

In the 2nd Glorious mystery, we read and we meditate undisturbed:

“The Ascension of Jesus into Heaven”...

FROM THE GOSPEL ACCORDING TO - LUKE - :

“Then he led them [out] as far as Bethany, raised his hands, and blessed them. As he blessed them he parted from them and was taken up to heaven. They did him homage and then returned to Jerusalem with great joy.” (Luke 24:50-52)¹

MEDITATION ON THE MYSTERY:

Lord, turn our eyes from the things that pass away (cf. Ps 119:33-40), and help us fix our gaze on the eternal and hidden things which will never pass away! (cf. SLC, p. 419)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to fixing our eyes on the things that do not pass away, the bishop St. Augustine says: ‘Desire is precisely like a law of gravitation for the soul. It is desire which moves the soul to its goal. Indeed, where your treasure is, there your heart will be also.’ (AUGUSTINE OF HIPPO, *De Musica*, Ch. 6, 11, 29)

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 ...