



The Ascension

Lift Up Your Hearts

Introduction

Today we celebrate the glorious Ascension of Christ, our Brother and our Saviour, into heaven. It is not a day for sadness or narrowness. It is a day for joy and openness. It is a day for renewing our hope in the goal towards which Christ leads us, namely, a share in his own glory in the Father's kingdom. But the things that drag us down and keep us down are our sins.

First Reading (Acts 1:1-11)

This describes the ascension of Jesus into heaven, and his promise to send the Holy Spirit on his apostles.

Second Reading (Ephesians 1:17-23)

Paul describes the meaning of the ascension, which is that God has raised Jesus above all earthly powers, and made him, not only head of the Church, but Lord of creation.

Gospel (Mark 16:15-20)

Before ascending to his Father Christ instructs his apostles to preach the Gospel to the whole world.

Prayer Of The Faithful

Today the Church invites us to lift up our minds and hearts to contemplate Christ our Brother ascending to the right hand of the Father. Let us pray for the grace to be able to rise above the things that keep us bogged down, closed in, and enslaved.

R: Lift us up where we belong.

For all who follow Jesus: that they may rise above the sins that enslave them. Let us pray to the Lord.

R: Lift us up where we belong.



Liturgy Cycle B

For the human family: that people may rise above their prejudices and see the world as their common home and all people as their brothers and sisters. Let us pray to the Lord.

R: Lift us up where we belong.

For those who cannot see beyond the narrow horizons of this materialistic world : that they may hear the voice of Christ calling them to eternal life and an everlasting kingdom. Let us pray to the Lord.

R: Lift us up where we belong.

That we may rise above the problems and worries that get us down, and above the grudges, jealousies and meanness of spirit which prevent us from loving each other. Let us pray to the Lord.

R: Lift us up where we belong.

Communion Reflection

This is the day of the Lord's ascension.

This is the day of his triumphant return to his Father.

It is no day for narrowness or sadness,
It is a day for openness and joy,
Therefore, lift up your hearts,
Raise up your minds,
Let your spirits soar and be free.
For death the leveler
has been put out of business.

We know nothing of the mystery of the beyond.
We have no maps of the other side.
All we have is his word,
His word assures us of its existence.

He has gone before us,
For the time being a 'cloud'
hides him from our view,
But he has told us that where he now is
we shall one day be.

On the strength of that word
let us go forward in joyful hope.