONS 4th SUNDAY ADVENT YEAR -C-2024: THE VISITATION:

It is very common in Africa whenever a young girl conceives outside marriage, she will seek refuge either in her grandmothers or her auntie household, since they will be able to understand her situation with **gentle compassion, love and support** more than facing the **accusing blasts from her parents.** In the gospel today (Lk.1:39-45), we are treated to a situation almost like this only from a different perspective.

After **Announciation**, by the Angel, Gabriel to Mary, she pondered Gods message in her heart and she couldn't hold it to herself hence she went to her kinswoman Elizabeth and shared all with her thus leading us to the second mystery of Holy rosary **the visitation**. **v**isitation is a great ministry rooted in the gospel, it is a ministry of service to all. Jesus must have learned this right from his mother as his life was ministry of service so we must imitate the **simplicity**, **dedication**, **service of mary to Elizabeth in her old age**.

Due to modern technology most of these good gestures are fading away being replace by phone call, FaceTime, video calls just to find out how the person is which cannot be compared with physical presence of person to person visitation which are very **therapeutic remedies of personal touch.** whenever we visit one one, both parties benefit from each other both in **giving and receiving.** You share, **joys, you catch up, difficulties, challenges, dissapointments and gossips too!** This is clearly seen in the visitation of Mary and Elizabeth as both had experienced the **intervention of God.** what a special moments for these Holy women who contributed so much

towards our salvation. Elizabeth was filled with the Holy Spirit so was Mary in praising the Lord her God. Both were in dilemma of having children, one inexperienced young age the other very old lady who needed support of one another. it shows us that most important things takes place not just in most of high drama but in ordinary transaction of **human contacts and care.**

The simplicity of the visitation should prepare us in **love for the coming of our messiah.** The prophet Micah(5:1-4) echoes this simplicity of where the Saviour will be born Bethlehem not in majestic city of Jerusalem, London, Nairobi, Washington DC but rather in that **ordinary simple place your city, village, home, and in your heart these are the Bethlehem of today, the lord comes into an open heart.** The Lord is found in ordinary places, there is no place **too small, dark or troubled** that the Lord cannot be found. **We must be simple** in appeasing our God by acting simply in **justice, love, charity, mercy and walk humbly in the lord,** not **tons of meaningless sacrifices** we must prepare ourselves and welcome him. Like Christ(Heb 10:5-10) we are called to give ourselves fully totally to God

We need to find and open a place for him to visit us this last Sunday of Advent. We have been prepared for the last three sundays through hope, peace, joy now we face the last handle and call to Love how are you preparing for this. our prayer is then.

COME LORD JESUS: