

Sunday, May 21, 2023
Ascension Sunday

Prayer for the Morning

*Come, let us sing praise in the joy of the Lord,
alleluia!*

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen. Alleluia

Hymn

Meter: CM

O Christ, our hope, our hearts' desire,
Redemption's only spring;
Creator of the world art thou,
Its Savior and its King.
How vast the mercy and the love
Which laid our sins on thee,
And led thee to a cruel death
To set thy people free.
But now the bonds of death are burst,
The ransom has been paid;
And thou art on thy Father's throne
In glorious robes arrayed.
O may thy mighty love prevail
Our sinful souls to spare;
O may we come before thy throne,
And find acceptance there!
O Christ, be thou our present joy,
Our future great reward;
Our only glory may it be
To glory in the Lord.

Psalm

30:5-13

Rejoice to the extent that you share in the sufferings of Christ, so that when his glory is revealed you may also rejoice exultantly. (1 Pt 4:13)

In baptism, we are plunged into the Paschal Mystery of Jesus Christ. While this enables us to live and reign with him for ever in heaven, it also ensures that we will suffer and die with him before such a resurrection. No one really enjoys suffering, but for the faithful Christian, what is most important is that we live the life of Christ himself in whatever our own circumstances may be.

**Sing psalms to the Lord, you who love him,
give thanks to his holy name.
His anger lasts a moment; his favor through life.**

At night there are tears, but joy comes with dawn. I said to myself in my good fortune: "Nothing will ever disturb me."

Your favor had set me on a mountain fastness, then you hid your face and I was put to confusion. To you, Lord, I cried, to my God I made appeal: "What profit would my death be, my going to the grave?

Can dust give you praise or proclaim your truth?" The Lord listened and had pity. The Lord came to my help.

For me you have changed my mourning into dancing, you removed my sackcloth and clothed me with joy.

So my soul sings psalms to you unceasingly. O Lord my God, I will thank you for ever.

Glory to the Father...

Word of God

Romans 5:3-5

We even boast of our -afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.

If we persevere/ we shall also reign with him.

(2 Tm 2:12)

Canticle of Zechariah

If you are insulted for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you.

(1 Pt 4:14)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender

compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

Intercessions

Let us pray in the joy of Christ:

R/Listen, ascended Lord, and come to our help!

For all who suffer resentfully: grant them the peace of the Spirit. **R/**

For all who suffer without any sense of meaning: grant them the light of the Spirit. **R/**

For all who suffer in communion with you: grant them perseverance in the Spirit. **R/**

Personal intentions

Our Father....

God of glory and majesty, you deliver our suffering from senselessness by enabling us to participate in the saving work of Christ. Infuse us with the joy of the Spirit in all the circumstances of life, through the same Christ our Lord. Amen.

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Reading 1 Acts of the Apostles 1:1-11

In the first book, Theophilus, I dealt with all that Jesus did and taught until the day he was taken up, after giving instructions through the holy Spirit to the apostles whom he had chosen. He presented himself alive to them by many proofs after he had suffered, appearing to them during forty days and speaking about the kingdom of God.

While meeting with them, he enjoined them not to depart from Jerusalem, but to wait for “the promise of the Father about which you have heard me speak; for John baptized with water, but in a few days you will be baptized with the holy Spirit.” When they had gathered together they asked him, “Lord, are you at this time going to restore the kingdom to Israel?” He answered them, “It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.”

When he had said this, as they were looking on, he was lifted up, and a cloud took him from their

sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, “Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.”

Reading 2 Ephesians 1:17-23

Brothers and Sisters: May the God of our Lord Jesus Christ, the Father of glory, may give you a Spirit of wisdom and revelation resulting in knowledge of him. May the eyes of [your] hearts be enlightened, that you may know what is the hope that belongs to his call, what are the riches of glory in his inheritance among the holy ones, and what is the surpassing greatness of his power for us who believe, in accord with the exercise of his great might, which he worked in Christ, raising him from the dead and seating him at his right hand in the heavens, far above every principality, authority, power, and dominion, and every name that is named not only in this age but also in the one to come. And he put all things beneath his feet and gave him as head over all things to the church, which is his body, the fullness of the one who fills all things in every way.

Gospel Matthew 28: 16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

Men of St. Joseph Prayer

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God’s commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God’s will and I accept the challenge to work tirelessly for my family’s salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

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