

SUNDAY MASS

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.

FIRST READING: Acts 1:1-11.

RESPONSORIAL PSALM: Psalm 47.

RESPONSE:

God has gone up with shouts of joy. The Lord goes up with trumpet blast.

- All peoples, clap your hands.
Cry to God with shouts of joy!
For the Lord, the Most High, is awesome,
the great king over all the earth. *R*
- 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*
- God is king of all the earth.
Sing praise with all your skill.
God reigns over the nations.
God sits upon his holy throne. *R*

SECOND READING: Ephesians 4:1-13.

GOSPEL ACCLAMATION:

Alleluia, alleluia. Go and make disciples of all nations, says the Lord: I am with you always, to the close of the age. Alleluia.

GOSPEL: Mark 16:15-20.

COMMUNION ANTIPHON:

Behold, I am with you always, even until the end of the age, alleluia.

THE WEEK AHEAD

Live the Word

Mon 13 May (Our Lady of Fatima)

Acts 19:1-8; Psalm 68; John 16:29-33

Today's world is filled with constant noise, commotion and activity. Jesus wants you to know his peace in your heart, and he wants that peace to sustain you. Seek Jesus himself, the source of that peace.

Tue 14 May ST MATTHIAS, A

Acts 1:15-17, 20-26; Psalm 113; John 15:9-17

"Sometimes in the stillness of the quiet, if we listen, / We can hear the whisper in the heart / Giving strength to weakness, courage to fear, hope to despair." – Howard Thurman, *Meditations of the Heart*

Wed 15 May Liturgy of the Day

Acts 20:28-38; Psalm 68; John 17:11-19

"Mystics and sages of all traditions speak of the inner fire, the divine spark hidden in our very cells and in all that lives. This flame of love is the pure presence of God." – Paula D'Arcy

Thu 16 May Liturgy of the Day

Acts 22:30; 23:6-11; Psalm 16; John 17:20-26

While some paths are better than others, whatever path we may discern for ourselves in life, God is with us in all of them. Be joyful that God is with you wherever you are.

Fri 17 May Liturgy of the Day

Acts 25:13-21; Psalm 103; John 21:15-19

Society today doesn't place much importance on the honouring of commitments. It is important to keep your word – to do something if you said that you would. Let your 'Yes' mean 'Yes'.

Sat 18 May (St John I, PM)

Acts 28:16-20, 30-31; Psalm 11; John 21:20-25

In prayerful reflection, replace Peter in today's gospel story with yourself. How do you respond to Jesus' question "do you love me"? What commitment are you prepared to make to Jesus?

Sun 19 May PENTECOST

Acts 2:1-11; Psalm 104; John 15:26-27; 16:12-15

"Since my Beloved is for me and I for my Beloved, who will be able to separate and extinguish two fires so enkindled? It would amount to labouring in vain, for the two fires have become one." – Teresa of Ávila

(KEY: **SOLEMNITY**; FEAST; Memorial; (Optional Memorial)
A=Apostle; P=Pope; M=Martyr

Catholic Link

EASTER SPIRITUALITY

Ascension of our Lord • Year B
Divine Office: Week III • 12 May 2024

Ascension and Easter Hope

The Feast of the Ascension is a highlight of the Easter Season and fills us with hope. Hope implies looking into the future. For us humans, to truly enjoy our present existence

there is the need for hope, without which we will not have much will to live. Dostoevsky went further and said that "to live without hope is to cease to live". Hope is as vital to our daily lives as oxygen.

We live in a world with many upheavals, all of which put us in need of hope. In our search for hope, different people believe they can find it in various ways: promises made by a friend or a relative, relocating to different parts of the world, changing jobs, and many other things. While it is not necessarily wrong to seek for hope in things such as these, they are, however, transient and for that reason cannot fulfil the deepest yearnings of our hearts.

Our hearts yearn for hope that is not this-worldly. This is the significance of the Ascension. We yearn for a hope that transcends the grave. C. S. Lewis drew the conclusion that "if we find a desire within ourselves that cannot be satisfied by anything in this world, it is likely that we were made for another world." Or, as St Augustine puts it, "You have made us for yourself O Lord, and our hearts are restless until they rest in you."

The Resurrection and Ascension of Christ are the great feasts of Easter hope. Hope in the Risen Lord is not like the transient and superficial hope which the world offers. By rising

from the dead, by breaking open the confines of the grave, the Risen Lord brings about a living hope. In his Ascension he redirects our gaze towards a hope that is eternal. St Paul

writes in his letter to the Colossians: "Now that you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you have died and your life is now hidden with Christ in God" (Colossians 3:1-3).

As Christians we can indeed yearn for peace, good health, good jobs, financial security, stable relationships, and many other good things in this life. However, they merely serve as the window through which we glimpse our eternal salvation. Easter hope is the bedrock for every other kind of hope we have. It

makes it possible for us not to despair when we face disappointments in life. It teaches us that no created thing can offer us security. Only in Christ can our hope be certain, since "he rose from the dead, ascended into heaven and is seated at the right hand of the Father".

Our hope as Christians is a living hope which allows us to rejoice even in the difficult times of our lives. As Pope Francis says, at Easter "the destiny of the world was changed; the proclamation that Christ is 'truly risen' is a reminder that our hope is not an illusion, but the truth".



Rosary Basilica, Lourdes, 19th century

A NEW AND REVISED EDITION
OF THE EVER POPULAR

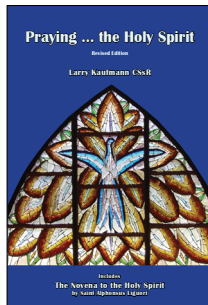
PRAYING... THE HOLY SPIRIT

by Fr Larry Kaufmann CSsR

Christians affirm the role of the Holy Spirit in prayer.

This booklet is offered as a help in turning to the Holy Spirit during periods of discernment, decision-making, trial or transition – all parts of our lives at one time or another.

It contains many beautiful prayers to the Holy Spirit. The author's hope is that this booklet will become a source of prayer and renewed devotion to the Holy Spirit who "leads us to the complete truth" (John 16:13)



R50
plus delivery

Order from our website www.rpp.org.za or email orders@rpp.org.za. Office: Tue-Fri 08.30-13.00

