



HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD:

Matthew 17:1-9

After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. Just then there appeared before them Moses and Elijah, talking with Jesus. Peter said to Jesus, "Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah."

While he was still speaking, a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!"

When the disciples heard this, they fell facedown to the ground, terrified. But Jesus came and touched them. "Get up," he said. "Don't be afraid." When they looked up, they saw no one except Jesus.

As they were coming down the mountain, Jesus instructed them, "Don't tell anyone what you have seen, until the Son of Man has been raised from the dead."



REFLECT

Just before this event, Jesus has been trying to explain to his disciples that he will have to suffer and die. Not only that, if they are going to follow him, they will have to take up their crosses too. It is shortly after this difficult conversation that Jesus arranges to meet his friends up a mountain.

In the Bible, a mountain is always significant. A mountain signals a place where people meet God and are changed. Here, it is Jesus who is changed. Jesus is transformed and becomes dazzlingly bright. The disciples can hardly look at him. Moses and Elijah, who represent the whole Jewish tradition of the Law and the Prophets, appear with Jesus. They are supporting all Jesus stands for and all that will happen. Then, they hear God the Father acknowledging Jesus as his Son and telling them to "Listen to him".

On the mountain of Tabor, Jesus invites us all to look at him. Jesus told us that he came so that we may have joy and the fullness of life. The vision of Tabor is an experience open to each one of us when we are in touch in our inmost self, with God. We trust that through our prayer, fasting and giving in Lent, we will grow even closer to experiencing the joy that God's love brings.

How will we change during Lent? As we take on our next environmental challenge this week, we pray that our lives will be a beacon of light for others. May God's love shine brightly in us, sharing hope and joy with the people we meet.

LET US PRAY

Radiant Christ, who shone with glory on the mountain, let me see you clearly today.

Not just in the awe of holy moments, but in the middle of my ordinary life.

Open my eyes to who you truly are, and in seeing you, begin to change me.

Shape my thoughts, soften my heart, and help me reflect your image.

Even when the world around me feels dim, may your presence be my clarity and hope.

Transform me by your love, until I shine a little more like you.
Amen

MISSION

This week, your mission is to help God's light shine through you – just like Jesus shone brightly on the mountain.

1. Look Up to Jesus

Choose one quiet moment each day to stop, breathe, and say: "Jesus, help me listen to you today." This is your way of climbing the "mountain" with Jesus and letting him speak to your heart.

2. Be Changed for Good

Pick one small thing you want to change this week that will help you grow during Lent. Some ideas:

- Being kinder to someone you sometimes find difficult
- Giving up a small treat and offering that moment to God

3. Shine God's Love

Do one action each day that brings light to someone else. You might:

- Smile at someone who looks lonely
- Hold a door open