



## Fr. Matt's Musings

### May 31, 2018

#### *The Visitation*

Today is the feast of the Visitation which is an important celebration in the Salesian tradition. Mary's visit to Elizabeth during their respective pregnancies with Jesus and John the Baptist spoke to both Francis and Jane so deeply that they named their religious foundation after this gospel episode: The Visitation of Holy Mary. It is a worldwide Order of sisters who to this day seek to live a life of prayer and charity in imitation of the teachings of Sts. Francis de Sales and Jane de Chantal.

One of the themes that the Visitation highlights is the importance of presence, showing up, being there. Luke tells us that Mary proceeds in haste to be with her older relative, Elizabeth. Luke does not tell us why she went, what she took with her or any other details, just that she went. Too often, we underestimate the importance of our presence. It is the most unique and personal gift we have to offer. In major moments of life, people usually do not remember the words we spoke, but they do remember that we were there, with a smile, holding a hand or offering a hug.

Frequently, the Spirit urges us to make a phone call, to send a note or drop in on a neighbor or a friend or family member. Those are the "visitations" the Lord asks of each of us. I know that I allow some of those urges to pass without attending to them. Visitations are important, and they call on us to share the most important gift we have to offer, the gift of ourselves.

Live Jesus!

*Fr. Matt*

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