



LIVING THE GOSPEL



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

Theme: "My soul proclaims the greatness of the Lord."

Gathering Prayer

Facilitator: Almighty and ever-living God, who assumed the Immaculate Virgin Mary, the Mother of your Son, body and soul into heavenly glory, grant, we pray, that, always attentive to the things that are above, we may merit to be sharers of her glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

All: Amen.

Exploring the Word

Gospel Reading: 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 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 fulfillment of what was spoken to her from the Lord.'

And Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Savior, 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 humble; 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 remain with her about three months and returned to her home.

Gospel focus

Mary's *Magnificat* is one of the most important New Testament canticles, in which she proclaims the goodness of God and his action on behalf of the people of Israel, especially the lowly. It is precisely because she proclaims God's greatness that she is assumed body and soul into heaven. In her words and actions, Mary said yes to God's call for her. Human but without sin, she was assumed into heaven to point us to our

destiny at the bodily resurrection. God has “remembered his promise of mercy” for us, inviting us to be with him for eternity.

Gospel Reflection

In this gospel, we hear Mary proclaim what we now recognize as the *Magnificat*, a prayer of praise titled for the first line—*Magnificat anima mea Dominum*, Latin for “My soul magnifies the Lord.” In this moment, Mary rejoices with Elizabeth and remembers all that God has done for her and for Israel throughout many generations. But what is most significant about this hymn of praise is that it is not just words. Mary is offering praise from her entire being.

Her words express what her actions demonstrate—the entirety of her life is a profession of praise for who God is and what God has done for God’s beloved.

Today we celebrate Mary’s glorious assumption, in which she was taken body and soul into heaven. Having been conceived without original sin and as she lived in the full grace of God without personal sin, Mary was not subject to the decay that comes with death. Instead, Mary experienced what the rest of us hope for and are promised: the resurrection of our earthly bodies when Christ returns. Mary was chosen and set apart by God from the moment of her immaculate conception, preparing her to fulfill the call she had received. And she chose daily to live the words of her *Magnificat*, conforming her life to the will of a generous, mighty, and loving God. Elizabeth recognized the work of God in Mary’s life as well, proclaiming, “Blessed are you among women, and blessed is the fruit of your womb.” The presence of the Holy Spirit within Mary was so radiant that others could not help but see God’s glorious grace at work within her.

What would it look like today to live in a way that magnifies the Lord and offers the entirety of one’s life as an act of praise? Mary proclaims, “From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.” In saying this she is not boasting; instead, she is proclaiming that the fruits of her life are due solely to the work of God. A person cannot bless themselves, but they can participate in the grace offered to receive a blessing. A person cannot save themselves, but they can accept the gift of salvation offered by conforming to the will of the Father. When we recognize that God is the source of all goodness, we begin to see that the goodness of our lives is not due to our own merits, and we can offer praise and thanksgiving to the One who desires to bless all creations. May we ask for the intercession of Mary to help us bring the words of her *Magnificat* to life.

Old/New Testament and CCC links

First Reading — Revelation 11:19a; 12:1-6a, 10ab

God’s temple and the ark of the 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, and 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 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.’

Responsorial Reading —Psalms 45(44): 10. 11. 12. 16

R: On your right stands the queen in gold or Ophir

The daughter of kings are those whom you favor.
On your right hand stand the queen in gold of Ophir. **(R)**

Listen, O daughter; pay heed and give ear:
Forget your own people and your father's house. **(R)**

So will the king desire your beauty.
He is you lord, pay homage to him. **(R)**

They are escorted amid gladness and joy;
They pass within the palace of the king **(R)**

Second Reading — 1 Corinthians 15: 20-27

Brothers and Sisters: Christ has been raised from the dead, the first fruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. But each his own order: Christ the first fruits, then at his coming those who belong to Christ. Then comes the end, when he delivers the kingdom to God the Father after destroying every rule and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death. For God has put all things in subjection under his feet.

Catechism of the Catholic Church

148. The Virgin Mary most perfectly embodies the obedience of faith. By faith Mary welcomes the tidings and promise brought by the angel Gabriel, believing that "with God nothing will be impossible" and so giving her assent: "Behold I am the handmaid of the Lord; let it be [done] to me according to your word." Elizabeth greeted her: "Blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord." It is for this faith that all generations have called Mary blessed.

422. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.' This is 'the gospel of Jesus Christ, the Son of God': 'God has visited his people. He has fulfilled the promise he made to Abraham and his descendants. He acted far beyond all expectation - he has sent his own 'beloved Son'

717. "There was a man sent from God, whose name was John." John was "filled with the Holy Spirit even from his mother's womb" by Christ himself, whom the Virgin Mary had just conceived by the Holy Spirit. Mary's visitation to Elizabeth thus became a visit from God to his people.

722. The Holy Spirit *prepared* Mary by his grace. It was fitting that the mother of him in whom "the whole fullness of deity dwells bodily" should herself be "full of grace." She was, by sheer grace, conceived without sin as the most humble of creatures, the most capable of welcoming the inexpressible gift of the Almighty. It was quite correct for the angel Gabriel to greet her as the "Daughter of Zion": "Rejoice." It is the thanksgiving of

the whole People of God, and thus of the Church, which Mary in her canticle lifts up to the Father in the Holy Spirit while carrying within her the eternal Son.

2097. To adore God is to acknowledge, in respect and absolute submission, the "nothingness of the creature" who would not exist but for God. To adore God is to praise and exalt him and to humble oneself, as Mary did in the *Magnificat*, confessing with gratitude that he has done great things and holy is his name. The worship of the one God sets man free from turning in on himself, from the slavery of sin and the idolatry of the world.

Sharing and Discussion

1. Mary rejoices because God has "looked with favor on the lowly state of His servant." Culturally, Mary was an ordinary young woman from an insignificant town. How does this passage redefine what it means to be "empty" or "poor in spirit" according to the Beatitudes, and how do we cultivate true spiritual humility when we feel accomplished or self-sufficient.
2. Mary's prayer begins with, "My soul magnifies the Lord, and my spirit rejoices in God my Savior." To "magnify" something means to make it larger and clearer for others to see. In your daily life, how can your words, actions, and attitude act as a magnifying glass for God rather than drawing attention to yourself?
3. As soon as Mary learns she will bear the Savior, she "sets out with haste" to help her elderly cousin Elizabeth. How does Mary's immediate response teach us how we should treat our family and neighbors in need?

Closing Prayer

Facilitator: Loving God you called Mary to bear your Son. Similarly, you call each of us to bring Christ into the world. Be with us on this journey and hear prayers we raise. We ask this through Jesus Christ our Lord.

All: Amen.

Facilitator: May the Lord bless us, protect us from all evil and bring us to everlasting life.

All: Amen

Looking to deepen your faith and connect with fellow parishioners? Join us for our "Living the Gospel" Bible study and sharing session at the parish. Together, we will reflect on God's Word, grow in faith, and journey together in fellowship.

Every Saturday

Time: 9.30 – 11.00 am

Venue: Level 3, Rm 03-06

All are welcome! For more information, please contact;

Mary Bay - 96965049 (marybay2468@gmail.com)

George Chee – 97399216 (georgejc@gmail.com)

Reflection material available on Parish Website under – (Weekly Bible Sharing - Living the Gospel)

References for the Living the Gospel Reflection:

- 1) Gospel notes taken from the Navarre Bible
- 2) Gospel reflection and Living Liturgy are taken from "Living Liturgy for Sunday and Solemnities" by Order of St Benedict. Published by Liturgical Press, Collegeville, Minnesota. Reprinted with permission.
- 3) CCC references are taken from Catechism of the Catholic Church