

**ENTRANCE ANTIPHON**

**Men of Galilee, why gaze in wonder at the heavens? This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.**

**PENITENTIAL ACT**

Lord Jesus, you have shown us the way to the Father: Lord, have mercy. **Lord, have mercy.**

Lord Jesus, you have given us the consolation of the truth:

Christ, have mercy. **Christ, have mercy.**

Lord Jesus, you are the Good Shepherd, leading us into everlasting life:

Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us.... **Amen.**

**THE GLORIA**

**Glory to God in the highest, and on earth peace to people of good will.**

**We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father**

**have mercy on us;**

**For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

**OPENING PRAYER**

Grant, we pray, almighty God, that we, who believe that your Only Begotten Son, our Redeemer, ascended this day to the heavens, may in spirit dwell already in heavenly realms. Who lives and reigns.....

**LITURGY OF THE WORD**

**FIRST READING Acts 1: 1-11**

**A reading from the Acts of the Apostles**

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by

his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, "Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

**The word of the Lord. Thanks be to God.**

**RESPONSORIAL PSALM Ps. 46: 2-3.6-9**

**R. God goes up with shouts of joy; the Lord goes up with trumpet blast.**

1. All peoples, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth. **(R)**

2. God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. **(R)**

3. God is king of all the earth. Sing praise with all your skill. God is king over the nations; God reigns on his holy throne. **(R)**

**SECOND READING Ephesians 1: 17 - 23**

**A reading from the letter of St. Paul to the Ephesians**

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation

**The word of the Lord. Thanks be to God.**

**GOSPEL ACCLAMATION**

**Alleluia, alleluia! Go, make disciples of all the nations; I am with you always; yes, to the end of time. Alleluia!**

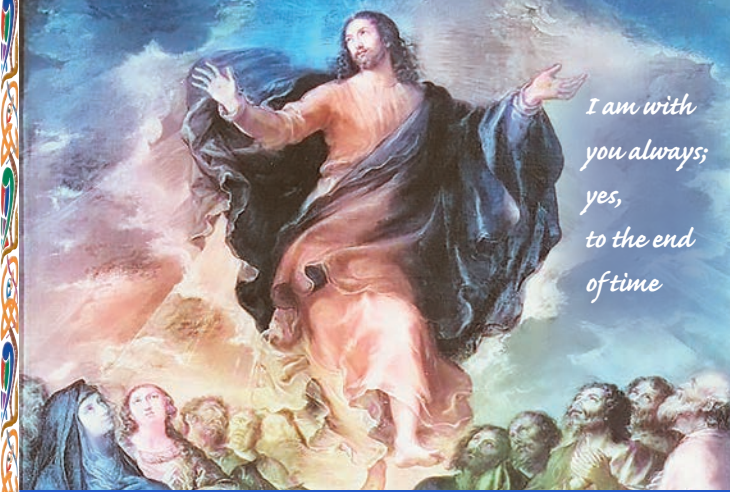
**GOSPEL Luke 24: 46 - 53**

**A reading from the holy Gospel according to Luke** Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead and that, in his name, repentance for the forgiveness of sins would be preached to all the



# focus on sunday

**The Lord is absent : that was the first experience of Jesus' followers after his death. But even though he has returned to his Father, he is with us. Today's feast is the celebration that he is present both in heaven and on earth.**



*I am with you always; yes, to the end of time*

nations, beginning from Jerusalem. You are witnesses to this.

'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.'

Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

**The Gospel of the Lord.**

**Praise to you Lord Jesus Christ.**

**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 for following 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.**

**LITURGY OF THE EUCHARIST**

**PRAYER OVER THE OFFERINGS**

We offer sacrifice now in supplication, O Lord, to honour the wondrous Ascension of your Son: grant, we pray, that through this most holy exchange we, too, may rise up to the heavenly realms. Through Christ our Lord.

**AFTER THE CONSECRATION**

**The mystery of faith.**

**We proclaim your Death, O Lord, and profess your Resurrection until you come again.**



It took just this small group to begin something which would change the world forever. Jesus knew his mission to spread God's kingdom on earth for everyone, everywhere and all times. The way he

ensured this was to leave us for heaven and send out ordinary men and women, apostles and disciples to bring his word and work to all throughout the ages and to us today.

The feast today of the Ascension is what we might call, 'Upwards and Onwards'. The Lord has moved into a new way of life, being with us now from heaven. Our faith is that he is caring all the time for us and for his church. Pope St John 23rd used to pray at night: "Ah Lord, I'm tired and going to bed. it's your church, so look after it!". We try our best as his disciples to work with him and the community of the church in his service.

In times when the church is under a lot of pressure, both inside and outside, we need to work in prayer with the Lord and in listening to his word. Also, in working together, like the apostles, we are sent each day in his name. We do this in ordinary love in our relationships and in caring for those most in need as best we can. We show our living Christian faith in our acts of loving care – the care we show for the marginalized and the dispossessed in our own communities or those who have been driven to our shores by war or climate change.

His last words were to assure us of this presence which 'would clothe us from on high' and his last gesture was a blessing. As we bless ourselves today and during the week, we can recall that in this action, the Lord is blessing us.

In your name and power O Lord, I want to live my life in love. Amen.

*Donal Neary SJ, Editor Sacred Heart Messenger.*