

“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’ ...then the Lord Jesus, after he spoke to them, was taken up into heaven.” (Mark 16:15, 19)¹

MEDITATION ON THE MYSTERY:

In regards to Ascension, it is written: *“God has gone up with a shout; the Lord, amid trumpet blasts” (Ps 47:6).¹ (cf. SLC, p. 422)*

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascending “at the sound of the trumpet,” St. Anthony of Padua says: *“The trumpet is figurative of preaching.”* (ANTHONY OF PADUA, *Sermons*, XXIII Sun. after Pentecost)

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 ...”