

“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.” (Luke 24:50-51)¹

MEDITATION ON THE MYSTERY:

Today, are we ascending towards eternal things? That is, are we moving towards the “heights” of immortal things? Or are we stuck to the earth like the overloaded side of a pair of scales? Are we like a hot air balloon [that can’t rise], weighed down by too many possessions – or by too many sins?

(cf. SLC, pp. 419; 361)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to ascension, Blessed Justin Russolillo says, *“may Your divine ascension be celebrated in my soul, in my body, in my heart, in every one of my spiritual and bodily faculties, so that my whole being may be taken up in one perpetual movement toward heaven! I feel such a gravitational pull towards the earth! Take it away from me [o God], and replace it with an attraction toward heaven!”*

(JUSTIN RUSSOLILLO, *Spiritus Orationis*, IV, 4)

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 ...