

Here's a text if you've only a minute ...

Listen ... pay heed and give ear.

Psalm

Now the salvation and the power and the kingdom of God
and the authority of his Christ have come.

First Reading

'He who is mighty has done great things for me,
and holy is his name.'

Gospel

Father in heaven, all creation rightly gives you praise,
for all life and all holiness come from you.

In the plan of your wisdom, she who bore the Christ in her womb
was raised body and soul in glory to be with him in heaven.

May we follow her example in reflecting your holiness
and join in her hymn of endless life and praise.

Old Opening Prayer

This week's readings if you want to reflect further:
Revelation 11: 19, 12: 1-6; Ps. 44 (45); 1 Cor. 15: 20-27; Luke 1: 39-56



Mosaic of Our Lady of Lourdes, Lourdes, France

*'Blessed are you
among women,
and blessed is
the fruit of
your womb.'*

Luke 1: 42

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

The Assumption of the Blessed Virgin Mary
Year A, 16th August 2026

'My soul magnifies the Lord,
and my spirit rejoices in God my Saviour'

On this Marian feast day, we celebrate Our Lady, assumed into glory
through the saving power of her Son.

At the heart of today's liturgy is the joy of that beautiful moment of Mary's
visit to her cousin Elizabeth (**Gospel**). These two women, who had no
expectation of pregnancy, both carry babies who will in time bring about
the kingdom of God on earth. Mary's prayer of gratitude for this great
blessing prefigures the Beatitudes that her Son, Jesus, will both proclaim
and live.

The **First Reading** is part of the revelation to St John. In his vision, a
crowned woman gives birth to a son. This child is taken up to God's throne,
and the salvation of Christ is proclaimed to the nations.

The **Psalm** is entitled a 'song of love', and for the Christian it poetically
describes the love of God for his people. It invites us to listen, and to turn
our hearts towards God.

In the **Second Reading**, we return to the theme of the salvation of Christ,
also proclaimed in John's revelation. In Christ all shall be made alive.

In both of our opening readings, there is an air of triumphalism about God
overcoming evil in the world. By contrast, Mary's visit to Elizabeth in the
Gospel reveals how our salvation is brought about through humility and
simplicity of heart. The powerful will be brought low and the weak
and humble will be raised up.

Let us pray for a joyful spirit of gratitude for God's saving love, so
that we, too, can proclaim with Mary, 'My soul magnifies the Lord.'



Opening Prayer

Almighty God, you gave a humble virgin
the privilege of being the mother of your Son,
and crowned her with the glory of heaven.

May the prayers of the Virgin Mary bring us to the salvation of Christ
and raise us up to eternal life.

First Reading Revelation 11: 19; 12: 1–6, 10

God's temple in heaven was opened, and the ark of his covenant was seen within his temple.

And a great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was pregnant, and was crying out in birth pains and the agony of giving birth. And another sign appeared in heaven: behold, a great red dragon, with seven heads and ten horns, and on his heads seven diadems. His tail swept down a third of the stars of heaven and cast them to the earth. And the dragon stood before the woman who was about to give birth, so that when she bore her child he might devour it. She gave birth to a male child, one who is to rule all the nations with a rod of iron, but her child was caught up to God and to his throne, and the woman fled into the wilderness, where she has a place prepared by God.

And I heard a loud voice in heaven saying, 'Now the salvation and the power and the kingdom of our God and the authority of his Christ have come.'

It may aid my time of prayer to have read the Prego Plus notes on this reading in advance.

God is here, present in this moment, inviting me to draw ever closer to the transforming love of Christ. Recalling that my body is a Temple of the Holy Spirit, I settle into a prayerful posture, and guide my breathing into a soothing, grounding rhythm.

In my own time, I turn to the Scripture for today. I ask for the grace of wisdom, insight and understanding to guide my time of prayer.

The passage describes a vivid, dream-like vision full of dramatic imagery. When these revelations were given to St John, he was living on the island of Patmos, having faced much persecution. At the start of his vision, he heard the voice of the Alpha and the Omega – the Living One – say 'Do not be afraid'.

With this in mind, I slowly read and re-read the text.

What feelings do I notice as I read? There is pain, tension, conflict, here ... and also resolution. How does this relate to my own life experiences, and the expression of my faith?

If I were to have a vision that described my own faith story, and my experience of Christ, what images would come to mind?

Would I be challenged or comforted, or perhaps something else ...?

I end my prayer with 'Glory be to the Father ...'

Gospel Luke 1: 39–56

In those days, Mary arose and went with haste into the hill country, to a town in Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the baby leaped in her womb. And Elizabeth was filled with the Holy Spirit, and she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb! And why is this granted to me that the mother of my Lord should come to me? For behold, when the sound of your greeting came to my ears, the baby in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord.' And Mary said:

'My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has looked on the humble estate of his servant. For behold, from now on all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And 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 mighty from their thrones and exalted those of humble estate; he has filled the hungry with good things, and the rich he has sent away empty. He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and his offspring for ever.'

And Mary remained with her about three months and returned to her home.

Conscious of God's great love for me, I take a few moments to become present and still within the flow of God's love for all of creation.

I prayerfully read the Gospel passage. What is the Spirit inviting me to notice?

I use my imagination to picture Mary rushing to visit her cousin Elizabeth.

What are the emotions that I witness as these unexpectedly pregnant women greet one another? I try to picture their facial expressions, their close embrace; I hear their joyful conversation; I experience their prayerful gratitude. I listen to Mary's song, the Magnificat.

I recall moments of joy that I have witnessed, or perhaps a time when I have greeted a much loved friend or relative after a long time apart.

Mary carried the Word of God in her womb. The Word now lives in my heart. With gratitude, I imagine praying the Magnificat with Mary and Elizabeth.

'My soul glorifies the Lord ...'