

**PREPARATORY
ENCOUNTER 3**

Get up now, and stand on your feet.

RISE UP!



**WITH MARY, WE WELCOME
THE GREAT PROCLAMATION
OF GOD'S LOVE**

PREPARATORY ENCOUNTER 3: WITH MARY, WE WELCOME THE GREAT PROCLAMATION OF GOD’S LOVE

Preparatory encounters
Rise Up WYD Lisbon 2023

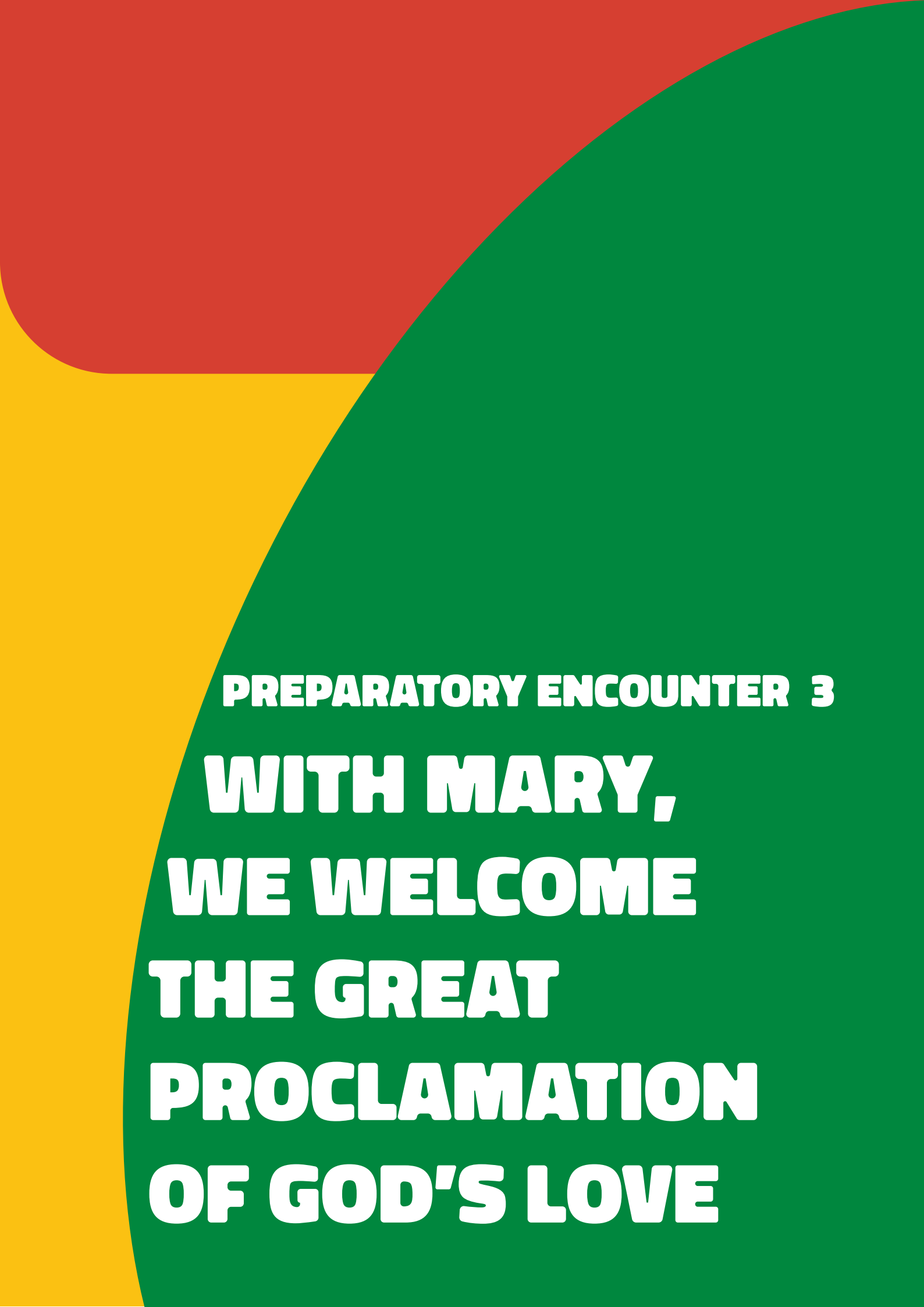
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PREPARATORY ENCOUNTER 3
WITH MARY,
WE WELCOME
THE GREAT
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Motivations and objectives of the meeting

- After the young people have reflected on two fundamental themes of Pope Francis' magisterium, integral ecology and social friendship, this meeting will focus on the great proclamation of God's love.
- We do so starting from Mary's attitudes: standing up and leaving in haste, with which the desire of the youth to participate in WYD Lisbon 2023 is expressed.
- Looking at the figure of Mary, we see that she only gets up and hurries off after saying "yes", that is, after having heard and accepted the great proclamation of the love of God that is revealed in the incarnation and mystery of Jesus of Nazareth. We wish that young people, inspired by Mary, may listen to and welcome in prayer the great proclamation that is addressed to them, as Pope Francis expresses it in his Exhortation *Christus vivit* (nn. 111-133).

Required material and practical indications

- The WYD Lisbon 2023 logo and a backpack are placed at the meeting site.
- Keywords written on visible cards: *Integral Ecology* in the meeting room, *Social Friendship* and *Proclamation* in the backpack, together with some symbols that will be used throughout the meeting, (backpack, words, icon of *Our Lady Salus populi romani*, sandals, canteen, rope, cross).
- This meeting is different from the previous meetings since it focuses more on individual reflection and prayer. For items 1 to 5, it is proposed that each participant should have a small notebook and a pen for their notes.
- The moment of adoration of the Blessed Sacrament must take place in an oratory or church.
- The different moments of this meeting follow the verbs present in the WYD Lisbon 2023 spiritual plan.
- It is recommended that this meeting should take place over a longer period (one morning, one afternoon, a whole day), with a moment of fraternal conviviality and a meal.
- If it is appropriate, a hike can be organised with various posts for the work proposed in items 3 to 5. In this case, the backpack is to be carried.
- During adoration of the Blessed Sacrament, individual celebration of the Sacrament of Reconciliation can be envisaged.



GET SET

The preparatory encounter begins
with the WYD Lisbon 2023 hymn



From far and wide to gather in this place
We spread our wings and here we are,
And with Mary proclaiming our Yes
We seek to serve and follow the will
Of the Lord, our Father
Chiamati ad essere come Cristo Gesù,
Vogliamo dare, diventare,
Docili al sì, essere come Maria.

Tú que buscas saber quién eres
parte a descubrir, ven a ver lo que vi.
Ven con nosotros a mirar más allá,
de lo que haces y que no te deja
reír y amar.
Oublie le passé, ne dis pas non.
Écoute donc ton cœur,
Et pars sans peur sur cette mission.

**Todos vão ouvir a nossa voz,
Levantemos os braços, há pressa no ar.
Jesus vive e não nos deixa sós:
Não mais deixaremos de amar.**

È stata Maria ad accogliere per prima
La grande sorpresa della vita per
sempre.
Fiduciosa e semplice, volle ricevere
il grande mistero di un Dio che è
Per te e per me
No puedo callar, no puedo dejar
de cantar: “Mi Señor,
cuenta conmigo, ¡no más callaré!”

Sans aucun doute sur sa mission,
Si jeune, Marie quitte promptement
Sa maison et part dans les montagnes
Voir Elisabeth et trouve immédiatement
Salutation, communion.
Le fruit est béni, c'est mon Seigneur!
And I want to hear: You trusted in my
word and happiness is yours!



READY

After a moment of welcoming, the moderators refer to the backpack used in the previous meeting, as well as the aspects discovered by the participants during the previous meetings. The expressions “Integral Ecology” and “Social Friendship” should be in a place visible to everyone.

The theme of this meeting is introduced by taking from the backpack the expression “Proclamation” and the icon of Our Lady, emphasising that Mary, the mother of Jesus, will guide us in this meeting, so that we get up and go in haste to welcome the great proclamation that she brings.

The there is the proclamation of the Gospel text.

Gospel reading according to Saint Luke (Lk 1:39–50)

³⁹At that time Mary got ready and hurried to a town in the hill country of Judea, ⁴⁰where she entered Zechariah's home and greeted Elizabeth. ⁴¹When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. ⁴²In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! ⁴³But why am I so favoured, that the mother of my Lord should come to me? ⁴⁴As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. ⁴⁵Blessed is she who has believed that the Lord would fulfil his promises to her!"

⁴⁶And Mary said:

"My soul glorifies the Lord

⁴⁷and my spirit rejoices in God my Saviour,

⁴⁸for he has been mindful

of the humble state of his servant.

From now on all generations will call me blessed,

⁴⁹for the Mighty One has done great things for me—
holy is his name.

⁵⁰His mercy extends to those who fear him,
from generation to generation.

The Gospel of the Lord.

This is followed by a moment of interiorisation of the biblical text where each participant tries to imagine the attitude of Mary who gets up and leaves in haste, as well as the encounter with Elizabeth.



We now deepen the meaning of the biblical text with the help of Pope Francis' message for the XXXVII World Youth Day.

A pair of sandals is taken from the backpack.

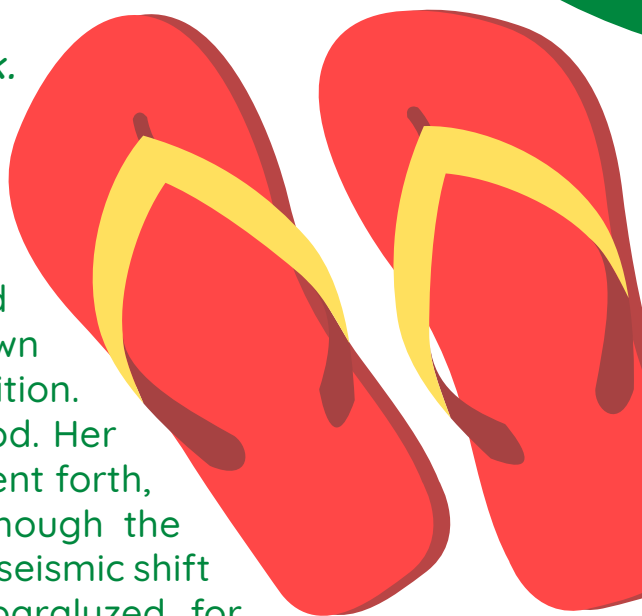
A reader introduces this moment.

The Holy Father writes:

«After the Annunciation, Mary could have focused on herself and her own worries and fears about her new condition. Instead, she entrusted herself completely to God. Her thoughts turned to Elizabeth. She got up and went forth, into the world of life and movement. Even though the astonishing message of the angel had caused a seismic shift in her plans, the young Mary did not remain paralyzed, for within her was Jesus, the power of resurrection. [...] She arises and sets out, for she is certain that God's plan is the best plan for her life. [...] Mary sets out immediately, anxious to bring the news to others, to bear witness to the joy of this encounter. »
(*Message for the XXXVII World Youth Day*).

This is followed by a moment of individual reflection.

«The Mother of the Lord is a model for young people on the move, who refuse to stand in front of a mirror to contemplate themselves or to get caught up in the "net". Mary's focus is always directed outwards. She is the woman of Easter, in a permanent state of exodus, going forth from herself towards that great Other who is God and towards others, her brothers and sisters, especially those in greatest need, like her cousin Elizabeth. »
(*Message for the XXXVII World Youth Day*).



Answer the questions:

- *How does Mary's attitude inspire you not to stand still?*
- *How can you make it happen?*



MAKE HASTE

A canteen of water is taken from the backpack.

A reader introduces this moment.

The Holy Father writes:

«Saint Ambrose of Milan, in his commentary on the Gospel of Luke, writes that Mary set out in haste towards the hills, “because she rejoiced in the promise and sought to serve others with the enthusiasm born of her joy. Full of God, where else could she have gone if not towards the heights? The grace of the Holy Spirit permits no delay”. Mary’s haste is thus a sign of her desire to serve, to proclaim her joy, to respond without hesitation to the grace of the Holy Spirit.

Mary was motivated by the needs of her elderly cousin. She did not hold back, or remain indifferent. She thought more of others than of herself. And this gave enthusiasm and direction to her life. [...] When faced with concrete and urgent needs, we need to act quickly. How many people in our world look forward to a visit from someone who is concerned about them! How many of the elderly, the sick, the imprisoned and refugees have need of a look of sympathy, a visit from a brother or sister who scales the walls of indifference! »

(Message for the XXXVII World Youth Day).

This is followed by a moment of individual reflection.

«Each of you can ask: “How do I react to the needs that I see all around me? Do I think immediately of some reason not to get involved? Or do I show interest and willingness to help?” [...]»



A healthy haste drives us always upwards and towards others. Yet there is also an unhealthy haste, which can drive us to live superficially and to take everything lightly. Without commitment or concern, without investing ourselves in what we do. It is the haste of those who live, study, work and socialize without any real personal investment. This can happen in interpersonal relationships. In families, when we never stop to listen and spend time with others. In friendships, when we expect our friends to keep us entertained and fulfil our needs, but immediately look the other way if we see that they are troubled and need our time and help. Even among couples in love, few have the patience to really get to know and understand each other. We can have the same attitude in school, at work and in other areas of our daily lives. » (Message for the XXXVII World Youth Day).

Answer the questions:

- *What's the rush?*
- *Have you ever responded to the rushing around that has made you tired and fall into a void?*
- *Are you able to identify pressures that fill you and give you rest?*
- *They push you towards God and others?*



REJOICE

A rope is taken from the backpack.

A reader introduces this moment.

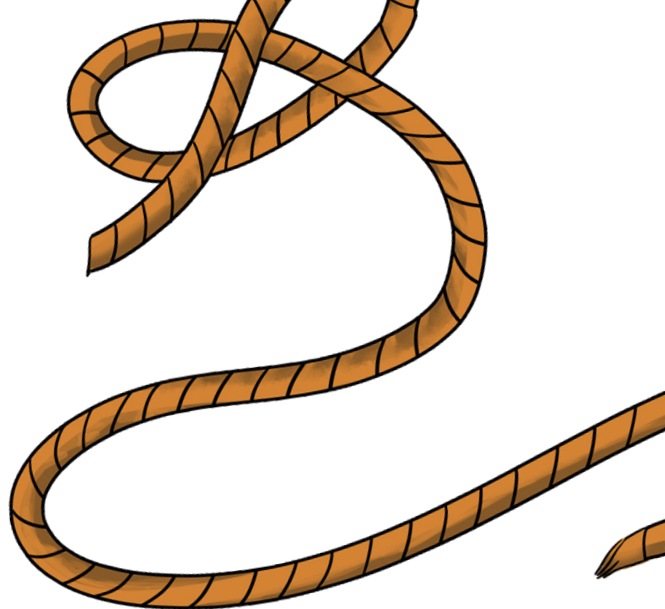
The Holy Father writes:

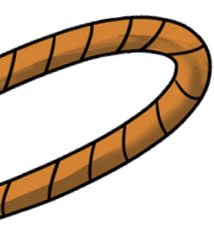
«When Mary arrives at the home of Zechariah and Elizabeth, a marvellous encounter takes place! Elizabeth herself had experienced miraculous intervention from God, who gave her a child in her old age. She would have had every reason to begin by talking about herself, yet she was not “full of herself”, but anxious to welcome her young cousin and the fruit of her womb. As soon as she heard Mary’s greeting, Elizabeth was filled with the Holy Spirit. Such surprises and outpourings of the Spirit come about when we show true hospitality, when we put others, not ourselves, at the centre. [...] Many of us have had the unexpected experience of meeting Jesus and for the first time having a sense of closeness and respect, a lack of prejudice and disapproval, a loving gaze that we never encountered in any other. Not only that. We have also realized that, for Jesus, it was not enough to glimpse us from afar; he wanted to be with us and to share his life with us. The joy of this experience made us hasten to welcome him, to feel the need to be with him and to get to know him better. »

(Message for the XXXVII World Youth Day).

This is followed by a moment of individual reflection.

«Jesus is God’s response to the challenges facing humanity in every age. Mary carries that response within her when she goes to visit Elizabeth. The greatest gift that Mary brings to her elderly kinswoman is that of Jesus himself. Certainly, the concrete assistance she offered was most valuable. Yet nothing could have filled the house of Zechariah with such great joy and satisfaction as the presence of Jesus in the womb of the Virgin, now a tabernacle of the living God. In that mountain village, Jesus, by his mere presence and without uttering a word, preached his first “Sermon on the Mount”. He silently proclaimed the beatitude of the poor and the meek who trust in God’s mercy. » *(Message for the XXXVII World Youth Day).*





Answer the questions:

- *Is Jesus the gift that Mary offers you at this point in your life?*
- *Describe the joy of welcoming Jesus...*

Small group sharing:

Small group sharing on individual reflection is suggested, focusing on the following aspects:





This is followed by a moment of adoration of the Blessed Sacrament in which silence, personal prayer and listening to the great proclamation addressed to young people are prioritised. The proclamation is a letter from Jesus addressed to young people. A reader plays Jesus, and the young people listen and respond through personal prayer and song. This moment of prayer should take place in an oratory, that is, in a different place from the one where the previous part of the meeting took place. The symbols (backpack, words, icon, sandals, canteen, rope, cross) are taken along.

The symbols (backpack, words, icon, sandals, canteen, rope) are placed before the altar with a small wooden cross. The moderators should introduce the letter and the meaning of the prayer.

***Suggestion:** Venite, adoremus Dominum (Taizé)*

Exhibition of the Blessed Sacrament

Silence

Jesus [reader]: God loves you. Even if you heard Him already – it doesn't matter! –, I want to remind you: God loves you. Never doubt this in your life, no matter what. In each and every situation, you are infinitely loved.

Jesus [reader]: What I can tell you with certainty is that you can throw yourself safely into the arms of mine and yours, of our divine Father who has given you life and continues to give it to you at every moment.

Jesus [reader]: Our Father says to each of us: «I have engraved you on the palms of my hands» (Isa 49:16). «I have loved you with an everlasting love; I have drawn you with unfailing kindness.» (Jer 31:3). «Since you are precious and honoured in my sight, and because I love you » (Isa 43:4).



Jesus [reader]: To our Father, you are really valuable; you're not insignificant. He cares about you because you are the work of His hands. And for that He pays attention and remembers you with affection. His memory is a tender heart, rich in compassion, which rejoices to remove all traces of evil from us once and for all. He does not want to keep an account of your mistakes, and, in any case, He will help you to learn something from your relapses too. Because He loves you. Try to remain a moment in silence, letting yourself be loved by Him.

Silence and chanting.

Suggestion: *Bóg jest miłością (Taizé)*

Jesus [reader]: I, Jesus, out of love, have given myself to the very end to save you. My open arms on the Cross are the most precious sign of a friend capable of carrying his love to the end.

Jesus [reader]: I, Christ, who saved you from your sins on the Cross, with the same power of my total surrender, continue today to save and redeem you. Look at my Cross, cling to me, let yourself be saved, because those who let themselves be saved by me are freed from sin, from sadness, from inner emptiness, from isolation.

Jesus [reader]: If you sin and turn away, I will raise you up again with the power of my Cross. Never Forget that I forgive seventy times seven. I return again and again to carry you on my shoulders. I allow you to raise your head again and to begin again; my tenderness will never let you down and can always restore your joy.

Jesus [reader]: My love for you is greater than all your contradictions, your weaknesses, and your meanness. However, it's precisely through your contradictions, weaknesses and meanness that I want to write a love story with you.

Jesus [reader]: My sacrifice on the Cross is something so great that you cannot and should not pay for it; you should only receive it with immense gratitude and with the joy of being loved so fully and completely.

Jesus [reader]: Fix your eyes on my crucified arms, let yourself be saved again and again. And when you come to confess your sins, believe firmly in my mercy which frees you from all guilt. Contemplate my blood, shed for the great love I have for you, and allow yourself to be purified by it. In this way you can be reborn ever anew.

Silence and chanting.

Suggestion: *Per crucem (Taizé)*

Jesus [reader]: I live and fill you with my grace, I free you, transform you and console you. With me present at every moment of your life, there will never again be loneliness or abandonment. Even if everyone abandons you, I shall remain, as I promised: «And surely I am with you always, to the very end of the age. » (Mat 28:20).

Jesus [reader]: Behold me happy, overflowing with joy. Rejoice with me that I have triumphed over sin and death. They have killed me, I, the Holy One, the Just, the Innocent, but I have conquered. Evil does not have the last word. Also in your life, evil will not have the last word, because I, your Friend, who loves you, want to triumph in you. I, your Saviour, live and am with you.

Jesus [reader]: With me, your heart is rooted in a basic security which endures beyond everything. Saint Paul says that he wants to be United to me so that he can know me in the power of my resurrection (cf. Phil 3:10). Such is the power that will always be manifested anew in your existence, because I have come to give you life, and «have it to the full. » (cf. Jn 10:10).

Jesus [reader]: If you can appreciate with your heart the beauty of this proclamation and allow yourself to be found by me; if you allow yourself to be loved and saved by me; if you enter into my intimacy and begin to talk to me about the concrete things of your life, this will be the fundamental experience that will sustain your Christian life. This will also be the experience you will be able to communicate to other young people.

Jesus [reader]: Now invoke the Holy Spirit, that he may make you enter ever more deeply into my heart, that you may fill yourself ever more with my love, my light and my strength. So that He may constantly renew in you the experience of the great proclamation: God loves you, I Jesus am you saviour, and I am alive (cf. Chv 111-133).

Silence and chanting.



A prayer of gratitude follows, based on the symbols that have appeared at each moment. As each prayer is read, a different young person holds the respective symbol.

*Between each prayer a short refrain can be sung as:
O, adoramus Te, o Christe!*

Reader 1 [Sandals]: Lord Jesus, we thank You for rising from death and setting out on the roads of our lives. Your sandals continue to be worn by the Pope, Bishops, priests, deacons, and all Christians that feel the haste of the Holy Spirit.

Reader 2 [Canteen]: Lord Jesus, we thank You for being the living water which quenches our thirst. Your drops of water continue to fall today on the pilgrimage of humanity, on the wounded and thirsty earth, they help to refresh the fires of fractured relationships and to make the efforts for a lasting peace flourish.

Reader 3 [Rope]: Lord Jesus, we thank you for reaching out to us and uniting us to You. You are like a rope that holds together what is separate, brings together the divided and creates opportunities for salvation.

Reader 4 [Cross]: Lord Jesus, we thank You for loving us to the end on the Cross. This Cross is now carried by all those who live by your forgiveness, imitate you in love and in self-offering, and become missionaries of your mercy.

The final ritual of the Exhibition of the Blessed Sacrament follows as established.



The young people will be able to share on a platform their reflections on what they experienced during this meeting.

- Mary as an “influencer” of our haste...
- Our haste leads us to God and to others...
- The joy of welcoming Jesus...

Share reflections in:

<https://www.lisboa2023.org/en/rise-up>



Appendix 1

Support videos and music

1. The truth that God is young

Link: <https://youtu.be/agqcwUuMNJY>



2. Taizé - Venite, exultemus Domino

Link: <https://youtu.be/6WkOi5mwERk>



3. Taizé - Bóg jest miłością

Link: <https://youtu.be/E92Z3bwBVyl>



4. Taizé - Per crucem

Link: https://youtu.be/atfz_XZeZsg



