

5 f h] [c g

C Ua V]YbhY YfU XY YI dYWU]h]j U Y gYf]YXUXY" 5 a i `h]X~c Wta df]a]U!gYž g]`YbW]cgUž Ya hcfbc XY i a `lca Ya U]bXU ^cj Ya žXY Z]g]cbca]U Ui ghYfUž ei Y dfY[Uj U { VY]fU XY i a f]c"Gi Uj cnž[fUj Y`Y`Wta dUggUXUžhfUbg a]h]U`i a U'dfcZ bXU'dUn`XY`U`a U"

Í 5ffYdYbXY]!j cgždcfei Y Yghz df]E]a c c fY]bc XY 8Yi g" fÅ Ł DfYdUfU] c W]a]b`c Xc GYb\cfž YbX]fY]hU] Ug gi Ug j YfYXUgĭ fÅ h ž &!` Łž UZ]fa Uj U Wta gYj Yf]XUXY" 8Ydc]g Wtbh]bi Uj U gi Uj Ya YbhYž ei UgY YbhYfbYW]Xc. Í J Ya XYdc]g XY a]a ei Ya f a U]g ZcfhY Xc ei Y Yi ž Uc ei U` b~c gci X] [bc XY XYgUhfž dfcghfUXc Ya hYffUž U WtffY]U XUg gUbXz`]Ugĭ fÅ Wtž`+Ł"

>c~c 6Uh]ghUž c •`h]a c Y a U]cf Xcg dfcZYHJg Xc 5bh] [c HYghJa Ybhcz Ubi bW]Uj U { bU, ~c Y]Y]hU c df]E]a c UdUfYW]a Ybh c Xc GU] UXcf Xc [.bYfc `i a Ubc" 9 a U]g hUfXYž ei UbXc fYj Y`ci U X]j]bXUXY Xc A Ygg]Ug Uc dfcW]a Uf. Í 9]g c 7cfXY]fc XY 8Yi gžY]g c ei Y h]fU c dYW]Xc Xc a i bXcĭ fbc%ž &- Łž U `cb[U Y [fUbX]cgU Z`Y]fU Xcg dfcZYHJgž ei Y `Uj]Ua dfYX]hc c UXj Ybh c Xc F YXYbhcf Y [i]UXc c dcj c UhfUj fg Xcg gFW`cg XY YgdYfUž YghUj U Z]bU`a YbhY`YbW]ffUXU" HcXUg`Ug`dfcZYW]Ug`h]b`Ua !gY`W`a df]Xc"

5 F Yj Y`U, ~c Yghz Wta d`YhUž a Ug 8Yi g XYgY`U gYfj]f!gY XUg W]i gUg gY[i bXUg dUfU Wta i b]W]f gYi g X]j]bcg XYg]f]b]cg { `i a Ub]XUXY" 5gg]a žgYa dfY gi gW]hUfz 9`Yž U`[i bg j Uf" Yg Y a i `YfYg ei Y]bX]ei Ya c 7Ua]b`cž Ybg]bYa U J YfXUXY Y hfUbg



a]h]a U J]XU { a U]cf]U Xcg `lca Ybg" 9ghU fYU]XUXY bc!`U YI d`]W] G~c Hca zgžbU Gi a UHYc`E]]W]. Í 9a hXUg Ug fdcW]g `ci j Y U`[i bg ei Y dccgi]Ja c Ygd]f]hc dfcZ]h]Wtž b~c dUfU XUf U Wtb`YW]f Xci hf]bUg bcj Ugž a Ug dUfU X]f] [f U j]XU `i a UbUĭ"

G~c`6YfbUfXc`XY`7`UfUj U`žc`dfcZYHJ`Xc`gFW`c`L` =

Bc gFW`c`L` = U 7]j]`nU, ~c 7f]gh~ `Uj]U Uh]b]]Xc i a Ui [Y ei Y bYb`i a gUbhc dcXYf]U hf]]a U[]bUXc bcg U`VcfYg Xi fcg Y gUb[fYbhcg XU df]a Y]fU fdcW]g`XU` =] fY`U. Í 5

5 f h] [c g

Z]`cgcZ]U Xc 9j Ub[Y`c [cj YfbUj U cg 9ghUXcg/ U]bZi ..bW]U XU gUVYXcf]U W]gh- Y gi U j]fhi XY X]j]bU dYbYhfUj Ua Ug `Y]gž Ug]bgh]hi], " Ygž cg Včghi a Yg Xcg dcj cgž hcXUg Ug W]hY[cf]Ug Y`hcXUg Ug fY`U, " YgXU`gcW]YXUXY`W]]`i`i`U]fa ci `@Y`c`L ==`bU`a a cfhU`Y`8Y]"

C gi ghYbhzW`c XYggU gcW]YXUXY gUWU` \Uj]U g]Xcž Xi fUbhY a U]g XY i a gfW`cž U gUbh]XUXY Ya UbUXU XU UVUX]U VYbYX]h]bU XY 7`i bm` HYbXc! gY YgdU`UXc fUd]XUa YbhY dcf hcXc c C W]YbYhY W]gh-cž YggYg Z]`cgc XY G-c 6Ybhc]bZi YbW]Uj Ua Y cf]YbhUj Ua U Ygd]f]hi U`XUXY Y U W`hi fU Xcg dcj cg XU 9i fcdU" 5 dUfh]f Xc]bhYf]cf XY gYi g]a Ybgcg a cghY]f]cgž Xc U`hc Xcg d•`d]hcgž XYgYbj c`j YbXc i a U VY`gg]a U`hi f[]Už YbW]bhUj Ua Ug a i`h]X" YgVča`c`Ub[f]Vč W]bhc`[fY[cf]Ubc"

9bhYfYhUbhcž UdCeg U`W]b, Uf`c`d`b`W]f]cž U [fUbXYnU XY 7`i bm XYg] UbYW]U! gY`YbhUa YbhYž ei], z dcf b~c hYf` \Uj]Xc U`a Ug [YbYfcgUg ei Yž bc zd]W Xc Ygd`YbXcfž ei]gYggYa`dUfh]f`dUfU`bcj cgYi hfYa cgXY`gUbh]XUXY"

Gi f[]i Ybh-cž b~c i a U]bgh]hi], ~cž a Ug i a` \ca Ya`ei Y Zc] c fYZcfa UXcf XU X]gV]d`]bU YWYg]zgh]W]ž c a cXY`c XY hcXUg Ug j]fhi XYgž U j cn XY 8Yi g U]bX]W]f`bcj cg fi a cg`{ei Y`U`gcW]YXUXY`ei Y`Vča Y, Uj U`U`j UW]Uf. `6YfbUfXc`XY`7`UfUj U"

I a`a]ghYf]cgc XYg]b]c

Bc Ubc XY %\$- %bUgW]U bi a W]ghY`c XU 6cf[cb\U c hYfW]fc Z]`c Xc gYb\cf XY : cbhU]bYgY XU j]fhi cgU XUa U 5`Yh` Dci Vč UbhYg XY XUf { `i nc a Yb]bcžhYj Y`Y`U i a gcb\c h~c b`h]Xc Y Yl dfYgg]j c ei Y gi Ua UhYfbU`]bhi], ~c b~c XY]i ci XY j Yf bY`Y i a dfcj]XYbW]U Uj]gc gcVfY c Z] hi fc Xc Z]`c. h]b\U!` \Y UdUfYW]Xc i a W]W]c]f]b\c XY U`j`gg]a U dY`Y ei Y`Uh]U ZcfhYa YbhY Y gYa`W]ggUf" 5Z]hUž dcf`fa ž dcf b~c U`W]b, Uf i a U W]UfU]bhYfdYfYhU, ~c ei Y hfUXi n]ggY gYi g dfYggYbh]a Ybhcgž Včbgi`hci i a gYf]c XY 8Yi gž c ei U` \Y fYgdc bXYi . ÍC a Yb]bc gYfz i a [fUbXY dfY[UXcf Y`Uh]fz Včbh]bi Ua YbhY dUfU [i UfXUf U 7UgU XY 8Yi gž Y`W`fUfz`Ug`W]U [Ug`XY`a i]hUg`U`a Ug]"

8YgW]bXYbhY XY Xi Ug bcVfYg Z]a]Ug Y dU]fUbXc gcVfY Y`Y YggY a]ghYf]cgc j Uh]W]b]cž W]ci !c gi Ua ~Y Vča YgdYW]U` Yga Yfcž Y`c [c ei Y Zc] d]cgg] Y`c Ybj]ci U i a U Z]a cgU YgVč`U bU W]XUXY XY 7`\h]`cb!gi f!GY]bY" GYi [fUbXY hU`Ybhc]bhY`Y`U` U`W]i glj U UXa]fU, ~c Ucg a YghYg Y dfca Yh]U!` \Y i a U Vf]` \UbhY W]ffY]fU" 5`bXc`Y UZ]j Y`Y i a hUbc h]a]XU`XY`6YfbUfXc`d]cgg]]U`i a U`bchU`XY`bcVfYnU`Y`Ua Yb]XUXY`ei Y`UhfU]U`a i]hcg`U`Y`Y"

9a dci Vč hYa dcž gYbh]i UfXYf bU U`a U c XYgY`c XU [`C]U XU W]..bW]U Y XY i a U Yl]gh.bW]U a i bXUbU j]j]XU bU cdi`..bW]U" C XYa`b]cž c a i bXc Y U W]fbY hYbhUfUa]bVčbh]j Y]g j YnYg UffUghz!`c`dUfU U dYfX], ~cž a Ugž UdYgUf XYggYg UggU`hcgž VčbgYf] ci gYa dfY`bYh] [fU`gi U`]bcW.bW]U`VUh]ga U"

7YfhU j Ynž gYbh]bXc YgdYW]U` UhfU, ~c dcf i a U Zcfa cgU Y dci Vč j]fhi cgU`c]j Ya ž Y ei YfYbXc U ei U`ei Yf dfY, c Yj]hUf U a Ybcf Z]`hUž`Ub, ci !gY bi a`dYei Ybc`-U [c XY z [i U

5 f h] [c g

[Y`UXU fYfU]bj YfbclY `z dYfa UbYWi ž gi Va Yf[]Xc Uhf c dYgVč, cžY XU] c fYh]fUfUa ei UgY gYa `gYbh]Xcg"

C`WUa UXc`Xc`GYb\cf`dUFU`G~c`6YfbUFXc`XY`7`UFUj U`

7cbhUj U G~c 6YfbUFXc XY 7`UFUj U` Vča &%Ubcg XY]XUXYž Y U [fU, U X]j]bU \Uj]U a i]hc VUH]U {g dcfhUg XY gYi VčfU, ~c UfXYbhY. Í DUFU ei Y j]YghY Uc a i bXc3Í 9ghU dYf[i bhU j]b\U`Y`{`a YbhY`Vča`Z`Ye`..bWU`WUXU`j Yn`a U]cf"

5 fUX]W]XUXY XU j]XU a cbzgh]WU UhfU#U Uei Y`U U`a U ZY]hU dUFU [fUbXYg Uhcg XY \Yfc`g`a`c" 9bhfYhUbhcz b~c ZU`hUj Ua dUFYbhYg Y Ua] [cg ei Y c Yl cfhUj Ua U gY[i]f i a U YghfUXU a U]g `Uf[U. [fUbXYg [`CF]Ug a i bXUbUg dfca Yh]Ua Ug]bVča i bg ei U`XUXYg Xc `cj Ya 6YfbUFXc/gi U dfYVčf]U gU• XY Y XfV]` Vča d`Y], ~c b~c gi dcfhUf]Ua Ug Ui ghYf]XUXYg XU j]XU fY`][[cgU/dcXY!gY hUa Vfa gYfj]f U 8Yi ggYa YbhYffUf bi a WUi ghfc cg hU`Ybhcg XY h~c`[Ybh]`WUfzhYfÅ

5Z][]Xc dcf YggYg dYbgUa Ybhcg Y Vča VUhYgž Ybhfc i Wfhc X]U bi a U] [fY`U Y]a d`cfci i a U`i nW`YghY ei Y`Y XYggY U Včb\YWfžgYa gca VfU XY X•j]XUžc XYg#[b]c XY 8Yi g`U`gYi`fYgdY]hc" 9`c`GYb\cf`b~c`hUfXci`Ya`gcVčffYf`gYi`YgVč`\]Xc`ei`Y`U`9`Y`WUa`Uj`U"

@Yj Ubhci !gY 6YfbUFXc ZcfhU`YV]Xc Y WXY]c XY gcVfYbUhi fU`WfYhYnUžY X]f][]i !gY dUFU i a a cgh]fc ei UgY XYgVčb\YV]Xcž Ž bXUXc b~c \Uj]U a i]hc hYa dc dY`c gUbhc UVUXY



F cVYfhc XY A c`Yga Yg Y g]hi UXc bi a Vcgei Y b~c X]ghUbhY Xc WUghY`c`XY`gi`U`ZUa`#]U.`7]ghYf"

9bhfYhUbhcz b~c ei]gdUfh]f gEdUFU Uei Y`Y Ui ghYfc WUi ghfc cbXY bUgWUžYa a Y]c U X]Z]W`XUXYg gYa VčbHž i a U bcj U cfXYa fY`][[cgU" 7ca]bgd]fUXU Y`ce`..bWUž UffUghci Včbg][c gYi h]c a Uhfbcž ei Uhf c]fa ~cg Y a U]g hf]bhU WUj U`Y]fcg Vča dUb\Y]fcg gYi g`C •`h]a c]fa ~c XY 6YfbUFXcž dcf gYf U]bXU a i]hc bcj cžYgW hci Ug gY[i]bhYg dU`Uj fUg.Í:]WU

5 f h] [c g

Vta '8 Yi g"

B [Eg dUfh]a cg dUfU c a cghY]fc Y hY XY]l Ua cg hcXcg cg bcggcg \Uj YfYgI " 8 Ygc`UXcžc a Yb]bc fYgdc bXYi . Í J [Eg Vtbei]ghU]g c 7fi Y a Y XY]l U]g U hYffU3 A z dUfhj`U YghU`Í 9 dci Vtg X]Ug XYdc]gž VUhYi {ei Y`Ug VYbX]hUg dcfhUg ei Y `z h]b\Ua Uvč`Xc gYi g WYbVč]fa ~cg'a U]gj Y`cgÅ

C j UYXU`i n

GY Yi #i c h]b\U g]Xc Xi fUbhY a i]hcg Ubcg c b•a Yfc XY a cb[Yg XY 7]ghYfž `c[c Z]WfUa YghfY]hUgž[fU, Ug`U`G~c`6YfbUfXc`XY`7`UfUj U`žgi Ug`fi XYg`dUFYXYg`XY`dYXFU"

Dcf cfXYa XY gYi gi dYf]cfžU[cfU GUbh c 9ghY] ~c < UfX]b[ždUfhji Y`YžUvč'a dUb\UXc XY`XcnY`Vč'a dUb\Y]fcgž`U`ž bXUf`i a U`bcj U`UVUX]U`H]b\U`UdYbUg`&) `Ubcg"

5 dUfU[Ya YgVč`X]XU Zc] i a]gc`UXc Y gca Vf]c j U`YžhYa]Xc dcf Wli gU Xcg `UXf" Yg ei Y`U`]gY`fYZ []Uj Ua "

A Ug Ya dci Vč hYa dc U ZcfYghU WXYi `i [Uf Ucg Wla dcg W`h]j UXcgž cg a i fcg Vč'a Y, UfUa U Y`Yj Uf!gYž j cnYg di fUg Y j Ufcb]g Z]nYfUa YVčUf U `Ui g dYfYbb] bUei Y`Ug j Ugh]X" Yg" 5 `i n X]j]bU fYZYh]XU dcf G~c`6YfbUfXc X]gg]dci Ug cVgW f]XUXYg Xc `i [Ufžei Y dUggci `U`VX Ua Uf!gY`7`UfU`j U`]g`l `7`UfUj U`"

5hfU#Xcg dY`U ZJa U XY gUbh]XUXY ei Y `c[c Ui fYc`ci YggY a cghY]fcž UvčffYfUa bi a Yfcg cg `čj Ybgž bcVfYg Y d`YVYi gž W`hcg Y] [bcfUbhYg" HcXcg XYgY`cgcg XY gY[i]f U 7f]ghc bU dcVfYnUžcVYX]. bW]U Y WUgh]XUXYžgcV U X]fY, ~c Xc `čj Ya UVUXY" DUggci Uggja XY +\$\$`c`b•a Yfc`XY`a cb[Yg`ei Y`YbVX]Ua `U`UVUX]U`Xc`j U`Y`XU`i n"

G~c`6YfbUfXc`XY`7`UfUj U`žj cn`Y`VfU, c`XY`8 Yi g

A Ug U `i n b~c Zc] ZY]hU dUfU gYf YgVčbX]XU Y g]a dUfU]`i a]bUf Y Vf]`Uf Ucg c`cg XY`hcXcg`fWf"A h) ž% !% Ł"

HYbXc!gY `Yj UbhUXc bUei Y`Y hYa dc i a dYf][cgc W]ga U bU =[fY`U XY 8 Yi gž ei UgY hcXcg cg Z]f]g j UW]Uj Ua ž XYgcf]YbhUXcgž YbhY c `Y[#]a c Dcbh]Z]W Y i a Ubh]dUdU VXUa UXc`5bUWYhc"

HYČEc[cg Y Xci hcfYg X]gW h]Ua Vč'a XYbcXc Uf[i a Ybhcg Ya ZUj cf XY i a ci XY ci hfčžgYa VXY[Uf UfYgi `hUXcg Včbj]bWbhYgci XYZ]b]h]j cg" Cgc`cgXYa i]hcgj c`hUfUa ! gY Ybh~c dUfU c gUbhc UVUXY XY 7`UfUj U`ž { dfcW fU XY i a U dU`Uj fU ei Y fYgc`j YggY U Ygd]b\cgU ei Ygh~c" 5W X]i 6YfbUfXc Uc 7cbW#]c XY hcXcg cg V]gdcg Xc fY]bc XU : fUb, U" (#+



5 f h] [c g

7ca gi U]bgd]fUXU Y UfXYbhY Y`ce~ .bWjU XYWjX]i c j chc XU UggYa V`f]U Ya ZUj cf Xc
`Y[#]a c`DUdUž =bcW.bWjC`="

5fUi hc`XY`B cggU`GYb\cfU

A Ug YghY j Uf~c XY Zc[cž XYbca]bUXc dY`c DUdU =bcW.bWjC = XY Ía i fU`U
]bYI di [bz] Y` ei Y gi ghYbhU U =[fY`UÍ ž dUggci dUfU U <]ghCf]U Vt`a c h#i `c XY Í8ci hcf
A Y`žzi cÍž dcfci Y U i b, ~c XY gi Ug YI cfhU, " Yg `Yj Uj U hcXcg U UZ]fa Uf ei Y gYi g `zV]cg
XYgh`Uj Ua `di f#gg]a c`a Y`"

E i Ya ž bc a i bXc W]gh~cž b~c Vt`b\YW U]bVt`a dUfzj Y` Y XcWY dfYWY Í@Ya VfU]!
j cg]žUY`Uhf]Vi #XU3: c] i a Xcgdf]a Y]fcg UWXUa Uf XY ÍB cggU`GYb\cfUÍ UA ~Y XY 8Yi g"
7cbhU U hfUX], ~c ei Yž YgW hUbXc Wfhu ZY]hU gYi g]fa ~cg WbhuYfa U GU] Y F Y[]bUž
]ffca dYi XY gYi Vt`fU, ~c dYfj UX]Xc XY Yb`Yj c U hf#d`]WY YI WUa U, ~c ei Y `c`Y Vt`fcU YghU
cfU, ~c. Íé`WYa YbhYž[Ced]YXcgUž[CExCW`gYa dfY`J]f[Ya `A Uf]U`Í

SAIBA MAIS

[São Bernardo de Claraval e a saudação de Maria – Arautos do Evangelho](#)

: c] hUa Vfa i a Xcg df]a Y]fcg UdCgh`cg XU a YX]U, ~c i b]j YfgU` XY A Uf]U
GUbh#gg]a U" 8Y]I ci Y`Y YghU Xci hf]bU WUfUa YbhY Vt`bg][bUXU Ya bi a Yfcgcg gYfa " Yg"
9bg]bUj U Y`Y. ÍDcfci Y ffUa cg]bX][bcg XY fYWVYf ei U`ei Yf Vt`gUž Zc]! bcg XUXU A Uf]U
dUfUž dcf a Y]c X#Už cVhYfa cg hi Xc ei Ubhc bYWVgg]hUa cg" E i]g 8Yi g ei Y bCg bUXU
fYWVUa cg`gYa `Uj Yf`dUggUXc`UbhYg`dY`Ug`a ~cg`XY`A Uf]U"

fÅ Ł 7ca c a U]g #h]a c XY bccgU U`a Už Vt`a hcXcg cg UZYhcg XY bccgc Vt`fU, ~c Y

)#+

5 f h] [c g



hcXcg cg gYbh]a Ybhcg Y XYgY^cg XY bccgU jcbhUXYž j YbYfYa cg U A Uf]Už dcf ei Y YghU f U jcbhUXY XEei Y`Y GYb\cf ei Y ei]g ei Y hi Xc fYVVUa cg'dcf`A Uf]U`İ

Í J]bXYžVYbX]hc`XY`a Yi`DUJİ

F YhcfbUbXc XY i a U a]gg~c UdcghE]WJž ei UbXc `z YghUj U Vta *` Ubcg XY]XUXYž W fci i a U a i` \Yf WY[UžbU dfYgYb, U XY i a U Ybcfa Y a i` h]X~c ei Y UWæff]U dUfU j YbYfz! `c": c]`c`·`h]a c`a]`U[fY`fYU`nUXc`bU`gi U`YI]gh.bWYU`hYffYbU"

5c`WX Y[Uf`U`gYi`Ua UXc`a cgh]fc`XY`7`UfUj U`žgYbh]U!gY`XYgZU`YVWf"

A Ug hfUbgVcfXUj U XY gi U U`a U U gYfYbU VtbZ]Ub, U Xc bUj Y[UbhY ei Y Z]bU`a YbhY Uj]ghU c dcfhc UbY`UXc" 9`Y a Yga cž bi a U WUfhUž Xz VtbhU XY gi U XYffUXY]fU a c`fgh]U" Dci Vt UbhYgXY dUfh]f dUfU U YhYfb]XUXYž Ugg]a YgWYj Yi . ÍC gcbc Zc[Y XY a]a ždUfUei Y U Xcf`b~c`gY`a]h][i Y`YghU bXc`cg`gYbh]Xcg`UXcfa YWYXcg"

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5 f h] [c g

E i UgY hi Xc c ei Y dUXY, c g~c XcfYg bc Ygh a U[c" DUfU bUXU cW`hJf U i a Ua][c ei Y XYgY`U Včb\YWF c YghUXc XY gYi Ua][cžY ZU`UbXc b~c Vča c gzV]cžgY[i bXc c \ca Ya]bhYf]cfžX][c!j cgei Y c Ygd#]hc Yghz dfcbhcžbU WJfY ZFUW" F c[U] Uc GU`j UXcfžc ei U` b~c ei Yf`U`a cfhY`Xc`dYWXcfžei Y`b~c`UhfUgY`a U]g`c`a Yi`Z]a ža Ug`c`[i UfXY`Y`Ua dUfYI`"

6]gdcgž UVUXYg Y a cb[Yg WfW bXUj Ua` c`Y]hc cbXY U[cb]nUj U Uei Y`Y dfcZYhU Xc GYb\cf" 7\cfUj Ua` Y`Yg c gi dYf]cf ei Y U VčbgY`\Uj Užc Xci hcf ei Y Ybg]bUj Užc dU] ei Y cg Ua Uj Užc j Uf~c XY 8Yi g ei Y cg gUbh]Z]Wj U" A Ug YghY Uhf c`•h]a c UYbhc cg Ub]a ci` Y Včbgc`ci žY Vča` [fUbXY XYgdfYhYbg~c X]n]U ei Y`ž YfU hYa dc XY i a` gYfj c]b•h]` dUggUf U ci hfc Uei Y`Y WJf[cžY i a U z fj cfY Yghff]` gYf UffUbWUXUĀ B c X]U &\$ XY U[cghc XY %&` ž { g bcj Y \cfUg XU a Ub\~žYbhYfY[ci gi U di f]gg]a U U`a U U gYi` 7f]UXcf Y F YXYbhcf" fF Yj]ghU 5fUi hcg`Xc`9j Ub[Y`\cž5[cghc#&\$ \$*žb") *žd" "&{`&) Ł`



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