

## Liturgical Living: The Transfiguration of Our Lord

The Church celebrates the Feast of the Transfiguration of Our Lord each year on August 6.

The celebration of this feast was added to the universal Roman Church calendar in 1457 by Pope Callixtus III. While it is not a holy day of obligation, it is a significant event that we should desire to understand and honor.

The Transfiguration of Jesus is one of the key events in Jesus' life. He took three apostles – Peter, James, and John – up to a high mountain to pray. As they were praying, His appearance changed, and His clothes became “dazzling white.” At that point, Moses and Elijah appeared and spoke to the Lord about His upcoming death. A cloud overshadowed the group, and God the Father's voice came from the cloud saying, “This is my Son, my Chosen; listen to him!”

The apostles were awestruck by this scene, and Peter wanted to build three tents (tabernacles), one each for Jesus, Moses and Elijah (Mt 17:4). Peter was ready to stay in this beautiful place, but he and the others had to go back down the mountain.

The Feast of the Transfiguration is strategically placed forty days before the Feast of the Exaltation of the Cross (September 14). The Transfiguration should be seen as a preparation for both the Cross of Christ and our participation in that triumph. According to the Gospel, we are called to take up our crosses and follow Jesus for the glory of the Father, the fulfillment of His will, and the good of the Church, which will always prevail against the gates of hell.

As you celebrate the Transfiguration today, look at this event as a foretaste of the reward awaiting you, and a source of encouragement to endure all sufferings for the final victory of Christ.

Here are a few resources to help you celebrate this feast day:

- [Watch this video](#) offers a brief explanation of the Transfiguration that is easy for kids to understand
- Make [this easy art project](#) for kids
- Plan a dinner of all white foods today ([fettucine alfredo](#) is one option)
- Pray the luminous mysteries of the rosary
- Serve vanilla (or another white colored) ice cream for dessert

*Lord, You were transfigured on the Mountain, showing Your Disciples as much of Your glory as they could hold. Let Your eternal light shine also upon us sinners as we await the day that we can join You in Your eternal kingdom. Amen.*

