

Thursday 21 May 2020

THE ASCENSION OF THE LORD

Prayers & Readings at Mass

Entrance Antiphon

Acts 1: 11

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.

Hymn (if you're 'attending' Mass online)

Hail the day that sees Him rise, Alleluia!
Glorious to his native skies, Alleluia!
Christ, awhile to mortals given, Alleluia!
Enters now the highest heaven, Alleluia!

There the glorious triumph waits, Alleluia!
Lift your heads, eternal gates, Alleluia!
Christ hath conquered death and sin, Alleluia!
Take the King of glory in, Alleluia!

There we shall with Thee remain, Alleluia!
Partners of Thine endless reign, Alleluia!
There Thy face unclouded see, Alleluia!
Find our heaven of heavens in Thee, Alleluia!

Collect

Gladden us with holy joys, almighty God,
and make us rejoice with devout thanksgiving,
for the Ascension of Christ your Son
is our exaltation,
and, where the Head has gone before in glory,
the Body is called to follow in hope.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

First reading

Acts 1:1-11

Jesus was lifted up while they looked on

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.'

Responsorial Psalm

Psalm 46(47):2-3,6-9

God goes 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, we must fear,
great king over all the earth.

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

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.

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

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.

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

Second reading

Ephesians 1:17-23

God made him sit at his right hand in heaven

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.

Gospel Acclamation

Mt28:19,20

Alleluia, alleluia!

Go, make disciples of all the nations.

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

Alleluia!

Gospel

Matthew 28:16-20

Go and make disciples of all nations

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.'

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.

An Act of Spiritual Communion

O my Jesus,
I believe that you
are present in the Most Holy Sacrament.
I love you above all things,
and I desire to receive you into my soul.
Since I can not at this moment
receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there
and unite myself wholly to you.
Never permit me to be separated from you.
Amen.

A prayer to Jesus

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Let me never be separated from thee.
From the malicious enemy defend me.
At the hour of death, call me
and bid me come to thee,
that with thy saints I may praise thee,
forever and ever.
Amen.

Communion Antiphon

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

Mt 28: 20

Prayer after Communion

Almighty ever-living God,
who allow those on earth to celebrate divine mysteries,
grant, we pray,
that Christian hope may draw us onward
to where our nature is united with you.
Through Christ our Lord.

Regina caeli, laetare (Queen of Heaven, rejoice)

**Joy to thee, O Queen of heaven, alleluia,
he whom thou wast meet to bear, alleluia,
as he promised, hath aris'n, alleluia,
pour for us to God thy prayer, alleluia.**

V. Rejoice and be glad, O Virgin Mary, alleluia:
R. for the Lord has ris'n indeed, alleluia.

Let us pray.

O God,
who by the resurrection of thy Son,
our Lord Jesus Christ,
hast brought joy to the world:
grant, we beseech thee,
that, through his mother the Virgin Mary,
we may obtain the joys of everlasting life;
through the same Christ our Lord.
Amen.