

Here's a text if you've only a minute

Jesus said to his disciples: "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.
[Acts 1:1-11]

"I am with you always" [Gospel]

"Go, therefore, make disciples of all the nations" [Gospel]

"May he enlighten the eyes of your mind so that you can see what hope his call holds for you, [2nd Rdg]

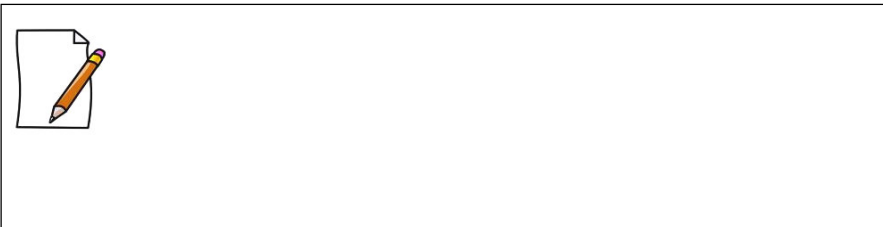


"... for his ascension is our glory and our hope" [Opening Prayer]

*Looking towards
next week*

What does next week hold for me, and how do I feel God may be calling me?

And so, what do I want to ask of God for myself & others?



SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

The Feast of the Ascension [Yr A, 2011]



At the Ascension, the full truth of the Resurrection is shown forth. Christ is returning to his Father, and "where he has gone we hope to follow." [from the Preface of today's mass]

The glory of the Ascension prepares the way for the descent of the Holy Spirit, giving God's power to the disciples.

Through our baptism we have that same Spirit, and we too are asked to continue

Christ's work of helping all people find God and meaning in their lives.

1st Opening Prayer

Let us pray that the Risen Christ will lead us to eternal life.

God our Father, make us joyful
in the ascension of your Son Jesus Christ.

May we follow him into the new creation,
for his ascension is our glory and our hope

As I go to prayer it can help to remember that it is mostly letting God love me in the quiet of my heart; at a level often beneath feelings, and more of faith and trust.

In this spirit, I read this prayer; gently asking that during this week God will reveal the depth of its meaning to me.....

May I be given a deeper belief in my ultimate destiny: to be with the Trinity for ever

Through my life and lifestyle people will be encouraged to find God and a real sense of direction in their lives.

I end my prayer slowly - joyfully thanking God for the gift of faith and offering myself to work for his kingdom.

The 2nd Reading. [Ephesians 1: 17-22]

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.

This prayer arose out of the experience of how Christ had brought meaning to Paul's life and also to the early Christians. Paul realises that the Risen Christ through the power of the Holy Spirit is working in and through him, and in the Church through each of us.....

* Quietly and slowly let God's Spirit pray this prayer in you this week—phrase by phrase.....

* This is both a solemn prayer to Christ the King of creation, but also my personal prayer to Jesus who knows me, who understand me, who loves me with an enormous love.

* Perhaps I may find myself reflecting and talking to Jesus about the following:

- Where do I need a spirit of wisdom?

- Where and when do I need the Lord to enlighten me; to help see what to do, or what to say.....

- Where and when do I need to trust in his great power at work in my life?

* Thinking of the victorious Christ the King, my prayer could end with a very slow sign of the Cross.

The Gospel [Matthew 28: 16-20]

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, "All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time."

Jesus is no longer among us as a man, but we are still united with him since he is the body of which we are the members. We are with him, because we are the body of which he is the head; it is from him that we receive and are alive with a share in his risen life.

* I slowly still myself. . . perhaps falling on my knees with the disciples as I enter this scene . . .

* What do I see? What do I hear? Do I allow Jesus near to me?

* Perhaps I reflect on who Jesus is for me; what he has and is doing for me. . . ?

* And so - do I allow Jesus to call me to "make disciples of all nations" ? To show me what this means - how do I feel?

* Maybe I feel I'm not an Apostle . . I couldn't do what Peter and Thomas did! I'm weak, but so were they. So, how do I feel?

* Perhaps I could pray in these days before Pentecost for the gifts I need to say "Yes" to the Lord: "Here I am Lord . . ."

* What is my prayer as He departs. . . ?