

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

You will receive power when the Holy Spirit comes on you and then you will be my witnesses...to the ends of the earth.

[1st reading]

May he enlighten the eyes of your mind so that you can see what hope his call holds for you.

[2nd reading]

Go out to the whole world; proclaim the Good News to all creation.

[The gospel]

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.

[Old Opening Prayer]



SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Ascension Sunday

Year B

20th May 2012



Eastertide is drawing to a close. Today we reflect on the mystery of Christ's Ascension. He is going back to his Father and entrusts his disciples with the task of continuing his work here on earth.

During the course of the day, I think about the moments I am going to spend with the Lord today.

What I am going to tell him?

What he is going to say to me ?

When the time comes, I settle down and ask the Holy Spirit to shut out all distractions; I turn to the Lord as I would a trusted friend.

I reflect on the significance of this special day .

Has its meaning changed for me over the years?

In conquering death, the Risen Christ transformed the world for ever into a new creation.

Am I prepared and willing to follow him?

As I speak to the Lord in my prayer, I ask him to be with me and increase my desire to continue his work. In hope and trust, I listen to what he has to say to me

The 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.

The second 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.

The Apostle Paul writes to the Christians in Ephesus to help them understand that God plans to unite all peoples in Christ, whatever their background, from age to age.

This extract from Paul's letter reveals its full message slowly.

So, I read each paragraph and stay with the particular phrase or expression to which God draws my attention. I then repeat it to myself, savouring it, pondering its meaning for me.

Sometimes I feel in the dark, unable to make any sense of what is happening around me.

Do I ask the Lord to enlighten me and fill me with hope?

As a believer, I reflect on God's power at work in Christ, in the world, in the Church, in me.

Do I recognise this power within me?

How can it help me strengthen the community in which I live?

When I feel ready, I humbly turn to the Lord and ask him to open my heart to "full knowledge of him".

I thank him for being with me during this time of prayer and conclude with a slow sign of the cross.

Part of the Gospel (Mark 16:15-20)

Jesus showed himself to the Eleven, and said to them, "Go out to the whole world, proclaim the Good News to all creation. He who believes in me in and is baptised will be saved; he who does not believe will be condemned. These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands, and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover."

And so the Lord Jesus, after he had spoken to them, was taken up into heaven: there at the right hand of God he took his place, while they, going out, preached everywhere, the Lord working with them and confirming the word by the signs that accompanied it.

It is so clear from this reading that as Jesus ends his physical presence on earth, he takes the whole world with him in his heart, and entrusts that world to us.

As I read the passage, I imagine myself in the crowd listening to Jesus. Who else is present? People I know? Strangers? People from other church and faith traditions?

- How does Jesus appear - and sound? What can I pick up from the tone of his voice, from his body-language? Can I hear his concern for people throughout the world? What people come to mind as I listen to him?
- Jesus describes some of the gifts that he will distribute among believers to help them carry out his work. What gifts has he given me? Others whom I know? The different church and faith traditions? How do we use them?
- How do I feel and what do I do as Jesus finally disappears?

I draw my prayer to a close by talking with Jesus about what is in my mind and heart.