

In the 2nd Glorious mystery, we read and we meditate undisturbed:

“The Ascension of Jesus into Heaven”...

FROM THE ACTS OF THE APOSTLES:

“In the first book, o Theophilus, I have dealt with all that Jesus did and taught until the day he was taken up, after giving instructions through the Holy Spirit to the apostles whom he had chosen.” (Acts 1:1-2)¹

MEDITATION ON THE MYSTERY:

Lord, where did You go immediately after Your resurrection? *“To Galilee?”* (cf. Matt 28:10). And what did You do in Galilee? – You evangelized in deed and in truth (cf. 1 John 3:18). You helped those who wanted to understand, understand: that this is not the true life, but only the test to enter into it! (cf. SLC, pp. 423-424)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascension, St. Benedict of Nursia says: *“If we want to touch the highest summit of humility, ...we must, with the ascension of our actions, erect that ladder which appeared in a dream to Jacob...With exaltation we descend; with humility, we climb!”* (BENEDICT OF NURSIA, Rule, Ch. 7, 5-7)

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 ...