

## ***“The Transfiguration of Jesus on Mount Tabor”...***

### **FROM THE GOSPEL ACCORDING TO - LUKE -:**

*“[Jesus] took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white....Peter said to Jesus, ‘Master, it is good that we are here; let us make three tents, one for you, one for Moses, and one for Elijah.’ But he did not know what he was saying.” (Luke 9:28-29, 33)<sup>1</sup>*

### **MEDITATION ON THE MYSTERY:**

Lord, give us the great grace, not only to be ascetics who continually journey towards the heights of eternal things, but also to truly be the light of the world: by helping as many souls as possible go to confession and communion through the high and luminous example of our lives. (cf. SLC, pp. 447, 449)

### **FROM THE TEACHINGS OF THE CATHOLIC CHURCH:**

- In regards to “descending into the valley” in order to concretely help our neighbor, St. Augustine says:  
*“No man has a right to lead such a life of contemplation as to forget in his own ease the service due to his neighbor; nor has any man a right to be so immersed in active life as to neglect the contemplation of God.”*

(AUGUSTINE, *The City of God*, XIX, 19, translated by Marcus Dods, in: *Logos Library*,  
<http://www.logoslibrary.org/augustine/city/1919.html> [accessed 5 August 2021])

<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 ...*