

August 6, 2023



FEAST OF THE TRANSFIGURATION OF THE LORD

By Sr. Jayne Helmlinger, CSJ

Excerpts From Today's Second Reading and Gospel

Excerpt from the Second Reading:

"This is my Son, my beloved, with whom I am well pleased." We ourselves heard his voice come from heaven while we were with him on the holy mountain. We possess the prophetic message that is altogether reliable. You will do well to be attentive to it, as to a lamp shining in a dark place, until day dawns and the morning star rises in your hearts.

2 PETER 1:17-19

Excerpt from the Gospel:

Jesus took Peter, James, and his brother, John, and led them up a high mountain by themselves. And he was transfigured before them.... Moses and Elijah appeared to them, conversing with him.... "This is my beloved Son, with whom I am well pleased; listen to him."

Reflection

I was taken by the final words in our second reading for today, “You will do well to be attentive to it, as to a lamp shining in a dark place, until day dawns and the morning star rises in your hearts.” As I pondered these words, I thought of how Jesus’ light never dims and as we awaken each morning, our relationship with Jesus once again comes to our consciousness. It is in morning prayer that the connection with our beloved is renewed and refreshed each day. The sense of Jesus rising in my heart as I rise each day is such a clear reminder that nothing can separate me from the love and life of Jesus.

In the Gospel reading from today, we find Moses and Elijah, along with Peter, James, and John, witnessing Jesus’ transfiguration. We hear God’s voice saying once again, “This is my beloved Son ... listen to him.” This is a turning point, another moment of grace where God’s inbreaking presence is revealed. It is a significant moment where humanity and divinity touch. Later in this passage, as the disciples are afraid, they regain their sense of equilibrium when Jesus touches them ... another moment of humanity and divinity touching.

What might this mean for us today? When do we experience God, through the Holy Spirit, touching our lives? When we allow Jesus to “arise in our hearts,” we are tapping into the divine grace that will help us remain grounded in our faith as we move through the day.



Pinacoteca in Rome
Photo by Sr. Jayne Helmlinger, CSJ

Transfigure Us O Lord

May Your Spirit arise in me this day and open my heart to all that will unfold.

Let me not cower if confusion passes through me or look away in fear.
Instead, may I arise, like the disciples on the Mount of Transfiguration
walking steadily toward all that awaits me this day.

May I ponder the mystery that is You, in my rising and in my sleep.
In faith, let me wade into the very essence of life where demands are many and
time seems too short. If I trust in the One who sends me, I can proclaim with
my life each day that You, Jesus, are Lord and I your faithful servant.

For Pondering

- How do you experience the “morning star rising in your heart?”
 - What propels you to move from the mountaintop and venture into the unpredictable demands of discipleship?
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For Prayer

*We pray for the desire and ability of each one of us to open ourselves to the
power of the Spirit to transform our lives.
May we be a light for those finding themselves in darkness.
May we not shy away from the Spirit’s promptings to serve in unexpected
ways this day.
Amen.*

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