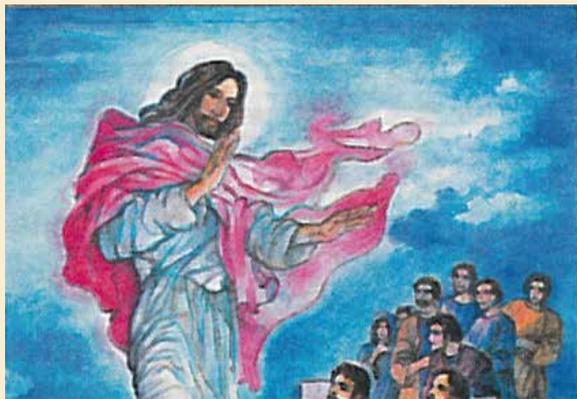


# The Eucharist

29 May 2022 ✦ ASCENSION OF THE LORD / C



**R**esurrection and Ascension form part of the same mystery. In the liturgy, they are celebrated forty days apart. In Luke's Gospel the Ascension happens on the evening of the day of Resurrection. In Acts of the Apostles Luke portrays it as taking place forty days later. The time gap makes it easier to imagine how Jesus' eternal presence with his church is in direct continuity with his presence with the disciples at Easter.



*'Lifting up his hands he blessed them. As he blessed them, he withdrew from them and was carried up to heaven.'*

## FIRST READING (Acts 1:1-11)

The last stage of Jesus' life before the Ascension takes place in two scenes: first his giving instructions to the apostles, those who would be sent to the ends of the earth; and secondly, his being taken up into heaven. The cloud which removed his visible presence from their sight reminds those of us who hear the Gospel of the cloud at his transfiguration, the same cloud from which the voice of the Father came.

## SECOND READING (Hebrews 9:24-28; 10:19-23)

One of the reasons this reading was chosen for today's feast is its reference to God the Father of glory who raised Jesus from the dead and made him sit at his right hand in heaven. The story of the Ascension is another way of describing this reality. Both are concrete ways of expressing the mystery of Jesus' exaltation by God, and of his becoming the head of his body, the Church.

## GOSPEL (Luke 24:46-53)

Luke's Ascension scene provides more details of the instruction Jesus gave to his disciples before being taken from their sight. They are to be witnesses of the suffering and Resurrection of the Christ and of the reconciliation and the forgiveness of the sins of all nations that his death brought about. The final piece of the story will be complete with the sending of the promise of the Father, namely, the Holy Spirit who, according to this passage, will be sent by Jesus.

## THE INTRODUCTORY RITES

### 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.**

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

**And with your spirit.**

### Penitential Act

Brethren (brothers and sisters),  
let us acknowledge our sins,  
and so prepare ourselves  
to celebrate the sacred mysteries.

*A brief pause for silence follows.*

**I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,**

*And, striking their breast, they say:*

**through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.

**Amen.**

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

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

### 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.**

### 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.  
**Amen.**

## THE 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.**

*Or*

**Alleluia!**

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

(Heb 9:24-28; 10:19-23)

A reading from the letter to the Hebrews.

It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

In other words, brothers, through the blood of Jesus we have the right to enter the sanctuary by a new way which he had opened for us, a living opening through the curtain, that is to say, his body. And we have the supreme high priest over all the house of God. So as we go in, let us be sincere in heart and filled with faith, our minds sprinkled and free from any trace of bad conscience and our bodies washed with pure water. Let us keep firm in the hope we profess, because the one who made the promise is faithful.

The word of the Lord.

**Thanks be to God.**

### GOSPEL ACCLAMATION

(Mt 28:19-20)

**Alleluia, alleluia!**

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

### GOSPEL

(Lk 24:46-53)



The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel  
according to Luke.

**Glorify to you, O Lord.**

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 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.**

### Profession of Faith

(Nicene Creed)

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,**

born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

*At the words that follow, up to and including  
and became man, all bow.*

and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,

who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

*The priest introduces the Prayer of the Faithful.*

## THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters), ...

**May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.**

### 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.

Amen.

### Eucharistic Prayer III *(Preface I of The Ascension)*

The Lord be with you.  
**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God.

For the Lord Jesus, the King of glory,  
conqueror of sin and death,  
ascended (today) to the highest heavens,  
as the Angels gazed in wonder.

Mediator between God and man,  
judge of the world and Lord of hosts,  
he ascended, not to distance himself from our lowly state  
but that we, his members, might be confident of following  
where he, our Head and Founder, has gone before.

Therefore, overcome with paschal joy,  
every land, every people exults in your praise  
and even the heavenly Powers, with the angelic hosts,  
sing together the unending hymn of your glory,  
as they acclaim:

**Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

You are indeed Holy, O Lord,  
and all you have created  
rightly gives you praise,  
for through your Son our Lord Jesus Christ,  
by the power and working of the Holy Spirit,  
you give life to all things and make them holy,  
and you never cease to gather a people to yourself,  
so that from the rising of the sun to its setting  
a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you:  
by the same Spirit graciously make holy  
these gifts we have brought to you for consecration,  
that they may become the Body and  $\times$  Blood  
of your Son our Lord Jesus Christ,  
at whose command we celebrate these mysteries.

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
he took the chalice,  
and, giving you thanks, he said the blessing,  
and gave the chalice to his disciples, saying:  
TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

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

Therefore, O Lord, as we celebrate the memorial  
of the saving Passion of your Son,  
his wondrous Resurrection  
and Ascension into heaven,  
and as we look forward to his second coming,  
we offer you in thanksgiving  
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church and, recognising the sacrificial Victim by whose death you willed to reconcile us to yourself, grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ.

May he make of us an eternal offering to you, so that we may obtain an inheritance with your elect, especially with the most Blessed Virgin Mary,

Mother of God, with blessed Joseph, her Spouse, with your blessed Apostles and glorious Martyrs (with Saint N.: the Saint of the day or Patron Saint) and with all the Saints, on whose constant intercession in your presence we rely for unailing help.

May this Sacrifice of our reconciliation, we pray, O Lord, advance the peace and salvation of all the world. Be pleased to confirm in faith and charity your pilgrim Church on earth, with your servant N. our Pope and N. our Bishop, the Order of Bishops, all the clergy, and the entire people you have gained for your own.

Listen graciously to the prayers of this family, whom you have summoned before you: in your compassion, O merciful Father, gather to yourself all your children scattered throughout the world.

To our departed brothers and sisters and to all who were pleasing to you at their passing from this life, give kind admittance to your kingdom. There we hope to enjoy for ever the fullness of your glory through Christ our Lord, through whom you bestow on the world all that is good.

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.

**Amen.**

## THE COMMUNION RITE

At the Saviour's command ...

**Our Father, who art in heaven, ...**

Deliver us, Lord, we pray, from every evil, ...

**For the kingdom, the power and the glory are yours now and for ever.**

Lord Jesus Christ,

**Amen.**

The peace of the Lord be with you always.

**And with your spirit.**

*The priest may invite the people to exchange a sign of peace and Christian fellowship. As the priest breaks the consecrated Host the following is sung or said:*

**Lamb of God, you take away the sins ...**

*Showing the Host to the people, the priest says:*

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

**Communion Antiphon**

(Mt 28:20)

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

**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.

**Amen.**

## THE CONCLUDING RITES

The Lord be with you.

**And with your spirit.**

May almighty God bless you, for on this very day his Only Begotten Son pierced the heights of heaven and unlocked for you the way to ascend to where he is.

**Amen.**

May he grant that, as Christ after his Resurrection was seen plainly by his disciples, so when he comes as Judge he may show himself merciful to you for all eternity.

**Amen.**

And may you, who believe he is seated with the Father in his majesty, know with joy the fulfilment of his promise to stay with you until the end of time.

**Amen.**

And may the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever.

**Amen.**

Go forth, the Mass is ended.

**Thanks be to God.**

## Personal Prayer

Lord, I'm afraid to look up, for fear of what I might see. Afraid to trust in you because you might make demands on me. But on that Ascension day you forced the disciples to look up to heaven.

Let me not fall into the trap of thinking that what we have here is the be-all and end-all. Lord, I want to be happy and keen in life. Thanks for having given me the example of your life on earth, for having left me with the gospels, the sacraments and the Church.

Let me cry out to you with shouts of joy and happiness, my heart overflowing with the goodness of your love. Let me sing your praises all the day long, for I know I will meet you in heaven. Amen.