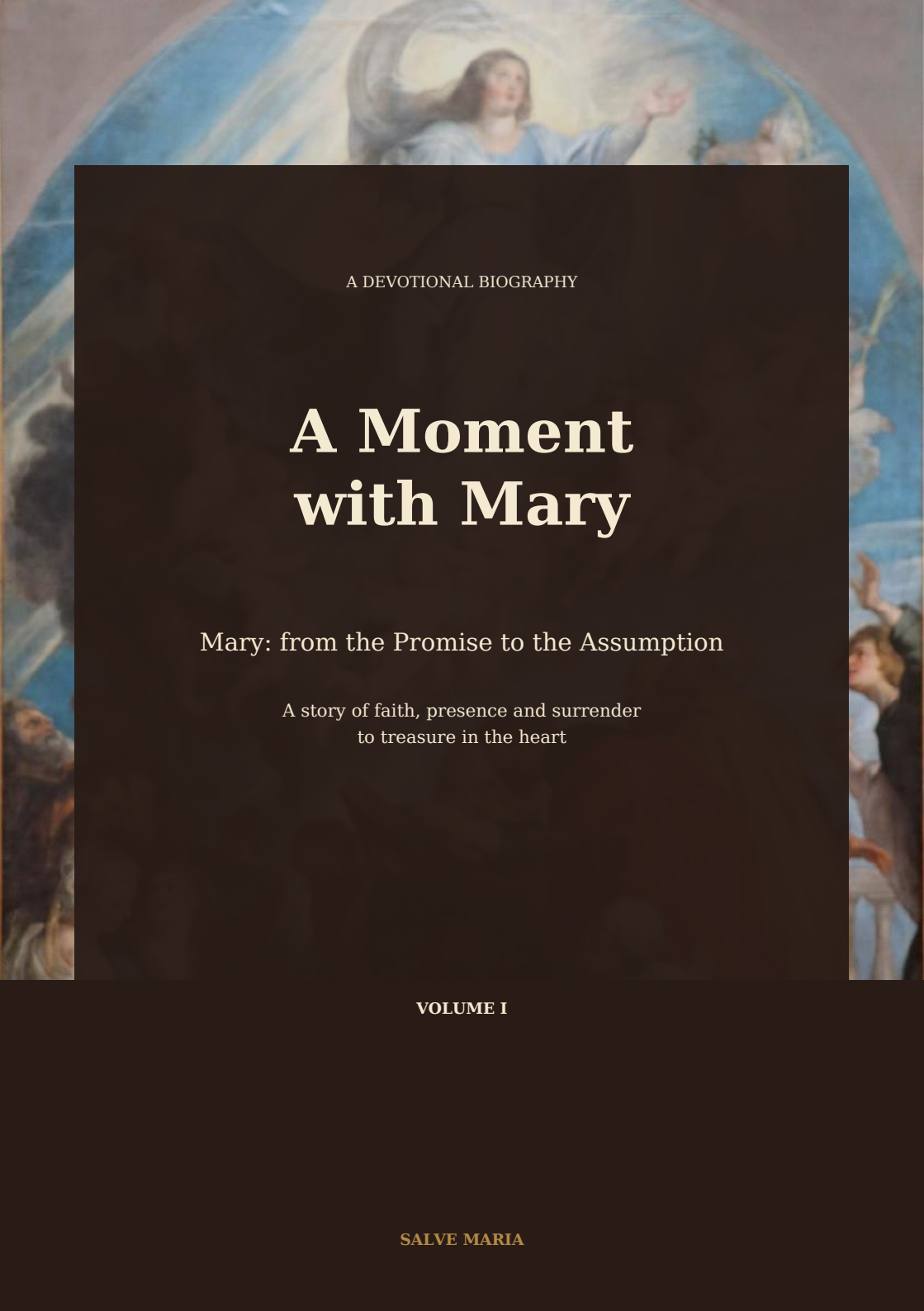


The background of the book cover is a classical painting depicting the Assumption of Mary. Mary is shown rising into a blue, swirling mandorla at the top center. Below her, on the right, an angel kneels in prayer. On the left, a man with a beard, likely Joseph, is partially visible. The scene is set against a dark, atmospheric background.

A DEVOTIONAL BIOGRAPHY

A Moment with Mary

Mary: from the Promise to the Assumption

A story of faith, presence and surrender
to treasure in the heart

VOLUME I

SALVE MARIA

SALVE MARIA

A LETTER TO THE READER

This book is an encounter

Perhaps you have arrived here carrying a question, a season of waiting, or simply the desire to draw closer to Mary. This book was born to be more than a sequence of events: it wants to offer companionship.

We will walk through the events entrusted to us by Sacred Scripture and also through ancient memories of Christian Tradition. In each passage, Mary will teach us a gesture: to wait, listen, serve, ponder, remain and trust.

Do not hurry. Some stories reveal their beauty only when they meet silence. May knowing Mary's life more deeply draw you even closer to Jesus, the center of her life and of our faith.

With affection, Salve Maria

BEFORE YOU BEGIN

Read without haste

This is not a book to finish quickly. It is a path to walk with the heart. In every chapter, contemplate the work of art, read the narrative, keep one sentence, pray and write.

- | | | |
|----------|--------------------|--|
| 1 | Contemplate | Remain for a few moments before the image. |
| 2 | Read | Welcome the story and the reference indicated. |
| 3 | Treasure | Choose what you wish to carry into your day. |
| 4 | Pray | Speak with God simply. |
| 5 | Write | Record what the Word awakened within you. |

AN IMPORTANT NOTE

The Gospels and the Acts of the Apostles sustain the biblical core of this journey. The names Joachim and Anne and some accounts of Mary's childhood belong to ancient Christian Tradition, not to the canonical Gospels. The Assumption is presented as a teaching and dogma of the Catholic Church. Each chapter identifies its nature.

CHAPTERS

The story of Mary

- 01** A hope that endures through the years
- 02** The girl kept for God
- 03** The yes that opened a new path
- 04** Faith sets out on the road
- 05** The Mother who ponders the mystery
- 06** A hidden life in Nazareth
- 07** At Cana, the gaze that notices
- 08** To remain at the foot of the Cross
- 09** In the heart of the newborn Church
- 10** Assumed into heaven, a sign of hope



CHAPTER 01 · ANCIENT CHRISTIAN TRADITION

CAPÍTULO 01 · ANTIGA TRADIÇÃO CRISTÃ

Uma esperança
que atravessa os anos

A hope that endures through the years

Albrecht Dürer · Joachim and Anne at the Golden Gate

Albrecht Dürer · Joachim and Anne at the Golden Gate

A hope that endures through the years

Sacred Scripture does not tell us the names or the story of Mary's parents. An ancient Christian tradition, preserved from the earliest centuries, calls them Joachim and Anne. It presents them as a righteous couple who endured a long wait for a child.

This memory does not hold the same authority as the Gospels, yet it has helped generations of Christians contemplate Mary as the daughter of a hope matured in prayer. The life that seemed delayed became a sign that God also works in silent seasons.

Before Mary's yes, there was a home that waited. Before the mission, there was the gift. The story begins by reminding us that no waiting lived with God is empty.

TO TREASURE IN THE HEART

God may be working precisely where today I can perceive only delay.

LET US PRAY

Lord, visit my seasons of waiting. Give me the trust of Joachim and Anne, and prepare my heart to recognize your ways. Amen.



CHAPTER 02 · ANCIENT CHRISTIAN TRADITION
CAPÍTULO 02 · ANTIGA TRADIÇÃO CRISTÃ

A menina guardada
The girl kept for God
para Deus

The Metropolitan Museum of Art · O nascimento da Virgem
The Metropolitan Museum of Art · The Birth of the Virgin

The girl kept for God

Tradition contemplates Mary's birth as a quiet joy within salvation history. She is born fully human, into a family and a people, learning the faith of Israel in the small things of life.

We do not know the details of her childhood. Mature devotion therefore does not invent certainties: it contemplates with reverence. We may imagine a girl learning to pray, to serve and to listen to the promises made to her people.

Mary's holiness does not remove her from daily life. On the contrary, her availability was formed in ordinary days. God often prepares great responses within faithfulness that almost no one sees.

TO TREASURE IN THE HEART

My daily life can also become a place of preparation for God.

LET US PRAY

Mary, teach me to live ordinary life with love. May my small acts of faithfulness prepare a heart available to the Lord. Amen.



CHAPTER 03 · SACRED SCRIPTURE
CAPÍTULO 03 · SAGRADA ESCRITURA

O sim que abriu
um novo caminho
The yes that opened a new path

Fra Angelico · A Anunciação · The Annunciation

The yes that opened a new path

In Nazareth, the angel Gabriel enters the story of a young woman betrothed to Joseph. The greeting troubles her; the promise surpasses everything she could have foreseen. Mary asks how it will happen, listens to the answer and surrenders herself.

Her yes is neither naivety nor the absence of fear. It is freedom that trusts. Mary did not receive the whole map; she received presence and promise. By allowing God's word to be fulfilled in her, she offers her body, future and reputation to the divine plan.

The Annunciation reveals that faith can ask questions without ceasing to obey. Mary's heart does not understand everything before answering; it rests upon the One who calls.

TO TREASURE IN THE HEART

I do not need to understand the whole path in order to give the next yes today.

LET US PRAY

Mary of the Annunciation, help me to listen without running away and to answer God with freedom, courage and trust. Amen.



CHAPTER 04 · SACRED SCRIPTURE
CAPÍTULO 04 · SAGRADA ESCRITURA

A fé que se coloca
Faith sets out on the road
a caminho

Domenico Ghirlandaio · A Visitação
Domenico Ghirlandaio · The Visitation

Faith sets out on the road

After receiving the announcement, Mary sets out in haste for the hill country and enters the home of Zechariah and Elizabeth. Grace received becomes service. She does not close herself within the mystery she is living; she brings presence and care.

Elizabeth recognizes God's action, the child leaps in her womb and Mary sings. The Magnificat rises from a woman who sees her own story within divine faithfulness: God looks upon the lowly, casts down pride and does not forget his promise.

The Visitation shows us a spirituality in motion. Whoever truly welcomes the Word becomes a visit, consolation and joy for someone else.

TO TREASURE IN THE HEART

The grace I receive from God desires to become presence in another person's life.

LET US PRAY

Mary of the Visitation, show me who needs my presence. Make me a bearer of joy, service and hope. Amen.



CHAPTER 05 · SACRED SCRIPTURE
CAPÍTULO 05 · SAGRADA ESCRITURA

A Mãe que guarda The Mother who ponders the mystery

Geertgen tot Sint Jans · A Natividade à noite
Geertgen tot Sint Jans · The Nativity at Night

The Mother who ponders the mystery

In Bethlehem, Mary gives birth to Jesus and lays him in a manger. The Gospel does not embellish the scene: it speaks of simplicity, vulnerability and the lack of room. The Son of God arrives small and dependent.

Shepherds receive the news and go in haste. Amid voices, wonder and praise, Mary keeps these events and ponders them in her heart. To keep is not to imprison; it is to allow meaning to mature with time.

She teaches us not to turn every experience into an immediate answer. Some graces ask for silence before they become understanding.

TO TREASURE IN THE HEART

I can welcome what I do not yet understand and allow God to give it meaning at the right time.

LET US PRAY

Mother of Jesus, teach me to ponder without anxiety, to contemplate without possessing and to recognize God in simplicity. Amen.



CHAPTER 06 · SACRED SCRIPTURE
CAPÍTULO 06 · SAGRADA ESCRITURA

Uma vida escondida A hidden life in Nazareth

Georges de La Tour · São José carpinteiro
Georges de La Tour · Saint Joseph the Carpenter

A hidden life in Nazareth

After the events of Jesus' childhood, the family settles in Nazareth. Most of those years remain hidden. Mary accompanies her Son's growth through the rhythm of home, work, feasts and the prayer of her people.

When Jesus is found in the Temple, his words do not remove the mystery. Mary also keeps this event in her heart. Her motherhood includes closeness and detachment: to love that Son is to welcome a mission she cannot control.

Nazareth sanctifies simple life. There, Mary's love becomes nourishment, care, presence and room for Jesus to grow.

TO TREASURE IN THE HEART

Hidden faithfulness also takes part in God's work.

LET US PRAY

Mary of Nazareth, remain in my home. Teach me to care tenderly, to work attentively and to love without controlling. Amen.



CHAPTER 07 • SACRED SCRIPTURE
CAPÍTULO 07 • SAGRADA ESCRITURA

Em Caná, o olhar que percebe **At Cana, the gaze that notices**

Benvenuto Tisi - As bodas de Caná
Benvenuto Tisi - The Wedding at Cana

At Cana, the gaze that notices

At a wedding feast, Mary notices that the wine has run out. Before the lack becomes humiliation, she brings the need to Jesus. Her intercession is born from an attentive gaze.

Jesus answers mysteriously, but Mary neither argues nor controls. She turns to the servants and tells them to do whatever he says. Her mission is always to lead to Christ and make room for obedience.

At Cana, water becomes wine and joy is preserved. Mary teaches us to bring to Jesus what is lacking and then to trust the way he will act.

TO TREASURE IN THE HEART

I can bring to Jesus what is lacking without deciding how he must answer.

LET US PRAY

Mary of Cana, look upon my needs and bring them to Jesus. Teach me to trust and to do whatever he tells me. Amen.



CHAPTER 08 · SACRED SCRIPTURE
CAPÍTULO 08 · SAGRADA ESCRITURA

**Permanecer
To remain at the foot of the Cross**

El Greco · Pietà
El Greco · Pietà

To remain at the foot of the Cross

At the cross of Jesus stands his Mother. The Gospel records no speech from Mary at that moment; it records her presence. She remains before the suffering she cannot prevent.

Jesus entrusts the disciple to the Mother and the Mother to the disciple. Mary's motherhood widens in the place of loss. The Church's tradition recognizes in this gesture her maternal presence beside Christ's disciples.

To remain does not mean not to suffer. It means to love without abandoning. Mary shows that when explanations and words fail, faithful presence can already be a profound prayer.

TO TREASURE IN THE HEART

There are sorrows before which my mission is not to explain, but to remain with love.

LET US PRAY

Mother of Sorrows, sustain me in difficult hours. Teach me not to abandon Jesus or those who suffer. Amen.



CHAPTER 09 • SACRED SCRIPTURE
CAPÍTULO 09 • SAGRADA ESCRITURA

No coração In the heart of the newborn Church da Igreja nascente

El Greco · Estudo de Pentecostes
El Greco · Study for Pentecost

In the heart of the newborn Church

After the Ascension, the disciples remain united in prayer. Mary is with them. She who welcomed the Holy Spirit at the Annunciation now accompanies the community awaiting power from on high.

Acts does not place Mary at the center of the gathering. Her presence is quiet and steadfast: she prays with the Church. At Pentecost, the Spirit sends the disciples on mission and transforms fear into proclamation.

Mary reminds us that no one lives the faith alone. Waiting in community, persevering in prayer and receiving the Spirit anew are part of the Christian path.

TO TREASURE IN THE HEART

Faith matures when I pray with the Church and allow the Spirit to send me.

LET US PRAY

Mary, woman of prayer, gather us around Jesus. Ask for us the docility and courage of the Holy Spirit. Amen.



CHAPTER 10 · FAITH AND TEACHING OF THE CHURCH
CAPÍTULO 10 · FÉ E ENSINAMENTO DA IGREJA

Assunta ao céu,
Assumed into heaven, a sign of hope
Sinal de esperança

Peter Paul Rubens · A Assunção da Virgem
Peter Paul Rubens · The Assumption of the Virgin

Assumed into heaven, a sign of hope

Sacred Scripture does not narrate the end of Mary's earthly life. The Church, sustained by ancient tradition and her understanding of faith, professes that Mary was taken body and soul into heavenly glory.

The Assumption does not distance Mary from us. It announces the destiny to which God calls all redeemed humanity. In her, we contemplate the promise that Christ's love reaches the whole person and that death does not have the final word.

She who walked in humility is welcomed into glory. Her whole life points to Jesus; her Assumption points to the hope also given to us in him.

TO TREASURE IN THE HEART

My story does not end in fear: in Christ, I have been called to life and communion with God.

LET US PRAY

Mary assumed into heaven, renew my hope. Help me to live with my eyes on God and my feet faithful to today's path. Amen.

THE JOURNEY WE HAVE WALKED

From promise to glory

- 01** A hope that endures through the years
- 02** The girl kept for God
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SALVE MARIA

CLOSING PRAYER

Mother, walk with me

Mary, Mother of Jesus and our Mother, thank you for welcoming me on this journey. In your story I found waiting, courage, service, silence, sorrow, communion and hope.

Bring to Jesus everything I have written and also what I could not say. Teach me to treasure the Word, to notice needs, to remain through difficult days and to answer God freely.

May my life, like yours, find its center in Christ. May I seek not greatness but faithfulness; not control but trust; not isolation but communion. Amen.

Salve Maria.

PRAYER PAGE

What remains within me

Return to these pages whenever you need. Write down a grace received, a question, the name of someone for whom you wish to pray, or a decision born during this journey.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

SOURCES AND CREDITS

To read with confidence

This is a Catholic devotional book. It does not replace the complete reading of the Bible, catechetical formation or pastoral guidance. The paraphrases were written for prayer and spiritual reading.

CONTENT REFERENCES

Bible: Lk 1-2; Jn 2 and 19; Acts 1-2 · Catechism of the Catholic Church, especially §§ 484-511 and 963-975 · Pius XII, *Munificentissimus Deus* (1950) · Ancient tradition: Protoevangelium of James, read as a non-canonical devotional witness.

WORKS OF ART

Albrecht Dürer / National Gallery of Art (CC0) · The Metropolitan Museum of Art (CC0) · Fra Angelico, Domenico Ghirlandaio, Geertgen tot Sint Jans, Georges de La Tour, Benvenuto Tisi and El Greco (public domain) · El Greco / Museo del Prado (public domain) · Peter Paul Rubens; photograph by Rvalette (CC BY-SA 4.0). Full links and licenses: [Wikimedia Commons file pages](#).

"Let it be done to me according to your word."

A journey to read slowly,
pray sincerely and
treasure in the heart.

SALVE MARIA

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