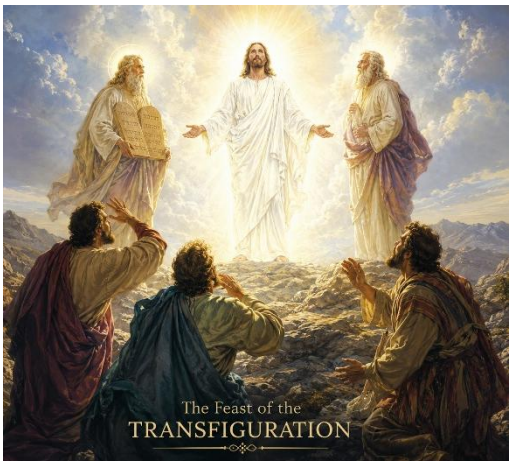
Feast of the Transfiguration

Reflection by Fr. Silas Henderson, SDS

The Feast of the Transfiguration invites us to glimpse the glory of Christ—not as an escape from the world, but as a light that strengthens us for the journey.



The fourteenth-century mystic Blessed Julian of Norwich once wrote:

I saw Him and still sought Him… I possessed Him, and I lacked Him. And this is, and should be, our ordinary behavior in life.

Julian captures something essential about the Christian life: the more we encounter Christ, the more we long to know Him. Every experience of God's presence awakens a deeper desire for Him.

This is what we remember on August 6, as we celebrate the Feast of the Transfiguration of the Lord.

On Mount Tabor, Peter, James, and John were given that insight. And yet the Transfiguration was not meant to keep them on the mountaintop. Jesus descended the mountain and continued toward Jerusalem, strengthened for the mission the Father had entrusted to Him.

The spiritual writer Henri Nouwen reminds us that these moments of grace are given so that "we can cling to that experience." When we learn to recognize God's light in our lives, we become better able to carry that light into the ordinary moments of each day.

As Salvatorians, we are called to do the same. Our mission is not simply to admire Christ's glory but to reveal it through lives of faith, hope, and generous service. The Lord who was transfigured before His disciples continues to transform those who follow Him, so that His light may shine through us for the life of the world.

In the Divine Savior,

Fr. Silas Henderson, SDS

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Author, catechist, and retreat leader, Fr. Silas focuses on the dynamics of Christian discipleship as he brings together reflections on the liturgy, Sacred Scripture, and prayer. He also serves as Vicar Provincial for the USA Province Leadership Team.