

Sunday, March 17, 2019. Morning: Today's Gospel reading is the Transfiguration. Jesus takes three of his Apostles away from everybody else, and in the privacy of the moment, he reveals something of himself to them. He transfigures before their eyes, his clothing becoming dazzling white, as if his Divinity is shining through his Humanity. Let this event strengthen us. Jesus is God. Lent is many weeks long. But we are journeying forward to enter into the powerful days of Jesus' death and resurrection.

Afternoon: As we imagine ourselves entering into that Transfiguration event of today's Gospel reading, let us allow the wonder of Jesus' Transfiguration to transform us. St Peter tries to take control of the event by expressing his desire to make tents. Let us rather sit back and do nothing but allow the event to transform us.

Evening. Let us take the event forward. As we journey back down the mountain with the Apostles after the Transfiguration event is over, let us carry with it the inspiration that comes from our meditations of earlier today.

Monday, March 18, 2019 Morning. What can St Mark's Transfiguration account add to that of St Luke's? Upon coming down the mountain, Peter, James and John find the other disciples and scribes and a large crowd arguing among themselves. Let us sit with the question: Do we identify ourselves with Peter, James and John who went up the mountain to witness Jesus' Transfiguration, or do we identify ourselves with the other disciples who remained at the bottom of the mountain arguing among themselves?

Afternoon. Giving ourselves over to prayer involves discipline. Sometimes we would prefer the excitement of the arguing crowd at sea-level over the journey up the mountain to lose ourselves in the prayer of witnessing Jesus' Transfiguration. Let us make a habit of remaining faithful to our prayer time, in the face of the temptation to skip our prayer time because something else seems more exciting at the moment.

Evening. Let us close our two-day consideration of the Transfiguration by reaffirming our choice to bypass giving ourselves over to the excitement of the arguing crowd at sea-level, and thereby freeing ourselves to accept Jesus' invitation to accompany Peter, James and John up the mountain, to witness the Transfiguration.

Tuesday, March 19, 2019. Morning. St Joseph the husband of the Blessed Virgin Mary, along with the young Jesus, make up the Holy Family. Let us look to the Holy Family as the ideal model for our own family life.

Afternoon. Today's Gospel reading is the Finding in the Temple (one of the joyful mysteries of the Rosary). Without asking permission not to do so, the young Jesus did not join his extended family as they made a journey. At first, his parents assumed he was with his cousins, but later they realized he was missing. Lose yourself in the anxiety St Joseph and the Blessed Virgin Mary must have felt.

Evening. The Holy Family was not spared anxiety, and so we should not assume that our family life will be spared anxiety. It is both in the joy and the anxieties of our family life that we fully imitate the very real human experiences of the Holy Family.

Wednesday, March 20, 2019 Morning. Having earlier this month considered at length the three prayers: let us put them all together and pray one Our Father, one Hail Mary and one Glory to the Father.

Afternoon. Tradition tells us that St Dominic received the rosary in the year 1214, during an apparition. Pray one Our Father, one Hail Mary, and One Glory Be, to assist in carrying out a centuries-long tradition of combining these three prayers.

Evening. Every day, countless people pray more than 50 Hail Mary's, 5 Our Father's and 5 Glory Be's. I ask you to conclude today by praying only one of each prayer.

Thursday, March 21, 2019. Morning. Monks and Nuns who commit to a life in a monastery pray for many hours every day for the rest of their lives. Some of our parishioners make a Holy Hour every day, praying for an hour each day. Rather than focusing on quantity and length of prayer, pray one Our Father now to enter into and participate with those of our human family who pray at length every day.

Afternoon. Pray one Hail Mary. We are a world wide human family of seven billion people. We can coalesce as a smaller group within the larger human family by praying. One simple brief prayer and we can join into and rely on the select few who are called to a life of prayer.

Evening. Pray one Glory Be. And let it sink in that even one brief prayer can transform and make Holy the next several hours of our life.

Friday, March 22, 2019. Morning. On this third Friday of Lent, let those of us who fall into the age group renew our commitment to abstain from eating meat on the Fridays of Lent. And let all of us recommit to our own personal Lenten observance.

Afternoon. We live out our Christian life as both an individual and as part of a community. We make an individual, personal lenten observance, regardless of what everybody and anybody else is doing.

Evening. Those of us who fall into the age group make a community-based observance of doing the same thing. Not eating meat on Fridays. A common act that binds us together.

Saturday, March 23, 2019. Morning. Last Sunday's Gospel was Peter, James and John witnessing Jesus' Transfiguration on a **mountain**. In the first reading at tomorrow's mass, Moses witnesses something of God the Father — on a **mountain**. A full three chapters of the Gospel of Matthew records Jesus giving the Sermon on the **Mount**. The apostles witness Jesus ascend up into heaven, from the **mountain** to "which he had directed them." Appreciate the consistent imagery. Great things happen on **mountains**.

Afternoon. Appreciate the beauty of the consistency of the Bible. The number of references to manna and bread that culminate in the act of Jesus turning Bread into his Body. (The word Bread occurring more than 4,500 times in the Bible).

Evening. We read the Bible both as individuals as well as part of a community. Every Sunday, the world over, we hear the same readings as a world-wide Catholic family. We all journey together guided by the Word of God.