

# “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)<sup>1</sup>

## MEDITATION ON THE MYSTERY:

If we walk in this upward direction (of announcing, in deed and in truth, the Kingdom of God that we have begun to know), we will be able to gather many fruits of liberating conversions – a little like the One of Whom it is written, ‘He ascended on high and took prisoners captive; he gave gifts to men’ (Eph 4:8). (cf. SLC, p. 424)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascension and evangelizing, Pope St. Gregory the Great says: “When the Lord sends someone to preach, he calls him a watchman...Anyone posted as a watchman for the people must stand on the heights with his life.” (GREGORIO MAGNO, in *Uff. d. Lett.*, 3 settembre [unpublished translation by pfsgm])

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

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### 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 ...