

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

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

*“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, such as no fuller on earth could bleach them.”
(Mark 9:2-3)¹*

MEDITATION ON THE MYSTERY:

When a soul decides to truly live in the full imitation of Jesus, his good works are already light for the intellect of the world. And now go, and do everything you can to shine an immortal light before others!
(cf. SLC, pp. 130G-130H)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to being a light, St. Gregory of Nyssa says: *“If you wash away the film of dirt that covers your heart, then the divine beauty will shine forth in you.”* (GREGORY OF NYSSA, *Off. of Read*, Sat. Week XII O.T.)

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 ...