

“The Ascension of Jesus into Heaven”...



FROM THE GOSPEL ACCORDING TO - **MARK**-:

“So then the Lord Jesus, after he spoke to them, was taken up into heaven and took his seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs.” (Mark 16:19-20)¹

MEDITATION ON THE MYSTERY:

Today, Lord, are we ascending toward the things which are eternal? That is, are we moving towards the “heights” of immortal things? Give us the grace to do so, beginning by meditating on what is written: *“The wisdom of the scribe is due to his quiet hours” (cf. Sir 38:24). (cf. SLC, pp. 419-420)*

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to spiritually ascending, Pope Pius XI says: *“Through the contemplation of the sacred mysteries [of the Holy Rosary], ...the joys, sorrows and triumphs of Jesus Christ and of His Mother are placed, as it were, under our eyes...Following those most holy examples, ...we may ascend to the happiness of the heavenly homeland.” (PIUS XI, Encyclical Ingravescensibus Malis, 29 September 1937)*

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 ...