

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

FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

“Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light.”

(Matt 17:1-2)¹

MEDITATION ON THE MYSTERY:

We ask you for the grace, Lord, to be like good lamps, connected in the right way – through the sacraments and our good works – to the ultimate Source of [divine] energy, so that we can burn ever more brightly with an immortal light: whether to 30, 60, or 100 percent! (cf. *SLC*, p. 452)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to being illuminated by the light of God, the Bishop St. Irenaeus says: *“Those who are in the light do not illuminate the light but are themselves illuminated and enlightened by the light.”*

(IRENÆUS OF LYONS, in *Off. of Read.*, Saturday after Ash Wednesday)

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 ...