

In the 2<sup>nd</sup> Glorious mystery, we read and we meditate undisturbed:

# “The Ascension of Jesus into Heaven”...

## FROM THE GOSPEL ACCORDING TO - LUKE - :

“Then he led them [out] as far as Bethany, raised his hands, and blessed them. As he blessed them he parted from them and was taken up to heaven.” (Luke 24:50-51)<sup>1</sup>

## 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? Lord, turn our eyes from the things that pass away (cf. Ps 119:33-40), and help us fix our gaze on the eternal and hidden things which will never pass away! (cf. SLC, p. 419)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to detaching ourselves from the things of earth, St. Padre Pio says, “Whoever attaches himself to the earth, will stay attached to the earth. It’s better to detach oneself little by little, rather than all at once. Let us always think about heaven.”

(PIO DA PIETRELCINA, *Pensieri di San Pio da Pietrelcina*, a cura di P. GERALDO DI FLUMERI, 14 Dicembre [unpublished translation by pfgsm])

<sup>1</sup> NABRE (USCCB)

### FREE AND PERSONAL MEDITATION

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

- .....
- .....

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 ...