

## A Common Rule for Monastics

### 13. MARY

1. Favored by God,  
Mary became the vessel  
by which the gift  
of the Incarnation was given.  
Blessed is she, and blessed is  
the fruit of her womb.

2. Mary showed us humility  
when the angel greeted her  
as the “favored one.”  
She was perplexed by the words  
and pondered its meaning.  
She was empty of self-pride,  
ready to be the place  
where God and human become one.  
“The Mighty One has done great things for me,  
and holy is His name.”

3. The Magi traveled far  
to offer their gifts to the holy family,  
bringing with them wise words and prophecy  
concerning the Christ child.  
All who heard it were amazed,  
but Mary treasured all these words  
and pondered them in her heart.

4. The uncertain future of this child  
was wrapped in her faith and trust  
in God's providence.  
May we also have this strength of heart  
as we walk into the unknown.

5. She watched her child grow  
in strength and knowledge of the Lord.  
He has scattered the proud,  
he has brought down the powerful,  
he has lifted up the lowly,  
he has filled the hungry,  
he has healed and taught, in love.

6. She knew the dangers facing her child,  
but she remained steadfast  
in her devotion to him,  
even unto death on the cross.  
Through despair and suffering,  
through separation and helplessness,  
she remained assured that this divine Light  
would not be extinguished.

7. Let us respond as Mary did  
when she was called to service,  
humbly, openly, and joyfully:  
“Here am I, servant of the Lord;  
Let it be unto me according to your word.”