

# 20th Sunday– Assumption of the Virgin Mary (Year A)



**Luke 1:39–56**

**‘He who is mighty has done great things for me; he has exalted those of humble estate.’**

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,

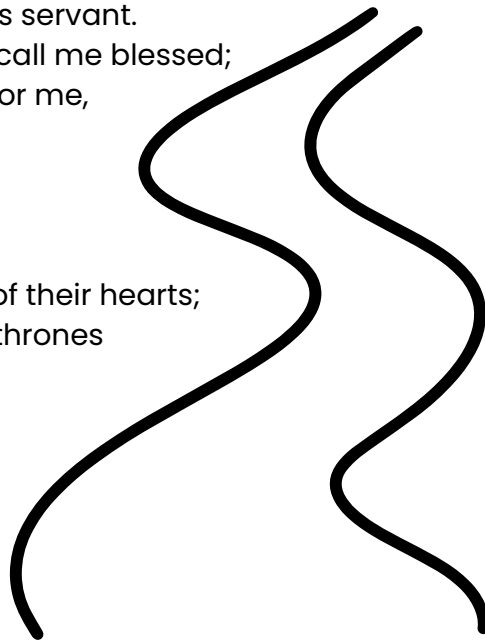
‘My soul magnifies the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked on the humble estate of his servant.  
For behold, from now on all generations will call me blessed;  
for he who is mighty has done great things for me,  
and holy is his name.

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 to his offspring for ever.’

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



## Reflection

The Feast of the Assumption reminds us that God’s story does not end in struggle, suffering, or even death. Mary’s life was one of trust. She said “yes” to God when she did not know what the future would hold, and she spent her life bringing Christ to others. In today’s Gospel, Mary rushes to help Elizabeth, putting love into action. Her song, the Magnificat, speaks of a God who notices the humble, lifts up those who are struggling, and fills the hungry with good things. We see this same message in our SVP mission. Mary did not seek attention or status; she simply responded to God with faith and service. The Assumption reminds us that every act of kindness, every visit, every conversation, and every moment spent serving others has eternal value.

## Materials needed

- An empty display, or a large piece of paper
- Printed footprints
- Pens

## Activity

Give each person a paper footprint. Mary “went with haste” to visit Elizabeth, choosing to put her faith into action by helping someone else. On the footprint, write one way God has blessed you or helped you recently, and one practical step you can take to support someone else this week. Place the footprints along the path to create a shared journey, reminding us that faith grows when we respond to God’s love through service to others.

## Call to Action

Mary praised God with her words and her actions. This week, show your gratitude by doing one act of service for someone in your community.

