

In 2000, I had the opportunity to climb Mt. Fuji - the tallest mountain in Japan.

With three colleagues from the Navy, the four of us set out from a mid-point base camp. By the time we hit the stopping point - just about an hour from the summit of 12,389 feet; I was exhausted from the climb - not to mention a little low on oxygen.

The next morning, while it was still dark, we all woke up and finished the climb ... reaching the summit just in time to watch the sun rise.

While a memorable experience, I'm not sure I'd repeat it again.

In the Gospel, we hear of the Apostle's and Jesus on Mt. Tabor. The Apostles are granted a vision of Our Lord with Moses and Elijah.

One can only imagine why Peter was suggesting building tents and spending some time - a morning climb of 1,886 feet, followed by a supernatural vision. They most likely were exhausted. The Gospel telling us that Peter "hardly knew what to say."

And in the Letter of James, we hear how the tongue can be used for praising God or for cursing our neighbor - and St. James tells us that with God's grace, "this need not be so."

Today as we approach the altar to receive Our Lord's Body and Blood, Soul and Divinity in the Eucharist, let us ask for the grace of prudence, and for a well trained tongue. May we, by our actions, become teachers of the Gospel - through the infinite graces poured out in the Blessed Sacrament.