

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

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

“After six days Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white... Then Elijah appeared to them along with Moses, and they were conversing with Jesus.” (Mark 9:2-4)¹

MEDITATION ON THE MYSTERY:

Just as the Apostles of Thunder recognized the Son of God through the vision on Mt. Tabor, so we, too, if we pay attention, can recognize (all the more) our spiritual guide with the help of such spiritual manifestations. (cf. SLC, p. 290A)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards recognizing one’s spiritual guide, St. Gemma Galgani writes: “[Taken up in extasy] I found myself before Jesus but he was not alone. Standing beside him was a man with white hair and from his habit I knew that he was a Passionist... As I looked at him Jesus said to me: ... ‘that priest will be your director and it will be he who will recognize in you, miserable creature, the infinite work of my mercy.’”

(Gemma Galgani, *Autobiography*, translated by William Browning, in: *St. Gemma Galgani*, <https://www.stgemmaalgani.com/2008/11/autobiography-of-saint-gemma-galgani.html> [accessed 26 November 2023])

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 ...