

“The Ascension of Jesus into Heaven”...



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

“[Jesus] said to them, ‘Go into the whole world and proclaim the gospel to every creature. Whoever believes and is baptized will be saved; whoever does not believe will be condemned. These signs will accompany those who believe: in my name they will drive out demons...’ (Mark 16:15-17)¹

MEDITATION ON THE MYSTERY:

Lord, give us – who want to continue ascending towards the “heights” of eternity in heaven – the grace to get there through the hearts of our brothers who are in need. If we do this (as far as possible) with all our hearts, You will transform us more and more into that fantastic *Man of Galilee* who *transforms, exorcizes, heals, amazes, and touches others* as He passes, helping them believe in His Father!

(cf. SLC, p. 424)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to casting out demons, St. Thérèse of Lisieux says, “*When the devil has succeeded in drawing the soul away from Holy Communion, he has won everything [he wanted].*”

(THÉRÈSE OF LISIEUX, LT 92 – *To Marie Guérin* – May 30, 1889, in: *Archives du Carmel de Lisieux*, <https://www.archives-carmel-lisieux.fr/english/carmel/index.php/lt-91-a-100/1096-lt-92-a-marie-guerin> [accessed 23 August 2021])

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 ...