

“The Ascension of Jesus into Heaven”...



FROM THE ACTS OF THE APOSTLES:

“While [the apostles] were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, ‘Men of Galilee, why are you standing there looking at the sky? This Jesus who was taken up from you into heaven will return in the same way as you have seen him going into heaven.’” (Acts 1:10-11)¹

MEDITATION ON THE MYSTERY:

We need to look towards heaven and the eternal things that never pass away – but without forgetting the way or the means to get there, which you, Lord, have already outlined and demonstrated to us through your words and your example! (cf. SLC, p. 423)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascension, St. Gregory the Great says: *“We must not allow the charm of success to seduce us, or we shall be like a foolish traveler who is so distracted by the pleasant meadows through which he is passing that he forgets where he is going.”* (GREGORY THE GREAT, *Off. of Read.*, IV Sun. of Easter)

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...