

## Advent at The Well

*Week Three: Joy*

### Luke 1.39-56 (New International Version)

At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that the Lord would fulfill his promises to her!"

And Mary said:

"My soul glorifies the Lord  
and my spirit rejoices in God my Savior,  
for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me  
blessed,  
for the Mighty One has done great things for  
me—  
holy is his name.  
His mercy extends to those who fear him,  
from generation to generation.  
He has performed mighty deeds with his arm;  
he has scattered those who are proud in their  
inmost thoughts.  
He has brought down rulers from their thrones  
but has lifted up the humble.  
He has filled the hungry with good things  
but has sent the rich away empty.  
He has helped his servant Israel,  
remembering to be merciful  
to Abraham and his descendants forever,  
just as he promised our ancestors."

Mary stayed with Elizabeth for about three months and then returned home.

### "Lo, How a Rose E'er Blooming"

*German carol, 17th century*

Lo, how a Rose e'er blooming  
from tender stem hath sprung!  
Of Jesse's lineage coming,  
as saints of old have sung.  
It came, a floweret bright,  
Amid the cold of winter  
when half spent was the night.

Isaiah 'twas foretold it  
the Rose I have in mind;  
With Mary we behold it,  
the virgin mother kind.  
To show God's love aright,  
She bore to us a Savior  
when half spent was the night.

This Flower, whose fragrance tender  
with sweetness fills the air,  
Dispels with glorious splendor  
the darkness everywhere;  
True Man, yet very God,  
From sin and death He saves us  
and lightens every load.

### A Breath Prayer.

Grant to me, God  
A spirit of rejoicing.

### An Advent Benediction

Christ the Sun of Righteousness shine upon you,  
scatter the darkness from before your path, and  
make you ready to meet him when he comes in  
glory; and the blessing of God almighty, the  
Father, the Son, and the Holy Spirit, be upon  
you, upon those whom you love, and those  
whom you would pray for today and always.  
Amen.

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## **“Elizabeth encounters Mary” from *The Chester Cycle* (15th century)**

*Elizabeth:*

Mary, bless-ed shalt thou be,  
And the fruit that comes of thee  
Among women all.  
Wonderly now marvels me  
That Mary, Goddes Mother free  
Greetes me thus in simplicity  
Lord, how may this befall?  
When thou didst greet me, sweet Mary  
The child stirred in my body  
For great joy of thy company  
And the fruit that is in thee.  
Bless-ed be thou ever and aye  
That lived so well and steadfastly,  
For what was said to thee, lady,  
Fulfilled and done shall be.

*Mary:*

Elizabeth, therefore will I  
Thank the Lord, King of mercy  
With joyful mirth and melody  
And laud to his liking:  
“Magnificat” while I have to me,  
“Anima mea dominum”  
To Christ that in my kind is come,  
Devoutly will I sing.

