

ENTRANCE ANTIPHON

Of you my heart has spoken: Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.

COLLECT

O God, who have commanded us
to listen to your beloved Son,
be pleased, we pray,
to nourish us inwardly by your word,
that, with spiritual sight made pure,
we may rejoice to behold your glory.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever.
Amen.

FIRST READING

Gen 12:1-4

A reading from the Book of Genesis.

The Lord said to Abram, "Leave your country,
your family and your father's house, for the
land I will show you. I will make you a great
nation; I will bless you and make your name
so famous that it will be used as a blessing.
"I will bless those who bless you:
I will curse those who slight you.
All the tribes of the earth
shall bless themselves by you."
So Abram went as the Lord told him.

The word of the Lord.

Thanks be to God.

RESP. PSALM

Psalm 32

Response:

**May your love be upon us, O Lord,
as we place all our hope in you.**

1. For the word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. (R.)
2. The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. (R.)
3. Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you. (R.)

SECOND READING

2 Tm 1:8-10

A reading from the second letter of St Paul to
Timothy.

With me, bear the hardships for the sake of
the Good News, relying on the power of God
who has saved us and called us to be holy -
not because of anything we ourselves have
done but for his own purpose and by his own
grace. This grace had already been granted
to us, in Christ Jesus, before the beginning
of time, but it has only been revealed by the
Appearing of our saviour Christ Jesus. He
abolished death, and he has proclaimed life
and immortality through the Good News.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Glory and praise to you, O Christ!
From the bright cloud the Father's voice was
heard:
"This is my Son, the Beloved. Listen to him."
Glory and praise to you, O Christ!

GOSPEL

Mt 17:1-9

A reading from the holy Gospel according to
Matthew.

Six days later, Jesus took with him Peter and
James and his brother John and led them up
a high mountain where they could be alone.
There in their presence he was transfigured:
his face shone like the sun and his clothes
became as white as the light. Suddenly
Moses and Elijah appeared to them; they
were talking with him. Then Peter spoke to
Jesus, "Lord," he said "it is wonderful for us
to be here; if you wish, I will make three tents
here, one for you, one for Moses and one for
Elijah." He was still speaking when suddenly
a bright cloud covered them with shadow,
and from the cloud there came a voice
which said, "This is my Son, the Beloved;
he enjoys my favour. Listen to him." When
they heard this, the disciples fell on their
faces, overcome with fear. But Jesus came
up and touched them. "Stand up," he said
"do not be afraid." And when they raised
their eyes they saw no one but only Jesus.
As they came down from the mountain Jesus
gave them this order. "Tell no one about the
vision until the Son of Man has risen from the
dead."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

THE APOSTLES' CREED

**I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
(all bow during the next two lines)
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the
Father almighty;
from there he will come to judge the living
and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.**

PRAYER OVER THE OFFERINGS

May this sacrifice, O Lord, we pray,
cleanse us of our faults
and sanctify your faithful in body and mind
for the celebration of the paschal festivities.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

This is my beloved Son,
with whom I am well pleased;
listen to him.

PRAYER AFTER COMMUNION

As we receive these glorious mysteries,
we make thanksgiving to you, O Lord,
for allowing us while still on earth
to be partakers even now of the things of
heaven.

Through Christ our Lord.

Amen.

PRAYER OVER THE PEOPLE

Bless your faithful, we pray, O Lord,
with a blessing that endures for ever,
and keep them faithful
to the Gospel of your Only Begotten Son,
so that they may always desire and at last
attain
that glory whose beauty he showed in his
own Body,
to the amazement of his Apostles.
Through Christ our Lord.

Amen.

PRAYER

*When, you were transfigured on the
mountain, O Christ our God,
you revealed your glory to your disciples in
proportion as they were able to bear it.
Through the prayers of your most holy
Mother, let your everlasting light enlighten
us also,
sinners though we are.
O God, bestower of light, glory to you.
(From the Byzantine Liturgy)*



Raphael (1483-1520), *Transfiguration*, Renaissance art, Cinquecento, Fresco

Mountains are important places in Matthew's Gospel. To anyone familiar with the story of the people Israel, the mention of mountain would recall Mount Sinai, the place where God met Moses and made the covenant with Israel.

It is the location of the giving and accepting of the Law. For Matthew's Jewish Christian community, the idea of the mountain as a place of revelation would be familiar.

Just before this episode, Peter has declared his belief in Jesus as the Messiah, the Son of the living God. This leads Jesus to explain that being the Messiah involves his suffering and death, a teaching which Peter is unwilling to accept. So immediately after this, Jesus takes Peter, James and John, his inner circle among the disciples to a place where they receive a vision of Jesus as he will be in glory. The Passion and Cross will not be the end of the story. Jesus' fidelity and commitment to his mission will lead him to Jerusalem and to death, but it is through this that he will be transfigured into the glorified life symbolized by the dazzling light coming from his face and

garments. The figures of Moses and Elijah, who represent the Law and the Prophets, tell us that Jesus' ministry is the continuation of God's plan and revelation for those who will accept it.

The Transfiguration of Jesus is a turning point in his ministry. Up to this point, he has been preaching and healing in Galilee, and has been largely accepted. Just as the Baptism stands at the beginning of the ministry in Galilee, the Transfiguration, another moment of revealing Jesus' identity as the Son of God stands at the beginning of his journey towards Jerusalem and his ministry there and in Judea, where he will be rejected. The vision is a glimpse of Jesus' future glory and should (hopefully) sustain the disciples through the events which are to follow in Jerusalem. ■

SAY

May your love be upon us, O Lord, as we place all our hope in you

(Psalm 32:22).

LEARN

A mountain is a symbolic setting for the revelation or an appearance of God.

Jesus' title Son of Man is usually connected with his Passion.

Matthew tells us later that righteous people will shine like the sun in God's Kingdom (Matt 13:43), just as Jesus does in this anticipation of his future glory.

DO

Whatever penance you have decided on for Lent, remember when you perform it that its purpose is to make you think about the person of Jesus and how he gave his life for you on the Cross.

REFLECT

Jesus should be the centre of our thoughts during Lent. Part of the purpose of fasting is to make us more spiritually aware. The less our body has to do, the more our mind can be active. Comfort eating is a way of avoiding staying with uncomfortable thoughts, of facing ourselves as we are at the present moment. Any form of addiction is at its root a way of trying to cope with our spiritual need. Filling our time with distractions, sometimes even praiseworthy activities can be a means of avoiding the deep questions which come to all of us. Lent is a time to put such distractions aside and to ask ourselves what is really important, what can give genuine meaning to our existence. Lent will then be a period when we grow spiritually, as we will be looking out from ourselves to the person of Jesus. It was through the Cross that he came to the existence which is his destiny: the Transfiguration should give us hope that our cross will not be the end of the story either. ■